

# DISCUSSION GUIDE

HOW TO RESPOND TO ADVERSITY

Philippians 4:4-7

Not Shaken — Week 1

**ICEBREAKER:** What do you do more often: hum or whistle? Hum or whistle your answer.

**OVERVIEW:** All of us will experience times of adversity. Whether it is sickness, loss, financial shortage, disappointment, failure, or many other possibilities, trials are a fact of life. How should we respond? The Bible promises that we can respond with perfect peace. Not panic, or worry, or anger, or fear, or sin. Perfect peace. In this study we will go deeper with how to respond to adversity.

1. What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. What kinds of trials did you face last year?
3. Are you going through a trial right now? Explain.
4. What are some wrong ways to respond to adversity?

5. A great place in the Bible to turn to in times of adversity is the book of Psalms. Read the following verses and answer the questions.
  - a. Read Psalm 119:67. What does this verse teach about adversity?
  - b. Read Psalm 119:71. What does this verse teach about adversity?
  - c. Read Psalm 119:75. What does this verse teach about adversity?
6. Read Philippians 4:4-7.
  - a. How does this passage say we should respond to adversity?
  - b. How is it possible to rejoice in the midst of adversity?
  - c. Why are we commanded to be gracious when we face trials?
  - d. How does prayer help us to endure trials?
  - e. What is the promise in this passage?

**The Last Word:** "It is a biblically predicted fact of every Christian's life that our joys will be punctuated with bad experiences to the very end." J. I. Packer

