

# Journey CHURCH

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## How to Get Through What You're Going Through Viewer Guide Session 5: Sanctification – Transformed by Trouble

God's #1 purpose in your life is to make you \_\_\_\_\_.

For God knew his people in advance, and he chose them to become like his Son,  
**Romans 8:29a (NLT)**

God wants us to grow up ... like Christ  
**Ephesians 4:15 (MSG)**

We look at this Son ... and see God's original purpose in everything created.  
**Colossians 1:15 (MSG)**

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

**Romans 8:28 (NIV)**

### 4 Things God Uses to Make You

1. God Uses \_\_\_\_\_.
2. God Uses \_\_\_\_\_.

Sanctify them through thy truth: thy word is truth.  
**John 17:17 (KJV)**

3. God Uses \_\_\_\_\_.
4. God Uses \_\_\_\_\_.

We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed. Through suffering, our bodies continue to share in the death of Jesus so that the life of Jesus may also be seen in our bodies.

**2 Corinthians 4:8-10 (NLT)**

That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.

**2 Corinthians 4:16-18 (NLT)**

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## 3 Ways to Handle Problems

### 1. Remember that \_\_\_\_\_.

- The secret to handling pain is this: Remember that all pain is temporary but the reward is eternal.

### 2. \_\_\_\_\_ and \_\_\_\_\_.

Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

**1 Thessalonians 5:18 (NIV)**

Rejoice in the Lord always.

**Philippians 4:4a (NIV)**

Be full of joy at that time, because you have a great reward in heaven.

**Luke 6:23a (NCV)**

### 3. \_\_\_\_\_.

But let the process go on until that endurance is fully developed, and you will find you have become men of mature character

**James 1:4 (PHILLIPS)**

## Discovery Questions:

1. God's #1 purpose for your life is that you become like Jesus Christ. How is God fulfilling in your character?
2. It's easy to love people who love you. But God wants to teach you real love by connecting you with people who are hard to love. How do you see God doing this in your relationships? What have you learned about yourself?
3. Even though you wouldn't invite trouble into your life, God uses every problem for a purpose. You are transformed by your troubles. What problems are you in the midst of right now? Can you recognize how God is shaping you in this trial?
4. God specializes in bringing good out of bad. How has he done that in your life? Share how this has changed your perspective of problems.

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5. When you go through a problem, you have a choice. You can pray and ask God to make it easy, or you can ask him to use it for good in your life. Human nature leans us toward “easy,” but your faith can anchor you throughout the storm if you trust in God’s promises. What promise(s) do you anchor yourself in when trouble comes?

## Putting it into Practice

During your daily quiet time this week, read and reflect on that promise within Romans 8:28, which says: *“And we know that in all things God works for the good of those who love him, who have been called according to his purpose”* (NIV). Practice surrendering whatever problem you are facing as you express your love and thankfulness for everything for God is doing to make you more like Christ.

## Prayer Direction:

**One person can lead this prayer for your group, or participants can pray this to themselves.**

*God, you bring good out of bad. I trust you and look to you for the strength to keep on going because I know that you have a greater plan. I thank you that you have a purpose for every problem in my life. Help me to understand that purpose. I can’t control what happens to me, but I can control how I respond to my problems. Teach me to respond in faith, to be grateful in my circumstances, and to rejoice in you always. Help me to focus on the reward to come and avoid getting caught up in short-term thinking. I know you are building my character to be more like Christ, and for that I am deeply grateful. I pray this in the name of the Father and the Son and the Holy Spirit. Amen.*