

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

### **Lesson 5: The Purpose of Trials and Suffering in Believers Lives**

*How we think about trials and suffering will greatly affect our view of God, those around us and the circumstances of our lives.*

The explanation for trials and suffering

**Discussion Question:** What are some questions that you have wrestled with as you've faced a trial or suffering? Here are common ones we've probably struggled with.

**Negatively:** *Trials can distort and cloud our perspective of God. We can believe lies about God.*

Common Questions

1. Is God really a God of love and goodness?
2. Does He love the believer **now**? I mean He may have loved me in the past, but doesn't this trial give evidence that I have sinned, not performed well for Him, or lived up to His expectations?
3. If God is able to remove this trial, why doesn't He?
4. Is this trial meaningless, or is there value and purpose in this? (Not always the first question we ask, but a very KEY question to ask.)

**Positively:** Trials can strengthen and clarify our perspective, understanding and relationship with the Lord. We can believe truth and move it to a place of real practical application.

### **Key Biblical Passages We Need to Know**

James 1:1-4

2 Cor. 4:16-18

Romans 5:1-5

1 Peter 1:6-8

## **Counseling Others in Trials**

Questions to ask

1. Do you think you are in danger of losing sight of God because of this trial?
2. Are there good purposes of trials, as taught from Scripture?
3. Based on what is happening to you in this trial, what do you think God wants you to embrace about His character through this trial?
4. Based on what is happening to you in this trial, what do you think God is trying to develop in your character to cause you to be more like Christ?
5. Based on what is happening to you in this trial, how do you think as you grow through this you can become more beneficial in the relationships you have now? How can you be used by God in those and reflect Him in those?