



12TH MAN MINISTRIES

Character Coaches Teaching Guide

Title: ADVERSITY

Big Idea: Adversity (difficulty or struggle) is inevitable, but as much as it's guaranteed, it isn't exactly predictable. You will face trials, but you don't know when they will come or in what way.

It is not what happens to you, but HOW YOU RESPOND TO IT that is important.

Question: Have you ever gotten a really bad call that cost your team the game?

Often times when we lose a game we want to find someone or something to point the finger at... but have we ever thought that maybe there is a positive purpose in a loss?

ADVERSITY isn't meant to discourage you; it's meant to DEVELOP you!

James 1 says, "Consider it pure joy, when tests and challenges come at you from all sides. You know that under pressure, your faith/belief is forced into the open and shows its true colors. So don't run away from trials. Let them do their work so you become mature and well-developed, not lacking in any way."

Overcoming adversity INSPIRES others!

Everyone loves a good story of overcoming adversity!
(*use a story that has impacted you, i.e. Rudy, Antonio Brown, etc.*)

Every story of overcoming adversity has 3 common themes:

- Retraining your brain (have a positive mindset)
- Stop making excuses (refuse to be the victim)
- Choosing the right attitude (prepare to see a change)

Don't be too PRIDEFUL to ask for HELP!

Often times when we encounter adversity we need a little help to move or see a way forward.

James 1 continued says this: "When faced with a trial and you don't know what to do, pray to the Father. He loves to help. You'll get his help, and won't be condescended to when you ask for it. Ask boldly, believingly, without a second thought."

So the next time you are faced with adversity, follow these steps:

1. Thank God for the opportunity to grow
2. Choose to have a positive attitude and outlook
3. Ask God for guidance and help

Prayer: God, you have a purpose in EVERYTHING. Help me to remember that you are greater than my circumstances. Thank you for bringing me adversity and developing me into WHO you created me to be. Amen!

