



Be One Person When Life Gets Hard // Jeff Brodie // June 14, 2026

Most people treat a hard season like something to survive and get past. You white-knuckle your way through, hoping to recover and go back to exactly who you were. James opens his letter with a counterintuitive claim: the thing that feels like it's breaking you is actually the only thing that can build you, but only if you stay in one piece while it's happening. This week, we're looking at what it actually takes to come out of difficulty more whole than when you went in.

Scripture: [James 1:2-8, 12 NLT](#) // [Matthew 26:39, 42 NLT](#)

Bottom Line: Trials reveal who you really trust.

Digging In:

1. When you're under pressure, what's your default response: fight, fix, avoid, blame, research, worry, pray, or something else?
2. Do you think there are different categories of trials that we face? What would they be?
3. Read James 1:2-8 together. James says to "consider it an opportunity for great joy" when you face various difficulties. What do you think he means? What do you think he doesn't mean?
4. Jeff suggested that pressure doesn't create division in your life; it reveals the division that's already there. Have you ever experienced a situation where pressure revealed something about yourself that surprised you?
5. James says that when we face trials, we should ask God for wisdom. Why do you think he emphasizes seeking wisdom rather than strength, comfort, or relief?
6. Reflect on a difficult season you've experienced personally. Looking back, what did that time reveal about who or what you were trusting in most? Or if someone close to you observed your life during a high-stress week, what would they conclude you trust most?
7. Jeff explained that many of us live with divided loyalties. We trust God while also placing our trust in things like success, security, relationships, control, knowledge, or approval. Which of those is most tempting for you, and why?
8. Suffering is never spiritually neutral. What's one trial, challenge, or pressure point in your life right now? Is it causing you to lean toward God or away from him? How so?
9. Read Matthew 26:39, 42 together. How does Jesus model for us what it means to trust God perfectly in the midst of hardship? Does this seem like an unattainable goal? How so?

10. What would it look like this week to move from asking, “How do I get out of this?” to asking, “God, what do you want me to learn through this?”
11. What’s one practical step you could take this week to build your trust in God before the next storm arrives?

Moving Forward:

This week, whenever you encounter a stressful moment, pause and pray: “God, help me see this the way you see it. Give me wisdom, and show me what this trial is revealing in me.” Then write down one insight, lesson, or observation from that experience and share it with your group the next time you meet.