

What to Do on the Worst Day of Your Life

By Brian Zahnd, Christian Life, hardcover, 160 pages, \$.

✖ Brian Zahnd, senior pastor of Word of Life Church in St. Joseph, Mo., uses David as an example for how we should respond on our worst day. On David's worst day, he and his men returned home to find their city burned, their houses looted and their families kidnapped. Their first response was to weep. Zahnd affirms that God does not expect us to deny our sorrow but also explains there is a time to stop crying and start rejoicing. Holding on to grief, he writes, will turn it into self-pity and keep us from victory. He discusses other steps that must be taken: resist bitterness, find encouragement in God, receive a word from God, reorient vision, regain passion, attack, recover all, celebrate recovery, give. Zahnd doesn't deny that tragedies and difficult events create heartbreak. But he balances empathy with challenge. He states that emotions and the reality of situations must be acknowledged but that we must also keep moving forward, believing God will fulfill His promises. [Click here to purchase *What to Do on the Worst Day of Your Life*.](#)