



# TROUBLE

*Don't Last Always*



INSPIRATIONAL  
LIFE NOTES AND MUSINGS  
BY JC GARDNER



# Trouble Don't Last Always

Inspirational Life Notes and Musings

By JC Gardner

## *Beloved...*

*Some of what you are going through I have been through as well! Don't think you have to struggle through this thing called **LIFE** alone. I'm not an ordained preacher or a counselor, but I am someone who has made it through some treacherous hills and valleys -- some seen, most unseen. I want to encourage you that no matter how bleak things may appear, with faith and God's grace, you can be victorious on the other side.*

*There are some areas for written reflection in this book. Use these sections to make notes or grab your favorite journal or notebook. You can also download worksheets from the Products tab on my website:*

[www.jc-gardner.com](http://www.jc-gardner.com)

# TABLE OF CONTENTS

1. I Keep Asking for Steak, but All I Get is Prune Pie .....	1
2. Take a Fantastic Voyage.....	5
3. Are You Celebrating or Suffocating? .....	9
4. Potholes .....	13
5. I'm Lost Without My Loved One .....	15
6. Uh, Can I Get a Do-Over?.....	19
7. Trouble Don't Last Always.....	23
8. C.Y.T.....	27
9. The Tricky Double Standard.....	29
10. Let It Go.....	33
11. The Light's On, but I Can't See a Thing! .....	37
12. "Joe," the Sandwich Maker.....	39



# 1

## *I Keep Asking for Steak, but All I Get is Prune Pie*

Let's face it: We often are looking for things from certain people they cannot give us. Yet, time and time again, we set our expectations high that they will change – that they're going to be able to do what you want them to do the way you want them to do it.

**Revelation:** Life just doesn't work that way. And I'm not just talking about in spousal relationships. I'm talking about in business, acquaintances, friendships

and so on. Often times, people simply have reached their max capacity and you are just adding yet one more “task” to their overburdened schedule. They are probably doing the best they can, and who knows what else is going on in their life?

This can be really frustrating and have you banging your head against the wall, like you’re doing something wrong, but you’re not – except looking for a tall order from someplace that can’t deliver! Once you have a real moment with yourself, remember the Serenity Prayer, especially the part about “God, grant me the serenity to accept the things I cannot change.”\*

What you can actually change... is you.

---

\* See Appendix for full prayer

TROUBLE DON'T LAST ALWAYS

Reflection: After meditating on the full prayer, jot down what speaks to you most.

---

---

---

---

---





## 2

### Take a Fantastic Voyage

If you have not set foot out of the neighborhood of your birth, you don't know what you are missing. World events may have you paralyzed and fearful of experiencing new and different things. Second Timothy says that "God has not given us a spirit of fear and timidity, but of power, love, and self-discipline (NLT)." So, if you are running around here afraid of your own shadow, that's no way to live, and that is definitely not how God wants us to live. Yes, be

discerning, vigilant, cautious and watchful. Then trust that God will never leave you or forsake you.

Tomorrow is not promised, so go on an adventure to see all that the Creator has blessed us with. There is more to life than just going to the corner and back. This world is full of wonders and surprises and once you leave your familiar surroundings and get out of your comfort zone, you might just rediscover yourself.

Be intentional. Fill in the blank below by committing to doing one thing out of your comfort zone for your personal development. Make it fun and invite a friend.

---

---

---

TROUBLE DON'T LAST ALWAYS

---

---

---



# 3

## Are You Celebrating or Suffocating?

Celebrate life. Celebrate the fact that you are even able to read this message and that you woke up this morning in your right mind with all your faculties; prayerfully you are in a good place. A good place can mean a lot of different things for a lot of different people. But even if you aren't, it's okay because you have another chance to get it right. It's up to you – not the person next to you, behind you, your best friend, or your momma. You have to get rid of the D's in your

life: death, doom, destruction, and drama. If you woke up choking and trapped within the same stifling plastic bag of despair, poke a hole in it! Breathe and declare a new beginning. Use this glorious day and every day to live your best, authentic life because whatever God has for you is for you. Do not forsake your destiny.

