Lesson 6: **Growing through Trials**

Principle of the week:

**You can’t always control circumstances in your life,**

**but you can control how you respond to them.**

Life is full of trials. It has even been said that you’re either about to be in a trial, in the middle of trial, or coming out of a trial. The question is not, “Are you going through trials?” *All of us are*! No matter where you’re from or who you are, whether young, old, rich, or poor, everyone has hard and trying times. So the real question is, “Are you growing through your trials?”

In the1980s, the Soviet space program had a problem with their astronauts who spent long periods of time in space. They discovered that at zero gravity, there was no muscular resistance and the astronauts’ muscles would begin wasting away. When returning to earth they couldn’t walk for weeks and had to undergo months of therapy for deteriorated muscles and weakened hearts. As a solution, the Soviets invented a special running suit laced with elastic bands. This suit provided resistance to every movement, preventing muscles from wasting away. This allowed astronauts to return to earth strong and in perfect health.

As Christians, we often want an easy life without trials; but faith is like your muscles. If it’s not exercised, then it will become weak and waste away.

So how are you reacting to trials? Are you allowing them to make you bitter at people and angry at life? Or are you using them to grow closer to God and to strengthen your faith in Him?

James 1:2-3, *“My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience.”*

I Peter 5:7, *“Casting all your care upon him; for he careth for you.”*

**Challenges:** Fill out these questions from the lesson. Each challenge you complete is worth 100 points for your team.

1. Who goes through trials? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. What’s the question you should be asking yourself about trials? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. How did the Soviets fix the problem they had with the astronauts’ health? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. How does question #3 relate to your faith? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. What do Christians often want? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Additional challenges (100 points each):**

* Memorize I Peter 5:7
* Memorize James 1:2-3
* List 2 trials in your life and how you've grown from them.

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

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