

Self-Examination Questions:

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How is God equipping me through the day-to-day troubles of life?

Job 5:7 (LSB)

For man is born for trouble,
As sparks fly upward.

Acts 27:1-8

Lesson 1: Life's troubles may not be desirable, but they are necessary parts of your testimony.

Romans 5:3–4 (LSB)

³... we also boast in our afflictions, knowing that affliction brings about perseverance; ⁴and perseverance, proven character; and proven character, hope;

James 1:2–3 (LSB)

²Consider it all joy, my brothers, when you encounter various trials, ³knowing that the testing of your faith brings about perseverance.

Acts 27:9-13

Lesson 2: Life's troubles are tools God uses not just to strengthen you but also to enable you to help others.

2 Corinthians 1:3–4 (LSB)

³Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.

2 Corinthians 1:6 (LSB)

But whether we are afflicted, it is for your comfort and salvation; or whether we are comforted, it is for your comfort, which is working in your perseverance in the same sufferings which we also suffer.

Acts 27:14-17

Lesson 3: Life's troubles present choices that determine where you will end up.

Joshua 24:15 (LSB)

If it is evil in your sight to serve Yahweh, choose for yourselves today whom you will serve: whether the gods which your fathers served which were beyond the River or the gods of the Amorites in whose land you are living; but as for me and my house, we will serve Yahweh.

Ruth 1:16 (LSB)

But Ruth said, "Do not press me to forsake you in turning back from following you; for where you go, I will go, and where you lodge, I will lodge. Your people shall be my people, and your God, my God.

Acts 27:18-20

Lesson 4: **Life's troubles help you to recognize and let go of unnecessary baggage.**

Hebrews 12:1 (LSB)

Therefore, since we have so great a cloud of witnesses surrounding us, laying aside every weight and the sin which so easily entangles us, let us run with endurance the race that is set before us,

Philippians 3:7–8 (LSB)

⁷ But whatever things were gain to me, those things I have counted as loss for the sake of Christ. ⁸ More than that, I count all things to be loss because of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ.

Acts 27:21-32

Lesson 5: **Life's troubles remind you that the path ahead may be long and tiresome, but you can always find solace in God's promise.**

Hebrews 12:2 (LSB)

Fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Isaiah 40:31 (LSB)

Yet those who hope in Yahweh
Will gain new power;
They will mount up with wings like eagles;
They will run and not get tired;
They will walk and not become weary.

Acts 27:33-38

Lesson 6: **Life's troubles become easier when you make a habit of being encouraging.**

Hebrews 10:24–25 (LSB)

²⁴ And let us consider how to stimulate one another to love and good deeds, ²⁵ not forsaking our own assembling together, as is the habit of some, but encouraging one another, and all the more as you see the day drawing near.

Proverbs 11:25 (LSB)

The soul that blesses will be enriched,
And he who waters will himself be watered.