

Lifequakes

STAYING SANE IN STRESSFUL TIMES

LESSON 4 // COMING BACK FROM SETBACKS

Big Idea: God wants to transform every setback in your life into a supernatural comeback, bringing Him glory and making you better! Setbacks are shocking, but if we discover the causes and learn the lessons we need to learn from them, they become great opportunities for us to grow.

John 16:33 (NLT) *I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.*

Psalms 119:71 (NLT) *My suffering was good for me, for it taught me to pay attention to your decrees.*

James 1:2-4 (NLT) *Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. 3 For you know that when your faith is tested, your endurance has a chance to grow. 4 So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.*

Revelation 1:18 (NIV) *I am the Living One; I was dead, and now look, I am alive for ever and ever! And I hold the keys of death and Hades.*

1 Corinthians 15:54b-55 (NIV) *“Death has been swallowed up in victory.” 55 “Where, O death, is your victory? Where, O death, is your sting?”*

Start Talking:

What’s one positive lesson you have learned from setbacks in your life?

Start Thinking:

Read John 16:33. How can knowing Jesus give you peace in the midst of every setback?

Read Psalm 119:71. What are some of the ways that setbacks can be good for you?

Read James 1:2-4. What role does your attitude play in how you respond to setbacks? What attitude does God want you to have?

Read Revelation 1:18; 1 Corinthians 15:54-55. How can the reality of Jesus’ death and resurrection encourage you as you trust God through setbacks?

Start Praying and Doing:

Pray for God to grow your faith in Him so you can choose an attitude of joy and peace in the face of whatever setbacks come your way. This is not easy, but He can do it supernaturally. Remember that the same Holy Spirit that raised Jesus from the dead lives in you, and His grace and power will carry you through!

Romans 8:11 (NIV) *And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.*