





# Characteristics of Adversity

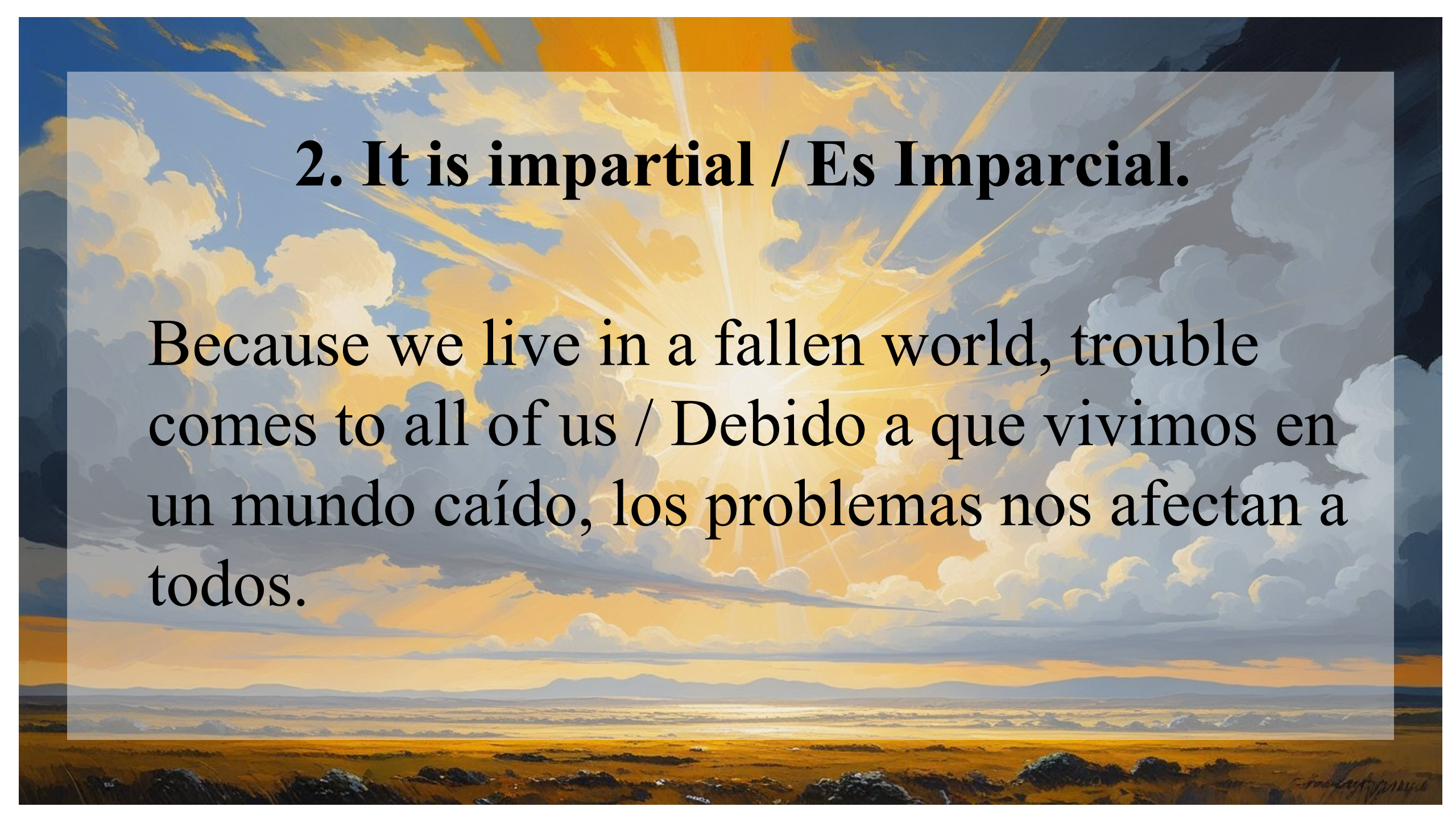
## Características de la adversidad



# **1. Adversity is universal**

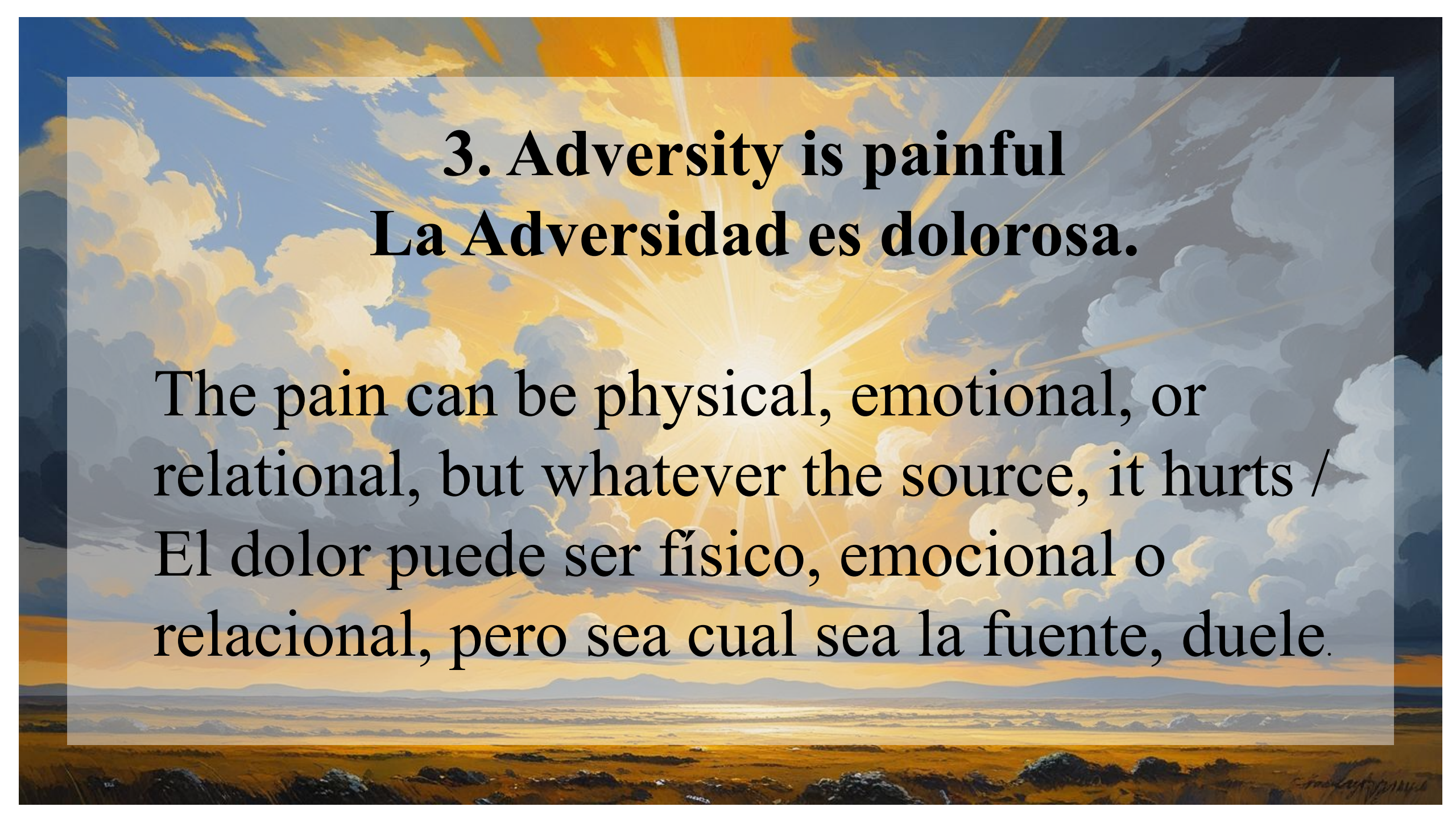
## **La Adversidad en universal (Mat., 5:45)**

**It's everywhere and can affect any area of our lives / Está en todas partes y puede afectar cualquier aspecto de nuestra vida.**



## **2. It is impartial / Es Imparcial.**

Because we live in a fallen world, trouble comes to all of us / Debido a que vivimos en un mundo caído, los problemas nos afectan a todos.



