

When Life Punches You

3 Truths That Hold You Up

A short devotional guide inspired by the book, [Life Punch](#)

Life punches everyone.

Sometimes the punch is sudden—a hurricane, a diagnosis, a loss.
Sometimes the punch is slow—years of disappointment, fear, or uncertainty.

But when life hits hard, there are truths that hold us steady.

Three truths carried me through one of the hardest seasons of my life:

God is Provider.
God is Sovereign.
God is Healer.

Let's reflect on each one.

Day 1

God Is Provider

Scripture

Genesis 22:14

“So Abraham called that place The Lord Will Provide. And to this day it is said, ‘On the mountain of the Lord it will be provided.’”

Devotional Thought

One of the hardest moments in my life came when a hurricane destroyed our home in Gulf Shores.

The roof was gone.
Water had poured through the house.
Our boat was literally sitting in a neighbor’s driveway.

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Then another punch came: the insurance company initially offered only about half the value of our policy. We were already deep into reconstruction and didn’t know how we would pay for everything.

In that moment, one truth kept coming back to me:

God is Provider.

Not “God might provide.”

Not “God sometimes provides.”

God is Provider.

The Bible calls Him **Jehovah Jireh**—the Lord who provides.

And just twenty-four hours before we were scheduled to file a lawsuit, the insurance company called and agreed to pay our claim in full.

God provided.

Maybe not in the timeline we wanted.
Maybe not in the way we expected.

But He provided.

Reflection

Where do you feel lack right now?

Money?
Strength?
Direction?
Hope?

Bring that need to God.

He already knows.

Prayer

God, You see every need in my life.
When I feel uncertain or afraid, remind me that You are my Provider.
Help me trust You even when I cannot see the outcome.

Amen.

Day 2

God Is Sovereign

Scripture

Romans 8:28

“And we know that in all things God works for the good of those who love him.”

Devotional Thought

During the rebuilding of our hurricane-damaged home, we encountered another major problem.

Inspectors told us the house was **too low** for new regulations.

Our options were painful:

- wait months for approval
- rebuild structural beams
- or literally lift the entire house and rebuild the foundation

Each option felt impossible.

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But in that season, I kept praying one phrase over and over:

God is Sovereign.

Sovereign means **God is in control**, even when circumstances look chaotic.

Weeks later, something remarkable happened.

Our builder called and said:

“Everything is going to be fine.”

The official who had authority over our situation had suddenly changed his mind.

The problem disappeared.

I had been praying for weeks—but I didn’t know what God was doing behind the scenes.

He was changing someone’s heart.

Reflection

What situation in your life feels out of control?

A relationship?

A health issue?

A decision?

Remember this:

God sees the whole story.

Prayer

Lord, I often feel overwhelmed by things I cannot control.

Help me remember that You are sovereign over every circumstance.

Give me peace in knowing You are working even when I cannot see it.

Amen.

Day 3

God Is Healer

Scripture

Psalm 147:3

“He heals the brokenhearted and binds up their wounds.”

Devotional Thought

After the hurricane and the rebuilding process, life finally started to calm down.

Then I noticed something strange.

My knees started hurting.

Soon both knees were so painful that walking became difficult. Doctors diagnosed torn meniscus injuries in both knees.

Surgery seemed inevitable.

But during long bike rides and prayers, I began thinking about another truth:

God is Healer.

The Bible calls Him **Jehovah Rapha**—the God who heals.

Now, healing doesn't always mean miraculous recovery. Sometimes God heals through doctors, medicine, or time.

But the deeper healing God offers goes beyond the body.

He heals:

- hearts
- fears
- grief
- broken relationships
- wounded souls

Whatever the source of your pain, God sees it.

And He cares.

Reflection

What part of your life needs healing today?

A physical condition?

An emotional wound?

A past hurt?

Bring it to God.

Prayer

God, You are the healer of every wound.

Touch the places in my life that are hurting today.

Restore what is broken and give me strength to keep moving forward.

Amen.

Final Encouragement

Life will punch you.

But when it does, remember these three truths:

God is Provider.
God is Sovereign.
God is Healer.

Hold on to Him.

Stand back up.

And when you see someone else struggling...

help them stand up too.

Your Story Isn't Over

Want to Keep Going?

If this devotional encouraged you, the full book [*Life Punch*](#) shares dozens of real stories about:

- storms that changed lives
- faith in hard seasons
- generosity that transforms people
- standing back up after life hits hard

Read the full story.

Get your copy of LIFE PUNCH

www.MyLifePunch.com

Share your story and encourage others.

Join the [Life Punch Facebook Group](#).

<https://www.facebook.com/groups/lifepunch>

Be encouraged and keep holding on,



Douglas James Hood
Author