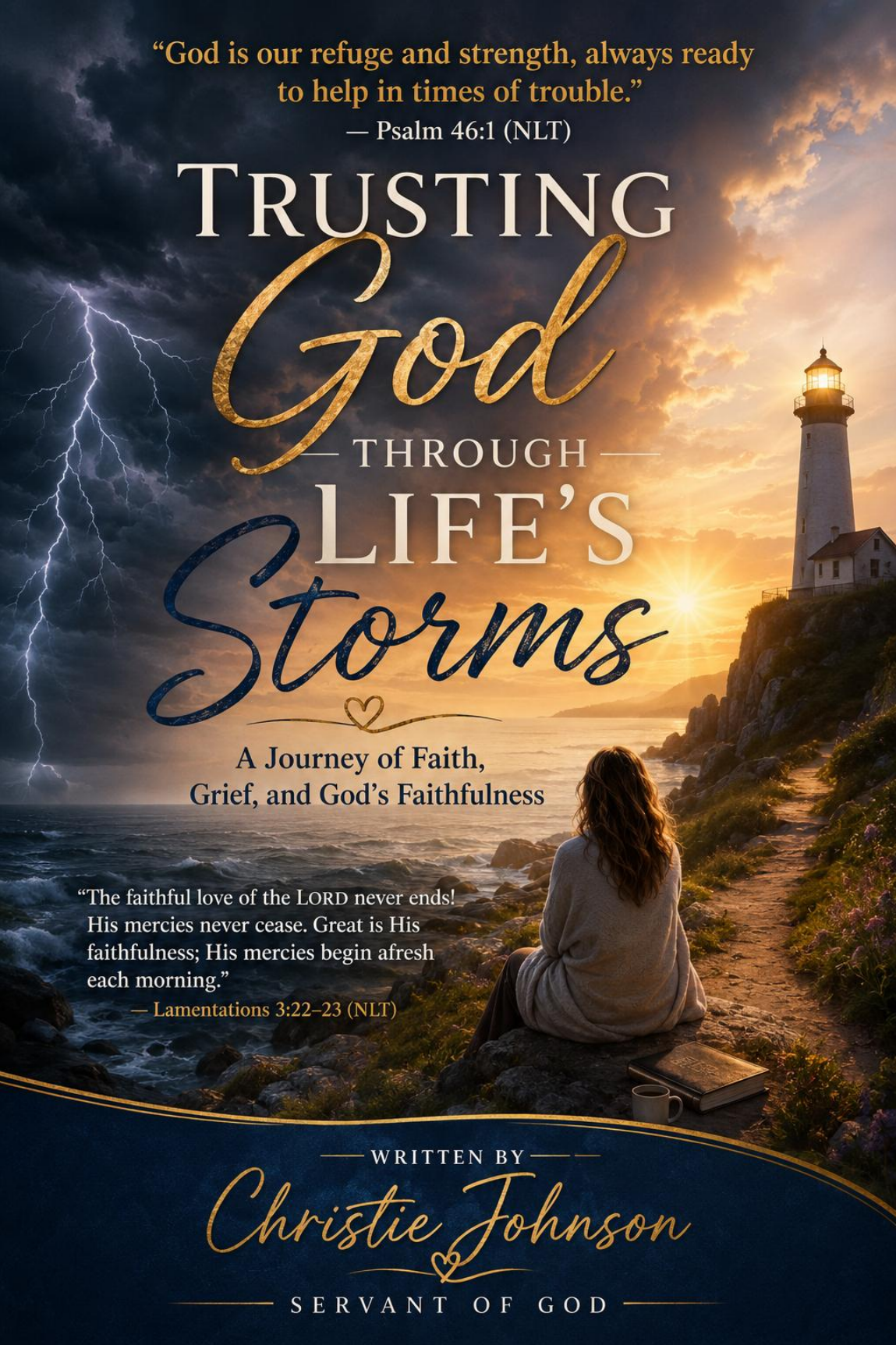




“God is our refuge and strength, always ready  
to help in times of trouble.”