### **3. Adversity is painful**

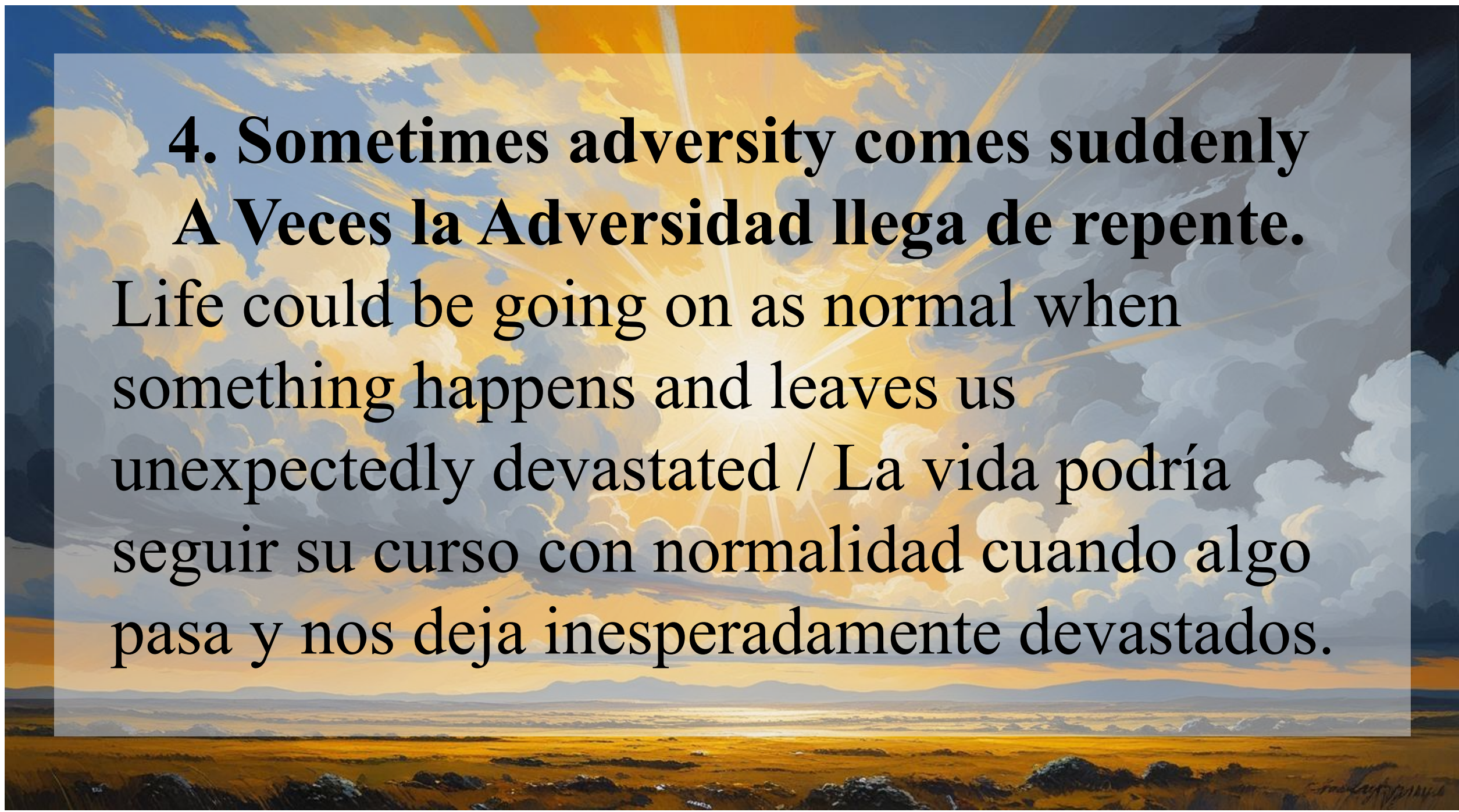
## **La Adversidad es dolorosa.**

The pain can be physical, emotional, or relational, but whatever the source, it hurts /  
El dolor puede ser físico, emocional o relacional, pero sea cual sea la fuente, duele.

**4. Sometimes adversity comes suddenly**

**A Veces la Adversidad llega de repente.**

Life could be going on as normal when something happens and leaves us unexpectedly devastated / La vida podría seguir su curso con normalidad cuando algo pasa y nos deja inesperadamente devastados.





**5. Times of adversity may be prolonged**  
**Los tiempos de adversidad pueden prolongarse**

Sometimes the emotional or physical pain continues for years / A veces el dolor emocional o físico continúa durante años

## **6. It may be intense / Puede ser intenso**

We may hurt so badly that even those who  
try to bring comfort feel the pain  
/Podemos estar tan dolidos que incluso  
aquellos que intentan brindarnos consuelo  
sienten el dolor.



**7. Adversity is often beyond our control**  
**La adversidad puede ser fuera de nuestro control.**

We may feel helpless with no answer for why  
God would allow it / Podemos sentirnos  
impotentes sin respuesta de por qué Dios lo  
permitiría





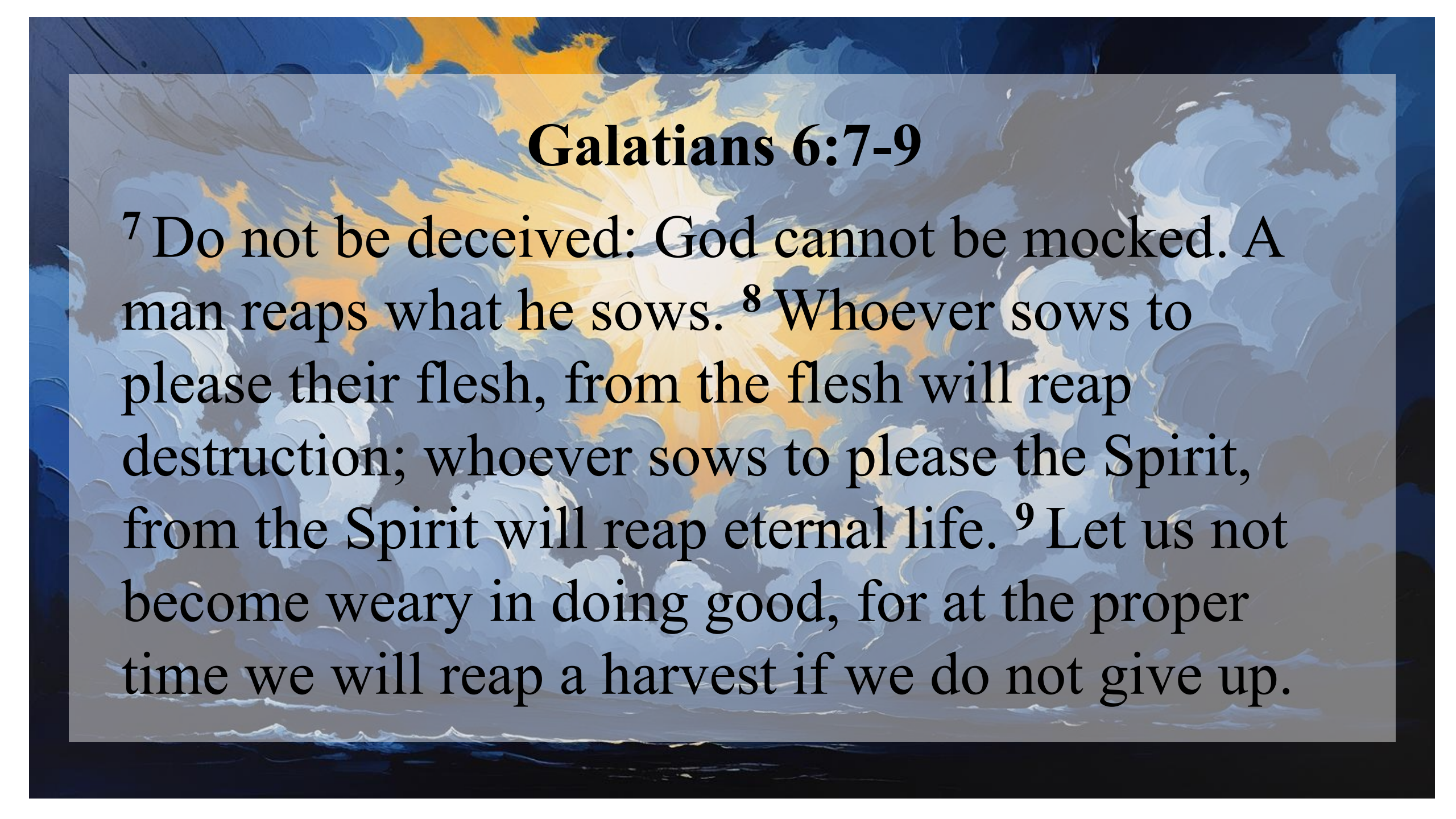
The background is a dramatic, painterly illustration. It features a bright sunburst breaking through a dense layer of dark, swirling clouds. The sun's rays are a vibrant yellow and orange, contrasting sharply with the deep blues and greys of the clouds. Below the clouds, a dark, choppy sea is visible. The overall mood is one of hope and resilience, suggesting a breakthrough or a path forward through adversity.

