



STILL STANDING

God Sees You:
Hope for Today's Struggles

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Introduction

God Sees You

If you are reading this, it is not by accident.

You may be tired. You may be worried. You may be holding yourself together on the outside while feeling overwhelmed on the inside. Life has a way of pressing hard—financial strain, uncertainty, loss, sickness, emotional weight, or the quiet fear of not knowing what tomorrow will bring. And sometimes, in the middle of it all, you may wonder if God sees you... if He truly understands what you're going through.

This book was written to gently remind you of this truth: God sees you, and you are not forgotten.

The Bible is filled with stories of people who stood in difficult seasons—people who faced loss, fear, waiting, and uncertainty just like we do today. They struggled, they questioned, they cried out to God—and still, God remained faithful. The same God who sustained them is the same God walking with you right now.

Still Standing: God's Strength for Hard Times is not about pretending everything is okay. It's about acknowledging the pain while choosing to trust God in the middle of it. It's about finding strength when you feel weak, peace when life feels chaotic, and hope when the road ahead feels unclear.

You don't have to have all the answers. You don't have to be strong every moment. You simply have to keep standing—one step, one prayer, one day at a time.

As you read through these pages, my prayer is that you will feel comforted, encouraged, and reminded that God's strength is made perfect in our weakness. No matter what you're facing today, you are still standing—and God is still with you. "Just as water sustains life, God's presence sustains us. In every struggle, let His living Word nourish your faith and remind you that you are never alone."

Let's begin this journey together.



Chapter 1: When Life Feels Heavy

Scripture: Matthew 11:28

“Come to Me, all you who labor and are heavy laden, and I will give you rest.”

There are seasons in life when everything feels heavier than it should. Waking up feels exhausting. Smiling feels forced. Decisions feel overwhelming. You may be carrying responsibilities, worries, disappointments, or silent fears that no one else sees—but God does.

Life was never meant to be lived without burdens, but it was never meant to be lived alone. When the weight becomes too much, God does not ask you to figure it out on your own. He invites you to come to Him—just as you are.

Sometimes the heaviness comes from circumstances beyond your control: financial pressure, job loss, sickness, broken relationships, or uncertainty about the future. Other times, it comes from internal battles—anxiety, guilt, exhaustion, or the pressure to “be strong” when you feel anything but strong.

The truth is, feeling heavy does not mean you lack faith. It means you are human.

Throughout Scripture, we see people who felt crushed by life’s weight. David cried out in the Psalms. Elijah grew weary and discouraged. Even Jesus, in His humanity, felt sorrow and anguish. Yet in every situation, God met them with compassion, not condemnation. God understands the weight you’re carrying. He sees the tears you cry in private and the strength it takes to keep going each day. When Jesus says, “Come to Me,” He is offering rest—not just physical rest, but rest for your soul.

Rest doesn’t always mean the situation immediately changes. Sometimes it means God gives you the strength to stand in the middle of it. Sometimes it means He quiets your heart even before He changes your circumstances.

If life feels heavy right now, pause for a moment. Take a breath. You don’t have to solve everything today. You don’t have to carry everything at once. God is with you in this season, and He is strong enough to carry what you cannot.

You are still standing—not because life has been easy, but because God has been faithful.

Prayer

Lord, You see the weight I’m carrying. You know the worries, fears, and struggles I face each day. I come to You tired and in need of Your strength. Help me to release what I cannot control and trust You with what feels overwhelming. Give me rest for my soul and the courage to keep standing.

Amen.

Chapter 2: Standing When Everything Feels Unstable

Scripture: Isaiah 41:10

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand.”

There are moments in life when the ground beneath you feels unsteady. What once felt secure may suddenly feel uncertain. Finances shift. Health changes. Relationships strain. Plans fall apart. And in those moments, fear can quietly creep in, whispering questions about the future and doubts about how you will make it through.

Standing in unstable seasons is one of the hardest things we are called to do.

When life feels unpredictable, our natural response is to look for something solid to hold onto. We search for answers, solutions, or reassurance. But God invites us to anchor ourselves not in circumstances, but in Him. He does not promise that the storm will never come—but He does promise that He will not leave you standing alone in it.

Unstable seasons test our faith in ways comfortable seasons never do. They reveal where we place our trust and remind us that God is our true foundation. When everything around you feels like it's shifting, God remains unchanging. His Word is steady. His presence is constant. His strength does not waver.

You may feel like you're barely holding on, but God is holding you.

