

## APPLICATION

- What challenge are you going through now? How can you apply what you've learned today?
- How can you grow in your understanding of and trust in God as each day passes? How can you go deeper in the Word this week?
- Think of one person who is going through a very challenging season. How can you help that person this week?

## PRAYER

- If you are going through a trial now, ask God for strength, comfort, and grace to weather this storm with Him. Pray that you will choose to trust and worship God no matter what circumstance you will face.
- Pray that God would renew your mind as you read and meditate on His Word. Pray that your perspective and understanding of your situation would be based on the Bible.
- Pray for those you know who are going through a time of suffering. Pray that God would use you to encourage and stand with others in this season.



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WEEK 1

# Reality of Suffering

## NOTES

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## WARM-UP

- Share the most interesting dream you've ever had. What was so unique about it?
- What is your favorite movie genre? What about it do you enjoy the most?
- Which kind of books would you prefer: fiction, or nonfiction? Why?

**WORD**

*There was a man in the land of Uz whose name was Job, and that man was blameless and upright, one who feared God and turned away from evil. JOB 1:1*

One of the most common responses to suffering is wanting to know why it's happening—or, more specifically, why it is happening to us. The truth is, suffering is inevitable in all our lives, whether we are followers of Christ or not. Praising God in the midst of blessing seems easy, but how should we respond when faced with difficulty and trials? Job was a man who faced much suffering, and in this lesson, we will learn about how he responded to this.

**1 Job decided to worship God in the midst of his suffering.**

*Then Job arose and tore his robe and shaved his head and fell on the ground and worshiped. JOB 1:20*

Job lost everything in just one day: his livelihood (vv. 13-17), property (v.19), and his children (v.18). Despite all this, Job made a decision to worship God. Often it is easier to worship Him when we are experiencing blessing, but just like Job, we must make the decision to worship God in and through every circumstance. How have you learned to worship God in the midst of suffering?

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**2 Job acknowledged his humanity and God's sovereignty.**

*And he said, "Naked I came from my mother's womb, and naked shall I return. The LORD gave, and the LORD has taken away; blessed be the name of the LORD."*

**JOB 1:21**

Job's response to suffering was an acknowledgment of his limitations—human, weak, broken—and God's sovereignty—all-knowing, all-powerful, always worthy. Job knew he was not entitled to each blessing the Lord had given him, and when God allowed it to be taken away, Job humbled himself and recognized that he was nothing compared to God. Why should our posture before God always be of humility, not entitlement?

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**3 Job did not charge God with doing wrong.**

*In all this Job did not sin or charge God with wrong.*

**JOB 1:22**

Job did not understand his situation and the purpose or reason for his suffering. But he still chose not to sin or charge God with wrong. Rather than accusing God for our suffering or needing an explanation, as His children, we are to trust Him. How do you think we can guard against blaming God when faced with trials?

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