# Questions Regarding Adversity

## Preguntas Sobre la Adversidad

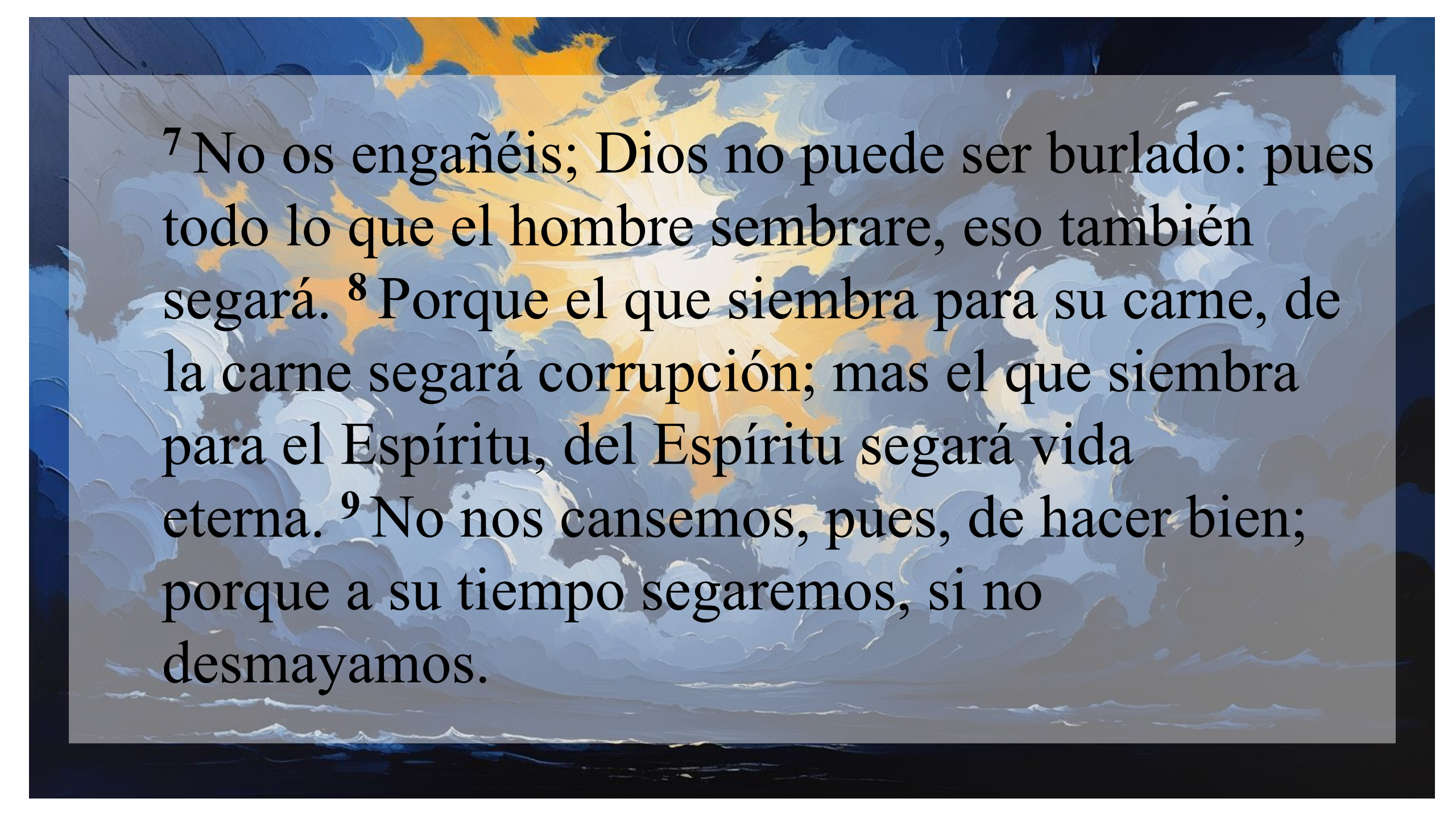
**Why / Porque?**





## **Galatians 6:7-9**

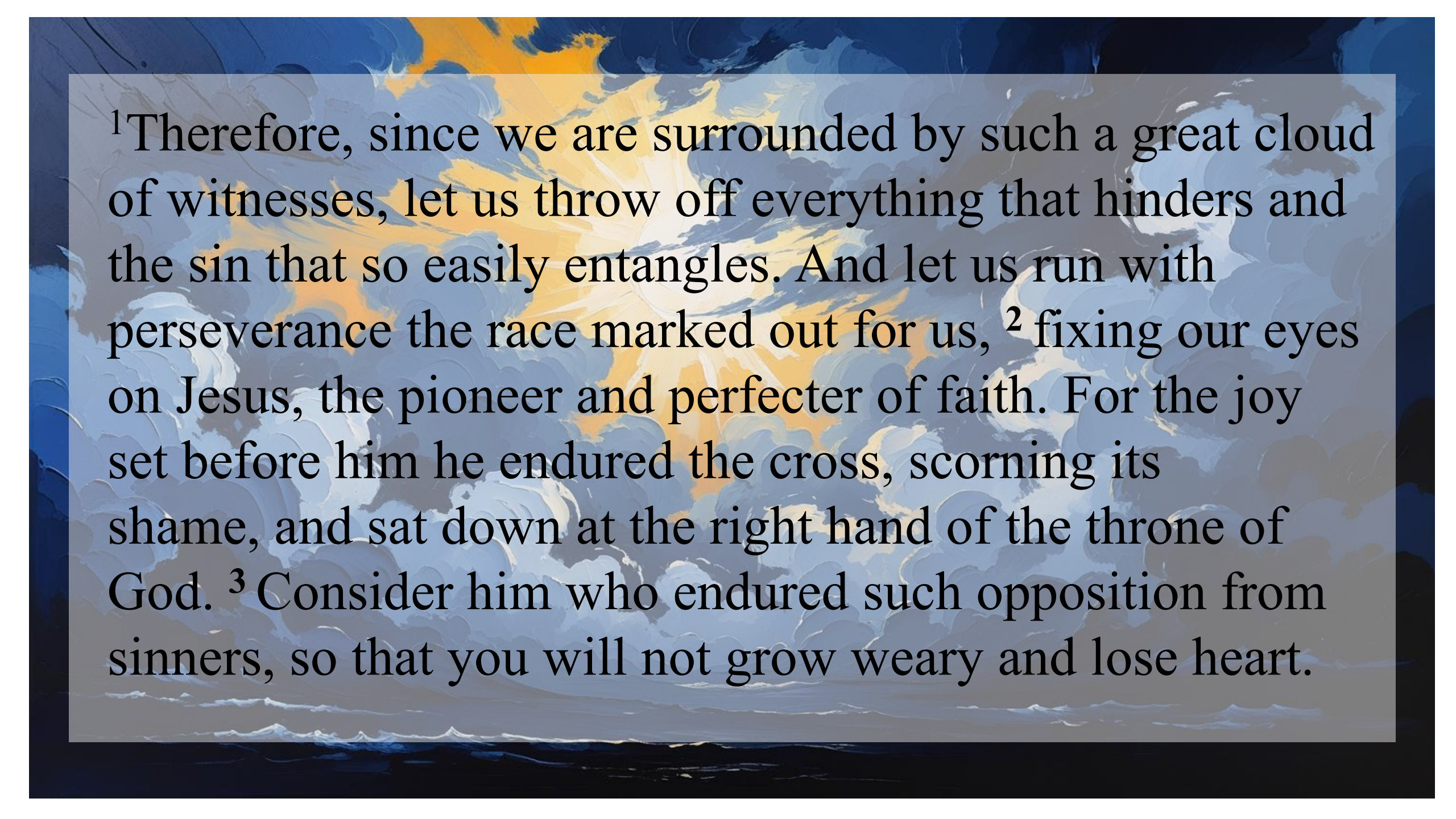
<sup>7</sup> Do not be deceived: God cannot be mocked. A man reaps what he sows. <sup>8</sup> Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. <sup>9</sup> Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.



