

# Formula for Coping

If you're up to your ears in problems, don't panic. You've been through worse and survived. There is an endless variety of problems in life, and many of them are beyond our power to solve.



It's like painting a bridge; you finish one side and the other side needs tending. Problems we will always have with us, one more difficult than the next. They are given not to dismay us but to challenge us.

In the poem, *Passages to India*, Walt Whitman expressed it this way.

- O my brave soul
- O father, father sail!
- O daring joy, but safe! Are they not  
all the seas of God?
- O farther, farther, farther sail!

The problems of life are the seas we sail. St. Paul once compared the spiritual struggles to an athlete's training. If we looked on life as the athlete looks on the game, we might be better off. You win some, you lose some, but you keep working at it. If things go bad one season, there's always next year.

"The world around us is God's best idea for helping us grow into His sons

(and daughters). It isn't perfect because it needed to be imperfect so that we would have something to work on. Its imperfection makes it a *perfect* place as a gymnasium in which to develop our muscles and become strong." (Frank C. Laubach, *Channels of Spiritual Power*)

No matter how great the responsibility God places on our shoulders, He wants us to develop complete dependability and faithfulness. Either we rise to the challenge or we give up and go our own way. God wants us to develop the same loyalty and cooperation He found in Christ.

And Jesus wants to give us His sonship. "Be Sons of your Father who is in heaven." (Mt. 4:44-45) In his Sermon on the Mount he told us how. If you have enemies, overcome hate with love. If others do you harm, return it by doing good to them.

Jesus wants us to become like him. He prays to the Father, "The glory which You gave me, I am giving to them. They shall be with me where I am; the love which You have for me will be in them, and I will be in them."

Tackle your problems with courage. You are not alone.