

When You're Going Through Hell

by Jules Christian

One of the best pieces of wisdom and guidance I have ever received came from my spiritual mother. "When you are in the middle of a battle, it is not the time to ask why, not the time to make major decisions".

Although being honest about our questions and taking actions are important and necessary, it is easy to become reactive and get stuck in our despair when we feel that we are in the dark, in crisis and don't know where to turn.



When we are in the middle of such times, these things are important:

- *Acknowledge my feelings
- *Allow myself to sit with my reality
- * Ask for help/Seek support
- *Avoid impulsive decisions
- *Comfort myself
- *Pray.

As we do things things, as we move in the dark, wisdom and grace will carry us through even the hardest of life's moments. There is a country song called "If You're Going Through Hell" by Rodney Atkins, that says it well. As you listen to the song or read the lyrics, encourage yourself to keep on moving, knowing that God will see you through.

<https://www.youtube.com/watch?v=sBKybUusyP8>

"If You'e Going Through Hell"

Well you know those times when you feel like
There's a sign there on your back
That says I don't mind if you kick me, seems like everybody has
Things go from bad to worse
You think it can't get worse than that

And then they do

You step off the straight and narrow
And you don't know where you are
Used the needle of your compass, to sew up your broken heart
Ask directions from a genie in a bottle of jim beam
And she lies to you
That's when you learn the truth

If you're goin' through hell keep on going
Don't slow down if you're scared don't show it
You might get out before the devil even knows you're there

I've been deep down in that darkness
I've been down to my last match
Felt a hundred different demons breathin' fire down my back
And I knew that if I stumbled I'd fall right into the trap
That they were layin'

But the good news is there's angels everywhere out on the street
Holdin' out a hand to pull you back up on your feet
The one's that you've been draggin' for so long
You're on your knees might as well be prayin'
Guess what I'm sayin'

If you're goin' through hell keep on going
Don't slow down if you're scared don't show it
You might get out before the devil even knows you're there
Yeah if you're goin' through hell keep on movin'
Face that fire walk right through it
You might get out before the devil even knows you're there

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