



**How to Trust God Through Tough Times:
Navigating Through Life's Changes**
North Lake Presbyterian Church
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"As long as the earth remains, there will be springtime and harvest, cold and heat, winter and summer, day and night." Gen. 8:22 (NLT)

- There is no growth without change
- There is no change without loss
- There is no loss without grief
- There is no grief without pain

"We know that in all things God works for the good of those who love him, who have been called according to his purpose." Rom. 8:28 (NIV)

"You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives." Gen. 50:20 (NIV)

"The purpose of these troubles is to test your faith as fire tests how genuine gold is. Your faith is more precious than gold, and by passing the test, it gives praise, glory, and honor to God." 1 Peter 1:7 (GW)

GROWING FROM CHANGE

1. LOOK FOR GOD IN CHANGE

*"If you look for me in earnest, you will find me when you seek me."
Jeremiah 29:13 (NLT)*

2. ASK GOD FOR WISDOM

*"If you need wisdom—if you want to know what God wants you to do—ask him, and he will gladly tell you. He will not resent your asking."
James 1:5 (NLT)*

3. LISTEN FOR GOD'S WHISPER

*"Then the Lord passed by and sent a furious wind that split the hills and shattered the rocks—but the Lord was not in the wind..., and then there was an earthquake—but the Lord was not in the earthquake. After that there was a fire—but the Lord was not in the fire. But after the fire there was the soft whisper of a voice. When Elijah heard it, he covered his face with his cloak and went out and stood at the entrance of the cave. The voice said to him, 'Elijah, what are you doing here?'"
1 Kings 19:11-13 (TEV)*

4. DON'T ASK WHY BUT WHAT

*"I've learned this secret, so that anywhere, at any time, I am content, whether I am full or hungry, whether I have too much or too little. I have the strength to face all conditions by the power Christ gives me."
Phil. 4:12-13 (GN)*

*"... even in our trials and troubles – These very things... will develop mature character."
Rom. 5:3-4 (PH)*

*"Give thanks in all circumstances, for this is God's will for you in Christ Jesus."
1 Th. 5:18 (NIV)*

5. FOCUS ON WHAT NEVER CHANGES

"I have loved you with an everlasting love." Jer. 31:3 (NIV)

"His plans endure forever; His purposes last eternally." Ps. 33:11

"The Word of God shall stand forever." Isa. 40:8 (NIV)

6. DON'T FACE IT ALONE

"Two are better off than one... If one of them falls down, the other can help him up... Two men can resist an attack that would defeat one man alone." Eccl. 4:9, 12 (GN)

7. BECOME A PROMISE PERSON

"I am sure of this: that God, who began this good work in you, will carry it on until it is finished in the Day of Jesus Christ." Phil. 1:6

"You can throw the whole weight of your anxieties upon Him, for you are his personal concern!" 1 Peter 5:7 (Ph)

"The righteous man does not fear bad news, nor live in dread of what may happen. For he is settled in his mind that God will take care of him." Ps. 112:7 (LB)

8. TELL GOD YOU WILL TRUST HIM NO MATTER WHAT

*"Though he slay me, yet will I trust in him." Job 13:15 (KJV)
"The Lord gave, and the Lord has taken away; Blessed be the name of the Lord!"
Job 1:21 (KJV)*

DISCUSSION QUESTIONS FOR CLASSES AND GROUPS

1. Read Romans 8:28-39
2. On an optimist – pessimist scale where you position yourself? Why?
3. How does verse relate to the concept of suffering? (verse 18)
4. What do the five verbs that describe God's role in our coming to know him mean (vs. 29-30)?
5. What are the five questions and their answers in verses 31-35? What is Paul's point in raising them.
6. How would the forces in verses 38-39 disrupt our trust in God's love?
7. How is God putting you through the school of knocks now? How do you see God at work in this?

TRUSTING GOD IN LIFE'S CHANGES

Trusting God In Difficult Times Pt. 1

8. Of the enemies mentioned in verses 38-39, which one is more real to you?
9. How could your group pray for you?

