

Never doubt that you are in the midst of a battle—a spiritual battle with Satan, who will do everything he can to discourage and defeat you. Never underestimate his determination or misunderstand his intentions.

God offers spiritual training to build us up inside in much the same way that physical exercise builds us up on the outside. He has provided all the resources we need to defend ourselves and keep Satan at bay. These include the Word, prayer, faith, righteous living, and the Holy Spirit within us.

*Hope For Each Day*  
Billy Graham



No, God did not always deliver His saints from adversity or even death, nor does He today. But because they had learned to trust Him in the light, they were prepared to follow Him in the darkness. God has not promised to deliver us from trouble, but He has promised to go with us through the trouble.

*Hope For Each Day*  
Billy Graham





The best thing is neither to seek nor seek to avoid troubles but to follow Christ and take the bitter with the sweet as it may come. Whether we are happy or unhappy at any given time is not important. That we be in the will of God is all that matters.

*We Travel an Appointed Way*  
A.W. Tozer



O Divine Master, grant that I may not so  
much seek to be consoled as to console,  
To be understood as to understand,  
To be loved as to love;  
For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
It is in dying that we are born to eternal life!

St Francis of Assisi