## How do I get through what I am going through?

- 1. Life can be a struggle.
- I cannot get through what I am going through alone.
  I need someone to help me.
- Only by standing on the promises of God.

**Some scriptures used to form this message:** Jonah 2:2 (MSG); Jonah 1:8; John 16:33; Romans 8:35; 2 Corinthians 1:14; Job 14:1; 1 Peter 5:7; Psalm 121:1-3; Matthew 28:20; Psalm 34:18; Psalm 147:3; 2 Timothy 1:7