Sometimes standing doesn't look like confidence or boldness. Sometimes it looks like waking up one more day and choosing not to give up. It looks like praying even when words are hard to find. It looks like trusting God with unanswered questions and unresolved fears.

God understands your uncertainty. He sees the moments when you feel afraid, discouraged, or unsure of what comes next. And still, He says, “Do not fear, for I am with you.” His strength becomes your support when yours feels depleted.

Standing through instability does not mean pretending everything is okay. It means trusting God even when everything is not okay. It means believing that even in the shaking, God is working—strengthening your faith, shaping your character, and preparing you for what lies ahead.

You may not see the full picture right now, but God does. And while life may feel unstable, His grip on you is secure.

You are still standing—not because you have all the answers, but because God is holding you up.

Prayer

God, when life feels uncertain and my heart feels unsettled, remind me that You are my foundation. Help me to trust You when I don't understand what You're doing. Strengthen me when I feel weak and steady me when I feel afraid. I choose to stand, not on my own strength, but on Yours God, Amen.

Chapter 3: Financial Pressure and God's Provision

Scripture: Philippians 4:19

"And my God will supply all your needs according to His riches in glory by Christ Jesus."

Financial pressure has a way of weighing heavily on the heart. Bills pile up. Income feels uncertain. Unexpected expenses appear at the worst possible time. And with each concern comes the quiet fear of "How am I going to make it?"

If you've ever felt overwhelmed by finances, you are not alone.

Money struggles can affect every part of life—your peace, your sleep, your confidence, and even your faith. They can make you feel ashamed, anxious, or discouraged, especially when you're doing everything you know to do and it still doesn't feel like enough.

But Scripture reminds us of a powerful truth: God is not unaware of your needs.

Throughout the Bible, God shows Himself as a provider. He fed the Israelites in the wilderness. He provided oil for the widow when she had nothing left. He multiplied loaves and fish when resources were limited. These stories are not just history—they are reminders of who God still is today.

God's provision does not always come the way we expect or on the timeline we prefer, but it always comes in accordance with His perfect wisdom. Sometimes He provides financially. Sometimes He provides opportunities. Sometimes He provides strength, endurance, or peace while we wait.

Financial hardship does not mean you have failed. It does not mean God has turned away from you. Often, it is in these moments that God invites us to depend on Him more deeply than ever before.

Trusting God with finances requires faith—not blind faith, but faith rooted in His character. It means choosing to believe that God sees beyond today's lack and into tomorrow's provision. It means placing your worries in His hands, even when the numbers don't add up.

Jesus reminds us not to live consumed by worry, because worry cannot add anything to our lives. Instead, He encourages us to seek God first, trusting that He knows exactly what we need.

If you are under financial pressure right now, bring it to God honestly. Talk to Him about your fears, your needs, and your uncertainties. Ask for wisdom, guidance, and provision. And remember—your worth is not defined by your bank account. Your value is rooted in who you are in Christ.

You may feel stretched, but God is still your provider. You may feel unsure, but God is still faithful.

You are still standing—because God is supplying what you need, one step at a time.

Prayer

Lord, You know my financial struggles and the worries that weigh on my heart. I place every need, every concern, and every fear into Your hands. Help me trust You as my provider and guide me with wisdom in every decision. Strengthen my faith as I wait on You. I believe You will supply all that I need. Amen.

Chapter 4: When Home Doesn't Feel Secure Anymore

Scripture: Psalm 91:1

“Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.”

Home is meant to be a place of safety, rest, and peace. It's where we feel grounded and secure. But for many people, home can become a source of stress, fear, or uncertainty. Financial hardship, loss of income, rising costs, eviction notices, or unexpected life changes can cause that sense of security to feel fragile—or even lost.

If home doesn't feel secure right now, know this: God understands the weight of that fear.

When the place meant to shelter you feels unstable, it can shake your sense of peace deeply. You may worry about tomorrow, about your family, about how long you can hold things together. These concerns are real, and God does not dismiss them.

Throughout Scripture, we see that God's people were often on the move—living in temporary places, facing uncertainty about where they belonged. Yet even in those seasons, God remained their refuge. He reminded them that while earthly dwellings may change, His presence is constant.

God Himself is described as our shelter, our refuge, and our strong tower. This doesn't mean hardships won't come, but it does mean you are never without covering. Even when your surroundings feel unstable, God provides a spiritual home—one where peace, protection, and hope remain available to you.

