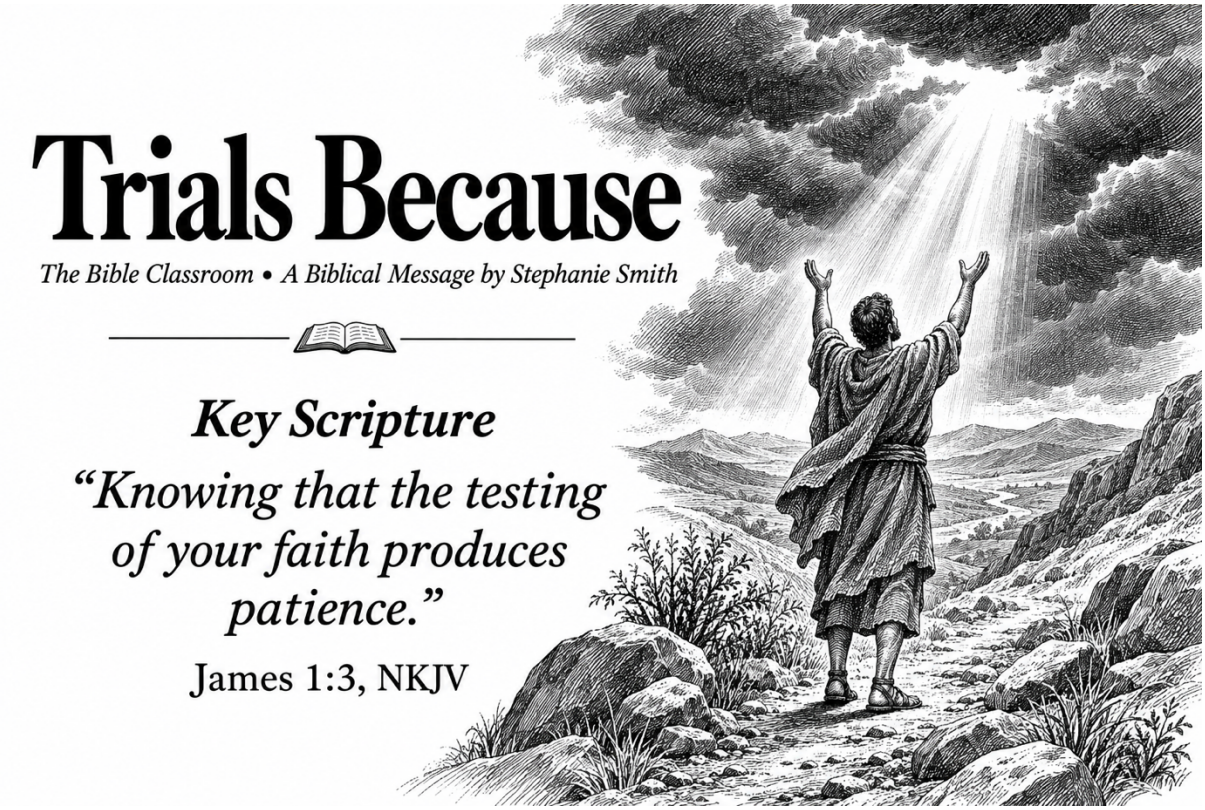

Bible Besties, have you ever prayed, "Lord, I thought we were through this," only to wake up and face the same trouble again? That little word *because* is often what we're reaching for. We want to know why this happened, why it happened now, and why it's taking so long. Sometimes we never learn the reason a particular trial came. But Scripture tells us something we can hold on to today. God can teach us in it, strengthen us through it, and give us comfort we'll one day share with somebody else.

And if all you can say this morning is, "Jesus, this is hard," it's okay to start there. **God has got you.**

Trials can teach us how to take the next step

James wrote to believers facing all kinds of trials. He told them that the testing of their faith could produce patience, the kind of endurance that keeps trusting God over time. Then James gave them something practical to do. If they lacked wisdom, they could ask God, who gives generously (James 1:2–5).

I love that James brings up wisdom right there. When trouble comes, my first prayer might be, "Lord, please change this situation." But there's another prayer I can pray while I wait. *"Lord, show me how to walk with You in this situation today."* Maybe wisdom means holding your tongue until you can answer kindly. Maybe it means picking up the phone and admitting you need help. Those choices may seem small, but that's often where the lesson takes root.

Trials can strengthen our faith and teach us to receive help

In 2 Corinthians 1:8–11, Paul told the church that the trouble he and his companions faced in Asia was beyond their strength. He even admitted that they had despaired of life. This was the apostle Paul speaking honestly to people who looked to him for encouragement. He could tell them how overwhelmed he had been because he could also tell them whom he had learned to depend on. His hope rested in God, who raises the dead. And Paul made a point of telling those believers that their prayers helped.

Bible Besties, sometimes growing stronger sounds like this: *"Sister, would you sit with me and pray? I'm having a hard time finding the words today."* Paul knew what it was to need that kind of help. You can reach for it, too.

God stays with us, and we can tell someone how He helped

In Psalm 23:4, David speaks about walking through a dark valley. Look at how his words change. Earlier in the psalm, he tells us what the Shepherd does. In the valley, he speaks directly to Him: **"You are with me."** What a prayer for a night when your thoughts won't settle. You can say those four words to the Lord right where you are.

Later, when someone asks how you got through that season, tell the part you remember. Tell them about the verse you read out loud in the waiting room. Tell them who called and stayed on the phone while you cried. Tell them what you prayed the next morning when you had to get up and face it all again. Paul said that the comfort we receive from God equips us to comfort others (2

Corinthians 1:3–4). Sometimes sharing your testimony means pulling up a chair beside someone and saying, *"I remember how long the waiting felt. Would you like me to stay?"*

Wisdom Nuggets

1. **Ask for wisdom for today.** Even when the reason for a trial is unclear, you can ask God how to respond to the person or decision in front of you. (James 1:5)
2. **Let somebody pray for you.** Paul welcomed the prayers of others. Receiving help can be an act of faith. (2 Corinthians 1:10–11)
3. **Speak to your Shepherd in the valley.** David's simple words, "You are with me," give you a place to begin when your own words are hard to find. (Psalm 23:4)
4. **Remember one kindness you can pass on.** Think of what comforted you on your hardest day, then offer that same care to someone else. (2 Corinthians 1:3–4)

Conclusion

Bible Besties, Jesus spoke plainly to His disciples about the trouble they would face. On the night before the cross, He told them they could have peace in Him and take courage because He had overcome the world (John 16:33). That is where our courage comes from today. The Savior who went to the cross for us is alive, and nothing in all creation can separate us from His love (Romans 8:38–39).

So what does moving forward look like today? Maybe it's getting out of bed, opening your Bible to James, and asking for enough wisdom to make one decision. Maybe you're farther down the road, and today it's your turn to make the call you once needed to receive. Learn what the Lord is teaching you. Tell somebody how He carried you. And when you come to a part of the story you still don't understand, you can tell the truth about that, too.

Extra Point I want to share…

Bible Besties, if you woke up today carrying the same burden you prayed about last night, you can bring it to Jesus again. He hears even a prayer as simple as, “Lord, I’m tired. Help me take the next step.” David could say, “You are with me,” while he was still walking through the valley (Psalm 23:4, NKJV). You can say those words right where you are, too. And when you’re ready, tell someone how the Lord helped you through this day. That part of your testimony may be just what another weary heart needs to hear. **God has got you, Bible Bestie, one faithful step at a time.**



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