



# RETHINKING

*my thinking*

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Issue: #1  
Wrestling with God

Introducing:  
Rethinking My  
Thinking's founder  
Angela Mackey

*Blooming in faith through His transforming grace*

## Wrestling with God:

**Experiencing His Blessing through the Trials of Life**

In our room I fell to my knees and cried out, "Why God?"

Tears flowed down my cheeks in torrents. My world was crashing down around me. I was grieving, lost. I couldn't make sense of what was happening, but there was one thing I knew. God was still God. He loved me, even though He allowed difficult and painful things in my life. I didn't understand my circumstances, but I knew God's character. I knew it from His word and experienced it in my past.

In the midst of my grief, my pain, my sorrow, my world turned upside-down, I had a choice. I decided to cling to God. The God who says He has plans for me and that His ways are not mine. The God of all-power, love, goodness, and light.

That choice, however, did not stop the questions - especially during the quiet dark hours of night. *How do I love a God who can give me the desire of my heart, but may choose not to? Why?* Instead of wallowing in bitterness and frustration, as my sinful self wanted to do, I like Jacob, wrestled with God.

**In order to wrestle with God, we have to cling to who God is.** God is good. He has plans for us, plans to prosper us and not to harm us (Jeremiah 29:11). He can take the most devastating things in our lives and make them into good things for those who love Him. (Romans 8:28) We must choose to trust Him and hold tight to who He is despite our circumstances.

Then, we can wrestle our doubts and questions out with God. We can ask Him why, beg Him to change things, and even request that He help our unbelief. We may never receive the answers we ask for, but we receive something much greater.

In those moments of wrestling out my questions and doubts, I discovered something. I was close enough to hear God whisper in my ear. He whispered peace, comfort, and love into my raw soul.

## Helps for Wrestling with God

1. Cling to what you know about God by finding verses that talk about His character and plan for your life. Look at Jeremiah 29:11, Psalm 34, Matthew 11:28-30, 2 Corinthians 1:3-4, Romans 8:28, Psalm 147:3.
2. Ask God your questions. Ask Him to show you why and how He is working in this dark time. Look at David's example in the Psalms. Read Psalm 22 to see David and Jesus' example of clinging to God and still asking why.
3. Remember the promise of 1Corinthians 13:12. On this earth we will only ever know in part, but one day we will know fully as we are fully known.



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## Wrestling with God Continued

It is when we cling to God and wrestle our doubts and questions with Him that He will bless us, just as He blessed Jacob.

This blessing though comes at a price. Jacob came away from his time wrestling God with a limp. When we wrestle with God, we will never be the same. We will be more dependent on Him and more sure of Him. Our grip on this sinful world will be loosened because we cannot cling to God and the world at the same time. We will join Paul in counting “everything a loss compared to the surpassing greatness of knowing Christ Jesus [our] Lord.” (Philippians 3:8)

by Angela Mackey

## Speaking Topics

**Wrestling with God:** Offers tools on how to cling to God through the difficult things in life.

**Battling Joy Stickers:** Helps pinpoint things we allow to steal or stoke our joy and offers practical tools for keeping them at bay.

**Faith that is Big Enough:** Explores the story of Shadrach, Meshach, and Abednego’s faith. Along the way you will discover a faith that will withstand your own fiery furnaces.



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## About Angela Mackey Rethinking My Thinking

Hi, I am Angela Mackey, the founder of Rethinking My Thinking. God laid Rethinking My Thinking on my heart as a way of sharing how God’s word can renew minds and transform lives.

I have fourteen years experience teaching from God’s word and would love to come speak at your next women’s ministry event.

Please visit my website:

[www.rethinkingmythinking.com](http://www.rethinkingmythinking.com)

Join in the discussion or view an excerpt of my talks.

I can’t wait to join you in ministering to the women of your church!



Blessings!