



A Strong Life – Message 2

Warm-up

When in your life did you feel the strongest? Share a time when you felt that no one and no circumstance could stop you from reaching your goals?

Overview

As we continue the second lesson in the series “*You’ll Get Through This*,” we learn the keys to living a strong Christ-filled life amid the pressures caused by adversity and trials.

Word and Application

Read **John 16:33** and **Romans 8:28**.

As described in these Scripture verses, there is a purpose to be found in the trials we face. The apostle Paul went through much adversity and learned to stand strong on the promises of God. His life became a powerful testimony to the grace of God. Through Paul’s example, we learn that trials do not mean God is punishing us, for He is good and uses all things for our good. Scripture says temptations and trials will come; however, when we respond in faith, God can use trials to strengthen our spiritual muscles. Share with the group a difficult situation you once faced, only to discover later that God somehow used it for your good.

Using the apostle Paul’s example, let’s discuss some practical ways we can live a strong life during trials.

Four Ways to Respond to Adversity

1. Be positive.

Having the right perspective can influence our spiritual growth in times of adversity. **Read Philippians 1:12**. What was Paul’s attitude while he was in prison? How has a positive outlook impacted your life during a trial? How can speaking Scripture aloud changed your attitude?

During trials, we can be tempted to engage in one of the following behaviors. Which behavior do you lean toward most? How can being positive help change these negative patterns?

- Wondering and Questioning God – Living in the land of why.
- Becoming Discouraged and Depressed – Losing hope and falling apart.
- Murmuring and Complaining – Losing self-control.
- Turning away from God - Allowing your heart to grow cold and losing faith.

2. Stay purposeful.

When you stay focused on your God-given purpose, you'll be surprised at the challenges you can overcome in life. **Read Philippians 1:13-18**. What does this passage tell you about the apostle Paul? What do you feel your mission is for your current season in life? How can staying on-task be a practical way to find strength in adversity?

3. Maintain perspective.

Read Philippians 1:19-26 & Revelation 21:4. When you go through adversity, understanding the temporary nature of life helps you to endure. What kept Paul here was not necessarily for his good, but the good of others. How can maintaining an eternal perspective and staying focused on helping others give you peace and strength?

4. Remain powerful.

Read Philippians 1:27-30, 2 Corinthians 12:9 & 2 Corinthians 4:17-18. Society tells us that we must rely on our strength. One reason God allows adversity in our lives is to drive us to His Word and to cause us to rely on *His* strength instead of our own. By doing this His power is perfected in us. As a result, those who observe our dependence on God are encouraged in their faith. Who in your current season of life can benefit the most by watching how you depend on God in every trial?

Life Challenge

Identify which of the four responses to adversity most demands your focus? List one way you can practically implement this change in your daily life.

Prayer

Dear Lord, Thank You for Your Word that shows us Truth. Thank You for Your faithfulness in every situation. Remind me to turn to Your Word in prayer when I'm under pressure so that I may respond in a way that honors You. Show me each day how to be an overcomer.

Pray for the specific needs of the group.