



Study Guide: Episode 33, How to Maintain Faith & Integrity through Adversity

The Book of Job

Guest: *Melissa Brackman*

00:00-07:55	"QOTW: How do I keep faith & integrity through adversity?"
07:56-17:01	"Why do bad things happen to good people?"
17:02-23:56	"Does the Lord cause adversity? Or does he allow it to happen?"
23:57-30:33	"How to deal with feelings of darkness, despair, & of suicide"
30:34-39:00	"How to deal with being judged, accused, forgotten by others"
39:01-45:35	"The Stages of Grief; & Turn to the Lord & tell Him how you feel"
45:36-50:32	"When He hath tried me, I will come forth as Gold"
50:33-END	"How to develop & live with Integrity"

1. Have you ever felt like God caused your trials? Or perhaps that He allowed them to happen? How did you handle these feelings? Might you take these feelings to the Lord? What might that do for you?
2. If you have been experiencing dark thoughts/feelings—of depression, despair, and/or even suicide, please listen to 12:57-35:15, and then reach out for help today. Call the U.S. suicide hotline if you need immediate help: "988." Reach out to the Lord and tell Him all you feel. He can handle it, & "he will give you a pathway."
3. Have you ever felt judged by others during a time of adversity & hardship? Like Job, have friends or family turned against you? How did you handle those experiences? How might you heal important relationships that have been damaged in the past?
4. How might you better support others going through loss, hardship, trials? Be there for them, fully, not judge, try to better understand what they're going through? Visit @drchristinahibbert on Instagram or FB for videos on what to say/not say to those going through hard things.
5. What does "When He hath tried me, I will come forth as gold" mean to you? How might you "come forth as gold" through your adversity? Grow through your trials?
6. What does integrity mean to you? Listen to 50:33-END. What might you do to work on your integrity, integration, wholeness this week?

Resources

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