— Psalm 46:1 (NLT)

# TRUSTING *God* — THROUGH — LIFE'S *Storms*

A Journey of Faith,  
Grief, and God's Faithfulness

“The faithful love of the LORD never ends!  
His mercies never cease. Great is His  
faithfulness; His mercies begin afresh  
each morning.”

— Lamentations 3:22–23 (NLT)

— WRITTEN BY —

*Christie Johnson*

SERVANT OF GOD

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### A Personal Note

Thank you for taking the time to study God's Word through this resource.

My prayer is that every page points you to Jesus Christ rather than to me. Any wisdom found in these pages comes from God's Word and from His faithful work in my own life. My desire is simply to faithfully teach His Word, encourage your walk with Him, and help you continue growing into the disciple He has created you to be.

Wherever you are in your spiritual journey, I pray this study strengthens your faith, deepens your understanding of God's truth, and encourages you to live as a faithful follower of Jesus Christ.

***“Pointing people to the hope, healing, and transformation found in Jesus Christ.”***

### Contact

If this resource has encouraged you and you would like additional Bible studies, discipleship resources, leadership materials, or prayer, I would be honored to hear from you.

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# Trusting God Through Life's Storms

## Opening Scripture

*"God is our refuge and strength, always ready to help in times of trouble."*

*Psalm 46:1*

**There are seasons in life that forever change who we are.**

**For me, that season was 2024.**

It began months earlier when my husband, Joseph, underwent neck surgery in July of 2023. At first, everything seemed to be improving, but within a few months his health began to decline. What we thought would be a routine recovery became a long journey of hospital stays, uncertainty, and heartbreaking news. In November, after an allergic reaction to medication, he was admitted to the intensive care unit. From that point forward, life became a series of hospital rooms, doctor's appointments, sleepless nights, and difficult decisions.

For seven months, I devoted myself completely to caring for the man I loved. I rarely left his side. Many nights I slept in hospital recliners, on couches, or even on the floor beside his bed because I didn't want him to face another night alone. As I cared for him, I slowly stopped caring for myself. My health declined. I battled constant pain, migraines, exhaustion, and overwhelming stress.

Somewhere in the middle of trying to survive each day, something else happened.

- I slowly drifted away from God.
- I didn't stop believing in Him.
- I simply stopped walking closely with Him.
- My Bible remained closed.
- My prayers became fewer.
- Church became impossible as every moment was centered on caring for my husband.
- My heart became consumed with grief, fear, and frustration.
- I found myself angry—not only with life, but with God.

I couldn't understand why He was allowing so much suffering when I had been faithfully serving Him for so many years.

**Yet even while I was pulling away from Him...**

**He never walked away from me.**

Looking back now, I see His faithfulness everywhere. Even when I couldn't feel His presence, He was sustaining me one day at a time. *Deuteronomy 31:8* became true in ways I didn't recognize until later:

*"Do not be afraid or discouraged, for the LORD will personally go ahead of you. He will be with you; He will neither fail you nor abandon you."*

*Deuteronomy 31:8*

One of the hardest moments of my life came shortly before Joseph passed away. After months of caring for him almost entirely on my own, my body finally reached its limit. I had been fighting a migraine for days, barely sleeping, and struggling to function physically or emotionally. One night I cried out to God because I simply couldn't do it anymore.

The next morning, after finding Joseph on the floor, I knew something had to change. Making the decision to place him in the care of his family was one of the most painful choices I have ever made. For a long time, I carried guilt over that decision. I questioned myself repeatedly, wondering if I had failed him.

But over time, God gently began teaching me something I desperately needed to learn.

Sometimes surrender means admitting we cannot carry every burden ourselves.

God wasn't asking me to be strong enough.

He was asking me to trust Him.

*"The LORD is close to the brokenhearted; He rescues those whose spirits are crushed."*

*Psalms 34:18*

After Joseph passed away on June 4, 2024, it seemed as though one loss led to another. I lost half of our income. I lost my vehicle. My credit suffered. Relationships changed.

People I believed would stand beside me disappeared during one of the darkest seasons of my life. I found myself starting over with almost nothing except my faith, which at the time felt incredibly small.

