



APOSTOLIC CHRISTIAN
Counseling and Family Services

Perseverance

MODULE 10

VIDEO INTRODUCTION

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TEACHING

Spiritual maturity can never be hurried or downloaded instantly. Discipleship is a life-long journey. Genuine transformation into Christlikeness requires time, trust, and perseverance—especially through seasons we'd rather skip altogether. Though none of us desire difficulty, Scripture reminds us that these challenging seasons often become God's greatest tools for shaping us into the image of Christ.

Paul teaches this clearly in Romans: “We glory in tribulations also: knowing that tribulation worketh patience; and patience, experience; and experience, hope” (Romans 5:3-4). Trials and hardships, rather than interruptions to our spiritual growth, are opportunities for deeper formation. They produce perseverance—a steady, grace-shaped endurance—that in turn develops mature character and resilience.

But here's the honest truth: suffering itself isn't automatically transformative. As disciples, we have a choice in how we respond to trials. We can choose bitterness, avoidance, or numbness, trying desperately to escape discomfort. Or we can choose to cling tightly to Jesus, trusting that He's actively forming us through the challenge. When we cooperate with God's grace in difficulty, pain and discomfort become fertile ground for being further conformed to the likeness of Jesus.

James describes this clearly, writing, “the trying of your faith worketh patience...that ye may be perfect and entire, wanting nothing” (James 1:3-4). Perseverance through trials, as difficult as it is,

shapes us into spiritually mature people—people of genuine peace, authentic joy, and unshakeable hope. People like Jesus.

Thankfully, we're never left alone in this. God has given us the gift of his Spirit and the gift of community—fellow disciples who walk alongside us through life's storms. As we lean on each other, encourage each other, and remind each other of God's faithfulness, perseverance becomes sustainable. Together, we hold fast to Christ, trusting his promise that our trials are never wasted, but are producing within us something eternally valuable and deeply beautiful.

DISCUSSION QUESTIONS

1. What does it mean to you that no suffering is wasted in God's hands? How does this idea encourage or challenge your view of difficulties?
 2. In your experience, what factors determine whether someone is crushed by trials or transformed by them?
 3. How does the metaphor of pruning or seasonal change help you understand the role of perseverance and trials in your spiritual growth?
 4. Think of a time you grew spiritually through a difficult season. How did that experience shape your relationship with God or others?
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ACTIVITY: A PSALM FOR PERSEVERANCE

Choose one person from your church community to intentionally encourage this week. It might be someone going through a hard time, someone you've noticed spiritual growth in, or someone who has encouraged you.

1. **Choose a Psalm** that honestly addresses difficulty and trust in God (see list below for ideas).

2. **Slowly read the Psalm** each day for one week. Allow its words to resonate deeply with your own challenges.
3. **Personalize a prayer:** At the end of each daily reading, write or pray a short personal prayer expressing trust, hope, or surrender related to a current challenge you're facing.
4. **At week's end,** review your prayers and reflect on how your heart or perspective has shifted through this daily practice.

Psalm Suggestions

- Psalm 13 – "How long, O Lord?" Honest lament, turning into renewed trust.
 - Psalm 22 – Deep anguish met with eventual confidence in God's rescue.
 - Psalm 23 – Trust in God's presence through the valley of difficulty.
 - Psalm 27 – Confidence in God's deliverance amid fear and opposition.
 - Psalm 31 – Trusting God through affliction and distress.
 - Psalm 34 – Assurance of God's care for those suffering hardship.
 - Psalm 40 – Patience, trust, and deliverance from deep trials.
 - Psalm 42 & 43 – Longing for God in a season of spiritual dryness and discouragement.
 - Psalm 46 – God's presence and strength amid trouble and uncertainty.
 - Psalm 55 – Casting burdens and anxiety upon the Lord during conflict.
 - Psalm 56 – Trusting God's faithfulness when afraid.
 - Psalm 61 – Crying out to God for stability when overwhelmed.
 - Psalm 62 – Patiently trusting God amid uncertainty and waiting.
 - Psalm 69 – Prayer for rescue from deep distress.
 - Psalm 73 – Struggling with doubt and envy, finding clarity in God's presence.
 - Psalm 77 – Reflecting on God's faithfulness in past struggles to find hope now.
 - Psalm 91 – Confidence in God's protection amid dangerous circumstances.
 - Psalm 121 – Trusting God's faithful care and watchfulness.
 - Psalm 130 – Waiting on the Lord patiently amid feelings of guilt or despair.
 - Psalm 142 – Crying out to God from a place of isolation and trouble.
 - Psalm 143 – Pleading for guidance, rescue, and strength during overwhelming situations.
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FOLLOW-UP DISCUSSION QUESTIONS

1. Which Psalm did you choose, and how did it speak to your current trial or season?
2. How did praying consistently with the Psalms affect your attitude toward perseverance or your situation?
3. Did you notice any specific ways your trust in God deepened during this practice?