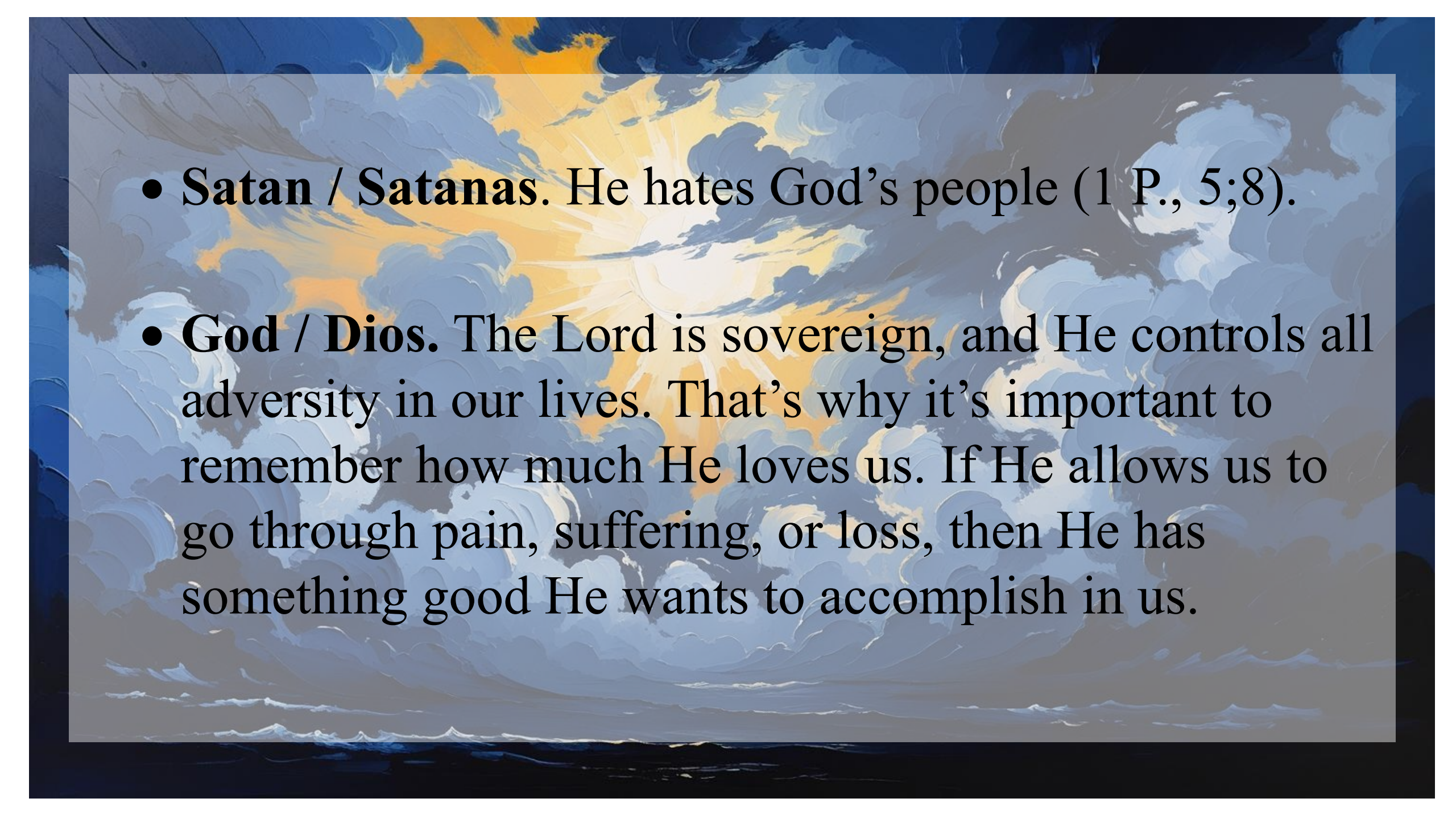
<sup>7</sup> No os engañéis; Dios no puede ser burlado: pues todo lo que el hombre sembrare, eso también segará. <sup>8</sup> Porque el que siembra para su carne, de la carne segará corrupción; mas el que siembra para el Espíritu, del Espíritu segará vida eterna. <sup>9</sup> No nos cansemos, pues, de hacer bien; porque a su tiempo segaremos, si no desmayamos.

## Hebreos 12:1-3

<sup>1</sup> Por tanto, nosotros también, teniendo en derredor nuestro tan grande nube de testigos, despojémonos de todo peso y del pecado que nos asedia, y corramos con paciencia la carrera que tenemos por delante, <sup>2</sup> puestos los ojos en Jesús, el autor y consumador de la fe, el cual por el gozo puesto delante de él sufrió la cruz, menospreciando el oprobio, y se sentó a la diestra del trono de Dios. <sup>3</sup> Considerad a aquel que sufrió tal contradicción de pecadores contra sí mismo, para que vuestro ánimo no se canse hasta desmayar.



<sup>1</sup>Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, <sup>2</sup>fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. <sup>3</sup>Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

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- **Satan / Satanás.** He hates God's people (1 P., 5;8).
  - **God / Dios.** The Lord is sovereign, and He controls all adversity in our lives. That's why it's important to remember how much He loves us. If He allows us to go through pain, suffering, or loss, then He has something good He wants to accomplish in us.

A dramatic photograph of a sunburst breaking through a layer of clouds over a calm ocean. The sun is positioned centrally, with rays of light radiating outwards, illuminating the clouds and the water below. The sky is filled with various cloud formations, some dark and some bright, creating a high-contrast scene. The ocean surface is visible at the bottom, with gentle waves and a few small, dark patches of vegetation or rocks.

# Responses to Adversity

## Respuestas a la adversidad

# **1.Blame / Culpa.**

We could respond by looking for  
someone to blame / Podríamos responder  
buscando a alguien a quien culpar

## **2. Escape / Escape.**

Another option is to try to avoid pain and problems by dulling our senses / Otra opción es intentar evitar el dolor y los problemas embotando nuestros sentidos.

### **3. Denial / Negar.**

If we claim that all is well when it isn't, we will continue to suffer internal hurt and anger / Si afirmamos que todo está bien cuando no es así, seguiremos sufriendo dolor y enojo internos

