**The Imitation of Christ by Thomas A. Kempis**

**BOOK THREE:** INTERNAL CONSOLATION

### **Chapter 29:** How We Must Call Upon and Bless the Lord When Trouble Presses

**Quote:**

"The Disciple

BLESSED be Your name forever, O Lord, Who have willed that this temptation and trouble come upon me. I cannot escape it, yet I must fly to You that You may help me and turn it to my good. Now I am troubled, Lord, and my heart is not at rest, for I am greatly afflicted by this present suffering.

Beloved Father, what shall I say? I am straitened in harsh ways. Save me from this hour to which, however, I am come that You may be glorified when I am deeply humbled and freed by You. May it please You, then, to deliver me, Lord, for what can I, poor wretch that I am, do or where can I go without You? Give me patience, Lord, even now. Help me, my God, and I will not be afraid however much I may be distressed.

But here, in the midst of these troubles, what shall I say? Your will be done, Lord. I have richly deserved to be troubled and distressed. But I must bear it. Would that I could do so patiently, until the storm passes and calm returns! Yet Your almighty hand can take this temptation from me, or lighten its attack so that I do not altogether sink beneath it, as You, my God, my Mercy, have very often done for me before. And the more difficult my plight, the easier for You is this change of the right hand of the Most High."

**Definition:**

Providence - God's benevolent and wise oversight of creation, orchestrating events in accordance with his divine will or design

**Scripture:**

Matthew 6:26:

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

Proverbs 16:9:

In their hearts humans plan their course, but the Lord establishes their steps.

Psalm 55:22:

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

Romans 8:28:

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Proverbs 3:5-6:

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Isaiah 41:10:

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

**Concept:**

God's plan is what is best, even if it involves hardship and struggle.

**Discussion:**

How does God bring goodness out of life’s adversities?

In the midst of life’s challenges, how do we speak to God in love?

How does life’s challenges bring about patience and trust in God's plan?