



There are times when life just doesn't make sense at all. It's a total mystery why God would ask us to go through trials, tragedies, and suffering. During these dark seasons of life, it can be tempting to turn to despair and become angry with God and His plan for our lives.

But turning away from God will never fix our problems or change our circumstances. It is in these moments that we must run to God, even though it is difficult, and allow Him to guide and comfort us. The Bible promises that God will be our source of strength in times of trouble. In this life on earth, we may never understand "why" things are happening to us, but we can find joy in knowing that the trials of this life are temporary.

In today's video produced by OneBillionStories.com, you will meet a family that has faced unimaginable suffering, yet they've never given up trusting in God's plan and faithfulness. It seems that just as they overcome one tragedy, another comes along with a vengeance, threatening to discourage them and separate them from God. Pay attention to the strength and conviction in the mother's voice as she tells her story. It's clear that she continues to persevere because of the hope of heaven.

5 Things You Can Do When God's Plan Doesn't Make Sense

1. Find someone to talk to

You do not have to suffer alone. A friend, a priest, or a counselor can help you through your time of need.

2. Ask for prayer

Though we should never give up trying to pray, it can be extremely difficult to pray when we are hurting. Asking others to pray with you and pray for you can help to encourage you in your battles.

3. Find a Bible Verse

God's Word is full of hope and inspiration. Find a Bible verse that speaks to you and memorize it. Write it out and post it in where you will see it often. Make it the background on your phone. Rely on Scripture for comfort and peace.

4. Sit with Jesus

Take time to go to Adoration and don't give up on going to Mass. Even if you feel angry at God, force yourself to be in His presence. His grace will help your heart to find healing and strength.

5. Let Go, Let God

Though it is extremely difficult, we must realize that there are things in this world that we cannot change or control no matter how hard we try. Ask the Holy Spirit to help you give your grief, anger, and struggles to God. Many have found the Serenity Prayer helpful:

O God, grant me the serenity to accept the things I cannot change the courage to change the things I can and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time. Accepting hardships as the pathway to peace. Taking, as He did, the sinful world as it is, not as I would have it. Trusting that He will make all things right if I surrender to His will; that I may be reasonably happy in this life, and supremely happy with Him forever.