



## Ray Edwards Show, Episode 550 How to Think About Problems

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**Announcer** ([00:10](#)):

The Ray Edwards Show. This is the podcast for prosperity with purpose.

**Ray Edwards** ([00:19](#)):

Hi there. It's your old Uncle Ray, stopping in for a fireside chat. As I'm recording this, we're just a couple days away from the end of the year, 2021. And I'm a couple days behind schedule, but I've never missed a week of producing this podcast. And by golly, this is not gonna be the week I start missing 'em. So here we are a couple days late, but no dollars short. In fact, I wanna talk to you a little bit about things that pertain to the end of the year and the beginning of a new year. For most of us, we, I think in the year 2020, believed that the new year, the one we're just now finishing up was gonna be when life got back to normal. And I think we've all figured out that that's just not what happened and it doesn't look like it's gonna happen. Even as I'm recording this, there are still many flights being canceled. Thousands of people stranded all across the globe because of the outbreak of the new variant of the thing. And it looks like this is gonna be something we're gonna be living with for some time to come. I'm not really here to discuss the whys. And why not's of that. I'm here to talk about how do we deal with unexpected problems. First of all, there should be no unexpected problems, cuz if there's one thing we're certain we can count on it's there's gonna be problems. And many of them we didn't predict so we can expect unexpected problems. And in the past year, I've really learned something deep down in the core of my cells. And that is all my personal growth in this last year. And really in my entire life has come through facing problems. Not through my victories. I haven't really experienced personal growth through my victories. My victories have come out of the solution of problems, the solving of problems. So that's where the growth happened. The victory was just a fruit of the process of dealing with the problems. In fact, I've come to start thinking of problems really as puzzles. That's how I define them to myself instead of saying to myself, oh, here's a problem. Now I'm saying, oh, here's a puzzle and a chance for personal growth. I really know that sounds trite and cliché, but I also really know it's true. It's just true. And if you can get yourself to make the shift and think about problems as puzzle and potentials for personal growth, I think you'll find that's a much more satisfying way of viewing it and it's, it's more productive as well. I think you get more of the benefit of growth if you're intentional and aware of it during the process and I'm working hard to always enjoy the process.

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And that's not always easy. Some of the problems I've dealt with in the past year have been physical health problems. Uh, some of those problems have involved me in during immense amounts of physical pain. Uh, that's fun, but I can tell you that having the insight that by working through this problem, I'm gonna grow spiritually. I'm gonna grow mentally and emotionally I'm gonna grow financially. I'm gonna grow in patience. I'm gonna grow in confidence and faith in God, that he is in control. By knowing those things during the process that may be extraordinarily painful, it makes it more bearable and it makes it seem as though there's a purpose. I think there's few things worse than enduring, great, personal, physical, or emotional pain and think there's really no reason for it. It's meaningless. Let me tell you, my friend, your suffering is not meaningless. And let me just say this. I should correct myself. Not your suffering. Your pain. Pain is not optional because we're all gonna experience pain. Suffering is optional. I believe suffering is what occurs when we start thinking about the pain we've endured or that we're enduring, and the thoughts we're thinking are not solution oriented. They're not looking for the deeper meaning for the opportunity for growth. They're asking questions like, why did this happen to me? This is not fair. Why, why is God doing this to me? Why isn't God removing this problem from my path? Why isn't God healing this sickness? Why did God let that person die? Those kinds of questions, I don't think are helpful. That's my opinion. I could be wrong. I don't think I am. I think I'm onto something here. I didn't come up with this stuff. This is, these are things I've learned through the wisdom of other people who've come before me. People who, whose work I have read, people who have been my coaches, my mentors in life. Wisdom that I gained through the benefit of learning sometimes quickly and sometimes slowly by repeating the same darn things over and over again. But we, we get there, right? I am currently preparing for the new year as perhaps are you, and I'm doing it from a state of rest. One of my favorite teachers, Graham Cook, says, "Rest is a weapon. It's a weapon with which we can slay anxiety, depression, and fear." I encourage you to rest over the next few days and as we begin the new year. And rest does not necessarily mean inactivity, by the way. I've still got things I'm doing like I'm recording this podcast, this YouTube video for you, but I'm at rest while I'm doing it. By rest I mean I'm at peace. I don't so much mind what happens to quote Mo Gawdat from *Solve For Happy*, a great book I highly commend to you for reading in the coming new year. I don't so much mind what happens. Now, this doesn't mean that I'm okay with injustice or cruelty or evil. I, I'm not okay with those things, but when things happen to me that are outside my control, I've learned that the sooner I can recognize this happened, it's out of my control. My getting upset about it will not serve me. I don't mind that it happened. Now I'm asking what can I do with it? What does it make possible? What could be good about this if something was good about it? I have this whole list of questions that I ask that I learned from another great teacher in my life, Tony Robbins. So I guess I'm trying to model for you a few things.

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The, the way with which to approach things that may seem difficult or painful or hurtful that are difficult or painful or hurtful. Things that may seem impossible to overcome, and they might be impossible to overcome, but it's still always possible to be an overcomer as we will walk through them. I believe that. I wanna encourage you with one last thought in my little random fireside chat. As we round out the year 2021 and get ready to go into a new year, year, 2022. And that is this- have faith. Hold to the things, you know, to be true. For me, that's my faith in God. My faith in his son, the Lord Jesus Christ and his saving grace, the grace he has for each one of us. That means so much to me. It's so powerful and it can be for you as well. And if you have moments where you're in doubt, if you're in doubt, because you find yourself sick with a horrible disease, that's been spreading all around the globe. If you've lost loved ones, if your heart is breaking because of that loss, if you've lost a job or a business or relationships, or just your peace of mind as you watch the world, seemingly go up in flames. It's not, but I know it seems like that. Take heart don't doubt and be careful what

you're feeding yourself on during all that's happening in the world today. If you're feeding yourself on the fear-mongering, division-creating, hate-stirring spirit that we find so prevalent in social media and especially in mass media, I'd say withdraw from those sources. It doesn't mean don't be on social media. My approach to social media is I'm there to be a resource of hope and of good things for people to think about and to focus on. I'm not there to consume other people's garbage, which they strew all over the place. And I fill my eyes and ears with stories of good things that are happening for good people. Good things that are happening because God is good all the time and is always making things work for the good of those who love him and who are called according to his purposes, which by the way, is all of us. So think on those things. Doubt develops in a vacuum created by the absence of proof. Doubt develops in the vacuum, created by the absence of proof. What is, why does that, why did it repeat it? Why is it so important? Go look for the stories of people who've overcome what you're facing with God's help. Go look for the stories of the miracles that have occurred for other people, the same kind of miracle you're praying for in your own life or your own business or in the life of that loved one. Feed yourself on those stories because that's how you create evidence for yourself, and it builds a foundation of faith that grows. And that's where you find when you can believe with certainty because you filled your eyes and ears and your heart with so many stories of what's happened for other people, your miracle becomes somehow released to occur. I don't know how it works, but I know it does. Feed yourself on stories of God's goodness in this coming year and watch it unfold in your own life. I pray that you are blessed beyond all your expectations and that God does more for you than you can ask or possibly imagine in this new year that we're about to begin together. Live long and prosper, and I'll see you next year.

**Announcer ([10:28](#)):**

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