

How to Face Trials

August 23, 2026

Bible Passage: James 1:2-4

²Count it all joy, my brothers, when you meet trials of various kinds, ³for you know that the testing of your faith produces steadfastness. ⁴And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

Fighter Memory Verse

AUGUST

Proverbs 19:11

Good sense makes one slow to anger, and it is his glory to overlook an offense.

Big Idea: How you _____ trials makes all the difference in how you _____ trials.

#1-THINK RIGHT --When you face trials, _____ to believe God is at _____ (2)

- Learn to face your trials with your _____ not your _____.
 - What's the difference between joy and happiness
 - **Joy** is an internal settled spirit produced by the Holy Spirit regardless of circumstances.
 - **Happiness** is a reactive emotion dependent on positive external events or happenings.
- This is divine insight for _____ ONLY.
- Live informed knowing that _____ is part of the earthly journey.

#2- TRUST THE PROCESS – Trials are _____ when God is our _____ (3)

- My response to trials reveals my true beliefs about God.
 - **TESTING** versus **TEMPTATION**
 - Testing _____ faith toward endurance and obedience
 - Temptation _____ the heart toward unbelief and sin
- God uses the hard stuff of my life _____ me.
 - Steadfastness literally means "To _____ *under*". It paints a vivid picture of a person carrying a heavy, crushing physical or emotional burden, yet choosing to stand firm and stay the course rather than running away to escape the pressure.

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#3-SUBMIT & REAP THE HARVEST - The only way _____ of a trial is _____ it (4)

- The "joy" of James 1:2 is the mature and complete life of James 1:4.
- "Let steadfastness have its full effect" requires a _____ will.
- There are no bypasses. The only way to get the promised harvest is a submissive will.
- "perfect" - teleios, not spiritual perfection, or sinlessness, **but rather refers to that which is fully developed**
- "complete" - holoklēros, which carries the idea of being mature & whole
- "lacking nothing" - the result of trials: maturity, completeness, not lacking in anything of spiritual importance and value

TRUTH INTO ACTION

- Cultivating biblical joy when life is difficult requires deliberate thinking—**THINK RIGHT ABOUT TRIALS.**
- God tests the genuineness of our faith—**TRUST GOD'S PROCESS & PURPOSE FOR TRIALS.**

Pray first



Please understand we want to help you know Jesus personally and journey with you in taking fresh steps of obedience daily for Jesus. We would love to pray with you and for you. Join us at the end of the service for prayer or send us your request on the Connect Card and we will lift them up throughout the week.

Table Talk

This lesson is a follow up to the sermon. Please take the time this week to work through it in your community group or around your own kitchen table.

Warm Up: What trials are you currently undergoing? What's your mindset and your typical way of handling them?

1. Who is this letter written to, and why? (read v. 1)
2. Why do all humans instinctively desire joy? In the sermon a distinction was made between joy and happiness. What was that distinction? (Hint: check the sermon notes)
3. James 1:2 reads, *Count it all joy, my brothers, when you meet trials of various kinds*. What does it mean to count trials as all joy? Is this a suggestion or a command? Is it a natural reaction to what is going on or something else? How can we cultivate a mindset where we consider trials from God as a source of joy? Are we supposed to find joy in the trial, or the results of the trial? Is it difficult for you to find joy in the trials you experience? Why or why not?
4. In verse 3, James says that trials from God test our faith. What kind of test is this? Why is it important that God tests the genuineness of our faith? Is He doing this for Himself or for us? How is the testing of our faith beneficial to us? What happens if your faith is in the wrong thing (Matt. 7:24-27)?
5. James 1:4 says, *And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing*. The purpose of the trials we experience is to produce steadfastness or perseverance. What is perseverance? Why does it take perseverance on our part to have faith in God? How does perseverance in faith help us in our relationship with God (2 Corinthians 12:8-10, 1 Peter 1:6-7)? Does knowing that you get to experience more of God's grace help you to persevere and find joy in the trials? Why or why not?

Prayer: Father, I don't enjoy walking through hard stuff on my earthly journey. However, James 1:2-4 instructs me to see my trial differently. Please **HELP MY FAITH TO WORK** as You make me more like Jesus by reshaping my soul and helping me to live from the inside out. In the sweet name of Jesus I pray, amen.

RESOURCES:

James for You by Sam Allberry

Christ-Centered Exposition in James by D. Platt, D. Akin, T. Merida

<https://www.desiringgod.org/articles/i-sing-my-way-through-pain>