Sometimes God uses uncertain seasons to remind us that our true security is not found in walls, leases, or addresses—but in Him. That truth doesn't erase the difficulty, but it does offer comfort in the middle of it.

If you are facing uncertainty about your home, bring that concern to God honestly. Ask Him for provision, guidance, and peace. Ask Him to open doors you cannot see and make a way where there seems to be none. God is faithful, and He often moves in ways we don't expect—sometimes quietly, sometimes suddenly, but always purposefully.

You may not know where the next step leads, but God does. And wherever you go, He goes with you.

You are still standing—not because everything feels secure, but because God is your shelter.

Prayer

God, You know my fears and uncertainties about my home and my future. I ask You to be my refuge and my peace during this season. Provide what I need, guide my steps, and help me trust You when the path feels unclear. Thank You for being my true home and my constant protection. Amen.

Chapter 5: Peace for the Anxious and Overwhelmed Mind

Scripture: Philippians 4:6–7

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Anxiety is a heavy burden. It creeps in quietly, often in the middle of the night, during a long commute, or even while you are trying to focus on daily tasks. It can manifest as racing thoughts, sleepless nights, tension in the body, or an endless loop of “what-ifs.” Life’s pressures—financial uncertainty, family challenges, health concerns, or the weight of responsibility—can make your mind feel like a battlefield. It’s easy to feel alone, unheard, and overwhelmed.

Yet God calls us to something radically different: a peace that surpasses understanding. Philippians 4:6–7 reminds us that we can bring every worry, every fear, and every concern directly to Him through prayer. When we do this, we are not ignoring the reality of our struggles—we are acknowledging that while we cannot control everything, God can. By giving our anxieties to Him, we allow His Spirit to guard our hearts and minds, creating a protective calm even amid chaos.

This peace is not superficial or fleeting. It is a deep, abiding assurance that no matter what challenges arise, God remains present and faithful. It strengthens our hearts when we feel weak, restores our focus when our thoughts scatter, and quiets the storm of our emotions when life feels unmanageable. Over time, as we practice leaning on God and presenting our worries to Him, we begin to notice a shift: our anxieties no longer dominate our thoughts, and moments of calm and clarity become more frequent.

Part of experiencing God’s peace is also learning to practice gratitude, even in difficult seasons. When we focus on what God has already provided, we cultivate a mindset of trust and hope. Gratitude helps us see that God’s provision, guidance, and presence are active in our lives—even when we cannot see the full picture. It transforms our perspective from one of fear to one of faith.

Finally, remember that God’s peace is personal and accessible. It meets you exactly where you are. You don’t have to be perfect or have everything figured out. You don’t need to “perform” to earn His calm. Simply opening your heart, speaking your fears aloud, and inviting Him into your mind allows His peace to flow in. No anxiety is too great, no overwhelmed mind is too scattered, for God’s Spirit to reach and soothe.

You are human, and it is natural to feel anxious. But in Christ, you are never alone, never forgotten, and never without hope. His peace is available to you today, moment by moment, as you continue to stand, trusting Him with the weight of your worries.

Prayer

Lord,
Calm my anxious heart and quiet my restless mind. Help me to release my worries into Your hands and trust Your presence and guidance. Fill me with Your peace today, and give me courage and hope to stand firm.

In Jesus’ name, Amen.

Chapter 6: Strength for Sickness, Grief, and Loss

Scripture: Isaiah 41:10

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand.”

Life often brings seasons of pain that test the very core of our hearts. Sickness, grief, and loss can leave us feeling exhausted, defeated, and alone. When someone we love passes away, when our bodies fail us, or when dreams we've held dear are shattered, the weight can feel unbearable. In these moments, it's natural to question, to cry, and to seek comfort.

Yet even in our deepest struggles, God's presence remains unwavering. He sees your tears, hears your cries, and understands the depth of your suffering. Scripture reminds us that God is not distant in our pain; He is near. He promises to strengthen us when we feel weak, to help us when we are overwhelmed, and to hold us when we cannot stand on our own.

Grief and sickness do not mean God has abandoned you. Instead, these seasons are opportunities to lean on Him more closely, to trust His timing, and to experience His sustaining grace. Even when life feels broken, God can restore hope and give strength beyond what we can imagine. He comforts the hurting, heals the weary, and provides peace amid chaos.

Take each day one step at a time. Allow yourself to feel, to mourn, and to rest in God's care. Bring your questions, your doubts, and your sorrows to Him. Let His Word and His presence be the foundation upon which you stand. Even when life seems unfair or unbearable, God's love is constant, and His strength will carry you through.

