

How to Shift Our “Grattitude” in Hard Times

“There is an appointed time for everything. And there is a time for every matter under heaven.” — Ecclesiastes 3:1 (NASB)

1. Reframe Trials Through Faith

“But He knows the way that I take... When He has tried me, I will come forth as refined gold.” — Job 23:10 (AMP)

2. Remain with Your Source of Joy

“The Lord gave and the Lord has taken away; blessed be the name of the Lord.” — Job 1:21 (AMP)

3. Respond With Joy to Others

“The Lord restored the fortunes of Job when he prayed for his friends...” — Job 42:10 (AMP)

Ecclesiastes tells us there is a time for everything — but those times aren't walls stopping us; they're windows shaping us.

So when life feels paused or painful:

- **Reframe** trials through faith
- **Remain** with your Source of joy — stay plugged into the One who sustains you.
- **Respond** with joy to others — let your gratitude overflow into grace.

Discussion Questions:

1. What does it mean to have “gratitude in hard times”?
2. How does seeing life as a journey of transformation change how you face struggles?

Reframe Trials Through Faith (Job 23:10)

3. What does it mean to “reframe” a trial instead of denying it?
4. How has God refined you through past challenges?
5. What helps you trust that God is working when you can't see it?

Remain With Your Source of Joy (Job 1:21)

6. How did Job maintain his joy when he lost everything?
7. What are some “false sources” we plug our joy into?
8. What helps you stay connected to God when you feel challenged?

Respond With Joy to Others (Job 42:10)

9. How can gratitude change the way you treat others — even difficult ones?
10. What is God transforming in you right now?
11. Which of the three (Reframe, Remain, Respond) is God nudging you toward this week?