

## Worksheet: Trained by Trials

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. —Hebrews 12:11

Past, recent, or current trial: \_\_\_\_\_

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What I have learned or am currently learning from this trial: \_\_\_\_\_

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What good has God already brought from this trial—to me and to others? What additional good can he bring?

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Challenges I am facing through this trial, and ideas for how I can overcome:

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A similar trial faced by Jesus or another Bible character and what I can learn from their example:

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In what ways am I thinking incorrectly or unbiblically about my current trial?

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How would God have me think differently about my trial? What scriptures teach me how to think differently?

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