As long as you are waking up each morning, God is not done with you yet!

Reflection: Do you believe it?

Consider reciting this affirmation: *God, even with all my imperfections, I believe you still love me and can still use me for your good. You used Moses who had poor speech, Jonah, who ran away and ended up in a whale,*

TROUBLE DON'T LAST ALWAYS

*Peter, who denied Jesus three times, and even the thief  
on the cross who on that day, went to paradise.\**

*Why do I believe you cannot use me? I declare and  
decree...I am worthy and available.*

---

\* See Appendix for scriptural reference.





# 4

## Potholes

The road ahead may look smooth as silk, but watch out! Potholes are going to happen in life. Sometimes we're going to get tripped up and fall, either physically, mentally or both! If you make a mistake, do not beat yourself up about it. Mistakes are part of life. The key is not to make the same ones over and over again. In the same vein, sometimes our ideas will not pan out, and you may feel like a failure and want to give up. You may have put in a lot of time, money and energy into an event and it flopped. Yet in your heart, you know

this is your life's work, your true calling. In that case, re-evaluate your process. Review what went well and what didn't. Network with like-minded individuals who have done the same thing successfully.

Note below something that failed or didn't go your way. Name two lessons learned not to be repeated again.

---

---

---

---

---

# 5

## I'm Lost Without My Loved One

If you've lost a loved one, it can be devastating. The feeling that you are now alone can be overwhelming, even though you may be surrounded by friends, colleagues and family. You might even find yourself in a depressed state, thinking you can't go on.

I've been there, experiencing the very sudden and unexpected loss of my mother. The loss can be especially painful around special dates or maybe when

you hear their favorite song or smell a fragrance that reminds you of them. All of those memories come flooding back like an avalanche of untamed emotions and before you know it, you are a complete basket case.

No one should tell you to get over it. Your pain is legitimate, whether it happened last week or ten years ago. Go on and have a good cry. I still do! Maybe even allow yourself to be blue for a few. Then do your best to remember all the times you shared when they were here. Reflect on everything they wanted for you. If they were physically standing next to you, would you want to disappoint them? Of course not. Whatever they sowed into you, pay it forward by honoring them and showing them how, in the midst of your pain, you are a conqueror. You must believe they are still with you in spirit and will forever live in your heart.

TROUBLE DON'T LAST ALWAYS

Write below one or two things you miss most about them. Then write one or two things you will do or have done to make them proud.

---

---

---

---

---



## 6

### Uh, Can I Get a Do-Over?

Thank God we have opportunities to get a do-over. I remember as a kid playing board games and if you rolled the dice off the board, it didn't count. It had to land on the game board before you could move forward, or you got a "do-over."

Life is not perfect. If something doesn't work the first time, try, try, again. Do not give up especially when you are walking in your divine assignment. It's not always going to be easy. Don't you know that when you are walking in God's light, all kinds of obstacles are



going to try to derail your progress and if you lose focus, there is going to be some setbacks? But the idea is that you learn from your mistakes and what you did wrong. There are two clichés that come to mind: “Without a test there is no testimony,” is so true and “To keep doing the same thing and expecting different results” is futile. So, when you get your do-over, DO BETTER. It’s not about the mistake, it’s about the recovery.

As they say: Failure is a set-up for a comeback. *There is no innovation and creativity without failure. Period.* - *Brene Brown*

And this quote from basketball legend Michael Jordan of the Chicago Bulls is, quite frankly, amazing:

*“I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have*

TROUBLE DON'T LAST ALWAYS

*been entrusted to take the game winning shot, and I missed. I have failed over and over and over again in my life. And that is why I succeed.”*

Note below what you are going to do over. Be careful though. It's not about what can you undo. It's about moving forward with a new mindset and a different plan leading towards a better outcome for success!

