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# How to Handle Difficult Days

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## :: LESSONS FROM THE CROSS

- Lesson # 1: Forgive everybody who is causing you disappointment and pain. *(Luke 23:34)*
- Lesson #2: Use your resources to help someone else facing a similar situation. *(Luke 23: 43)*
- Lesson #3: Don't neglect to love and care for those whom God has given you to love. *(John 19:26, 27)*
- Lesson #4: Pour out your heart to God and raise your concerns with Him. *(Matthew 27:34)*
- Lesson #5: Be human enough to share what you need with others. *(John 19:28)*
- Lesson #6: Know that your difficulty has a purpose and an end. *(John 19:30)*
- Lesson #7: Turn yourself and your situation totally over to the Lord. *(Luke 23:46)*