CHAPTER EIGHT

ADVERSITY – The Catalyst Of Learning

When it hurts enough, you will learn

LEARN IT

“My Prediction For This Fight: Pain”

I. THE IF FACTOR

A. The Pain Of Adversity Never Leaves Us The Same
   1. The scars from pain can become the marks of victory
   2. IF we respond negatively…IF we respond positively

B. How Do You Respond To Adversity?
   1. Like a Carrot? Become soft
   2. Like an Egg? Become hardened?
   3. Like Coffee Beans? Makes things around you better?

LIVE IT

“Live It Till It Hurts”

II. THE ADVANTAGES OF ADVERSITY

A. Adversity Introduces Us To Ourselves If We Want To Know Ourselves
   1. Adversity is an opportunity for self-discovery

James Allen: “Circumstance do not make the man, it reveals him to him.” (But only if he is open to it.)
a. The road to success is not always a road

b. Trying times are not the times to stop trying

c. Don’t let what you are doing get to you before you get to it

d. We are not judged by the number of times we fail, but by the number of times we succeed

“Circumstances are the rulers of the weak; but they are the instruments of the wise.”

B. Adversity Is A Better Teacher Than Success If We Want To Learn From Adversity

1. Adversity will teach us something, like it or not

2. “Turn your wounds into wisdom” – Oprah Winfrey

C. Adversity Opens Doors To Opportunities If We Want To Learn From Adversity

1. When you think about it, the only way we learn when we are young is making mistakes:

   a. Walking

   b. Talking

   c. Pain of skinned knees and burnt fingers

2. There has never been an economic recession or depression in history that did not produce an amazing product or invention

D. Adversity Can Signal A Coming Positive Transition If We Want To Respond Correctly To It
Adversity Brings Profit As Well As Pain If We Expect It And Plan For It

1. Pain happens, but no one ever shouted “Go for the Silver”
2. Successful people expect and plan for pain
3. Think of the areas of your life where pain and adversity has brought success and profit

E. Adversity Writes Our Story And If Our Response Is Right, The Story Will Be Good

1. What kind of story will adversity write in your life?
2. Discuss this last line from this Franciscan blessing:

   “May God bless you with enough foolishness to believe that you can make a difference in this world, so that you can do what others claim is not possible.”

LEAD IT

“Time To Take Control”

Discussion Question Options

Learning Opportunities

- Share a story of your own success through adversity
- How can you help others who have or are experiencing adversity?
- What will you do this next week to prepare for adversity?
- Take some time this next week and reflect on the major times or events of your own adversity.
  - While you can’t change the past, what lessons can you see now that may not have been apparent?
  - Can you identify any possible cycles of behavior that may be contributing to your own adversity?

Read the next chapter this week: PROBLEMS – The Opportunities For Learning