

### 30-Day Challenge: Long-Suffering

“A successful man is one who lays a firm foundation with the bricks others have thrown at him” ---David Brinkley

You’re probably thinking, “Ooh sign me up for some of that!” ;) Okay, so maybe not...but let us share the definition of long suffering—it may surprise you! Long- suffering means having or showing patience in spite of troubles, especially those caused by other people. Is this something you’ve experienced? Think back to your school days-----were you ever bullied, excluded, or targeted as a way to even the playing field? Perhaps you’ve had issues with your career due to an egotistical boss or a toxic workplace...maybe you’ve got a tantrum prone toddler and a rebellious teenager under the same roof! Well, take that frown and turn it upside down friend, because the Lord is allowing you to experience the trials you are dealing with because you are stronger than you think and He is giving you the opportunity to grow. In his book, Faith Precedes the Miracle, Spencer Kimball states, “Being human, we would expel from our lives physical pain and mental anguish and assure ourselves of continual ease and comfort, but if we were to close the doors upon sorrow and distress, we might be excluding our greatest friends and benefactors. Suffering can make saints of people as they learn patience, long-suffering, and self-mastery.”

\*\*So for this challenge, you will be tracking a current trial or difficult situation you are experiencing!\*\*

For 30 days you will track:

1. Your current trial
2. Your response to it each time you need to face it
3. What happens as a result?
4. Patterns--At the end of each week look for patterns of behavior, observe if there’s more to it—do these events happen around the same time of day or from the same person? Once you notice the patterns—write them down.
5. Troubleshooting! Tracking is so powerful! It gives us insight into stuff we may be missing and it shows us the good we are already doing! Once we get what’s happening, we can tweak a few things. Unsure how to adjust things? Ask a trusted friend or family member or get the conversation started on our Facebook page! Chances are someone has gone through what you are dealing with and can give you tips and tricks!

Here's an example of how to do this:

Current Trial: Chronically Stressful Afternoons!

Time:	Monday	Tuesday	Wednesday	Thursday	Friday
2pm	<b>Event:</b> <b>Response:</b> <b>Result:</b>	<b>Event:</b> <b>Response:</b> <b>Result:</b>	<b>Event:</b> <b>Response:</b> <b>Result:</b>	<b>Event:</b> <b>Response:</b> <b>Result:</b>	<b>Event:</b> <b>Response:</b> <b>Result:</b>
3pm	<b>Event:</b> kids cranky and whiny—I didn't have snack ready <b>Response:</b> gave late snack and tried to ignore the complaining <b>Result:</b> I was flustered and felt pressured to get something together quick	<b>Event:</b> kids cranky and whiny—I didn't have snack ready <b>Response:</b> gave late snack and tried to ignore the complaining <b>Result:</b> I was flustered and felt pressured to get something together quick	<b>Event:</b> kids cranky and whiny—I didn't have snack ready <b>Response:</b> gave late snack and tried to ignore the complaining <b>Result:</b> I was flustered and felt pressured to get something together quick	<b>Event:</b> kids cranky and whiny—I didn't have snack ready <b>Response:</b> gave late snack and tried to ignore the complaining <b>Result:</b> I was flustered and felt pressured to get something together quick	<b>Event:</b> kids cranky and whiny—I didn't have snack ready <b>Response:</b> gave late snack and tried to ignore the complaining <b>Result:</b> I was flustered and felt pressured to get something together quick
4pm	<b>Event:</b> toddler wanted to help and I didn't want help with dinner prep <b>Response:</b> Said no, used time out,	<b>Event:</b> toddler wanted to help and I didn't want help with dinner prep <b>Response:</b> Said no, used time out,	<b>Event:</b> toddler wanted to help and I didn't want help with dinner prep <b>Response:</b> Said no, used time out,	<b>Event:</b> toddler wanted to help and I didn't want help with dinner prep <b>Response:</b> Said no, used time out,	<b>Event:</b> toddler wanted to help and I didn't want help with dinner prep <b>Response:</b> Said no, used time out,

	<p>persistent kid wouldn't listen, I lost temper</p> <p><b>Result:</b> Toddler tantrum, frustrated and upset Mama</p>	<p>persistent kid wouldn't listen, I lost temper</p> <p><b>Result:</b> Toddler tantrum, frustrated and upset Mama</p>	<p>persistent kid wouldn't listen, I lost temper</p> <p><b>Result:</b> Toddler tantrum, frustrated and upset Mama</p>	<p>persistent kid wouldn't listen, I lost temper</p> <p><b>Result:</b> Toddler tantrum, frustrated and upset Mama</p>	<p>persistent kid wouldn't listen, I lost temper</p> <p><b>Result:</b> Toddler tantrum, frustrated and upset Mama</p>
5pm	<p><b>Event:</b></p> <p><b>Response:</b></p> <p><b>Result:</b></p>				
6pm	<p><b>Event:</b></p> <p><b>Response:</b></p> <p><b>Result:</b></p>				

**\*Patterns:** Every afternoon kids are grouchy, need snacks and want to help during dinner prep

**\*Troubleshooting:** Prepare after school snack at lunch time so it's ready for after school. Use a crockpot or assemble or prep dinner by 1pm.

The beauty in doing this is we prevent the hard things from happening because \*gasp\* we change our response to the whole situation! It's life changing! Still skeptical? Give it a shot! You'll be surprised to find how handy this little tool can be in seeing your life more clearly, finding ways to rise above the situation, and in effect, empowering you to come off conqueror!

p.s. (If your current difficult situation resolves before 30 days, examine your life--there's bound to be something else! If you can't find something, get your Mom eyes out and look deeper and harder, ha-ha, the Lord wouldn't cheat you like that! )

**Tell us what patterns you recognized and how you tweaked things to rise above!**