

# LIFE HACKS

FOR TOUGH TIMES & ROUGH RELATIONSHIPS

.....[A STUDY ON THE BOOK OF JAMES] .....

FEBRUARY 10

TRIALS

## INTRODUCTION

A “life hack” is defined as a tool or technique that makes some aspect of your life easier. Several examples are—live more healthily by not eating any food that has a mascot; put a red cap on your pen to safeguard it (no one takes red pens); use a AA battery and a gum wrapper to start a fire if you don’t have matches.

## DISCUSSION QUESTIONS

1. Do you have a favorite life hack that you simply wouldn’t do life without? What is it and how did you stumble across it?
2. Do you agree with the statement that pressure in life causes growth? Why or why not? How do people tend to respond to life’s pressures?
3. The message proposed two differing goals: living free *from* pressure and becoming secure or trying to live free *under* pressure and become mature. What do those two options look like in a practical sense? Towards which do you tend to lean?
4. Read **James 1:1-12**. What advice and/or promises are offered to us as we journey towards trusting God in all circumstances? What life principles can we draw from these verses?
5. Recall the three life hacks for making life under pressure doable. How can each of those help? Which one do you find easy to do? Which do you find to be the most difficult?
6. Read **Proverbs 3:5-6**. What does God ask of us? How can we know if we are living a life of trust in God?

## MOVING FORWARD

In a world of trying to be free from trials, you will be tried...so mature to trust God by learning under pressure, laughing under pressure and looking up under pressure! God did not leave us without options when it comes to walking life’s journey in His steps. He sent us a Comforter, the Holy Spirit, to help us.

## CHANGING YOUR MIND

*“...I will ask the Father, and he will give you another Advocate, who will never leave you. 14:6*