

DEALING WITH DIFFICULTIES AND DISAPPOINTMENTS

Life is full of challenges and disappointments, but you don't have to face them alone. While it's easy to feel overwhelmed, healing begins one step at a time. Everyone's journey is unique, but there are some practical actions that can help anyone move forward. This is a starting point—remember, you are not alone, and there is always hope.

Stay Connected to the Love of God

When life feels hard, it's easy to wonder if God is distant or even punishing us. But Scripture reminds us that God is near to the brokenhearted (Psalm 34:18) and His love never ends (Exodus 34:6). Try these simple practices to stay grounded in His love:

- **Daily Gratitude** – Each day, thank God specifically for the good things in your life.
- **Bible Reading** – Fill your mind and heart with truth. Find a Bible reading plan at wschurch.org/readingplan.
- **Prayer** – Talk to God honestly about your pain, struggles, and questions. The Psalms are a great resource when you're searching for words in tough times.
- **Stillness & Reflection** – Pause, breathe deeply, and remember that God is near.
- **Remember God's Faithfulness** – Reflect on moments when God has helped you in the past.
- **Life-Giving Activities** – Make space for what refreshes your soul—whether it's a hobby, a favorite place, or uplifting time with people who energize you.

Reach Out to a Friend

Pain often tempts us to isolate, but we're designed for community. It takes courage to ask for help—but it's a brave and healthy choice. Our Prayer Team is also available to listen and pray with you every Sunday after the service in the Worship Center Prayer Area.

Care for Your Body

Your physical health impacts your emotional and spiritual well-being. Small steps matter:

- Eat nutritious foods
- Exercise regularly
- Get consistent sleep
- Drink enough water
- Follow up with medical professionals as needed

Explore Additional Resources

We've compiled a variety of helpful books and video series at wschurch.org/resources. These tools are meant to encourage learning, growth, and hope.

Consider Counseling

Counseling can be a powerful step in healing from emotional wounds. Though it may take time to find the right fit, don't give up. It's worth the effort.

Need a referral? Call **217-793-2800** or email **Care@wschurch.org**.

Fall Care Groups – Save the Date

Our Care Groups provide support and connection for people walking through hard seasons. New sessions begin this fall. Sign up to be notified when registration opens at wschurch.org/care.

Want to Talk to Someone?

Fill out [this connection form](#) or scan the QR code, and a team member will follow up with you.



SCAN ME

“The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.”

— Jesus, John 10:10