

STANDING STRONG – No Matter What Life Throws At You!

July 2, 2017

1. We all face adversity in life. Jesus told his disciples: *“In this world you will experience difficulties! But take heart! I have conquered the world! I’ve told you this so that in trusting me, you will be unshakable and deeply at peace”* John 16:33 (Mes).

- a. Meditate on the above verse then describe how you might act, think, or feel differently about a challenge you are presently facing that is not yet resolved.
- b. Knowing that problems are inevitable, why do you think we continue to be surprised by the adversity in our lives?

2. We often get stuck asking “Why?” rather than “What?” In the book of Job, we read: *“Consider yourself fortunate when God all-powerful chooses to correct you”* (5:17 CEV). How might we benefit from asking ourselves “What is this problem teaching me?” rather than focusing on the solution?

3. In the prophet Jeremiah, we read: *“The Lord searches our hearts and examines our deepest motives”* (17:10 LB). God may allow adversity to come into our lives to reveal our motives. Why are the motivations for our actions more important than what we actually do with our lives?

4. The ways in which we handle life’s difficulties can reveal important aspects of our character. Give some examples of this.

5. The writer of Proverbs says: *“Sometimes it takes a painful experience to make us change our ways”* (20:30 TEV). God sometimes shakes things up in our lives to guide us. What are some painful experiences that might cause people to change their lifestyles, ways of thinking, or behavior?

6. God may allow adversity to come into our life to shelter us: *“How he wanted to lure you away from danger into a wide and pleasant valley and to prosper you there”* Job 36:16 (LB). What roadblocks may prevent us from responding to God’s protection when disappointments and regrets arise in our lives?

7. Share an undesirable situation such as unemployment, ending a relationship, or a health concern that led you to something better.