

Why Do We Struggle So Much?

Have you ever caught yourself saying, *“I know what’s right, so why do I keep doing the opposite?”*

Maybe you’ve lost your temper with someone you love, wrestled with anxiety that won’t let go, carried guilt from past mistakes, or wondered why the world seems so broken. We all long for peace, joy, and healthy relationships, yet we often find ourselves fighting battles within our own hearts.

Children do not need to be taught to be selfish, lie, or throw tantrums. Yet we also do not need to be taught to feel shame after hurting someone. We sense that something is wrong—not only in the world around us, but also within ourselves.

The Bible has an explanation for this.

The answer isn’t simply that our circumstances are difficult. The Bible says our deepest problem is that our relationship with God has been broken, and everything else flows from that.

From the very beginning, God created humanity to live in perfect relationship with Him. His creation was good, and people were made in His image to know Him, love Him, and reflect His character. But humanity chose to rebel against God, and that rebellion brought sin and brokenness into the world.

When Christians speak of humanity’s sinful nature, we aren’t saying that babies are evil or that God created people to be worthless. Nor are we saying that sex or having children is sinful. Rather, we mean that every one of us is born into a world already broken by humanity’s rebellion against God. From the earliest moments of life, we are inclined to turn away from Him, and as we grow, each of us confirms that reality through our own thoughts, words, and actions.

That may sound discouraging at first, but the Bible doesn’t tell us this to shame us. It tells us this so that we can understand why life is the way it is—and why we need hope.

The amazing news is that God didn’t abandon us in our brokenness.

Instead of waiting for us to climb our way back to Him, God came to us. Jesus Christ entered our broken world, lived the sinless life we could never live, died for our sins, and rose again so that everyone who trusts in Him can be forgiven, reconciled to God, and made new.

The Christian message is not, *“You’re broken, so try harder.”*

It is, *“You are deeply loved by the God who created you, and He has made a way to restore what sin has broken.”*

That doesn’t mean life instantly becomes easy. Christians still struggle. We still fail. But we no longer struggle alone. God is with His people, transforming them day by day and promising a future where sin, suffering, and death will be no more.

Perhaps you've been trying to make sense of your struggles for a long time. The Bible doesn't simply explain why life is broken—it introduces us to the One who came to restore it. Jesus invites weary and burdened people to come to Him, not because they have everything together, but because they don't.

Wherever you find yourself today—whether you've followed Christ for years, are questioning your faith, or have never considered Him before—know this: your struggles are not the end of your story. In Christ, there is forgiveness, new life, and a hope that cannot be taken away.

That is why, despite all our struggles, there is hope.

Reflection

Take a Moment to Reflect:

- What struggle has been weighing most heavily on my heart lately?
- Where have I been looking for hope or security apart from God?
- If Jesus truly came to restore what sin has broken, what would it look like for me to bring this struggle to Him today?