

# Adversity

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*“Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.” (James 1:12, NIV)*

## Adversity is a part of life.

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You have faced and overcome various forms including disappointment, loss, failure, and grief. The reception and response to this can affect your present and future significantly. There are two types of adversity. The first type is adversity that is uncontrollable, unforeseeable, or unavoidable. However, the second type is one with which people have some control either directly or indirectly. This adversity is often the result of someone (perhaps you) speaking too much, not listening well enough, making bad decisions, having a poor attitude, acting hastily, or not acting at all. Yet, both become part of [your testimony](#).



## Responsibility for Self

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As you reflect upon recent or distant adversities, consider the role that you might have played. Yet, this is not about blame. It is about learning from mistakes so that you can minimize the chance for recurrence. People who deal with adversity poorly often exhibit or employ one or more of the following:

- Failure to identify the **source** of adversity
- Manage adversity without **focus**
- Take their **frustrations** out on others
- Hold onto **anger** for things they cannot control
- View themselves as helpless **victims**
- **Blame** others inappropriately
- Allow **pride** to thwart forgiveness
- **Avoid** seeking assistance from others

*“Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit” (Napoleon Hill)*

## Strategies for Fighting Adversity

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- **Pray**, listen to the Holy Spirit, follow Jesus, and rely on the Father’s grace. Daily communion with the Trinity should be a part of every Christian’s life and spiritual disciplines, especially in the face of adversity.
- Accept adversity as a **natural and valuable** part of life. It will happen, but what can you learn?
- Ask for **support** through your significant relationships at work, home, and school.
- **Identify** the real sources – what you can control, what you can’t, and learn to know the difference.
- Look for the **opportunity** in your adversity. At minimum, you can press into the Lord more. What God can do for you, or more importantly through you, is limited only to your reliance upon and trust in Him.
- Seek **clarity** through reflection and closure through forgiveness for any baggage you might be carrying. Make a way forward by understanding the events and circumstances of the past and a lightened load as you continue.
- Develop **plans** for facing future adversity. Consider ahead of time ways of dealing with the inevitable stress and setbacks by having a vision, goals, and a picture of what success looks like.
- Decide which **type** of adversity you are dealing with and respond accordingly. Pray about how to handle each.
- **Grow** where you are planted. There are not any biblical promises that state life will be easy or convenient.