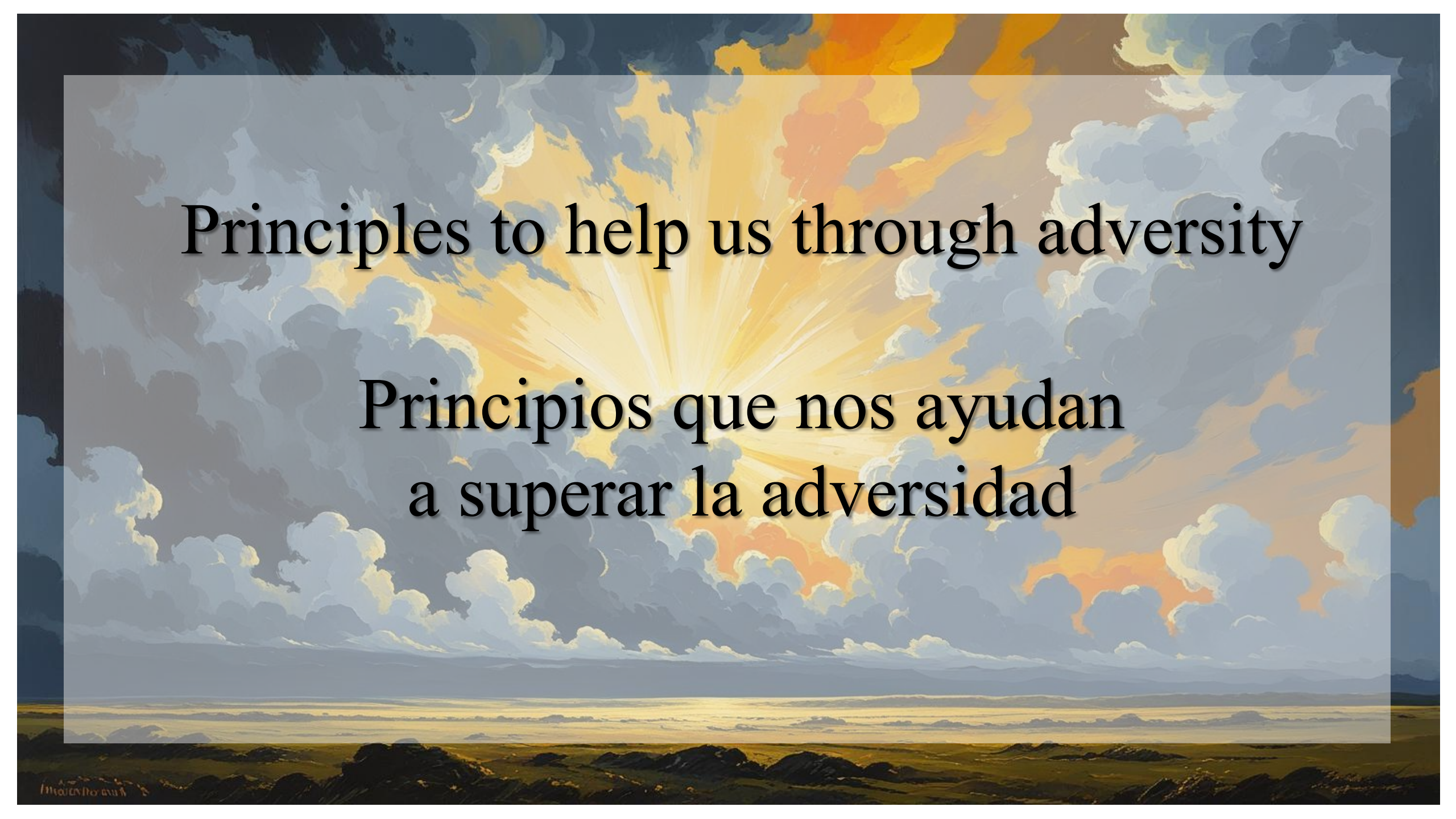
## **4. Self-pity / Autolástima.**

A pity party never accomplishes anything positive / Sentir autolástima nunca logra nada positivo.



## **5. Seek the Lord / Buscar al Señor.**

We ought to come to God with our  
confusion and pain / Debemos acudir a  
Dios con nuestra confusión y dolor.

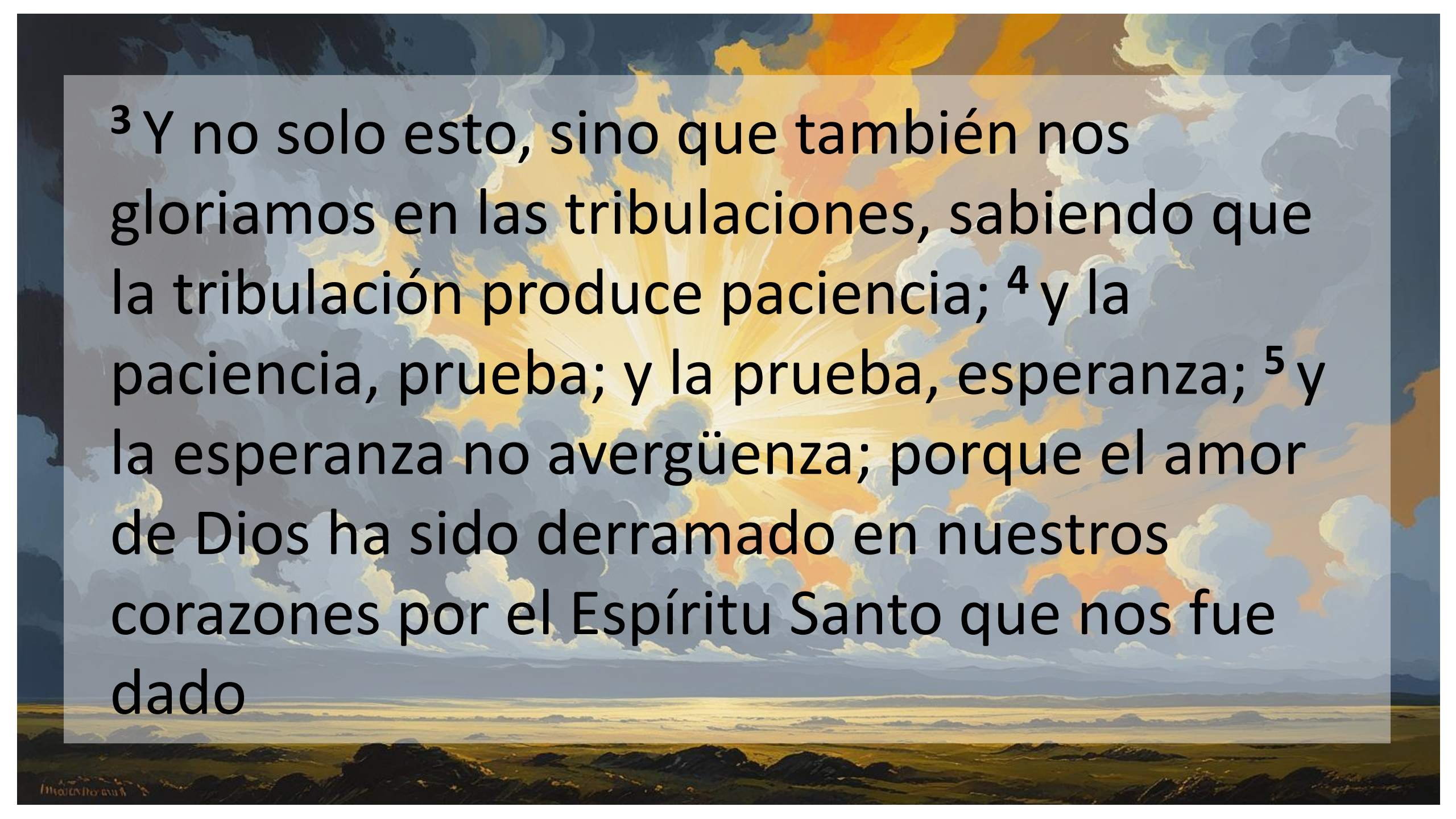
The background is a full-page landscape painting. It depicts a vast, flat landscape, possibly a beach or a field, leading to a calm body of water. The horizon is low, and the sky is filled with large, billowing clouds. A bright sun is positioned in the upper center, with its rays fanning out across the sky, casting a warm, golden glow. The clouds are painted in shades of blue, white, and orange, suggesting a sunset or sunrise. The overall mood is serene and hopeful.

Principles to help us through adversity

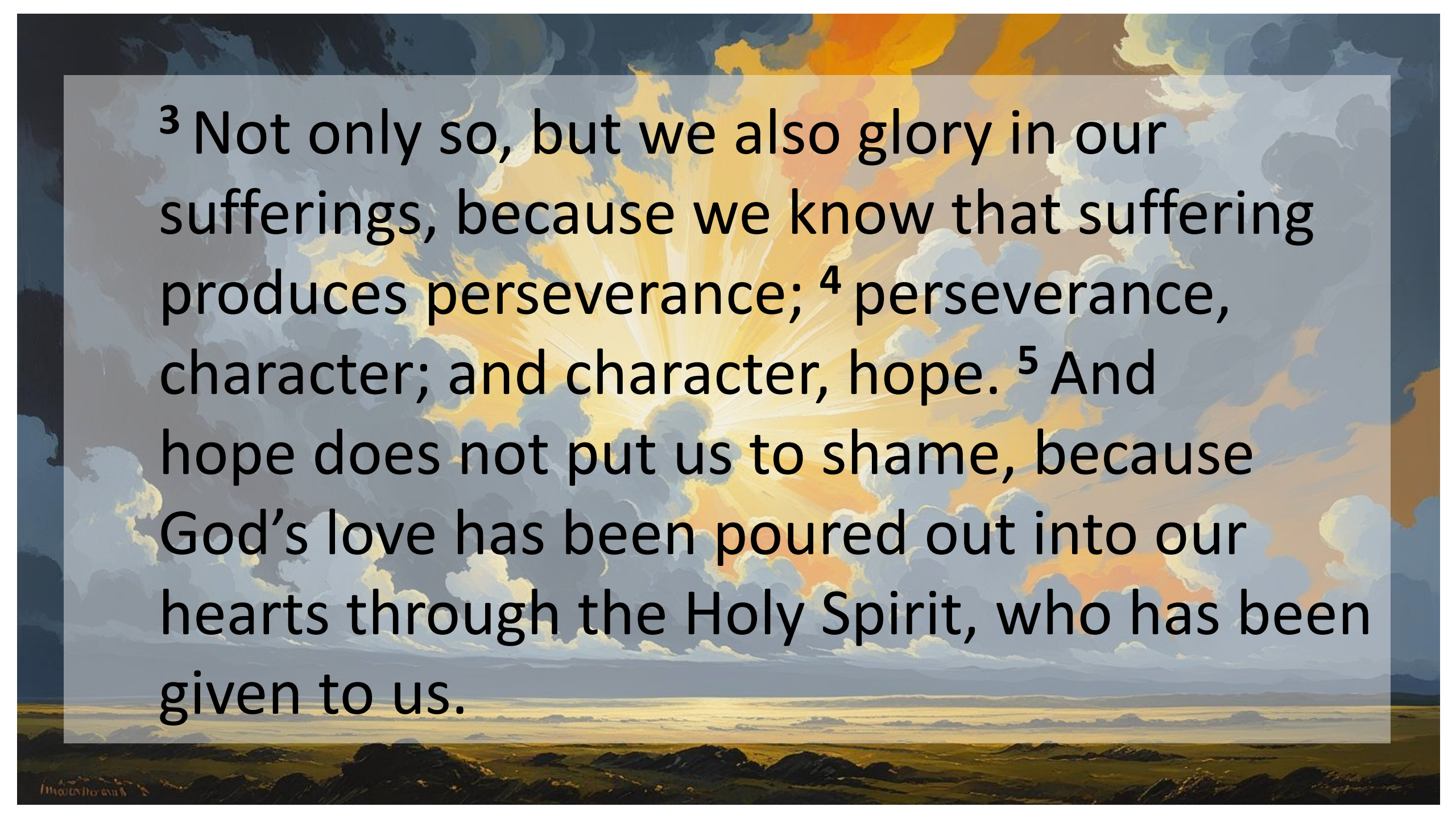
Principios que nos ayudan  
a superar la adversidad