---

---

---

---

---



# 7

## Trouble Don't Last Always

Have you ever been so sick that you just wanted to die? Like the last time I had a mosquito bite: *Lord take me now, this itching is so bad.* LOL But seriously, in a matter of five days, my household of three had THE WORST stomach flu. I mean it was nasty. For my husband, it was a four-day ordeal, the longest out of us three. During that time, that flu tried to take three souls, but the Lord said not today Satan! Okay, we were never hospitalized, but it surely felt like we needed

emergency services, between making best friends with the sink and the toilet!

For me and my daughter, after 24-48 hours, everything calmed down, and slowly, our bodies returned back to normal. In the midst of the distress, it was so uncomfortable, at times, unbearable, but in the end, we survived and were able to go on with our daily lives as if nothing had ever happened! Thank You Jesus!

I could really write a dissertation about illness, riding the waves through the storm, etc., but the point I want to make is that trouble came and left. It did not stay. We supported each other through it and was ready if we needed to take further corrective action. There's going to come a time where there is disruption in your life, but you have to believe you're going to come out all right on the other side, pun intended LOL.

TROUBLE DON'T LAST ALWAYS

*The clouds of life may rain trouble and strife,  
but the rainbow after the storm gives you  
strength to carry on.*

Food for thought: If you find yourself in a constant state of turmoil, it's time for a come to Jesus moment. It's not always "them." Sometimes it's YOU.



# 8

## C.Y.T.

C.Y.T. means Change Your Testimony. You have the ability and the power to change your circumstances. For some of you, it's sleeting, thundering and lightning all day every day. It's like your own personal Groundhog Day.<sup>\*</sup> But with faith, prayer, and the right support group, you will be able to get out of that rut and change your testimony for the better. I'm telling you, if I was able to do it, I know you can too. When

---

<sup>\*</sup> See Appendix for Groundhog Day reference.



you meet me, the person you see is a continuous work in progress. I wasn't always this confident and comfortable in my own skin. Matter of fact, years ago, I was on anxiety medication. But God had a different plan for my life, and I had to receive it, believe it and then walk in it. I am believing that for you too! Make a conscious difference in your life today for the better. Have a testimony that's going to knock somebody's socks off.

*The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. John 10:10 NKJV*

Reflection: Are you living an abundant life? That doesn't always mean money, fame and fortune. Believe it or not, a lot of it has to do with mindset. Ahhh yes. Let that soak in for a few.

## 9

### The Tricky Double Standard

In life you're going to watch others appear to get ahead of you and be wildly successful by lying, cheating, and not pulling their weight while you are following all the rules. But as soon as you try one of their unfavorable tactics, you are caught and reprimanded. You may reflect that *Jane Doe* was doing it and succeeding, but as soon as you did it, you got your hand slapped.

If you believe you are walking in God's grace and mercy, there are things you simply can't do. In fact, if you know it's wrong, why are you dabbling in the

poisoned pond in the first place? Sure, it looks easy and, in some cases, you may even move up the ladder at record pace, but at what cost?

You are not supposed to follow the crowd; instead lead the pack!

*Romans 12:2 says: “Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—His good, pleasing and perfect will.” NIV*

Fill in the blanks for this affirming message from 1 Samuel 16:7 and then reflect on its meaning in your life. \*

---

\* See Appendix for scriptural reference.

TROUBLE DON'T LAST ALWAYS

People \_\_\_\_\_ by outward \_\_\_\_\_, but  
the \_\_\_\_\_ looks at the \_\_\_\_\_.

Lord  
heart  
judge  
appearance



# 10

## Let It Go



Who knew that the animated movie *Frozen* would produce a song that both children and adults could relate to and take note from? Let it go, Let it go:

- ✓ Let go negative energy
- ✓ Let go toxic people
- ✓ Let go poor spending

- ✓ Let go unhealthy eating
- ✓ Let go bad relationships
- ✓ Let go ALL drama
- ✓ Let go controlling people
- ✓ Let go BEING controlling
- ✓ Let go walking in fear

Whew! Imagine if we REALLY let go all that has kept us bound, hurt, angry, ashamed...just imagine! Are you able to start letting go of something today?

Write at least one thing below that you need to let go and the action steps to make it a reality.

