



### TODAY'S MAIN POINT

Real faith grows stronger under pressure.

### TODAY'S BIBLE VERSE(S)

James 1:1-12

### TEACHING GOAL

Students will understand that hard things are not signs that God is mad or absent, but opportunities for their faith to grow stronger. They will be encouraged to respond to everyday frustrations and pressures with trust instead of panic or complaint.

#### Let's Break the Ice:

- What is something that easily stresses you out?
- What is something you've done that at first you found difficult, but eventually made you stronger?

#### LEADER NOTE: Start your discussion by sharing the context of the Book of James:

*The book of James was written by James, the brother of Jesus, who became a leader in the early church in Jerusalem. He wrote this letter to Christians who had been scattered to different places because of persecution, and many of them were going through hard and stressful situations. James wanted to help them understand what real faith looks like in everyday life, especially when things get difficult. Even though this letter was written a long time ago, it's still really helpful for us today because we also face pressure, temptation, and tough choices that test our faith.*

#### Bible Study:

- Read Together or ask someone to summarize the story: As a group, read James 1:1-12 (*Telos Bible Pg. 1213*)

#### Discussion Questions:

- In James 1:2–4, what does James say trials produce in our lives?
  - What is "perseverance"?
- According to James 1:5, what should we do when we don't understand what God is doing in a difficult situation?
  - What does that look like in every day life?
- When something difficult happens in your life, what is usually your first reaction?
- Why do you think it's hard to believe God could use difficult moments to grow our faith?

- What is one way you could respond differently the next time you face something frustrating or stressful?

### Make it Real:

- James says trials can grow our faith, but many of us feel frustrated or discouraged when life is hard. Is there something difficult happening in your life right now that makes it hard to trust God? (*Leader note: Be prepared to meet your students with the truth of the Gospel here. Slow down and lean in*)

### (GROW DEEPER - OPTIONAL) Discipleship Moment:

Pause and Pray: This week, when something stressful or frustrating happens, pause and pray: "God, help me grow through this."

Pay attention to how your attitude changes when you invite God into the situation.

Partner Check-In: Pair students up and have them commit to checking in with their partner at some point during the week or during your next gathering.

### Prayer:

- Close with group prayer
  - Take prayer requests
  - Celebrate what God has done over the last week