You are still standing—not because the pain disappears, but because God is holding you through it.

Prayer

Lord,

You know the pain I carry and the losses that weigh on my heart. Strengthen me in my weakness, comfort me in my grief, and uphold me in my struggles. Help me to trust Your love and find hope in Your presence, even in the darkest seasons. Amen.



Chapter 7: Waiting on God When Answers Feel Delayed

Scripture: Isaiah 40:31

“But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”

Waiting can be one of the hardest seasons of faith. It’s the space between prayer and answer, between hope and fulfillment. You’ve prayed, trusted, and believed—yet the situation remains unchanged. The silence can feel discouraging, and the delay can make you question whether God hears you or sees what you’re going through.

But waiting does not mean God is inactive.

Throughout Scripture, waiting was often part of God’s process. Abraham waited for a promise. Joseph waited through betrayal and imprisonment. David waited years before stepping into his calling. In every story, God was working behind the scenes—preparing hearts, shaping character, and aligning circumstances in ways only He could.

Waiting stretches our faith. It teaches us to rely on God rather than on outcomes or timelines. While we wait, God strengthens us—not always by changing the situation, but by changing us. He renews our endurance, deepens our trust, and reminds us that His timing is purposeful and perfect.

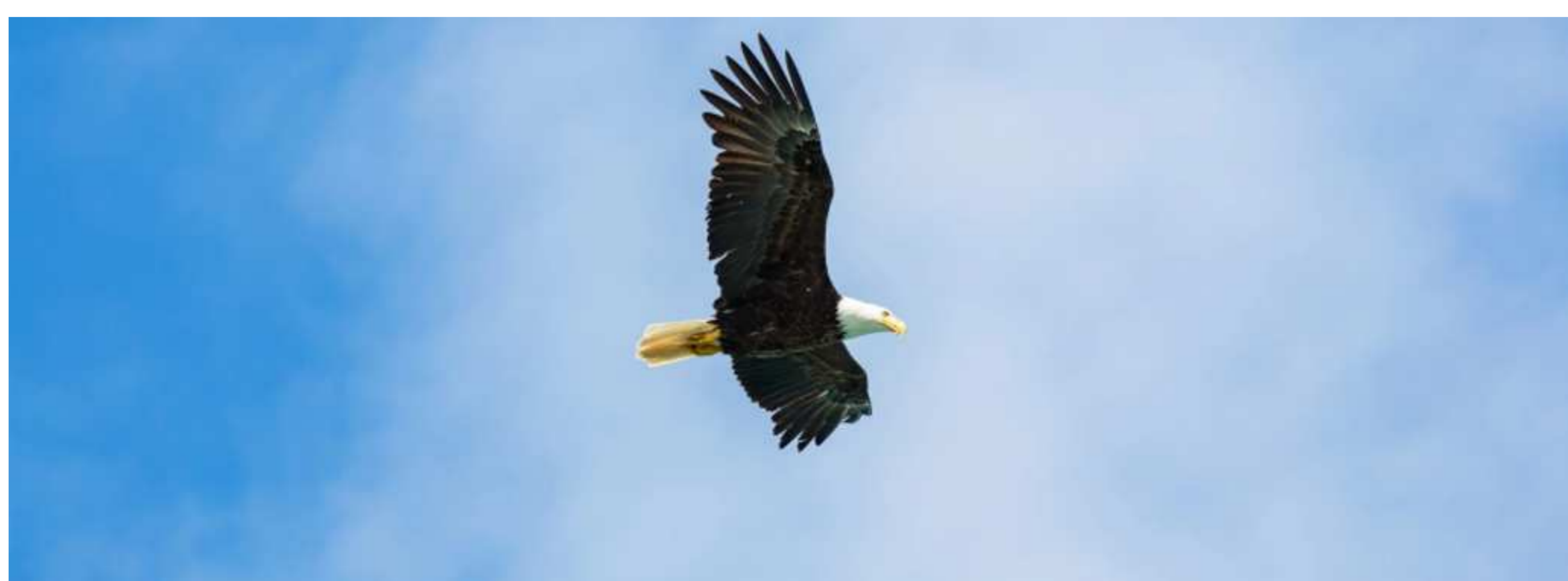
When answers feel delayed, it’s easy to grow weary or discouraged. Yet God promises renewal to those who wait on Him. Waiting does not mean standing still in fear; it means standing firm in faith. It means choosing hope even when clarity is lacking and trusting that God’s plan is unfolding, even when you cannot see it.

