

Interview with Nancy Guthrie

by Steve Moltumyr

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If you're going through a difficult time, 3 things from scripture to hold on to:

1. Genesis 50:20. Joseph: "You intended it for evil, but God intended it for good."
2. 2 Corinthians 12:9: "My grace is sufficient."
3. Revelation 21:5. "He who is seated on the throne said, 'Behold I am making all things new.'"

One thing not to do:

Don't run away from God with your anger and questions. Run toward God with your anger and questions.

If you know someone who is going through a difficult time, 3 things to help:

1. Get past the awkwardness to engage with them.
2. Go deeper than deliverance in prayer for them.
3. Say the person's name who has died. Tell your friend a specific thing you miss about him/her. Don't assume that if they cry that you made them sad. You have allowed them to release some of their sadness.

Things not to do:

1. Don't tell them a story about someone else you know who went through the same thing. It won't help.
2. Don't assume because someone is sad that something is "wrong." When you lose something or someone you love, it hurts and makes sense that you would be sad for a while. But not forever.
3. Don't suggest a doctor or diet.
4. Don't forget special dates or significant events in regard to the person who has died.