

## The One Thing | Week #04

When Life Hits Hard | September 24<sup>th</sup> and 27<sup>th</sup>

**James 1:2-4** *Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.*

### The Truth about Troubles

1. Troubles are \_\_\_\_\_.

**Vs. 2a** *Consider it pure joy, whenever you face trials...*

2. Troubles are \_\_\_\_\_.

**Vs. 2** *...whenever you face trials...*

Face “peripipto” means:

3. Troubles are \_\_\_\_\_.

**Vs. 2c** *...whenever you face trials of many kinds,*

**John 16:33** *In this world you will know troubles.*

**Psalms 34:19a** *The righteous face many troubles.*

**Job 14:1 (NLT)** *How frail is humanity! How short is life, and how full of trouble!*

**2 Corinthians 4:8** *We are pressed on every side by troubles, but we are not crushed and broken. We are perplexed, but we don't give up and quit.*

**1 Peter 4:12** *Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you.*

4. Troubles are \_\_\_\_\_.

**Vs. 3-4** *...know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.*

The result is \_\_\_\_\_.

**Romans 5:3-4** *...we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.*

**Hebrews 5:8b (NLT)** *...he (Jesus) learned obedience from the things he suffered.*

## How to Care for Your Soul in Times of Trouble

1. Live \_\_\_\_\_.

**Matthew 6:34** *So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.*

2. Refuse \_\_\_\_\_.

3. Don't \_\_\_\_\_.

4. Cancer Support Group – starting this fall. The group is designed for cancer patients, caregivers, family and friends to help find support and encouragement through your cancer journey.

5. Grief Share – Designed for those who are dealing with the loss of a loved one.

**James 1:12** *Blessed are those who persevere under trial, because when they have stood the test, they will receive the crown of life that God has promised to those who love him.*