If you are in a season of waiting, be gentle with yourself. Continue to pray, continue to trust, and continue to stand. God is not late. He is not distant. He is working—even now.

You are still standing—not because the wait is easy, but because God is strengthening you as you wait.

Prayer

Lord,
Waiting is hard, and sometimes I grow weary. Help me trust Your timing when answers feel delayed. Renew my strength, steady my heart, and remind me that You are always working on my behalf. I place my hope in You as I wait. Amen.



Chapter 8: Still Standing — Rising with Renewed Faith

Scripture: 2 Corinthians 4:8–9

“We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.” Still standing does not mean the journey was easy. It means you endured. It means you kept going when you could have given up. It means that even in moments of weakness, confusion, or pain, God’s strength carried you forward. Looking back, you may not see perfection—but you can see perseverance, and that is evidence of God’s grace at work in your life.

Renewed faith often comes after hardship, not before it. When life presses us, it strips away false security and reminds us where our true strength comes from. As humans, we feel fear, exhaustion, and doubt. But through God’s divinity, we receive endurance, hope, and restoration. This is where transformation happens—where God takes what was meant to break us and uses it to build us. God does not waste pain. He uses it to shape our hearts, deepen our faith, and prepare us to walk with compassion and purpose. Through Christ—fully human and fully divine—we learn that our humanity is not a weakness, but a place where God’s power is revealed. When we surrender our struggles to Him, He works through us in ways we could never accomplish on our own.

As you rise with renewed faith, remember that your story is not over. God is still working. He is still guiding your steps, opening doors, and using your life as a testimony of His faithfulness. What you have endured has meaning, and what lies ahead is held securely in His hands.

You are still standing—not because of your own strength alone, but because God met you in your humanity and sustained you with His divinity. And as you move forward, you do so with renewed faith, renewed purpose, and unshakable hope.

Prayer

Lord Jesus,

Thank You for carrying me through every season—both the painful and the hopeful. When I felt weak, You strengthened me. When I felt unsure, You reminded me that You were still at work. I acknowledge my humanity and surrender it to Your divine purpose.

Help me rise with renewed faith, trusting You more deeply than before. Teach me to walk forward with courage, humility, and hope. Use my life as a reflection of Your love, and work through me to encourage others who may be struggling.

I place my future in Your hands, confident that You are guiding my steps. I stand today not in my own strength, but in Yours.

In Jesus’ name, Amen.

God Is Both Human and Divine

One of the greatest truths of our faith is that Jesus is both fully human and fully divine. He walked this earth, felt hunger and weariness, experienced sorrow and loss, and faced rejection and suffering—yet He also carried the fullness of God’s divine power, wisdom, and authority.

Because Jesus is human, He understands what it means to wait, to hurt, and to struggle. He knows the weight of unanswered prayers and the pain of uncertainty. He wept. He felt compassion. He endured suffering. When you feel overwhelmed or discouraged, you are not praying to a distant God—you are reaching out to a Savior who truly understands.

Because Jesus is divine, He is not limited by what we see or feel. His power is greater than circumstances, His timing is perfect, and His plans are eternal. Even when we don’t understand how things will work out, God is already working beyond what we can see.

God often moves through people—ordinary people—to accomplish His divine purpose. He strengthens us, guides us, and works through our obedience, our faith, and even our waiting. In moments when you feel weak or unsure, God’s divine strength is made visible through your willingness to trust Him.

This is the heart of human and divine:

God meets us in our humanity and carries us through His divinity.

While we wait, God is shaping us. While we struggle, God is strengthening us. And while we stand in faith, God is working through us—sometimes quietly, sometimes powerfully, but always purposefully.

You are human, and you may feel limited.

God is divine, and He is unlimited.

Together, in Christ, you are still standing.