**1. Adversity is one of God's most effective tools for strengthening our faith  
/ La adversidad es una de las herramientas más eficaces de Dios para fortalecer nuestra fe (Rom., 5:3-5).**



<sup>3</sup> Y no solo esto, sino que también nos gloriamos en las tribulaciones, sabiendo que la tribulación produce paciencia; <sup>4</sup> y la paciencia, prueba; y la prueba, esperanza; <sup>5</sup> y la esperanza no avergüenza; porque el amor de Dios ha sido derramado en nuestros corazones por el Espíritu Santo que nos fue dado

The background is a full-page image of a landscape painting. It depicts a vast, flat landscape, possibly a beach or a field, leading to a body of water under a sky filled with large, billowing clouds. A bright sun is positioned in the center of the upper half, with rays of light radiating outwards, creating a warm, golden glow that illuminates the clouds and the horizon. The colors are rich and textured, with deep blues, oranges, yellows, and greens. A semi-transparent white rectangular box is centered over the image, containing the text.

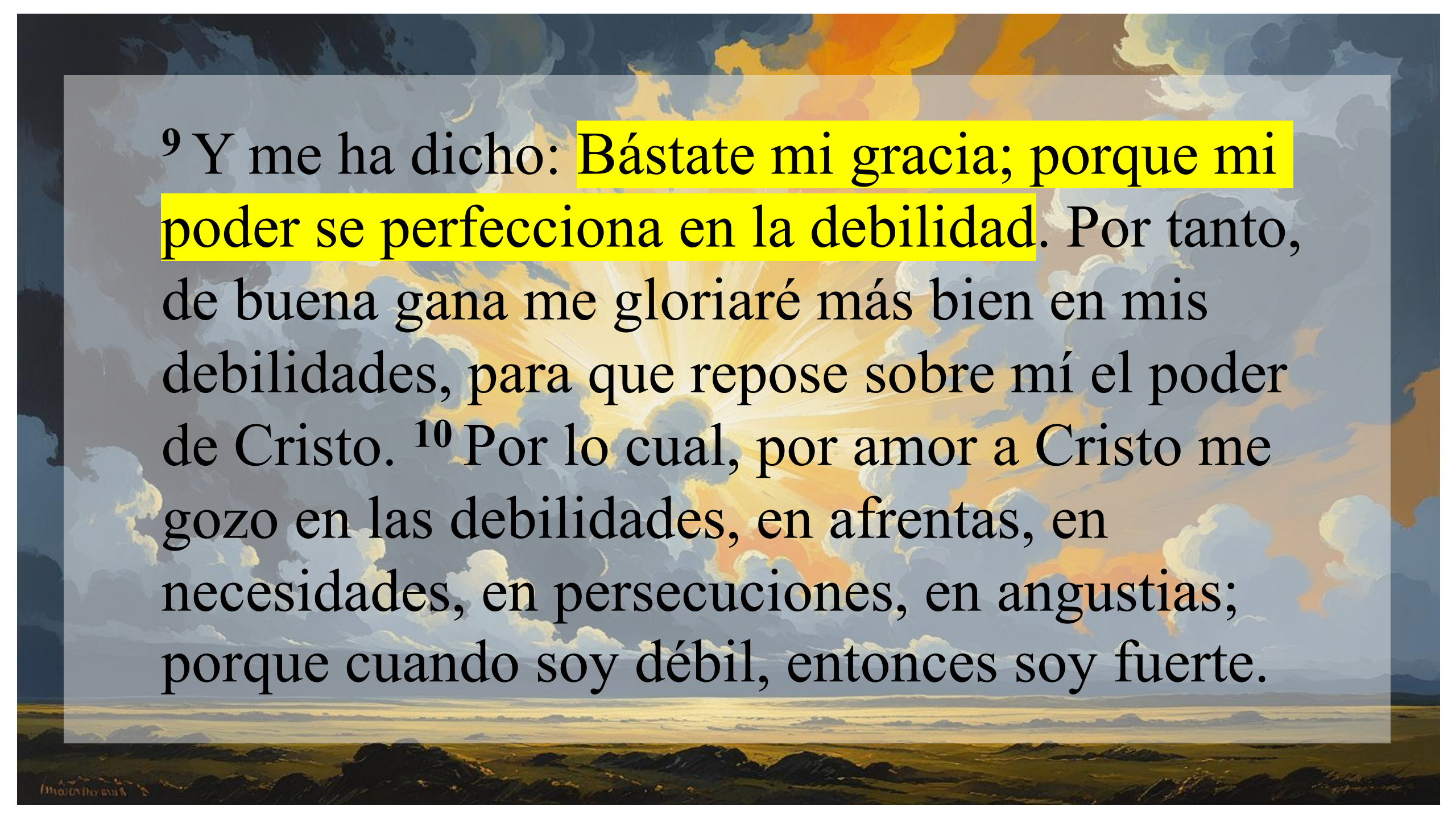
<sup>3</sup> Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; <sup>4</sup> perseverance, character; and character, hope. <sup>5</sup> And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

The background is a full-page image of a landscape painting. It depicts a vast, flat landscape, possibly a beach or a field, leading to a body of water under a sky filled with large, billowing clouds. The sun is low on the horizon, creating a bright glow and casting long, soft rays of light through the clouds. The colors are warm, with oranges, yellows, and blues. A semi-transparent rectangular box is overlaid on the upper two-thirds of the image, containing the text.

