



DISCUSSION GUIDE

# Trained by Trouble

Learning to grow through life’s challenges instead of getting stuck in our emotions.

## Overview

Life can feel overwhelming when emotions like fear, guilt, or discouragement take over. But God doesn’t waste our struggles—he uses them to strengthen our faith and build our character.

In this discussion, we’ll learn how to **see hard times as training**, not punishment, and how to grow closer to God through every challenge.



### WATCH THE VIDEO

Scan the QR code to watch “Trained by Trouble,” a video by Deep Spirituality.



## Warm up.

**Question:** Who is one of the best coaches or teachers you’ve had? Why?

**Transition:** Just like a good coach or teacher pushes us to grow, God uses challenges in our lives to help us become stronger—especially when we feel stuck emotionally or spiritually.

## Watch together.

**Video:** Trained by Trouble

Scan the QR code to watch the short devotional video together. You can follow along with this guide while you watch, use it as a recap after the video, or use it on its own.

## Read and talk.

### 1. God uses hard times to make us stronger.

Put up with hard times. God uses them to train you. He is treating you as his children. What children are not trained by their parents? [8] God trains all his children. But what if he doesn’t train you? Then you are not really his children. You are not God’s true sons and daughters at all. [9] Besides, we have all had human fathers who trained us. We respected them for it. How much more should we be trained by the Father of spirits and live!

— Hebrews 12:7-9 NIrV

- **Key point:** God doesn’t waste our hard times—he uses them to strengthen our faith and help us grow.
- **Reflection:** What’s one hard situation in your life right now that might be God’s way of training you?

### 2. God trains us for good.

Our parents trained us for a little while. They did what they thought was best. But God trains us for our good. He does this so we may share in his holiness. [11] No training seems pleasant at the time. In fact, it seems painful. But later on it produces a harvest of godliness and peace. It does this for those who have been trained by it.

— Hebrews 12:10-11 NIrV

Notes:



**OPTIONAL:  
PAUSE & DISCUSS**

If you're watching the video, consider pausing it here to discuss your answers to the reflection question. Then continue watching the end of the video.



- **Key point:** Growth can be uncomfortable, but God uses training to transform our character and bring us peace.
- **Reflection:** What has God taught you through something that felt painful or uncomfortable?

**3. Our growth inspires others.**

So put your hands to work. Strengthen your legs for the journey. [13] "Make level paths for your feet to walk on." (Proverbs 4:26) Then those who have trouble walking won't be disabled. Instead, they will be healed.

— Hebrews 12:12-13 NIV

- **Key point:** When we keep growing through hard times, our faith strengthens and inspires the people around us.
- **Reflection:** Who in your life could be encouraged by seeing you stay faithful and hopeful through challenges?

**Discuss.**

- What emotions do you usually get stuck in when life gets hard?
- What might God be trying to train you in right now through those emotions?
- How could sharing your story encourage someone else?

**Keep growing.**

This week:

- **Practice gratitude:** Each day this week, write down one challenge and one way God might be using it for your growth.
- **Pray honestly:** Tell God exactly how you feel about a difficult situation and ask him to train your heart to trust him.
- **Share your story:** Text or call a friend to share something God is teaching you. It could encourage them, too.



**DIVE DEEPER**

For more on this topic, check out "[10 Examples of Trusting God in Difficult Times to Inspire You](#)," a devotional from Deep Spirituality.

