

Don't Let Failure Define You

By Marti Wibbels, MS, LMHC

How can we learn from life's inevitable setbacks instead of giving up? "Failure is an event, not a person," said Zig Ziglar. We can choose to refocus on what is true!

- See failure as an invitation to grow, asking for God's will to be done in and through you.
- Allow God to be original with His plan for your life (see Lam. 3:21-26).
- Stop focusing on yourself. Instead, focus on and find purpose in God—aware that He alone is perfect. Trust Him to transform your life and build your character (see Colossians 3:1-3).
- Discover God's power and strength for overcoming your weaknesses (see 2 Corinthians 12:9-10).
- Walk in God's compassion—both for yourself and others.

Failures by the Dozen	Possible Causes	Moving Forward
Business	Poor investments; collapse of economy; laid off or changing jobs	Hebrews 13:5
Relationship challenges	Individual choices (good or bad)	Ephesians 4:32
Dereliction of duty	Not seeing (omission) or not choosing to do (commission) what needs to be done	1 John 1:9
Missed opportunity	Fear	Psalms 34:4
Trapped in addictions	Pride (refusing help); a worship disorder; focus on fleeting pleasures	Matthew 11:28
Self-condemnation	Perfectionism; discounting Truth	Romans 8:1-3; Ephesians 2:10
Bitterness	Rejecting God's peace	Eph. 4:26-27; Philippians 4:4-7
Driven by anger or rage	Impatience, ingratitude, or choosing not to forgive	Colossians 3:12-15
Lack of motivation	Depression*; anxiety*; no purpose	Hebrews 12:1-2
Identity crisis	Ignoring God magnificent design	Psalms 139:14
Living for self	Disobedience to God	Romans 12:1-2
Hopelessness	Believing lies (about God, self, or others)	John 8:32-36

*If you're experiencing debilitating depression, anxiety, etc., professional counseling can provide help. Christian counselors in our area are listed at the South Florida Association of Christian Counselors, sfacconline.org.

A new book by Marti Wibbels will be available this summer! Please watch for *Core Healing from Trauma* on Amazon. This workbook goes beyond Marti's earlier workbook *Core Healing: A Journey of Hope*, integrating current trauma research with Scripture so it can be used by individuals, groups, churches, and counselors to help people heal from *all* forms of trauma. *Core Healing from Trauma* provides hope for people suffering from PTSD, anxiety, and depression, as well as abuse and other challenging concerns.