

## Real Faith: Real Challenges

How can I face my trials in a healthy way? (James 1:1-4)

**1. Choose an attitude of joy during trials.** (James 1:2-3)

Perspective shift: I have the power to think differently and feel differently about my trials. (Romans 12:12)

**2. Consider how God wants to use my trials to shape me, not shatter me.** (James 1:4)

Perspective shift: Trials are transformative tools in God's hands. (Romans 5:3-5 NLT)

Reflective question: God, what are You trying to shape in me during this trial?

**3. Ask God for wisdom to help navigate the trial I am in.** (James 1:5-8)

Prayers of request during trials:

- God, help me to see Your hand in this.
- God, help me develop more Christ-like character in this hardship.
- God, help me understand how this serves Your plan for my life.

What not to get stuck praying:

- God, why me?
- God, are You mad at me?

Perspective shift: I don't just want to *go through* trials; I want to *grow through* trials!

I can persevere by knowing the promise is worth the pain. (James 1:12)