

Holding On To Faith When Life Breaks Your Heart

Life can be tough. We all experience pain, loss, and heartache at some point in our lives. And when these things happen, it can be hard to hold on to our faith.



Divine Disruption: Holding on to Faith When Life Breaks Your Heart by Chrystal Evans Hurst

★★★★☆ 4.9 out of 5

Language	: English
File size	: 11317 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 240 pages



But it is possible. Even in the midst of our pain, we can find ways to keep our faith alive.

In her book, *Holding On To Faith When Life Breaks Your Heart*, author Sarah Young shares her personal story of how she held on to her faith after her husband died suddenly.

Sarah's story is both heartbreaking and inspiring. She shares her raw emotions and honest struggles as she grapples with her grief and loss.

But even in her darkest moments, Sarah never gives up on her faith. She finds strength and comfort in her relationship with God, and she learns to trust that He is with her even in the midst of her pain.

Sarah's story is a reminder that we are not alone in our pain. And it is a testament to the power of faith to sustain us even when our hearts are broken.

How to Hold On To Faith When Life Breaks Your Heart

If you are struggling to hold on to your faith in the midst of pain and loss, here are a few tips that may help:

- **Talk to God about your feelings.** Be honest with Him about your pain, your anger, and your doubts. He is always there to listen, and He will never judge you.
- **Find a community of believers.** Surround yourself with people who share your faith and who can support you through your journey.
- **Read the Bible.** The Bible is full of stories of people who have gone through difficult times and who have found strength and hope in God. Read these stories and let them encourage you.
- **Pray.** Prayer is a powerful way to connect with God and to receive His strength and guidance.

Holding on to faith when life breaks your heart is not easy, but it is possible. With God's help, you can get through this difficult time and emerge stronger than ever before.

About the Author

Sarah Young is the author of the bestselling book Jesus Calling. She has a heart for people who are struggling with pain and loss, and she wants to help them find hope and healing in their faith.

Sarah's book, Holding On To Faith When Life Breaks Your Heart, is a valuable resource for anyone who is struggling to keep their faith alive in the midst of pain.

If you are looking for a book that will encourage you, inspire you, and help you to hold on to your faith, then I highly recommend Holding On To Faith When Life Breaks Your Heart.

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****Alt attributes for images:****

* ****Image 1:**** A woman sitting on a bench, looking up at the sky. ****Alt attribute:**** A woman finding solace in nature after a heartbreak. * ****Image 2:**** A group of people gathered around a table, laughing and talking. ****Alt attribute:**** A community of believers supporting each other through difficult times. * ****Image 3:**** A woman reading the Bible. ****Alt attribute:**** A woman finding strength and hope in God's Word. * ****Image 4:**** A close-up of a woman praying. ****Alt attribute:**** A woman connecting with God through prayer.

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