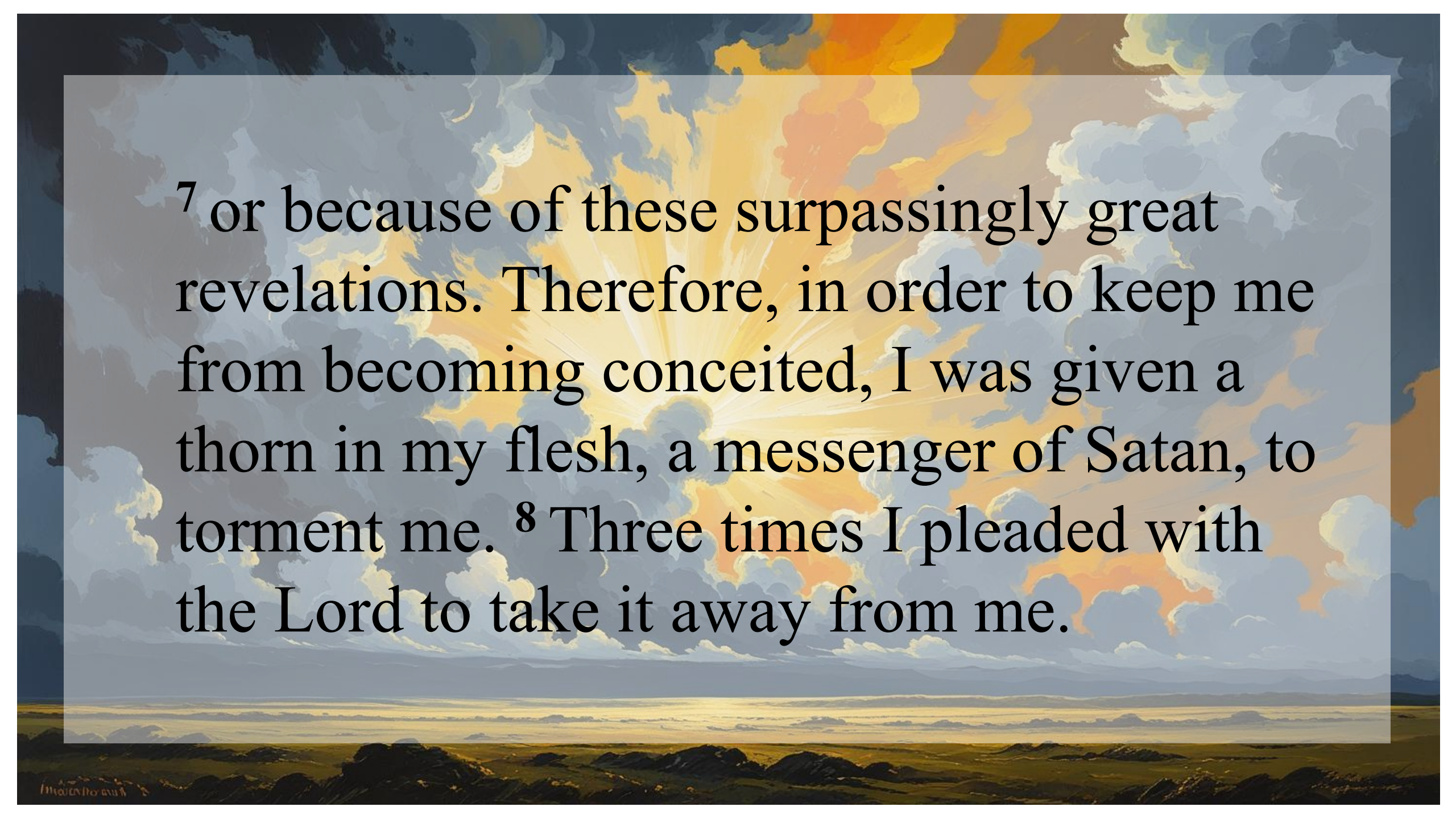
**2. The Lord sends adversity to help us,  
not to hurt us / El Señor envía la  
adversidad para ayudarnos, no para  
hacernos daño (2 Corintios 12:7-10; James /  
Santiago 1:2-4, 12).**

## 2 Corintios 12:7-10

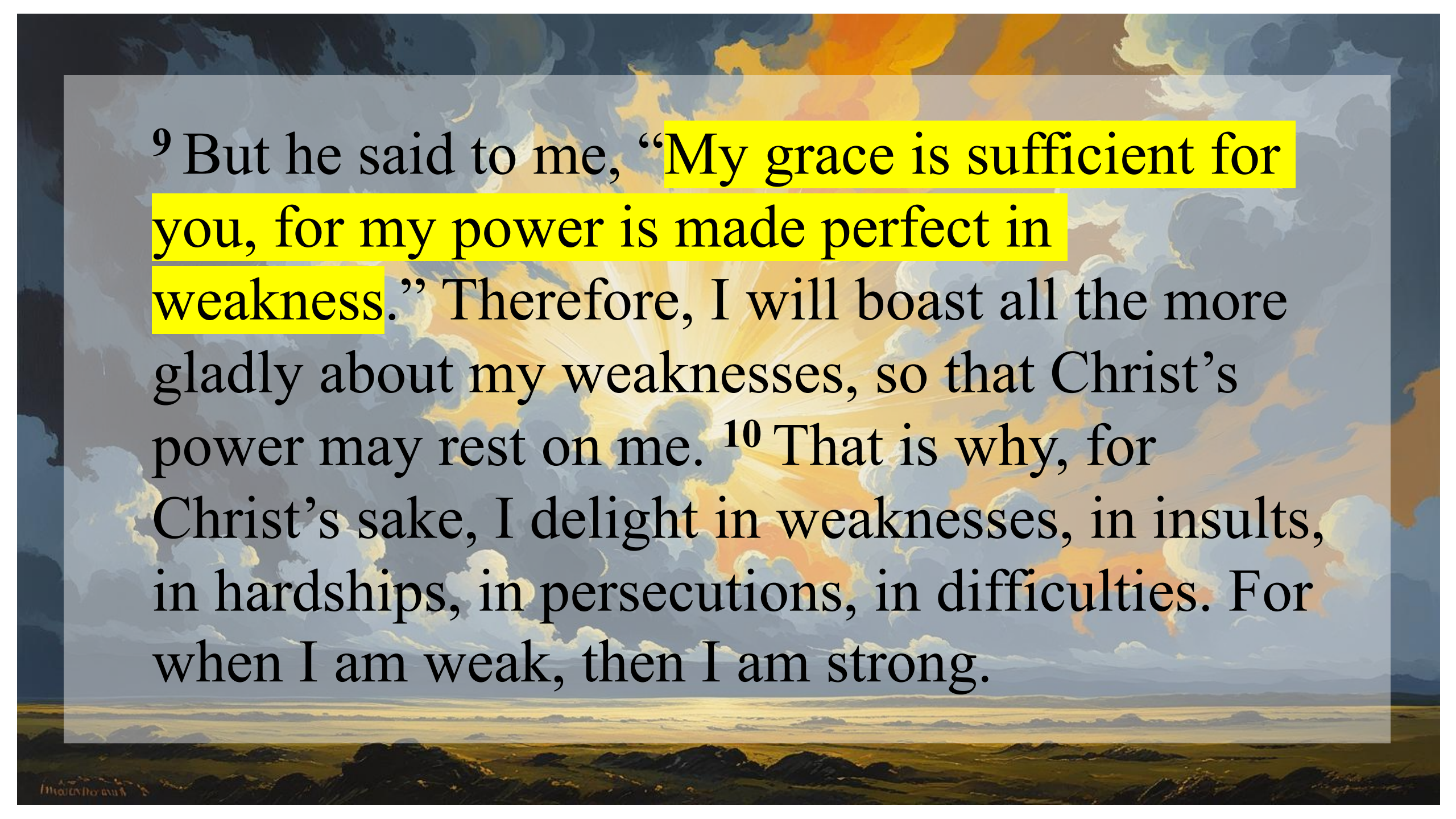
<sup>7</sup> Y para que la grandeza de las revelaciones no me exaltase desmedidamente, me fue dado un aguijón en mi carne, un mensajero de Satanás que me abofetee, para que no me enaltezca sobremanera; <sup>8</sup> respecto a lo cual tres veces he rogado al Señor, que lo quite de mí.



