

HAND LE IT



S E R M O N G U I D E

No Limits with Dr. Delman Coates

You Can Handle It

James 1:1-4

INTRODUCTION **NOTES** The beginning of the book of James offers us great encouragement but also a big challenge when it comes to how we handle the trials life throws at us. Jesus guaranteed that we would have hard times and tribulations while we were on this earth, but He also promised that He would help us every step of the way because He had already overcome the world. Today, we are going to look at what we can learn about handling trials according to the book of James, Jesus' half-brother, and see the steps we need to take when life gets hard. **KEY POINTS** 1. We Must Come To Grips With Our Reality None of us are exempt from stress, none of us are immune to hard times, and none of us are unaffected by difficulty. This means that going through trials is not a commentary on our faith. Therefore it's okay if we acknowledge the trials for what they are. In fact, it's imperative that we do so. We don't have to regard sickness, layoff, or a breakup as an indication that God has abandoned us or that we have abandoned God. Sickness, divorce, foreclosure, legal problems, family tension, and financial problems are not an indication that we have been unfaithful. It just is what it is. Becoming settled with this assertion is key so that we don't fall apart "when" the trials come. When you understand the reality of trials, you understand that what you're facing is not the worst thing that could ever happen to a person; that you're not the only one who has ever gone through what you're going through; that this doesn't mean you're a bad person. While I can't tell you that life will be free of challenges, trials, and hardships, what I can tell you is that if God brought you to it, He'll bring you through it. 2. We Should Consider Trials With Joy While trials and tribulations, dilemmas and difficulties usually have a harrowing appearance, designed to discourage, to depress, to deter, to cause one to make a detour, or to damage their faith, James says "regard" or "consider" them as something to be joyful about. To be clear, James isn't saying to be happy about it. He's not saying don't lament. He's just saying be intentional about looking for what God is doing in it and having joy about that.

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3. We Must Understand The Spiritual Reason For Our	NOTES
Trials Notice how James says that "the testing of your faith is to work patience/perseverance" Can you imagine that? For some strange	
reason, the only way for us to learn patience and to come to a point where we can persevere is to have our faith tested. This	
reminds me of the image of making tea. The only way of getting what's inside the tea bag out of the tea bag is for it to be put in some hot water.	
Sometimes we have to go through trying times for the essence of what God has in us to come out. Charles Spurgeon said it like this,	
"The Lord gets His best soldiers out of the highlands of affliction." If you're ever going to become something, then you're going to have to go through something!	
James uses the same Greek word in today's key text that Peter employed when he said, the "genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ" (1 Pet. 1:7). It's the kind of testing that occurs in a refiner's fire which burns away the impurities that are in the precious metal. Whenever God allows this testing in our lives, He	
uses it for our good and His glory.	

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QUESTIONS TO CONSIDER

1.	Do you have a tough time coming to terms with the reality of your trials? Why or why not?	
2.	What is one practical way you can consider your trials with joy?	
3.	When was a time you felt like you were put into "hot water" and had your faith tested? What was the outcome of that situation?	

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