BIBLE STUDY WORKSHEET

Faith Through Hard Seasons

God is present. Your pain is seen. Your story is not over.

Prepared by Vanessa

"She is clothed with strength and dignity; she can laugh at the days to come."
Proverbs 31:25

OPENING PRAYER

Heavenly Father,

You know the season I am walking through. You see the questions I cannot answer, the burdens I cannot carry alone, and the places where my faith feels tired.

Meet me here. Help me trust Your presence when I cannot understand Your plan. Give me strength for today, courage for the next step, and grace to be honest without losing hope. Use this season to deepen my faith, soften my heart, and remind me that I am never abandoned.

In Jesus' name, I pray,
Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

Hard seasons can include grief, illness, uncertainty, conflict, financial pressure, disappointment, waiting, or change. This study creates space to tell the truth, meet God in Scripture, receive support, and choose one faithful step at a time.

[ ] Honesty without shame [ ] Hope without pretending [ ] Prayer and support [ ] One step at a time

PART ONE

God Is With You in Deep Waters

Faith does not promise a life without trouble. It anchors us to the presence of God within the trouble.

> "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you."
>
> **ISAIAH 43:2**

KEY TRUTH

The verse says 'when,' not 'if.' Deep waters are not proof that God has left. His promise is presence: He walks with us through what we would never have chosen and gives grace for what we cannot control.

REFLECT AND DISCUSS

1. What 'deep water' best describes your present season? Share only what feels safe.

2. How is God's presence different from an immediate solution?

3. When have you recognized God's help only after looking back?

NAME WHAT IS TRUE

What feels uncertain:

What remains true about God:

PART TWO

Trials Can Produce Endurance

God does not waste suffering. Without calling pain good, He can form maturity, steadfastness, compassion, and deeper dependence through it.

> "The testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete."
>
> **JAMES 1:3-4**

JOY IS NOT DENIAL

Biblical joy is not pretending a trial does not hurt. It is the confidence that God is at work even when the outcome is unfinished. Perseverance often looks less dramatic than we imagine: praying again, getting out of bed, asking for help, keeping a promise, or taking the next right step.

The pressure I feel	What God may be forming	My next faithful response
Waiting	Patience and trust	
Disappointment	Humility and new direction	
Conflict	Wisdom and truthful love	
Loss	Compassion and dependence	
Uncertainty	Daily faith	

1. What does perseverance look like in your real life right now?

2. Which quality might God be developing in you through this season?

3. What pressure do you need to stop carrying alone?

PART THREE

God Is Near the Brokenhearted

Strong faith and deep emotion can exist together. Scripture gives us permission to grieve, question, lament, and still reach toward God.

> "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
>
> **PSALM 34:18**

LAMENT IS FAITHFUL HONESTY

Lament tells God the truth about pain, asks for His help, and chooses to remember His character. It is not unbelief. It is faith refusing to suffer in silence or turn away from God.

WRITE A SIMPLE LAMENT

God, this is what hurts:

This is what I do not understand:

This is what I need from You today:

This is what I choose to remember about You:

GROUP DISCUSSION

How can a faith community make room for grief without rushing someone to 'move on'?

GENTLE REMINDER

Prayer and Scripture can stand alongside counseling, medical care, practical assistance, and safe community. Asking for help is not weak faith; it can be a wise expression of faith.

PART FOUR

Pressed, but Not Abandoned

A hard season can affect us without owning us. In Christ, pain may describe part of our experience, but it does not define our identity or determine our ending.

> "We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned."
>
> **2 CORINTHIANS 4:8-9**

BOTH CAN BE TRUE

[ ] Pressed - but not crushed

[ ] Perplexed - but not hopeless

[ ] Hurt - but still loved

[ ] Weary - but not abandoned

MY RESILIENCE MAP

A strength God has already helped me develop:

A person who reminds me I am not alone:

A Scripture, worship song, or truth that steadies me:

A practical resource I can receive without shame:

WHEN THE DAY FEELS TOO HEAVY

[ ] Pause and breathe

[ ] Pray one honest sentence

[ ] Contact a safe person

[ ] Do the next small thing

[ ] Rest without guilt

[ ] Eat and hydrate

[ ] Ask for practical help

[ ] Return to Scripture

PART FIVE

Hope for Today, Mercy for Tomorrow

Faith in a hard season is often daily. God may not give tomorrow's strength today, but His mercies meet us again each morning.

> "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning."
>
> **LAMENTATIONS 3:22-23**

MY ONE-DAY FAITH PLAN

Today, I need God's strength for:

One responsibility I can release, delay, or share:

One healthy action I will take for my body or mind:

One person I will contact instead of isolating:

One promise from God I will return to:

One small sign of grace I can notice today:

SEVEN-DAY HOPE PRACTICE

[ ] Name one mercy	[ ] Read one Psalm	[ ] Accept one kindness	[ ] Take one small step
[ ] Pray honestly	[ ] Rest intentionally	[ ] Encourage someone	[ ] Record one answered prayer

MY ANCHOR PRAYER

Lord, I may not see the whole road, but I trust You for the next step. Hold me steady today and meet me again tomorrow.

CLOSING TOGETHER

Still Here. Still Held. Still Becoming.

Different women may be carrying different burdens, but no one has to pretend, struggle alone, or have every answer before she is welcome in God's presence.

CLOSING PRAYER

Heavenly Father, thank You for being near in every hard season. Strengthen the weary, comfort the grieving, guide the uncertain, and provide for those carrying needs too heavy to name. Help us become a community that listens well, prays faithfully, and offers practical love. When answers are delayed, anchor us in Your character. When strength is small, remind us that Your grace is enough. Lead each of us into the next faithful step. Amen.

A WORD OF ENCOURAGEMENT

You do not need to have everything figured out to keep moving forward. You are still here, still growing, and still held by God. Do not give up just yet. The season is hard, but it is not the end of your story.

CLOSING CIRCLE

One truth from this study that I want to carry with me:

One way this group can support or pray for me:

MY DECLARATION

I may be in a hard season, but I am not abandoned. God is with me, His grace will meet me, and I will take the next faithful step.

Signature _____ Date _____