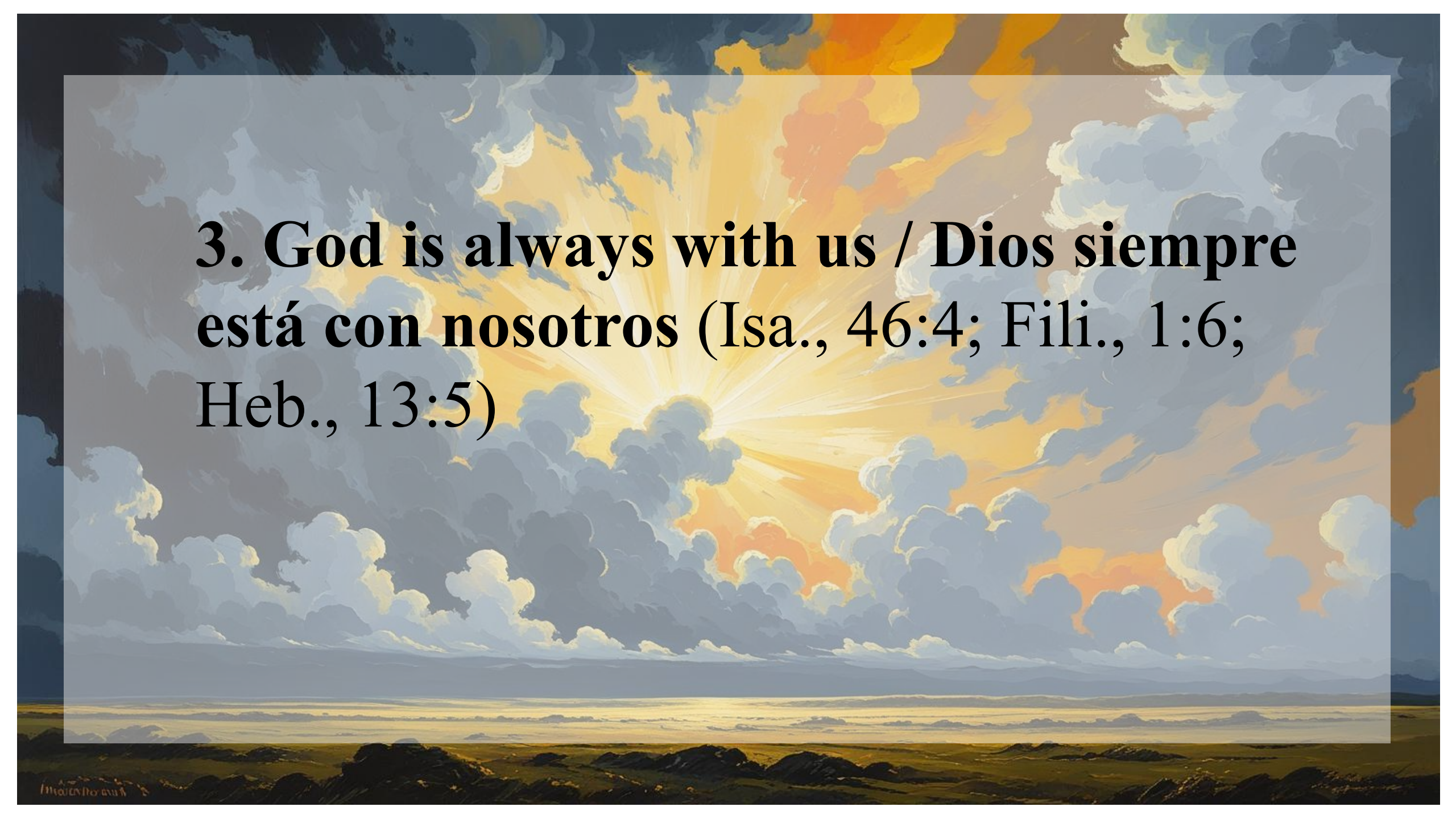
<sup>9</sup> Y me ha dicho: Bástate mi gracia; porque mi poder se perfecciona en la debilidad. Por tanto, de buena gana me gloriaré más bien en mis debilidades, para que repose sobre mí el poder de Cristo. <sup>10</sup> Por lo cual, por amor a Cristo me gozo en las debilidades, en afrentas, en necesidades, en persecuciones, en angustias; porque cuando soy débil, entonces soy fuerte.



<sup>7</sup> or because of these surpassingly great revelations. Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. <sup>8</sup> Three times I pleaded with the Lord to take it away from me.



<sup>9</sup> But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore, I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. <sup>10</sup> That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

The background is a full-page painting of a sunset or sunrise. The sun is a bright, glowing orb in the center of the upper half, with long, golden rays radiating outwards. The sky is filled with large, billowing clouds in shades of blue, grey, and white, some of which are illuminated from within by the sun's light, giving them a warm, orange-gold glow. Below the horizon line, which is roughly in the middle of the image, there is a calm body of water reflecting the light from the sky. In the foreground, there are dark, silhouetted hills or mountains. The overall mood is serene and majestic.

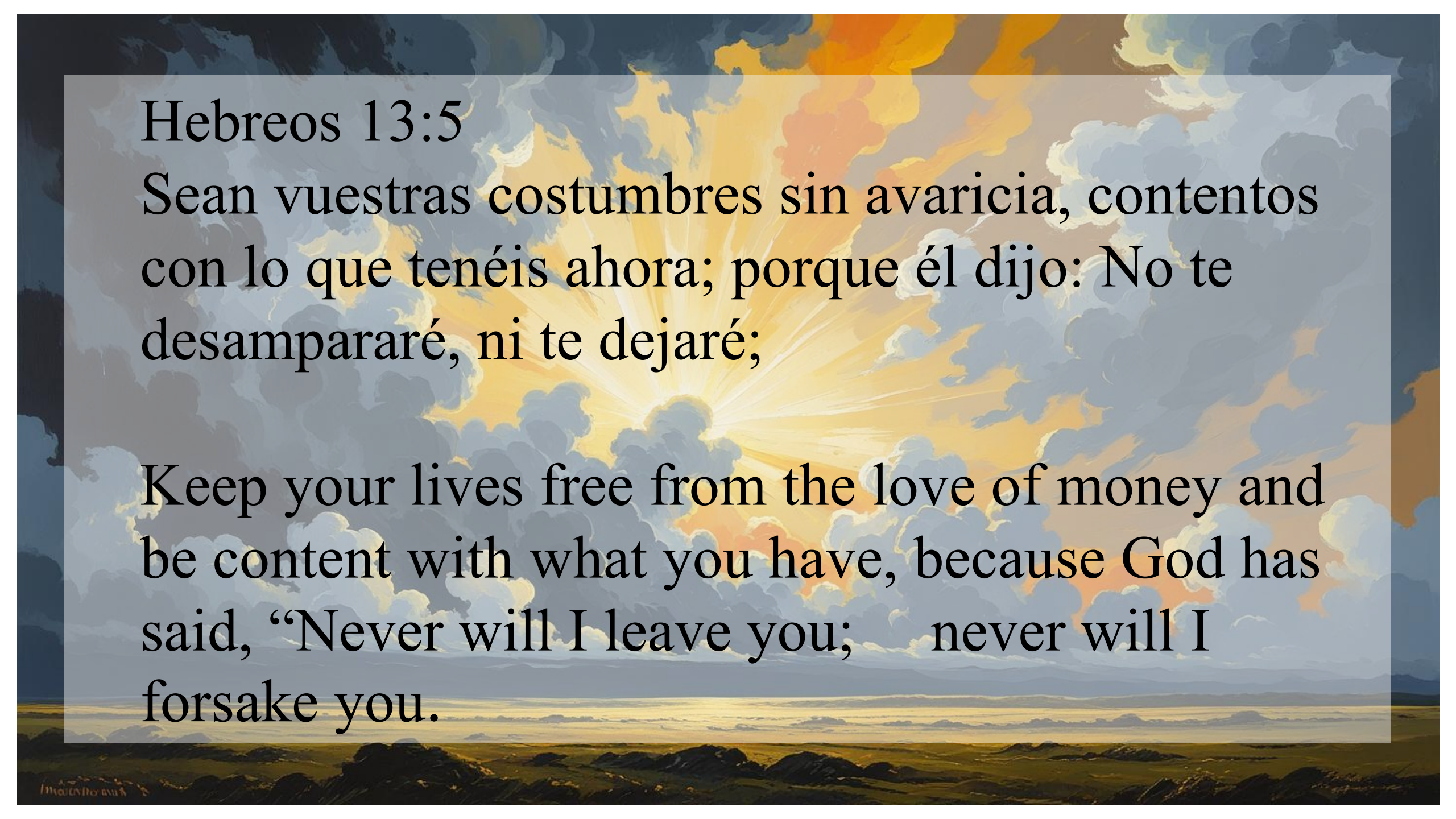
**3. God is always with us / Dios siempre  
está con nosotros (Isa., 46:4; Fili., 1:6;  
Heb., 13:5)**



*Isaías 46:4*

Y hasta la vejez yo mismo, y hasta las canas os soportaré yo; yo hice, yo llevaré, yo soportaré y guardaré.

Even to your old age and gray hairs, I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.



Hebreos 13:5

Sean vuestras costumbres sin avaricia, contentos con lo que tenéis ahora; porque él dijo: No te desampararé, ni te dejaré;

Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.

The background is a detailed landscape painting. The sky is filled with large, billowing clouds in shades of blue, grey, and white. A bright sun is positioned in the upper center, with rays of golden light radiating outwards, partially obscured by the clouds. The light reflects on the surface of a body of water in the middle ground. The foreground shows a dark, rocky shoreline with some sparse vegetation. The overall mood is one of hope and divine presence.

**4. Adversity can be a precious gift from  
the Lord / La adversidad puede ser un  
regalo precioso del Señor.**