

# Intro to Biblical Counseling: Connecting Biblical Truth in Practical Ways

## Lesson 1: Life is hard but there is hope for change

I. Life is Hard. It is good, but it is hard.

A. Life is Hard

1. Biblical basis (John 16:33; James 1:2; 1 Peter 1:6)

What are common issues and challenges (trials) that we face?

What can these lead to in our lives?

What is the biblical perspective on how we should respond to these the hard things of life?

Why do we face hard things? What prevents us from responding well?

B. We do not always respond well to the hardships of life

Common unbiblical “solutions” to the trials we face.

C. We have an opportunity and ability to respond well.

II. There is Hope for growth/change

A. Our hope is God Himself

B. Our hope is certain

C. The need for growth and change

D. Divine enablement for change

**Discussion Question:** What do we know to be true about the Holy Spirit in believers lives?

E. The process of growth/change

1. Truths to know

2. Attitudes to adopt / have

3. Action steps we must take

F. Theological pillars for growth / change

G. The contexts of growth / change

### Discussion and Application Questions

- What truth has impacted you from today’s lesson? What will you do about it?
- In what ways are you tempted to respond to the hard things of life? Write down 3-5.
- Do you have hope for yourself and for those around you to grow and change and be like Christ?
- What are 3-5 truths that you can meditate upon this week as you face the “hard” of life? Jot these down.

