

"In Every Trial, God Comforts People"

I can do all this through him who gives me strength. (Philippians 4:13)

I: Inner Peace

- *"Peace I leave with you..." (John 14:27)*
- We choose internal composure, anchoring ourselves in God's sovereignty.

E: Emotional Control

- *"Forgive as the Lord forgave you." (Colossians 3:13)*
- We manage our emotional impulses and pause before reacting, releasing resentment.

T: Trust in God

- *"Never will I leave you..." (Hebrews 13:5)*
- We trade our worry for divine strength, remembering past moments of God's faithfulness even during times of uncertainty.

G: Gratitude

- *"I have learned the secret of being content in any and every situation..." (Philippians 4:12)*
- We view setbacks as temporary hurdles rather than permanent catastrophes, actively training our eyes to spot hidden blessings.

C: Compassion/Connection

- *"Love your neighbor as yourself." (Mark 12:31)*
- Instead of isolating when life gets painful, we lean into our community and deliberately look outward to serve others.

P: Perseverance

- *"...the testing of your faith produces perseverance." (James 1:2-3)*
 - We break large crises down into small, daily faith steps, trusting that God uses our trials for spiritual growth. *When he has tried me, I shall come forth as gold. (Job 23:10)*
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