



Getting Through Dark Days

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We all have dark days from time to time, days we wish we could just stay in bed. Like a dark cloud, discouragement hangs over us. We're bothered; we're troubled. It might be a fractured relationship, a financial burden, a health problem, or countless other things. But whatever it is, we can't seem to get it out of our minds.

In this lesson we will study life-changing principles to get through tough times and dark days. These biblical principles will make a positive difference in your life. Here's one thing to remember: You are not alone in your feelings. Great people of faith, biblical giants, felt the same way. They have found a way through their difficulties, and you can too.

1. What feelings did David express in Psalm 6:6, 7?

"I am weary with my groaning; all night I make my bed swim; I drench my couch with tears. My eye wastes away because of grief; it grows old because of all my enemies."

These verses reveal David's _____.

2. Where did David find the source of his strength? What new emotions flooded his soul?

"Blessed be the Lord, because He has heard the voice of my supplications! The Lord is my strength and my shield; my heart trusted in Him, and I am helped; therefore my heart greatly rejoices, and with my song I will praise Him" (Ps. 28:6-8).

The source of David's strength was _____.

David's new emotions were _____.

3. What is the purpose of the trials and difficulties God allows us to experience from time to time?

*"Trust in Him at all times, you people; pour out your heart before Him; God is a refuge for us" (Ps. 62:8).
"Before I was afflicted I went astray, but now I keep Your word. You are good, and do good. Teach me Your statutes" (Ps. 119:67, 68).*

God's purpose in trials and difficulties is to:

a. _____

b. _____

c. _____

God does not bring grief and sorrow into our lives; He wants only the best for us. But since we live in a world in which both good and evil exist, God often does not prevent difficulties from coming upon us. But despite the trials, He strengthens us to grow through them, and leads us to a deep dependence upon Him in those trials.



4. How did Paul, a prisoner in Rome at a time of great trial, counsel the believers in Philippi?

“Rejoice in the Lord always. Again I will say, rejoice!” (Phil. 4:4).

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God” (Phil. 4:6).

Paul counseled the Christians in Philippi to: _____

Notice that Paul does not encourage the believers to be glad that they are experiencing trial. He focuses their attention, not on the trial, but on the Lord. He urges them to “rejoice in the Lord” in spite of their trials and to present their requests to the Lord “with thanksgiving.” As one would-be poet said: “Looking at our trials, our trouble grows; looking at Jesus, our trouble goes.” Jesus provides strength for every trial, and courage to face every difficulty.

5. What assurance allowed Paul to “rejoice” even in life’s tough times?

“I can do all things through Christ who strengthens me” (Phil. 4:13).

6. After the mighty victory on Mount Carmel over the prophets of Baal, Elijah was so exhausted he became discouraged and fled from the threats of King Ahab. How did God support him? What can we learn from this experience?

“Then as [Elijah] lay and slept under a broom tree, suddenly an angel touched him, and said to him, ‘Arise and eat.’ Then he looked, and there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again” (1 Kings 19:5, 6).

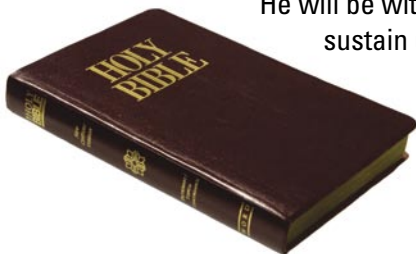
At times our feelings of discouragement are because we are exhausted. They have their roots in our being overtired. We may have pushed ourselves too hard for too long. We may need exactly what Elijah needed—a little encouragement, a good meal, and a good night’s rest.

7. What promise does our Lord give us in every trial?

“God is our refuge and strength, a very present help in trouble” (Ps. 46:1).

God is a _____ in trouble. What does that mean to you?

God does not promise us that all our days will be trial-free, but He does promise us that He will be with us in each of life’s trials. He will strengthen, encourage, guide, and sustain us. That’s something we can rejoice about.



“Dealing with Worry and Fear” is the topic of next month’s Bible Study.