---

---

---

TROUBLE DON'T LAST ALWAYS

---

---

*Everything has season and can't last forever.*

*You'll know when it's time if you pay  
attention to the signs.*

*Let it go.*





# 11

## The Light's On, but I Can't See a Thing!

If you've heard the term, "Eyes wide shut," for me it means we are in a state of being blind as a bat with our eyes actually opened. I'm not talking about in the physical sense but being spiritually blinded. Some of us are so comfortable with the mess we're in that we can't even see the light of day. We think that we're just supposed to be stuck in that rut because we've been there for so long. You have to make a move out your self-imposed quicksand and be determined that you are about to change your circumstances for the good. Stop

walking around with shades on when help comes your way because you can't even receive it because you're so damaged from the past. The enemy has you thinking you deserve nothing good, and he uses people that don't know any better to reinforce the lies. I know this is speaking to someone's spirit right now. As I said in #9, Let it go...and let God. He will make sure that your enemy becomes your footstool. <sup>\*</sup> It may take some pruning and tough love but, in the end, you will declare victory.

Remind yourself of this affirmation daily: *I believe I am destined for greatness and that I am worthy to receive all that God has for me. No weapon formed against me shall prosper. God's goodness and mercy shall follow me all the days of my life. Amen.*

---

\* See Appendix for scriptural reference.

# 12

## “Joe,” the Sandwich Maker

If you wake up every day knowing that what you are doing is not your divine destiny, what on earth are you waiting for? Tomorrow is not promised, heck, today isn't either. So many of us have been planted in the wrong garden, and we think people can't see it.

Have you ever talked to a nasty customer service agent? Or have you been at the receiving end of a poor waiter or waitress? Each of us has gifts and talents, and we all bring something different to the table. Unfortunately, life events can have you **SETTLING** for less. You may

have started on the right pathway, but you made a detour down a dead-end street.

On the flip side, do you have a favorite deli where “Joe” can hook up a sandwich like no one else can? Joe’s knack for making sandwiches brings joy to your heart, because he’s all in when it comes to customer service and the brand that he’s representing. I do not take these types of jobs for granted because I also think they are the most difficult; dealing with the public will make you lose your religion. LOL

Let’s extend this to relationships! Oh boy. I see you trying to turn the page quick, as some of us are unequally yoked to the wrong mate, yet we stay, forsaking our own happiness.

I think you get my point. But how do you know you are “misplaced?” Here are a few obvious clues:

## TROUBLE DON'T LAST ALWAYS

- You are late to work every day and have to drag your behind to the office, walking to your desk like you are carrying a 50-pound sack of bricks
- You are miserable and there is no joy to what you are doing
- When you get home, you sit in the car and won't go inside because what's behind closed doors is nothing but drama and mayhem
- Secretly, you dream of doing something else but have abandoned it because you put other priorities in front of your own and worse yet, you don't think you deserve it
- More often than not, friends and strangers are constantly asking you, "What's wrong?" and you lie every time: "Oh, it's nothing."

I don't mean to step on your toes, but I do mean to give you a wake-up call. Your gifts and talents were not

given to you by accident. You have a divine purpose in this world, regardless of your religious beliefs. What you have was not given to you to bury or keep locked in a vault. You need to fulfill your rightful place in the universe. Do not delay, start living your best life today.

The world is waiting!

## Appendix

(In Order by Page Number)

**Page 2:** The Serenity Prayer by by Reinhold Neibuhr (1892-1971),

- **Serenity Prayer – Full Version (composed in 1940s)**

God grant me the serenity  
To accept the things I cannot change;  
Courage to change the things I can;  
And wisdom to know the difference.  
Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to peace;  
Taking, as He did, this sinful world



As it is, not as I would have it;  
Trusting that He will make all things right  
If I surrender to His Will;  
So that I may be reasonably happy in this life  
And supremely happy with Him  
Forever and ever in the next. Amen.