Closing Prayer

Heavenly Father,

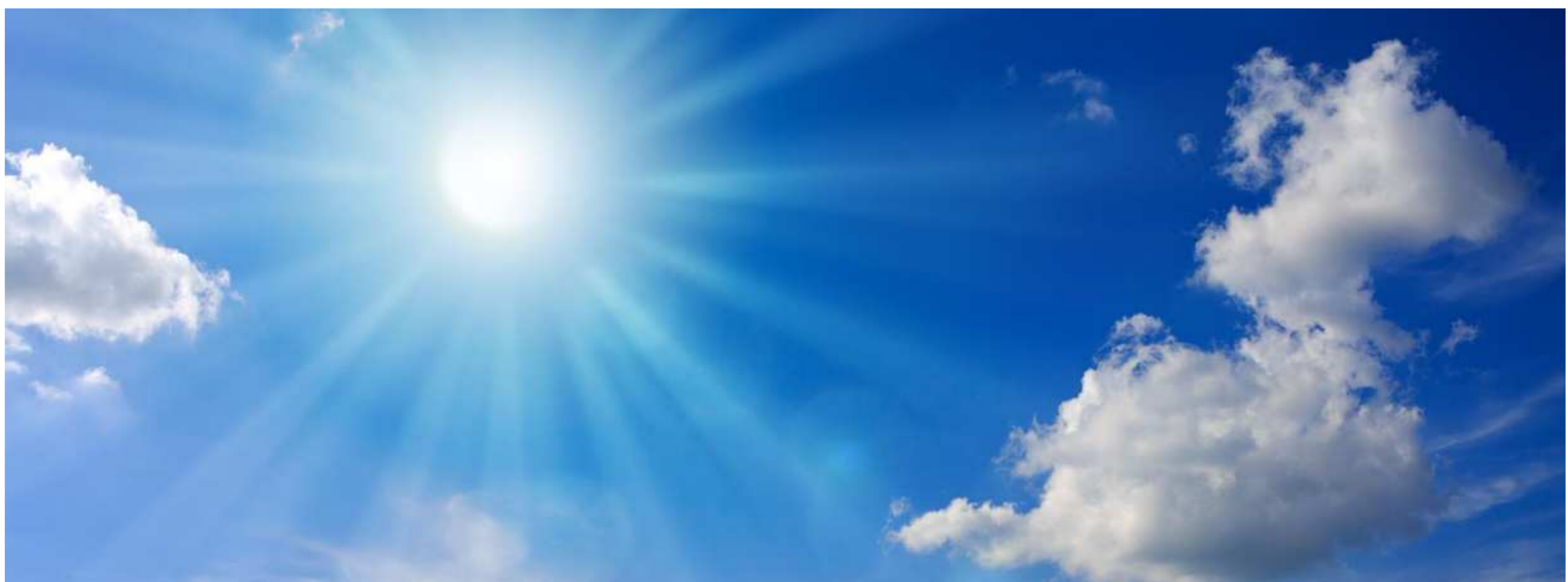
Thank You for walking with me through every page of this journey. You have seen my struggles, my fears, my waiting, and my pain—and You have never left my side. I thank You for reminding me that even in my weakness, Your strength is made perfect.

Lord Jesus, thank You for meeting me in my humanity and carrying me through Your divinity. When life felt heavy, You gave me rest. When peace felt distant, You calmed my mind. When answers were delayed, You strengthened my faith. And when I felt unsure of my next step, You reminded me that You were still working.

As I move forward, help me to trust You more deeply. Teach me to stand firm in faith, to walk in hope, and to rest in Your promises. Use my life as a reflection of Your love and grace. Work through me to bring encouragement, compassion, and light to others who may be walking through hard seasons of their own.

Thank You, God, for Your faithfulness, Your mercy, and Your unchanging love. I place my future in Your hands, knowing that whatever comes next, You will be with me.

I am still standing—because You are with me.
In Jesus' name, Amen.



With love in Christ,

Gertrude P. Watts

Thank you for walking this journey of faith with us.

This book was written as an offering of encouragement and hope for anyone walking through hard seasons. May God use it to remind you that you are never alone.

A Heartfelt Thank You

Thank you for being part of this journey.

Your support means more than a purchase—it is a shared step in faith. By choosing to walk with us, you are helping spread the message of hope, love, and truth found in Jesus Christ. Every product you wear, every conversation it sparks, and every moment it encourages someone else becomes part of something greater than all of us.

At humanNdivine, we believe Jesus is both fully human and fully divine—and through Him, God works through ordinary people to do extraordinary things. When you choose to support this mission, you are allowing God to work through you as well. You are helping carry the Good News into everyday spaces where faith, hope, and encouragement are needed most.

We are deeply grateful for you—for your faith, your support, and your willingness to stand boldly in what you believe. May God bless you, strengthen you, and continue to guide your steps as you walk this Christian journey with us.

Together, we are still standing.
And together, we are spreading the light of Christ.