

# FEAR AND FAITH

## HANDOUT

### Session 4: When Your Fears Come True

#### REVIEW

Have you felt like God was punishing you when something bad happened to you? How did you respond? How do you reconcile such severe tragedies with a loving God?

Trillia used these words to describe God: Keeper. Holy. Good. Sovereign. Father. Sustainer. How have each of these traits of God helped you endure a difficult trial? What words would you add to her list?

Trillia reminded us that biblical joy is not based on external circumstances but on the inner peace God gives in tumultuous times. When have you experienced that level of joy? What difference did it make in your attitude and circumstances?

How can a believer in Jesus Christ have hope? What has Christ done on the cross to bring us hope today and hope for our future?

Why is it absolutely necessary to be real and honest with others and God through our trials? Are you comfortable being brutally honest with God? Why or why not?

How does it minimize someone's pain if we flippantly say, "Just trust God"? What could we say instead that would be more helpful?

What would you have preferred someone to say—or not say—when you walked through difficult circumstances?

What is the hardest thing to trust God with in your life today? Why?

Trillia offers a great suggestion: "Recall all the ways the Lord has been faithful to you. He's not going to bail out now—He sent His Son for you. God is in it for the long haul. His faithfulness lasts forever." Write down five ways God has been faithful to you in the last month.

#### BIBLE EXPLORATION

Have you experienced a time when you were given more than you thought you could endure? What was that time like? What questions did you have for God? How did you feel?

**Job 3:20-26.** How does Job describe the injustice of his suffering? How would you describe the injustice of something you or someone you know suffers?

**2 Corinthians 1:8-10.** According to these verses, why is being weak a good thing?

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**Matthew 26:36-46.** Describe what happened in the Garden of Gethsemane. What can we learn from this extreme suffering Jesus endured? What can we learn from his crying out?

**1 Peter 1:6-7.** What can we learn about trials and trauma from Peter's words? What did you learn about God in the midst of your most difficult trial?

Job, Paul, Jesus, and Peter were all incredibly faithful men. What good would you say God brought out of their pain, suffering, and tragedy? Looking back on any of *your* past pain, is there any good you can see?

**Romans 8:35-39.** Name all the things that *cannot* separate us from God's love. What tends to make you feel separated from God's love for you?

Read Psalm 3 (authored by David).

- Psalm 3:1 What is David's predicament?
- Psalm 3:2 What is the crowd saying about David's trial?
- Psalm 3:3 How has God been faithful?
- Psalm 3:4 What does David do, and what is God's response?
- Psalm 3:5 Why do you think David can fall asleep and feel secure?
- Psalm 3:6 How can we learn to have that kind of trust in God when others are attacking us?
- Psalm 3:6 Who fights for you?
- Psalm 3:7 What does God do on behalf of His people?

**2 Corinthians 12:9-10.** When has there been a time when God carried (or is carrying) you during your weakness?

## DEEPER WALK

Select at least one activity below to complete during the next week.

- **Personal Action:** Make a list of three people facing difficult trials and pray for them every time you eat.
- **Reading:** Read chapters 8 & 10 from Trillia's book, *Fear and Faith*.
- **Mentoring:** Ask an older friend or relative about when she faced her most severe trial. What did she learn about God during and after the pain? What advice can she give you?
- **Conversation:** Instead of talking to someone else, schedule a time when you can share openly with God. Take a walk. Find a quiet place. Spill everything that's currently worrying you, and ask God to reveal His trustworthiness to you in a new way.
- **Memorization:** Memorize Job 42:5 as a reminder of God's faithful presence.