Then came two automobile accidents, including one in December that could have taken my life.

**There were many moments when I wondered what God was doing.**

**But now, looking back, I no longer ask that question.**

**Instead, I ask a different one.**

**What was God teaching me?**

- He taught me that my faith could not depend upon my circumstances.
- He taught me that grief and faith can exist together.
- He taught me that forgiveness is a decision of obedience, even when the hurt remains.

Through *Ephesians 4:32*, He reminded me to forgive as Christ had forgiven me—not because others deserved it, but because forgiveness set my own heart free.

**Most of all, God taught me that His presence is not measured by my feelings.**

**His faithfulness never changed.**

**Mine did.**

**He never did.**

As time passed, I slowly began opening my Bible again. I started praying again. God renewed my desire to know Him more deeply than ever before.

Instead of allowing my pain to define me, He began transforming it into compassion for others who were hurting. The very experiences I once wished had never happened became the foundation for the ministry He was preparing.

Today, I can honestly say that I would never choose to relive those painful days.

But I would never trade what God taught me through them.

Romans 8:28 has become more than a familiar verse—it has become part of my testimony:

*"And we know that God causes everything to work together for the good of those who love God and are called according to His purpose for them."*

God did not waste my suffering. He used it to deepen my faith. He used it to teach me complete dependence upon Him. He used it to soften my heart toward people who are grieving, exhausted, discouraged, and wondering if God has forgotten them.

**Most importantly, He reminded me that even when I let go of Him...**

**He never let go of me.**

If you are walking through your own storm today, I want you to know this:

- God has not abandoned you.
- He sees every tear.
- He hears every prayer—even the ones spoken through anger and confusion.
- He understands your grief, your questions, and your weariness.
- Hold on to Him, even if all you have is faith the size of a mustard seed.
- His grace is sufficient.
- His love is unfailing.
- His promises remain true.

And one day, you may discover, just as I did, that the very season you thought would destroy you became the season God used to draw you closer to Himself.



## Closing Scripture

*"The faithful love of the LORD never ends! His mercies never cease. Great is His faithfulness; His mercies begin afresh each morning."*

*Lamentations 3:22-23*



## A Prayer of Thanksgiving to God

**Heavenly Father,**

Thank You for Your unfailing faithfulness through every storm of my life. Even during the seasons when my heart was overwhelmed, my faith felt weak, and I struggled to understand Your ways, You never left me. Thank You for carrying me when I no longer had the strength to walk on my own. Thank You for Your mercy that met me each morning, for Your grace that sustained me through grief, and for Your presence that remained constant even when I could not sense it. Looking back, I can see that You were working in every circumstance, using even the deepest pain to draw me closer to Yourself and to prepare me for the ministry You had planned.

Thank You for redeeming my suffering and turning my brokenness into compassion for others. Thank You for teaching me that Your strength is made perfect in weakness and that Your plans are always greater than my own. Because of Your faithfulness, I can stand today with hope, knowing that You never waste a single tear or a single trial. Lord, continue to help me trust You through every season ahead. May my life always be a testimony of Your goodness, Your faithfulness, and Your redeeming love. May every story I share, every person I encourage, and every opportunity You give me bring honor and glory to Your name alone.

I praise You for never letting go of me, even when I struggled to hold on to You. All glory, honor, and praise belong to You forever.

In the precious name of Jesus,      **Amen.**

## A Prayer for You

**Heavenly Father,**

Thank You for being our refuge when life feels overwhelming. Thank You for remaining faithful even when our faith feels weak. For the person reading this today, I pray that You would surround them with Your peace, remind them of Your presence, and strengthen them to trust You one day at a time.

If they are grieving, comfort them. If they are weary, give them rest. If they are questioning where You are, remind them that You have never left their side. Help them to trust that You are working even when they cannot yet see the outcome.

Thank You for being a God who restores hope, heals broken hearts, and brings purpose from our pain.

In the precious name of Jesus,

**Amen.**

Prayerfully prepared by

*Christie Johnson*

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*"Pointing people to the hope, healing, and transformation found in Jesus Christ."*

