

“WHY IS LIFE SO HARD?”

**"I've Always Wondered.... Real Questions. Real Doubts.
Real Answers." - Part 1**

April 12, 2026

5 Reasons Why Life Is So Hard

1. Life is hard because we live in a broken world.

Genesis 3:16-19 ¹⁶ Then he said to the woman,
“I will sharpen the pain of your pregnancy,
and in pain you will give birth.

And you will desire to control your husband,
but he will rule over you.”

¹⁷ And to the man he said, “Since you listened to your wife and
ate from the tree
whose fruit I commanded you not to eat,
the ground is cursed because of you.
All your life you will struggle to scratch a living from it.

¹⁸ It will grow thorns and thistles for you,
though you will eat of its grains.

¹⁹ By the sweat of your brow

will you have food to eat
until you return to the ground
from which you were made.
For you were made from dust,
and to dust you will return.” (NLT)

4 Results of Sin Coming into the World

1. Relationships Became Strained

¹⁶ you will desire to control your husband, but he will rule over you.”....

2. Work Became Frustrating

¹⁷ the ground is cursed because of you.

All your life you will struggle to scratch a living from it.

¹⁸ It will grow thorns and thistles for you, though you will eat of its grains.

¹⁹ By the sweat of your brow
will you have food to eat

3. Life Became Painful

¹⁶ I will sharpen the pain of your pregnancy,
and in pain you will give birth.

¹⁹ By the sweat of your brow
will you have food to eat

4. Death Entered the Picture

¹⁹ you (will) return to the ground
from which you were made.
For you were made from dust,
and to dust you will return.

Romans 8:22 For we know that all creation has been groaning as
in the pains of childbirth right up to the present time. (NLT)

James 4:13-14 ¹³ *Some of you say, "Today or tomorrow we will
go to some city. We will stay there a year, do business, and
make money." Listen, think about this:*

¹⁴ *You don't know what will happen tomorrow. Your life is like a
fog. You can see it for a short time, but then it goes away. (ERV)*

**3. Life is hard because we're carrying things we were
never designed to carry.**

Matthew 11:28 Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. (NLT)

1 Peter 5:7 Give all your worries and cares to God, for He cares about you. (NLT)

4. Life is hard because God doesn't promise easy - He promises His presence.

John 16:33 I have told you all this so that you may have peace in me. *Here on earth you will have many trials and sorrows.*

5. Life is hard because God is not done working through it.

Romans 8:28 And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. (NLT)