

## Endurance: What to do when it's sink or swim

Deep End Faith | March 6, 2022 | James 1:2-4| Mike Foster

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*Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything.*

### · **Just keep singing**

(Consider your trials an opportunity for joy)

Because trials are the path to endurance

### **Just keep swimming**

(Let endurance do its thing)

Because endurance is the path to maturity

Memory verse of the week: James 1:2

1.

## GROUP DISCUSSION QUESTIONS

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1. What stood out to you most from the message?
2. Describe a time when you were in a “sink or swim” situation. What did you do? What did God do?
3. What are some Bible verses that are good to remember when we are going through trials? What attributes of God or promises of God are important to recall? (Consider reading some of the verses above.)
4. Who are some characters in the Bible who endured through trials, and how did God grow their faith through it?
5. What just “feels like too much” in your life right now? Are you ever tempted to give up? What might the Lord be trying to do in your life?
6. Read Romans 8:38-39 and Hebrews 13:5-6. Even if you do fail, will God ever fail you? How do you know?
7. Read Hebrews 12:1-3. How did Jesus model endurance for us? And why does this matter?
8. Read 1 Peter 4:12-19. How does this passage help encourage us in endurance?
9. How might you love and encourage someone who feels like they are in over their head?
10. Spend some time praying for one another and also all those facing trials as a result of Russia's invasion of Ukraine, along with others around the world who you know are facing great trials.

## FOR FURTHER REFLECTION

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Read 1 Corinthians 10:13, Romans 5:1-5, Hebrews 12:1-3, Romans 8:28-30, 1 Peter 4:12-19

Memorize James 1:2

Read about some spiritual lessons from & Endurance - [https://bit.ly/leadershiplessons\\_shackleton](https://bit.ly/leadershiplessons_shackleton)

Read this article on persevering at work - [https://bit.ly/theologyofwork\\_james](https://bit.ly/theologyofwork_james)

Listen to “Trials: The Test of Spiritual Growth” - <https://bit.ly/trialsgrowth>

Listen to “Firm Foundation” - <https://bit.ly/firmfoundationsong>

Listen to “When Trials Come” - <https://bit.ly/trialscome>

# How to Connect with James deeper:

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- **Study -**

Read James once a week until Easter – pick up one of our Scripture Journals to help you.



- **Memorize -**

Memorize James using the Scripture Memory Fellowship App.



Aim for one verse – James 1:2 or 1:25

Aim for one passage – James 1:2-4

Aim for 10 key passages – James 1:2-4, 1:13-15, 1:19-20, 1:22-25, 2:1, 2:26, 3:9-10, 3:17-18, 4:7-8, 5:16

Aim for one chapter – James 1

Aim for the whole book?!

- **Join -**

Join or start a small group to discuss James:  
If you'd like to start one, please send an email to [forcey-office@forcey.org](mailto:forcey-office@forcey.org)



- **Invite -**

Prayerfully invite someone else to join us in our study of James – use our invite cards

- **Pray -**

Make a habit of kneeling in prayer, like James.

**Pick up a wristband to remind you that your faith was made for the deep end**