Finding Hope in the Dark Periods of Life

By Suzan Myhre, M.S.S.W.

I love this time of year. I love springtime. As a gardener, I walk outside my door, feel the fresh scent of the morning air, and breathe in springtime. It draws me to look around and see what is happening in my garden.

Behold, I am doing a new thing! Now it springs up! Do you not perceive it? Isaiah 43:19a

What is so amazing is that my rose bushes look dead. They are black and brown. It has been a long and cold winter, and they were surprised by a heavy wet April snow. That same snow covered the crocuses! But when I look closer, really close. . .I see a faint touch of green at the base of my rose bush. And as I gently sweep away the brown dry crackly leaves, I can see a tiny leaf sprouting. My heart leaps. Can this be? What appears dead and gone forever is really not so.

When Mary came to the tomb of Jesus all looked dark. The deep sorrow and pain that filled her heart was overwhelming. Love appeared lost. But the stone had been rolled away!! He is risen! He is risen indeed!

Many times out of pain and sorrow and in even the most dark situations, comes life. Sometimes, something must die in order for something new to live. Thus, we suffer not in vain.

I am making a way in the desert and streams in the wasteland.

Isaiah 43:19b

During these dark times of struggle we must cling to and believe God.

Now faith is the assurance of things hoped for, the evidence of things not seen. Hebrews 11:1

It has been several weeks since I saw that first sprout of green. Now, there is a carpet of green leaves and twigs sprouting forth. The garden is alive. My roses live.

Trust in the Lord with all your heart and do not rely on your own understanding. In all your ways acknowledge Him and He will make your paths straight.

Proverbs 3:3-5

So, let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

Galatians 6:9

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