

Lesson Notes:

### **Finding Peace in Times of Trouble**

Often it is difficult to find peace in our life when we are in the midst of a storm. Many times I have heard people say, “Why do bad things have to happen to good people”? While we can not understand the reason why, we can know that we are never tempted beyond our capacity to endure, that God has a purpose in our life; and we are loved by a God who loves us so much that he offered the life of his own son for us.

### **Scriptural Principles**

- 1) **Remember that you are governed by his providence.** – In **Matthew 14:22-32** Jesus would not allow the ship to sink caring his disciples. He will no less allow you to sink into despair if you call upon him.
- 2) **God will never put you through something you cannot endure.** – Paul assures us in **1 Corinthians 10:13** that no temptation ever befalls us that we are not able to bear.
- 3) **Through these trials he is transforming you to the image of his son.** – Paul tells us in **Romans 8:29** that we are predestined to be transformed into the image of God.
- 4) **Remember, the Dynamic Duo is in our corner.** - Paul tells us in **Romans 8:26 - 27** that the Holy Spirit prays for us. Peter tells us in **Heb 7:24 -25** that Jesus himself intercedes with God on our behalf.
- 5) **Have Patience in the Lord** – The prophet Isaiah tells us in **Isaiah 30:18** to be patient and wait upon the Lord.
- 6) **He is with us during this time.** - In **John 6:16-21** Jesus walked on water to come to the aide of his disciples. He’ll be walking with us when the sea of life gets rough.
- 7) **Remember, God has a purpose for our lives and nothing separates us from God’s Love.** – Paul tells us this in **Romans 8:38-39.**
- 8) **Finally, God measures us by how we respond.** – In **Matthew 25:14-30** Jesus teaches us that the way in which we use are talents will be the measure of how successful we are in life. This is especially true in times of trouble.