



People can be knocked so badly when trouble hits,  
that they start to doubt their faith or even lose it.

The world is full of trouble. Don't wait for it to touch you  
before you decide what God is like.

If you choose to believe in His goodness,  
your faith can work for you in the bad times  
and you'll be able to be an overcomer.



**Katherine Hilditch** has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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# CHOOSE TO BELIEVE GOD IS GOOD



*Katherine Hilditch*

[LifeinJesus.net](http://LifeinJesus.net)

‘Choose to Believe God is Good’

by

Katherine Hilditch

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Unless otherwise indicated  
all Scripture quotations are taken from  
the World English Bible British Edition (WEBBE)  
(Any words in brackets are not in the original text  
but are included to help understanding)

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because Jesus has already won the victory, you'll have the victory too.

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### *Being Born-Again*

When you acknowledge Jesus as God and decide to follow Him, you make Him your Lord. When you accept His sacrifice on the Cross for yourself personally, you make Him your Saviour. You are then born-again and have a new perfect spirit. God becomes your Father and you His child, and you can start to enjoy your personal love relationship with Him.

Romans 10:9 says – *'If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.'* Tell God you are sorry for the wrong things you do, say and think. Choose to believe that Jesus is Lord, that He died for you and is now alive. Accept Him as your Lord and Saviour. Say it with your voice and believe it in your heart.

If you've done that sincerely, you are now born-again and Jesus has come to live in you. Everything you've ever done wrong or ever will do wrong is forgiven, and after this life is over, you'll live in peace and joy with your loving Father God for ever.

As a child of God, you now have a whole new family of brothers and sisters. Tell a trusted Christian that you are now born-again so they can help you in your new life in Jesus. And you have the Bible to help you understand and experience more of God's love for you and all Jesus has done and won for you. It will help you to live your life in the best possible way – His way.

## *CHOOSE TO BELIEVE GOD IS GOOD*

Living as a Christian isn't about feelings and experiences as much as about decisions of the will. Emotions can go up and down. If you decide to believe in God the way the Bible shows He really is, you can enter into a relationship with Him, and then your feelings will be involved – after all, He is love. But if you base your beliefs about God on what you see and hear around you and on what you feel, then when some trouble comes along, you will find that your belief will waver or even crumble.

### *God is Constant*

God doesn't vary in any way – He is always loving and good. Hebrews 13:8 says – *'Jesus Christ is the same yesterday, today, and forever.'* He is constant, so if you base what you believe on His truth, you give yourself a firm foundation to build your life on. But how do you find out what His truth is?

God speaks through his Holy Spirit into the hearts of people who have accepted Jesus as their Lord and Saviour – He may speak through words, or through a verse from the Bible, or it may be through a picture. The Holy Spirit is always constant and it is wonderful when He speaks in this way, but there can be times when you don't hear what He is saying, or you're not sure whether you've heard Him or not.

God can also speak to you through other Christians, but they may not always be saying exactly what God wants them to say in the way He wants them to say it. The one constant and reliable way to find out what God is like and to hear him speak to you is through the Bible.

If you want to find out who God is and what He is like and how He thinks about you, you have to go to the Bible. And choose to believe it even when it seems to be saying the opposite to how you feel or what other people are doing and saying. Here in the western world, the Bible is always available to you. If you wait for an emotional experience of God in order to believe, you may never get one, and if you do, the memory of the experience can fade. But you can always go to the Bible and find out what God is saying whenever you want to. And it will always be there for you to go back to again and again.

## *Fact and Truth*

Things in life may seem to be a certain way, but that way is not necessarily the truth. The truth is often different from what you can see, hear and feel.

For example, the doctor may tell you that you are sick. But God's Word tells you in 1 Peter 2:24 that – '*You were healed by his wounds.*' Which are you going to believe? Your body may hurt, your strength may have gone, you may be running a temperature – the fact is you are sick, but the truth is you are healed. Jesus defeated all sickness when He died on the Cross: your healing has already happened spiritually and God wants it to become real in your body. Believe you are sick and you will be. Believe you are healed and you are on the way to it becoming real physically. Even the medical world believes that a positive attitude helps people to get better.

God's Word is truth, no matter how you feel or anyone else says or does or thinks. But it is only as you choose to believe it that you will find this is true, and it can start to help and guide you.

wait for your emotions to turn around, take action. Tell yourself about how good God is. Look at yourself in the mirror and tell yourself God loves you and Jesus died for you. And when things aren't going well, do it more. It's what I do – it builds up my faith.

Even when everything is going wrong and maybe you don't understand what's going on or why, make the decision to believe God is good and He loves you and start to praise Him. It can be hard to do when you are feeling worried and upset, but it's only when you do it that your heart will start to lift and you will find that it is true.

## *Choose to Believe*

If you don't want to live your life at the mercy of your emotions, choose to believe. If you want to be in control of what you think and not going round in circles tossing things around in your mind, choose to believe. If you want to have the confidence of knowing who God is and what He is like, choose to believe. If you want to have a faith which will not waver or crumble in the hard times, choose to believe. You can't try and work this out logically. You will only prove that God is good and that He is on your side when you choose to believe it.

It takes effort to choose to believe, especially when everything you see, hear and feel is trying to make you think differently. But the reward is a firm faith in the love and goodness of God which will not crumble if something awful happens. Instead, it will keep you close to God, so you can let Him help you and bring you through the trouble undamaged by it.

