**Learn on Your Own**

**Day 1: Dream On**

Review the video for this session.

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**Engage**

Read [Genesis 37:1–11](https://ref.ly/logosref/Bible.Ge37.1-11).

**Consider**

God often prepares us for hardship, even when we don’t realize it. Then He uses times of suffering to shape us for the purpose He has for us. Joseph had dreams from God about his future, even though the dreams wouldn’t take place until years later. God used Joseph’s dreams and even his brothers’ betrayal as preparation for His purpose.

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| **QUESTION**  Why were Joseph’s brothers jealous of him? |

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| **QUESTION**  How do you think Joseph’s dreams from God may have encouraged him after being sold into slavery? |

**Reflect**

God often gives us dreams for our future before we experience hardship. These dreams give us hope when we walk through difficult moments.

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| **QUESTION**  How do your dreams for life give you hope when you’re going through a difficult time? |

**Activate**

Regardless of what we walk through and no matter how hard life gets, remember that God’s plans cannot be stopped. If God has put a dream about the future on your mind or in your heart, write it down. Refer back to this as you go through difficult times.

**Pray**

Dear God, I thank You that You are always with me, You are protecting me, and You are giving me purpose. I pray that You would help me to always put my hope in You, regardless of what I face. I also ask that those going through difficult times would turn to You for help. Amen.

**Learn on Your Own**

**Day 2: Get Comfortable**

**Engage**

Read [2 Corinthians 1:3–11](https://ref.ly/logosref/Bible.2Co1.3-11).

**Consider**

Have you ever just felt uncomfortable? All of us want to live a comfortable life free of worry and trouble. The truth is, though, that suffering is a part of life in this world. But God’s Word has promises for us through those times. God comforts us in our pain!

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| **QUESTION**  Reread verse [3](https://ref.ly/logosref/Bible.2Co1.3). How does the apostle Paul describe God? |

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| **QUESTION**  What happens when we suffer for Christ? |

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| **QUESTION**  Reread verses [9–10](https://ref.ly/logosref/Bible.2Co1.9-10). How did God respond to Paul relying completely on Him? |

**Reflect**

God is limitless. He gives us strength to overcome even the greatest trials.

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| **QUESTION**  What are some steps you can take in order to rely more on God in the middle of life’s difficulties? |

**Activate**

Being uncomfortable is never fun. Today’s verses reveal that the more discomfort we feel in this life, the greater His comfort is. Write this truth down on a sticky note: “God loves me, and He comforts me in my pain. Because of Jesus, I am an overcomer.” Then post it in a place you’ll see often and reread it aloud throughout the day.

**Pray**

God, You rescue me again and again. Thank You! In my pain, You are present. In my pain, You comfort me. In my pain, You protect me. I praise You for helping me overcome! I love You so much. Amen.

**Learn on Your Own**

**Day 3: Been There, Done That**

**Engage**

Read [Hebrews 2:14–18](https://ref.ly/logosref/Bible.Heb2.14-18).

**Consider**

This passage reminds us that Jesus has walked in our shoes. He became human, and He experienced suffering just as we do. He gets it! This helps us know that when we’re hurting, Jesus understands. He can sympathize with us because He’s been there.

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| **QUESTION**  What did Jesus do to set us free from the devil’s power? |

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| **QUESTION**  How is the testing and suffering of Jesus beneficial to you? |

**Reflect**

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| **QUESTION**  Is it easy to turn to Jesus when you’re tested or going through difficulty? Why or why not? |

**Activate**

Jesus helps us in our times of suffering. To help you remember to trust in His power, do your best to memorize [Philippians 4:13](https://ref.ly/logosref/Bible.Php4.13) this week.

**Pray**

Dear Jesus, I thank You that You became human to make me free. I pray for others who are going through a hard time right now, that You would give them Your comfort. Help me to be an encourager to those who are hurting. In Your name I pray. Amen.

**Learn on Your Own**

**Day 4: Suffer Strong**

**Engage**

Read [Philippians 1:27–30](https://ref.ly/logosref/Bible.Php1.27-30).

**Consider**

We’re not promised that a life of faith in Jesus will always be easy. In fact, standing up for Him means we may be ridiculed by others. Living for Christ sometimes means suffering with Christ. The apostle Paul wrote Philippians partly to encourage other Jesus followers in their suffering. Even though suffering isn’t fun, this passage reminds us that suffering for Christ is a privilege.

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| **QUESTION**  How does verse [27](https://ref.ly/logosref/Bible.Php1.27) say we should live as believers? What do you think that means? |

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| **QUESTION**  What does Paul say about his life and suffering? |

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| **QUESTION**  Do believers have to suffer alone? Why do you think this? |

**Reflect**

Read the words of Jesus in [John 16:33](https://ref.ly/logosref/Bible.Jn16.33).

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| **QUESTION**  How does this verse give you the confidence to face trials and sorrows? |

**Activate**

Consider the ways that you may have suffered because of your faith in Jesus. Find another Christian you trust and have a conversation with them about this suffering. Then choose to stick together regardless of what you face.

**Pray**

Father God, thank You for Your strength in suffering. I know that following You means that not everyone in this life will accept me or treat me with love. I trust You. Help me to have courage to stand up for You when hard times come. I love You. Amen.

**Learn on Your Own**

**Day 5: Endurance**

**Engage**

Read [Romans 5:1–8](https://ref.ly/logosref/Bible.Ro5.1-8).

**Consider**

When we run into trials, we don’t typically think, *Well, this is awesome!* What if, though, we challenge our perspective whenever we face problems? Is there anything good that can come from trials? This passage in the Bible tells us that problems and trials create something in us that makes us better. It’s a unique perspective of God’s Word that suffering can be considered joy.

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| **QUESTION**  Because of what Jesus did for us, what do we have with God? |

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| **QUESTION**  How would you put verse [2](https://ref.ly/logosref/Bible.Ro5.2) in your own words? |

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| **QUESTION**  What do problems and trials develop in us? |

**Reflect**

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| **QUESTION**  What are a few ways you’ve grown as a result of going through a difficult time? |

**Activate**

One characteristic God wants us to have is love. Ask for God to fill your heart with His love. One reason you need this is so that as you see others going through tough times, you’ll have a genuine love for them.

**Pray**

Father God, thank You for being in control. Thank You for developing me into the person You’re calling me to be and for using trials to make me better. I pray that I will honor You through it all. Help me through the Holy Spirit to grow in my love for others. Be glorified in my life. Amen.