

## Overcoming Worldly Difficulties<sup>1</sup>

1. **Trust in God and be Unafraid:** God is infinitely powerful and nothing can happen unless He allows it. You need to believe this truth. Pray to Him often with faith and ask Him for the things you need.<sup>2</sup> If you need strength or wisdom or peace ask Him for it. Do not put your trust in men or women.
2. **Do not resist, instead be humble:** Worldly methods rely upon resistance to what is being done. Do not resist them,<sup>3</sup> but accept everything as though it is from your heavenly Father's hands, who turns everything to the good of those who love Him.<sup>4</sup>
3. **Love Your Neighbour:** Be kind and do good to those you come into contact with, even when they are doing things you do not like or which harm you.<sup>5</sup> Especially your family and your work colleagues. Ask the Lord to help you. Worldly methods rely upon causing dissension and division between you and people close to you. In this way you and those close to you become vulnerable to being controlled. Always seek ways to improve relationships.
4. **Be Rational:** Worldly methods are based upon human passions which are inferior to reason. Always be rational and do not allow yourself to be driven by fear, joy and pleasure, sadness or hope of worldly gain when making the many decisions we face every day.<sup>6</sup> A lot of worldly methods are designed to frighten people, and mostly they are clever illusions which draw their force from human passions and which come to nothing if they are ignored.
5. **Integrity:** Always try to do what is right in God's eyes. In this way no one will have a hold over you. If you do what is wrong it may be used as leverage over you, for people may know what you have done and may use it against you. Say no to any suggestion of impropriety because obedience to God comes before obedience to men.<sup>7</sup>
6. **Speak the Truth:** Always be open and honest about what is happening to you even if other people do not believe you or think you are mad. It is important to face what is happening. Abusers of power always try to keep their abuse hidden.<sup>8</sup>
7. **Power without Authority:** We should obey those with a legal authority over us, but where people act outside their legal authority we are not required to obey them. The UK law includes many safeguards for individuals, including the European Convention on Human Rights which has been approved by Parliament. Therefore, do not feel obliged to obey those acting outside the law even when they act as though we should. Remember that we live in a democracy and that all citizens are required to comply with the law.
8. **Persevere, Be Patient and Stay Free:** Do not give up your freedom or allow yourself to be controlled. It is better to suffer all the inconvenience, insults and damage than to let your life be controlled.<sup>9</sup>
9. **Step by Step:** Do not worry if you fail, this is a gradual process where God gradually strengthens you and failing is part of the process in realising that He is at work and giving you the strength you need.
10. **Turn to Mary Help of Christians:** Ask the Mother of God to intercede for you and help you. She knows what you need and is in a position to obtain it.<sup>10</sup> Consecrate yourself to her Immaculate Heart and ask her to help you and to take care of you and your family.

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<sup>1</sup> Who can overcome the world but the one who believes that Jesus is the Son of God? 1 John v5

<sup>2</sup> Ask and it will be given you. Matthew 7 v7

<sup>3</sup> But I say this to you: offer no resistance. Matthew 5 v38

<sup>4</sup> We are well aware that God works with those who love him, those who have been called in accordance with his purpose, and turns everything to their good. Romans 8 v28

<sup>5</sup> Love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you badly. Luke 6 v27-28

<sup>6</sup> Reason should be the basis for every activity, reflection must come before any undertaking. Eccles 37 v16

<sup>7</sup> Obedience to God comes before obedience to men. Acts 5 v29

<sup>8</sup> For nothing is hidden but it will be made clear, nothing secret but it will be made known and brought to light. Luke 8v17.

<sup>9</sup> You will come to know the truth, and the truth will set you free. John 8 v32

<sup>10</sup> The Marriage Feast at Cana. John 2 v1-11