

**Life, Love and Family Daily Fact Sheet**  
**Dr. Tim Clinton**

*“Joy in the Midst of Sorrow”*

- **4 Steps for Embracing the Dream God Has for You** (Clinton, 2006):
  - **Declare Your Story**—the memories of yesterday’s pain are still clear, but they have lost their power to claim today.
  - **Stand in the Hardships**—transformation comes to your life every time you endure hard times and pain. None of us really enjoy those times, but we grow and strengthen our character more during difficult seasons.
  - **Communicate Your Testimony**—you have a personal testimony about the Lord’s love that no one can take away, deny, or disprove. The gift of your testimony was hard-won but freely given to you, and now you can spend the rest of your life giving it away to others.
  - **Embrace the Freedom**—God has strengthened you to lift the heavy burdens, so now He expects you to live the life! He healed you so that you will heal others.
- **Attaching to God** (Clinton & Straub, 2010):
  - God does not protect us from all harm. In fact, He allows us to enter into the dark places of life from time to time, and He “prunes” us so that we’ll grow stronger and bear more fruit.
  - It is a tragic misconception to assume that God’s job is to make life easy for us.
  - When we try to avoid pain, we may miss God’s purpose for it.
- **Quotes:**
  - *“Make the most of yourself, for that is all there is of you.”* —Ralph Waldo Emerson
  - *“The remarkable thing is, we have a choice everyday regarding the attitude we will embrace for that day.”* —Charles Swindoll
  - *“We could never learn to be brave and patient if there were only joy in the world.”* —Hellen Keller
  - *“The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to lean on, rely on, or blame. The gift is yours, it is an amazing journey, and you alone are responsible for the quality of it. This is the day your life really begins.”* —Unknown
  - *“No soul that seriously and constantly desires joy will ever miss it.”* —Tim Clinton

- *"One sees great things from the valley; only small things from the peak."*—G. K. Chesterton
- *"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."*—Albert Einstein
- *"In three words I can sum up everything I've learned about life: It goes on."*—Robert Frost
- *"There are no shortcuts to any place worth going."*—Helen Keller
- *"Your past does not determine who you are. Your past prepares you for how you are to become."*—Joel Osteen
- **Key Thoughts: Seeking God in the Difficulties of Life** (Clinton & Hawkins, 2009):
  - Trust God:
    - Sometimes God allows suffering to come into believers' lives to strengthen their faith.
    - Rejoice because of what God will do in your life and what He promises for your future.
    - Cast your cares on Christ because His faithfulness never changes (Ps. 46; 2 Cor. 12:7-10; Heb. 13:8).
    - Allow God to help you endure (Rom. 8:18; 2 Cor. 4:7-10; 2 Tim. 2:12, 1 Peter 4:12-13)
  - Seek His Lessons:
    - What do you think God is teaching you?
    - What would you like to learn? How would you like to come out of this at the other end?
  - Seek His Actions:
    - What could God possibly be doing in your situation? Where do you see His hand at work?
  - Take Small Steps Forward:
    - What small step can you take today to make things better?
    - What do you need to do to function effectively at home, work, and other places?
    - What small step can you take today to begin rebuilding your life?
- **Verses:**
  - *"The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly."*—**John 10:10**

- *“The light of the moon will be as the light of the sun, and the light of the sun will be seven times brighter, like the light of seven days, on the day the Lord binds up the fracture of His people and heals the bruise He has inflicted.”—Isaiah 30:26*
- *“As for you, you meant evil against me, but God meant it for good in order to bring about this present result, to preserve many people alive.”—Genesis 50:50*
- *“You made men ride over our heads; we went through fire and through water, yet You brought us out into a place of abundance.”—Psalm 66:12*
- *“It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery.”—Galatians 5:1*
- *“For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.”—2 Corinthians 4:17-18*
- *“My frame was not hidden from You, when I was made in secret, and skillfully wrought in the depths of the earth; Your eyes have seen my unformed substance; and in Your book were all written the days that were ordained for me, when as yet there was not one of them.”—Psalm 139:15-16*
- *“Therefore do not fear them, for there is nothing concealed that will not be revealed, or hidden that will not be known. But the very hairs on your head are all numbered. So do not fear...”—Matthew 10:26, 30-31a*

## Endnotes

Clinton, T. (2006). Turn your life around: Break free from your past to a new and better you. New York, NY: Faith Words.

Clinton, T. & Hawkins, R. (2009). The quick-reference guide to biblical counseling. Grand Rapids, MI: Baker Books.

Clinton, T. & Straub, J. (2010). God attachment: Why you believe, act, and feel the way you do about God. New York, NY: Howard Books.