



Life Hacks

Part 1: On Suffering

Text: James 1:1-8

INTRODUCTION: THERE MUST BE A BETTER WAY

Life Hack: A pop-culture term that describes a simple way to make everyday life easier.

James 1:1-8

Suffering is a universal human experience.

There must be a better way to endure suffering...

1. DON'T PLAY THE VICTIM

"James reminds his readers that God brings difficulties into believers' lives for a purpose, and that this purpose can be accomplished only if they respond in the right way to their problems." - Douglas J. Moo

The end goal of suffering is *spiritual wholeness*. Being complete in faith and action.

2. OWN YOUR PART

James tells us to be courageous enough to learn from our suffering. Sometimes the lesson that we need to learn in our suffering is how to not make the same mistakes that caused the suffering in the first place.

Psalm 139:23-24

"Pain insists upon being attended to. God whispers to us in our pleasures, speaks in our consciences, but shouts in our pains. It is his megaphone to rouse a deaf world." - C.S. Lewis

3. DON'T GO AT IT ALONE

Be courageous enough to not only ask God for wisdom, but brave enough to apply it.

"James is not, then, here claiming that prayers will never be answered where any degree of doubt exists—for some degree of doubt on at least some occasions is probably inevitable in our present state of weakness. Rather, he wants us to understand that God responds to us only when our lives reflect a basic consistency of purpose and intent: a spiritual integrity."
- Douglas J. Moo

CONCLUSION: THE SUFFERING SAVIOUR

Discussion Questions

WARM UP

1. New Years is a time of making goals and resolutions for self improvement. Take some time to share your goals with each other.

DIGGING DEEPER

2. Read James 1:1-8. What stands out to you from this passage? What opportunities might we find in suffering? Why is God's wisdom needed in suffering?
3. Think of a time that you endured suffering. Share your story. Did you grow from that experience? If so, how did you grow?
4. Read Psalm 139:19-24. Why is it important to be honest with God in our suffering? In your own experience, how much do you "filter" your emotions in your prayers? Is that healthy?

APPLICATION

5. What difficulty are you facing right now? How can God use this trouble as an opportunity to grow you as a person?

PRAYER

1. Spend time praying for each other, that God would change you in any way that he likes.
2. Other requests
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