Choose to believe today. It's only as you choose to believe that you'll find the way to become an overcomer, no matter what is going on. You'll have chosen to be on the winning side, and

Romans 8:35&37 says - *'Who shall separate us from the love of Christ? Could oppression, or anguish, or persecution, or famine, or nakedness, or peril, or sword? ... No, in all these things, we are more than conquerors through him who loved us.'* You aren't just a conqueror; you are more than a conqueror! God's wonderful love for you took Jesus to the Cross to overcome the world, so you could overcome it too by your faith in Him.

## ***Encourage Your Faith***

Sometimes the people who wrote the Psalms in the Bible described the difficult situation they were in, but the writer often then ended with a decision to praise God. An example is Psalms 42 which ends in verse 11 with - *'Why are you in despair, my soul? Why are you disturbed within me? Hope in God! For I shall still praise him, the saving help of my countenance, and my God.'* The songwriters decided to praise God while they were struggling, not wait until the trouble was gone before they praised Him.

Praising God is powerful – it can actually change things. It can not only turn your thinking around, but it can turn difficult situations around too. Acts 16:25-26 tells of two men called Paul and Silas who had been put in prison because they believed in Jesus. It says - *'But about midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. Suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened, and everyone's bonds were loosened.'*

Take responsibility and build yourself up in your faith. Jude 1:20-21 says - *'keep building up yourselves on your most holy faith, praying in the Holy Spirit. Keep yourselves in God's love.'* Don't

## ***Cheer Up***

Jesus said in John 16:33 - *"In the world you have trouble."* Jesus gave this warning, so you could be prepared for trouble and not be surprised by it. I realise that you may be really struggling with grief or another serious situation at the moment. Please don't think I'm being flippant by saying cheer up. I am quoting Jesus, who said in the second half of John 16:33 - *"but cheer up! I have overcome the world."* He would never tell you to do anything that wasn't possible. So even in the worst scenario, it is possible to cheer up. And it's possible because of what God has done through Jesus. Don't be offended – be pleased that it's possible.

It was on the Cross that Jesus overcame the world by defeating the devil and all his plans. He won the victory over all your troubles, so that you can come through them unharmed. You won't be able to really cheer up by your own self-effort or by the best intentions of others. The only way to cheer up when you are in the middle of something difficult or painful, is to decide to believe in the truth that Jesus has overcome the world, rather than letting yourself be tossed around by your own emotions or the reactions of others. It's a decision.

I'm not saying it is wrong to be upset or grieve, but it is a decision to believe in God and His goodness that will bring you through, not waiting for your emotions to change. Here are three good reasons you can cheer up. Firstly, Jesus suffered the punishment for all your sin. This means that you are forgiven and can know God as your loving Father. Secondly, if you have made Jesus your Lord and Saviour, you have His promise that He will never leave you. And thirdly, Jesus overcame the world and all its troubles, winning the victory over it so you could win through too.

## Be Prepared

Get the way you see and understand what God is like sorted now; don't wait for something awful to happen to start thinking about it. There are tragedies happening all the time, so why change the way you see God when one strikes you personally? You have ample evidence that bad things happen, so why only doubt God's love and goodness when it impacts you or someone close to you? God has given everyone free will, and everything that happens in this world is not automatically what He wants. When things go wrong and you feel the rug is being pulled out from under your feet, it's not God who's doing it – it's the devil. Once you have this straight in your mind, you can then choose to continue to believe God is good even in the middle of tragedy, trouble and difficult circumstances. (To understand more about free will, read the booklet, 'Is God in Control?')

## Faith

Choosing to believe is faith. God longs for everyone to be in a love relationship with Him. Romans 2:4 says that – *'the goodness of God leads you to repentance.'* When you start to think about God and feel drawn to Him, God gives you a gift of faith. Romans 12:3 says that – *'God has apportioned to each person a measure of faith.'* This doesn't mean that He gives some people more faith than others. He gives the same size measure of faith for everyone – it's 'a' measure – just one, the same for everyone. You can then choose to use that faith to believe in Jesus and accept Him as your Lord and Saviour. If you have done that, you are born-again. You have God's gift of faith inside you, but it is still up to you to decide how you're going to use it. (To read about being born-again go to the end of this booklet.)

It's easy to have faith when everything is going well, but when things start going wrong, that's when your faith is tested and you have to decide whether to believe only in what you can see and hear and feel, or use your faith and believe God's truth.

You use your faith when you choose to believe in the goodness of God even when it seems that He is not answering your prayers. You use your faith when you choose to believe in the goodness of God when everything you can see, feel and hear is screaming the opposite. You use your faith when you choose to believe in the goodness of God even when the devil seems to be winning.

Jesus often told people to 'only believe.' God's truth is only proved true as you believe it. If you spend your time doubting and thinking about things from the world's point of view, you will never find His truth. If you choose to believe, you will find His truth, and you will be able to have real peace no matter what is going on in your life or the lives of the people around you.

## Be an Overcomer

1 John 5:4-5 says – *'This is the victory that has overcome the world: your faith. Who is he who overcomes the world, but he who believes that Jesus is the Son of God?'*

Jesus overcame the world on the Cross, so, when you put your faith in Him, you become a world overcomer too! You haven't overcome it because you're clever or strong or determined or because you've earned it or deserve it. You've overcome the world because you have chosen to believe, and put your faith in Jesus who has already overcome it for you.