

# balance

## INTRODUCTION

## Balance—Part 4

Too much to do. Too little time. Too many choices. Too many expectations. Sometimes, it's just too much.

In today's world, it seems like a badge of honor to be busy. But is it really God's will that we constantly be under stress and deadlines? Is there a better way to navigate life?

Throughout this series, we'll explore biblical strategies for maintaining a healthy balance in our lives, and how to deal with life when it's simply too much.

## DISCUSSION QUESTIONS

1. How do you tend to respond to pain or trials you face in life? What types of trials are particularly difficult for you to handle and why do you think those trials are more difficult?
2. How have some of the trials you have faced turned out to be a blessing in disguise?
3. Do you think most people tend to blame God for the hardships they face? Do you think God is to blame? Explain your answers.
4. Read 2 Corinthians 12:7-10. Have you ever prayed that God would remove a trial or some pain from your life, but God didn't do it? How did you respond? How do you think we should respond?
5. Read James 1:1-5; 1 Peter 1:3-9 and Romans 5:1-5. What do we learn about suffering from these verses? What are some ways we can grow through the trials we face?
6. Are you attracted more to people who have it all together or more to people who admit their struggles? Explain your answer. Why is it important that we be honest about the trials we are facing?
7. Read 2 Corinthians 1:3-5. Can you think of examples where other people have encouraged you when you were going through a hard time? How do you think trials can serve to unite us with other people?
8. Read 1 John 2:15-17 and Romans 8:16-25. How does suffering help break the world's grip on us?
9. How might you apply this lesson to your life?

## APPLICATION

Experiencing pain in our lives throws us off balance. It can show up in many ways—physical pain, stress, anxiety, sadness, anger, suffering, and more. Our natural response is to remove ourselves from painful situations, because we don't think we are equipped or prepared to deal with it.

Instead of running away from pain or avoiding it, what if we could learn to face pain and address it? We can view pain as an opportunity to learn, grow, and experience life. We can connect more with others through failures, struggles, and weaknesses. When we suffer, God comforts us and He uses us to comfort others when they face similar trials. We all suffer, and God wants good to come out of our pain in the form of connection. Trials serve to make us stronger in faith and in character, and provide us with an opportunity to grow.

## KEY VERSES (HCSB)

2 Corinthians 12:7-10	Romans 8:16-25
Hebrews 2:18	1 Peter 1:3-9
2 Corinthians 1:3-5	Romans 5:1-5
Romans 12:15	1 John 2:15-17
James 1:1-5	