



Biblical Counseling

Don't Waste Your Pain!

How do you prepare for the trials that are going to come into your life?

Hebrews 12:3–4

³ For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

⁴ You have not yet resisted to the point of shedding blood in your striving against sin...

Preparing for Trials

We must understand the love of God

Romans 8:32

³² He who did not spare His own Son, but delivered Him over for us all, how will He not also with Him freely give us all things?

Preparing for Trials

Remember the Provision of God

Romans 8:38–39

³⁸ For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers,
³⁹ nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.

Preparing for Trials

Remember the Provision of God

2 Timothy 4:18

¹⁸ The Lord will rescue me from every evil deed,
and will bring me safely to His heavenly kingdom;
to Him be the glory forever and ever. Amen.

Preparing for Trials

The value of trials and faith

1 Peter 1:6–7

⁶ In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials,

⁷ so that the proof of your faith, being more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ...

The Personal Benefit of Trials

Lessons concerning Trials

Trials are part of this life

Trials are temporary

Trials are necessary

Trials can bring great sorrow

Trials come in many forms

The Personal Benefit of Trials

Lessons concerning Faith

Faith must be proven

Biblical faith is more valuable than gold

Your faith must be tested by fire

Proven faith brings great blessing

Faith lives in anticipation of the future

The Personal Benefit of Trials

The Christian Testimony in the Midst of Trials

1 Peter 1:8

⁸ and though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory...

The Personal Benefit of Trials

Growing to Maturity

James 1:2–4

² Consider it all joy, my brethren, when you encounter various trials,

³ knowing that the testing of your faith produces endurance.

⁴ And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.

The Personal Benefit of Trials

Growing to Maturity

Romans 5:1–5

¹ Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,

² through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God.

³ And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance;

⁴ and perseverance, proven character; and proven character, hope;

⁵ and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

The Personal Benefit of Trials

Confidence in God's Sovereign Work

Romans 8:28–29

²⁸ And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.

²⁹ For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brethren...

The Personal Benefit of Trials

Sharing in the Suffering of Christ

1 Peter 2:21

²¹ For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps...

1 Peter 4:12–13

¹² Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing, as though some strange thing were happening to you;

¹³ but to the degree that you share the sufferings of Christ, keep on rejoicing, so that also at the revelation of His glory you may rejoice with exultation.

The Personal Benefit of Trials

Preparation for Glory

2 Corinthians 4:17–18

¹⁷ For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison,

¹⁸ while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.

The Personal Benefit of Trials

Comfort Received – Comfort Shared

2 Corinthians 1:3–6

³ Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort,

⁴ who 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.

⁵ For just as the sufferings of Christ are ours in abundance, so also our comfort is abundant through Christ.

⁶ But if we are afflicted, it is for your comfort and salvation; or if we are comforted, it is for your comfort, which is effective in the patient enduring of the same sufferings which we also suffer;

⁷ and our hope for you is firmly grounded, knowing that as you are sharers of our sufferings, so also you are sharers of our comfort.

The Benefit to Fellow Believers

Lessons concerning Comfort

God comforts us in all our affliction

We can comfort others in all their affliction

The sufferings of Christ and the comfort of Christ are equally abundant

Our affliction can be for the comfort and salvation of others

Our hope for others who face affliction is firmly grounded

The Personal Benefit of Trials

Don't Forget the Lost!

2 Corinthians 5:19–21

¹⁹ namely, that God was in Christ reconciling the world to Himself, not counting their trespasses against them, and He has committed to us the word of reconciliation.

²⁰ Therefore, we are ambassadors for Christ, as though God were making an appeal through us; we beg you on behalf of Christ, be reconciled to God.

²¹ He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him.

From Trials to Testimony

Don't Forget the Lost!

2 Timothy 2:10

¹⁰ For this reason I endure all things for the sake of those who are chosen, so that they also may obtain the salvation which is in Christ Jesus and with it eternal glory.

From Trials to Testimony

Don't Forget the Lost!

Philippians 1:12–14

¹² Now I want you to know, brethren, that my circumstances have turned out for the greater progress of the gospel,

¹³ so that my imprisonment in the cause of Christ has become well known throughout the whole praetorian guard and to everyone else,

¹⁴ and that most of the brethren, trusting in the Lord because of my imprisonment, have far more courage to speak the word of God without fear.

From Trials to Testimony

The Non-Christian Yet Professing Believer and Trials

Matthew 13:20–21

²⁰ “The one on whom seed was sown on the rocky places, this is the man who hears the word and immediately receives it with joy;

²¹ yet he has no firm root in himself, but is only temporary, and when affliction or persecution arises because of the word, immediately he falls away.

Trials and False Professions