

Book Recommendation  
TRUSTING GOD EVEN WHEN LIFE HURTS  
Author: Jerry Bridges. Publisher: Navpress. 215 pages

Dear brothers and sisters in the Lord,  
I greet you in the name of the Lord. Beloved, in this pastor's voice, I would like to recommend a book for your reading and edification. This is a book easy to read, practical and deals with a topic, which is very close of our hearts, especially when we are hurting.

In the preface of the book (don't skip it), he recounts what happened to him when the author was still a teenager. He says, "When I was fourteen years old, my mother died suddenly, without warning. I was in the adjourning room and rushed just in time to see her gasp her last breath. I was stunned and devastated. My older brother was away at school, and my dad was too stricken with grief himself to be able to help me. Worse of all, I did not know how to turn to God in times of trouble. I was alone in my adversity" (Page 9)

**Why do I recommend this book?**

Firstly, the solution in this book is God-centred, in teaching us how to deal when we are hurting. This book reminds us of what God is. If you are a mature Christian, I don't think the book will teach you anything new but it will remind you of truths you already know that would help you to go through much of life's trials. So, what is the answer to the hurts of life? The answer is found in the title of the book, trust God. But, you are not going to trust God if you don't know Him, in the same way; you are not going to trust your life's savings or your vital information to someone that you hardly know. So, the author goes through a few and relevant attributes of God: God is completely sovereign, God is infinite in wisdom, and God is perfect in love, which is spread throughout the entire book.

Secondly, this book also deals with questions that we have in our minds when we are hurting. Is it wrong to ask, why? It is not wrong to ask "why God? Why must this happen to me", per se. In fact, it's natural. But, there is a wrong way where we begin to doubt and challenge God in His dealings with us. The author looks at a few examples and he reflects on the life of Job. When Job asked God a series of questions for all the terrible things that were happening to him, he did not get any answers. In such an instance, God is not in the habit of answering our many questions. We need to trust him completely. The author writes under the heading, "God never explains", thus: "But God never explains to us what He is doing, or why. There is no indication that God ever explained to job the reasons for all of his terrible sufferings" (page 122). On chapter 13, he exhorts the reader to choose to trust God. In other words, trusting God is not our natural choice; instead we must want to trust God and it is a deliberate choice. The reason is because God is trustworthy and He is worthy of our trust.

Thirdly, he ends the book beautifully with a chapter on "Giving Thanks Always". This is one of the responses to life's hurts. Such responses give evidence that we are really trusting God. The other responses are worship, humility, forgiveness and seeking God's glory.

I sincerely hope this review has whetted your appetite to read it. This book is available at Navpress, Singapore.

Pastor Paul Goh