



Message-based Study

Date: April 11, 2021
Message: "The Struggle is Real"

Teacher: Billy Burch

Video is available online at messages.visitccc.com

Connection

When you are stressed, what helps you relax?

Cheer and Challenge

How did it go living out your "I will..." statement from last week? Share your experience.

Tell about any experiences you had this week following through on the B.L.E.S.S. challenge.

Content

The Word of God, like a prism, gives us a framework to run our struggles through and the opportunity to see and receive life giving perspectives, healing, and new direction.

Lens of Freedom

1. Struggles are a part of life and we naturally want to be free from them. Read Galatians 5:1. What is Jesus' desire for us in this verse? What are some examples of burdens or strongholds that you haven't gotten rid of and that keep you from living free?
2. Read John 8:31-32 and John 17:17. How do we become free in Jesus? Where is truth found?
3. To be completely free, **truth** has to play a part in changing our perspective. How does the culture's view of what truth is and how to find it differ from God's truth? Give a current example if you can.
4. Reflect on this statement: "Certainty is the death of growth". How is this statement opposite to what the Bible says about truth and the freedom we can find when we receive God's truth?

Lens of Perseverance

1. Read James 1:1-6. How are joy, trials, and perseverance connected? What outcomes can one expect in going through the tough times?
2. Read Romans 5:3-5. List the great qualities that struggles or trials can produce in you.
3. Read Galatians 6:9. What is the promise here if you don't get weary and give up during trials? How do you keep going when you are struggling?
4. You can persevere because of Jesus' life for you, His death for you, and His resurrection for you. Read John 16:33 and Romans 8:31-39. What encouragement do you hear?

Lens of Responsibility

1. During personal struggles, we need to admit that we need help and involve others to help. Have you done those two things in any of your struggles? Share what you have learned from doing these two things.
2. Read James 5:13-16, Galatians 6:2, and 2 Corinthians 1:3-4. What actions can you take in your responsibility to help or invest in others as they go through struggles?

Commitment

As you reflect on today's study, what action can you take towards freedom in Jesus? Write a statement committing yourself to respond:

"I will _____."



Begin with prayer. Listen with care. Eat / Engage with another. Serve. Share your story.
Pray everyday for someone you know who needs help in their struggles.

Continue Digging Deeper

1. Write out and work to memorize John 8:31-32.

2. **Perseverance & Patience**~ What comes to mind when you think of perseverance? In the Bible we find perseverance is often mentioned in the same verse as patience (Matthew 24:13, Romans 5:3-4, Galatians 6:9, Hebrews 10:23, 10:36, James 1:2-4). How do these two traits go hand in hand? Do you see any differences between the two?

Perseverance & Promise~ The Bible also frequently mentions a promise along with patience and perseverance. What are some of the promises found in Psalm 37:7-9, 34, 40:1-3, Galatians 6:9, Hebrews 6:12 and Romans 5:3-5?

Perseverance & Faith~ According to Hebrews 12:1-3, it is possible to persevere and many have testified and told stories of how they pressed on through struggles. Read Hebrews 11 and look for the one phrase that is repeated that speaks about "how-to" persevere. How can we learn from the, "cloud of witnesses", both as recorded in the Bible and those in our lives, for help when we are tempted to quit?

3. Listen to the song referenced below and spend some time praying and journaling. What keeps you from being honest with others about your struggles? What next step could you take to admit that you need help? Who could you be transparent with this week?

"If We're Honest" Francesca Batistelli ~ <https://www.youtube.com/watch?v=IDcTvtuuVU8>

4. Mandisa sang about it in her song entitled, "Overcomer" and Romans 8:37-39 states that, "we are more than conquerors through him who loved us". Make a playlist of songs that echo this truth. Choose songs that speak about the victory we have in Jesus as his followers and even though we may face big problems, we are loved and provided for by a mighty God. Share a song with someone you know to encourage them.

A few to consider: Rend Collective - "Day of Victory", Phil Wickham - "Battle Belongs", Blanca - "What If" and Shane and Shane - Hymns

5. **Emotionally Healthy Discipleship**: Dig deeper in discovering how emotionally healthy you are by taking this personal assessment at <https://www.emotionallyhealthy.org/wp-content/uploads/2021/03/EHD-Personal-Assessment-2021.pdf?v=4096ee8eef7d>.