God Family Country

GUIDED BIBLE STUDY

Secrets to Surviving Life's Difficult Seasons

Speaker: Wanda Gardner

Highlighted Scripture

- **Proverbs 3:5–6**

"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

Wanda returns to this passage twice, emphasizing that when we don't know what comes next, we can trust God rather than depending entirely on our own understanding.

- **1 Corinthians 14:33**

Wanda references Paul's teaching that God is not the author of confusion but of peace. When life becomes confusing, God's character remains steady and trustworthy.

- **John 14:1–6**

Jesus comforts His disciples by telling them not to let their hearts be troubled. He promises a place with the Father and declares, "I am the way, the truth, and the life." Wanda shares this passage particularly for those facing the loss of someone

they love.

• Ephesians 6:1–3
Children are instructed to obey their parents in the Lord and to honor their father and mother. Wanda encourages children to memorize this passage and carry God's Word with them from an early age.

• Galatians 2:20
"I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me..." Our identity and strength are found in Christ, who loved us and gave Himself for us.

• Hebrews 10:23–24
Believers are called to hold firmly to their faith without wavering because the One who promised is faithful, while also encouraging one another toward love and good works.

• Psalm 119:11
"Thy word have I hid in mine heart, that I might not sin against thee." Wanda uses this verse to reinforce the importance of memorizing Scripture before difficult moments arrive.

• Ephesians 6:17
God's Word is described as the sword of the Spirit. Wanda connects this directly to her central message that knowing Scripture equips us for the spiritual battles and difficult seasons we will inevitably face.

Discussion Questions

• Wanda's first "secret to survival" is memorizing God's Word. Why might Scripture we've already hidden in our hearts become especially valuable during a crisis?

• Proverbs 3:5–6 tells us not to lean on our own understanding. What makes that particularly difficult when circumstances don't make sense?

• Wanda repeatedly says, "Never undo in doubt what you have done in faith." What do you think she means by that?

• Hebrews 10 tells us to hold firmly to our faith because God is faithful. How can remembering God's character help us when doubts arise?

• After tornadoes struck her community, Wanda and her family responded by helping their neighbors. How can difficult circumstances become opportunities to put our faith into action?

Reflection Challenge

Don't wait for the difficult moment to begin preparing your heart.

Ask yourself:

• What truth from God's Word do I need to have firmly planted in my heart?

• Where am I currently leaning more on my own understanding than trusting God?

• Have I begun doubting something I previously stepped into

with sincere faith?

• Who around me needs practical help that I am able to provide?

Try this:

• Choose one of the Scriptures Wanda shared and begin memorizing it this week.

• When uncertainty comes, pray Proverbs 3:5–6 before trying to figure everything out yourself.

• Write down one example of God's faithfulness that you can remember when future doubts arise.

• Find one practical way to serve someone going through a difficult season.

Remember

• Hide God's Word in your heart before the difficult days come.

• Trust God when you cannot understand what He is doing.

• God's faithfulness is greater than our doubts.

• Faith should lead us toward love and good works.

• Difficult circumstances can become opportunities to serve others.

• Never undo in doubt what you have done in faith.

Prayer

Father God,

Thank You for giving me Your Word to guide, strengthen, and sustain me through every season of life. Help me hide Your truth in my heart so that when difficult days come, I will remember what You have said.

Teach me to trust You with all my heart instead of depending only on what I can understand. When doubt comes, remind me that You are faithful. Give me strength to hold firmly to my faith and open my eyes to the people around me who need help. May the difficulties I face not turn my attention inward, but give me opportunities to love and serve others as Jesus would.

In Jesus' name,

Amen.