\*\*\*

## Page 11: Scriptural references

- **You used Moses who had poor speech:** Moses said to the LORD, "Pardon your servant, Lord. I have never been eloquent, neither in the past nor since you have spoken to your servant. I am slow of speech and tongue." Exodus 4:10 NIV
- **Jonah, who ran away and ended up in a whale:** This terrified them and they asked,

## TROUBLE DON'T LAST ALWAYS

"What have you done?" (They knew he was running away from the LORD, because he had already told them so.) Jonah 1:10 NIV

- Now the LORD provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights. Jonah 1:17 NIV

### **Peter, who denied Jesus three times:**

- Peter's First Denial, at this, the servant girl watching the door said to Peter, "Aren't you also one of this man's disciples?" John 18:17 NIV
- Simon Peter was still standing and warming himself. So they asked him, "Aren't you also one of His disciples? "He denied it and said, "I am not." John 18:25 NIV

- One of the high priest's servants, a relative of the man whose ear Peter had cut off, asked, "Didn't I see you with Him in the garden?" Peter denied it once more, and immediately a rooster crowed. John 18:26  
NIV
  
- **The thief on the cross who on that day, went to paradise:** We are punished justly, for we are receiving what our actions deserve. But this man has done nothing wrong." Then he said, "Jesus, remember me when You come into Your kingdom!" And Jesus said to him, "Truly I tell you, today you will be with Me in Paradise."  
Luke 23:40-43 NIV

\*\*\*

**Page 27: Groundhog Day:**

- noun: (in the US and Canada)
  1. February 2nd, when, according to tradition, the groundhog emerges from hibernation; if it sees its shadow, it returns to its burrow for six weeks as a sunny day indicates a late spring, while a cloudy day would mean an early spring
  2. **a situation in which events are or appear to be continually repeated**

<https://www.dictionary.com/browse/groundhog-day>

For fun, see the movie, “Groundhog Day,” starring Bill Murray. More info can be found here:

<https://www.imdb.com/title/tt0107048/>

\*\*\*

**Page 31: Fill in the blank answer**

- People **judge** by outward **appearance**, but the **Lord** looks at the **heart**.

**Page 38: I will make your enemies a footstool**

- The Lord says to my lord: “Sit at my right hand until I make your enemies a footstool for your feet.” Psalm 110:1

## About JC Gardner

JC Gardner is an award-winning, best-selling author, an international speaker, writing coach and ghost writer. She has written numerous books, along with contributing to various publications. Her latest novel, “Heated,” is an urban dramedy about a single mother’s plight to do better despite her negative circumstances. It is the recipient of a 2018 Independent Publishers Book Award and an Amazon best seller. JC is also a mentor and writing coach as an instructor with the nonprofit organization Youth Writer’s Rock, coaching and guiding youth as they become published authors. Additionally, she is passionate about helping aspiring authors bring their projects to life.

JC was a closet writer for many years due to a devastating blow in her past that silenced her creativity and almost derailed her God-given gift of being an entertainer and storyteller through the written word. After a phenomenal, spiritual breakthrough, it was clear that what God has placed in your heart, no one can take away. She is a natural born writer; it is infused in her D.N.A. and believes everyone's D.N.A. makes them **Deliberately Not Average!** After years of living in a cloud of self-doubt and fear of rejection, she uses her platform as a Transformational Speaker to serve women who are ready to discover their destiny and live up to their fullest potential. Using real life examples, faith and humor, she provides them with guidance, strategies, inspiration, and accountability to win big!

## TROUBLE DON'T LAST ALWAYS

JC is a manager at an international nonprofit. She has been married for over 32 years, with two successful grown children.

“Stop listening to the wrong voices inside your head. Don't be defeated before you even begin. What God has for you is for you. Go get yours!”





I want to hear from you! If this blessed your life in any way or gave you hope, inspiration or maybe even a smile, please let me know.

Thank you for your support.

**Contact JC Gardner:**

Email: [Authorjcg@yahoo.com](mailto:Authorjcg@yahoo.com)

Facebook: <https://www.facebook.com/AuthorJCG/>

Twitter: @author\_jcg

Instagram: author\_jcg

Website: [www.jc-gardner.com](http://www.jc-gardner.com)

---

Sign-up for JC's newsletters: <https://bit.ly/2zbFGUq>

