

Finding Your Heavenly Father in the Presence of Pain

Some days you're simply existing. Unconsciously placing one foot in front of the other, not knowing how to connect your frazzled mind and weary heart. But these painful seasons always have another voice. The voice of the Holy Spirit that says, "I'm with you. We'll get through this together."

For all of the times life kicks us down, we learn that Jesus really is faithful. Especially when we can't hear His voice or find His direction. He's still there—with you. With me. Guiding us in ways our wounded souls cannot comprehend.

When it feels like you're in a black hole, void of His presence, go deeper. Sink past the talons of doubt, confusion and disappointment. Refocus your eyes in that consuming darkness and you'll discover a light that can never be extinguished. It's in you. In that secret place of your heart where humanity and divinity unite. It's pulsating with life. Drawing you with love. Inviting you into peace.

These terrible, painful moments are actually opportunities to learn more about the nature of God than you've ever known before. Give yourself permission to let go. To really let go and find Him.

Sometimes we have to remind ourselves that it's OK to laugh in the face of adversity. That we're not responsible to fix everything that's out of sync. That we're allowed to find the joy of rising above what weighs so heavily upon our hearts and find Him. And we can find Him, because He wants to be found. We must simply choose which reality we're going to give our attention to.

"So keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and

respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising him always" (Phil. 4:8, TPT).

Gretchen Rodriguez recently co-authored *Prayers on Fire 365 Days Praying the Psalms* and *The Divine Romance: 365 Days Meditating on the Song of Songs* with *Brian Simmons*. Their newest devotional, *Ever-Present Love: 365 Days Discovering Jesus in the Gospels* will be released September, 2018. (All three books published by *BroadStreet Publishing*.) She is a writer, dancer and ballet teacher. Her heart burns with one main message: *Intimacy with Jesus and discovering the reality of His presence*. She and her husband invested nine years as missionaries in Puerto Rico, along with their three daughters, and now make Redding, California, their home.

You can find Gretchen here: