



The Art of Survival

Thriving in a World of Chaos

Participant Notebook with Answers

For Reference Only — Not for Distribution to Participants



ABOUT LIVING ON THE EDGE

Living on the Edge exists to help Christians live like Christians. What began in 1995 as the radio ministry of pastor and author Chip Ingram has grown into a global discipleship ministry with a mission to equip followers of Jesus worldwide to become Romans 12 disciple-makers. At the heart of that work is a calling to inspire and equip pastors to build healthy disciple-making churches.

ABOUT CHIP INGRAM

Chip Ingram is the founder and teaching pastor of Living on the Edge, an international teaching and discipleship ministry. He served as a pastor for more than thirty years and is the author of many books, including *Discover Your True Self*, *Holy Ambition*, *True Spirituality*, *The Invisible War*, and *The Real God*. Chip and his wife, Theresa, have four grown children and twelve grandchildren and live in California.





Before We Begin

Have you ever wondered ...

How do you survive when your own faith feels shaky—when you are supposed to have answers but you are struggling to find them?

When burnout creeps in and you question if you can keep going?

When your church faces unexpected challenges?

You are not alone. Pastors carry weight that most people never see. Spiritual warfare. Financial pressure. Difficult church members. Leadership isolation. The weight of people's expectations when your own soul is weary. You came to ministry with a calling—not a death sentence. Yet sometimes the pressure doesn't feel survivable.

There's an art to survival.

This isn't a formula. It's a way of looking for answers—a process that transforms how you see your circumstances, your capacity, and your calling. Built on James 1:2–12, *The Art of Survival* equips you with a biblical framework for not just surviving ministry—but thriving through it.

If you are ready to move from drowning to leading with confidence—welcome to *The Art of Survival*.



How to Use This Notebook

This notebook is yours. Write in it, pray through it, and take it home marked up — it is a working tool, not a keepsake.

Blanks appear throughout the teaching. Fill them in as we go; if you miss one, the Answer Guide at the back has every answer by session.

Shaded boxes carry the Core Truths — the one central claim that each Part rests on. You can see all of the Core Truths summarized in the back of your guide. Return to them when you prepare to teach this yourself.

Looking Ahead boxes close each session. They name what we have established, what is still unresolved, and where we go next.

Table Discussion pages are for talking, not listening. The more honest the table, the more you will take home.

Scripture is quoted from the New International Version unless otherwise indicated.

What to Expect

The Art of Survival is the first step on the **High Impact Church Pathway** — a journey of seminars, training, and tools built to help pastors lead churches that change their communities. By the end of our time together you will not only have a biblical framework for surviving trials — you will have a vision for what God wants to build through you and your church: a church where lost people are coming to Christ, found people are growing to maturity, and equipped people are meeting the deepest needs in their community.



This seminar has four sessions built around James 1:2–12. Each session explores one dimension of God’s provision for trials. You will have space to write, reflect, and discuss at your table. Engage fully — the more you put in, the more you will take home.

Seminar Schedule

Time	Block
8:30 – 9:00 AM	Registration
9:00 – 9:30 AM	Welcome & Worship
9:30 – 10:05 AM	Session 1: Introduction
10:05 – 11:00 AM	Session 2: An Attitude to Embrace
11:00 – 11:30 AM	Morning Break
11:30 AM – 12:30 PM	Session 3: A Resource to Ask For
12:30 – 1:45 PM	Lunch
1:45 – 2:50 PM	Session 4: A Theology to Believe
2:50 – 3:15 PM	Call to Commitment
3:15 – 3:30 PM	Closing

Times are approximations; each seminar schedule may vary slightly.



JAMES 1:2-12

² Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, ³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything. ⁵ If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. ⁶ But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. ⁷ That person should not expect to receive anything from the Lord. ⁸ Such a person is double-minded and unstable in all they do.

⁹ Believers in humble circumstances ought to take pride in their high position. ¹⁰ But the rich should take pride in their humiliation—since they will pass away like a wild flower. ¹¹ For the sun rises with scorching heat and withers the plant; its blossom falls and its beauty is destroyed. In the same way, the rich will fade away even while they go about their business.

¹² 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.



SESSION 1

Introduction to The Art of Survival

*In a world falling apart, how do
we not just survive — but thrive?*



PART 1: THE WORLD WE LIVE IN

Why This Matters

When trials hit — personally or in ministry — our first instinct is to assume something has gone wrong. We are surprised by difficulty and feel blindsided by suffering. But what if trials are not an interruption to God's plan — but an instrument of it?

Core Truths

Trials are inevitable — difficulty in a fallen world is a certainty, not a surprise. We are not victims of random suffering; we are participants in a process God has ordained since the beginning.

A. Trials are inevitable. Difficulty in a fallen world is absolutely promised. Jesus, Peter, and Paul all confirm it — suffering is not the exception for believers; it is the norm.

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

JOHN 16:33



B. Trials either make us or break us. Every crisis is simultaneously an insurmountable problem and a great opportunity. The same fire that destroys one person refines another.

“In fact, everyone who wants to live a godly life in Christ Jesus will be persecuted.”

2 TIMOTHY 3:12

C. Victims fail to move beyond asking “why” and remain stuck in their pain. They never get past “Why me, Lord?” and “Why now?” But you are only a victim if you choose to be one.



PART 2: THE ART FRAMEWORK

Why This Matters

Most pastors face trials with no framework for responding — they react emotionally rather than responding **biblically**. God does not leave us without a plan. In what was likely the very first book written to the early Church, He provides a complete toolkit in the book of James.

Core Truths

God provides a complete toolkit for navigating trials — an **Attitude to embrace, a Resource to ask for, and a Theology to believe. Together, these three form the ART of Survival.**

A. An **Attitude to Embrace** — The posture we choose in trials. Joyful endurance is a **choice**, not a feeling. (James 1:2–4)

B. A **Resource to Ask For** — Supernatural wisdom from God. The skill to know what to do, **when** to do it, and how. Available to all who ask in faith. (James 1:5–8)

C. A **Theology to Believe** — A divine perspective. Viewing trials through the lenses of faith, hope, and **love**. The antidote to discouragement. (James 1:9–12)



D. The critical shift that changes everything: Don't ask "Why?" — Ask "**What?**" Victims ask why. Survivors ask what.

TABLE DISCUSSION

Gather and discuss in groups of 3–4.

1. What trial — personal or in ministry — are you currently facing?
2. When you think about that trial, what "why" question has been dominating your thinking?
3. If you shifted from "why" to "what," what might change in how you approach this trial?

Notes

LOOKING AHEAD

A ○ R ○ T ○

What we've established: Trials are inevitable, not accidental. God provides a complete framework for navigating them — ART. And the critical mindset shift is from "Why?" to "What?"

What remains unanswered: We know the framework exists — but what does the "A" actually look like when your world falls apart?

➤ *What can I control when everything around me is falling apart?*



SESSION 2

An Attitude to Embrace

*What can I control when everything
around me is falling apart?*



PART 1: CHOOSE JOY

Why This Matters

When trials hit, our natural response is despair, not joy. We feel overwhelmed, afraid, and powerless. But James does not ask us to feel joy — he commands us to **choose** it. The difference is everything.

Core Truths

Joy is a command, not a feeling. We choose our posture toward trials because we trust the outcome, not because we enjoy the process. God commands this choice because He knows what trials produce.

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.

J A M E S 1 : 2 - 3

A. “Consider” (Greek: *hegeomai*) means to evaluate, calculate, and choose. It is a deliberate **decision**, not a spontaneous emotion. You do not have to feel joyful to choose joy.



B. “Trials of many kinds” — the word for “face” means to be surrounded, like the man in the Good Samaritan story who was surrounded by robbers. Trials are external pressures that threaten to crush us.

“For those God foreknew he also predestined to be conformed to the image of his Son.”

R O M A N S 8 : 2 9

C. “The testing of your faith produces perseverance” — the Greek word *hupomeno* means to remain under pressure. The same pressure that threatens to destroy you is the pressure that makes you stronger.

D. “Mature and complete, not lacking anything” — the word *teleios* means fulfilling your design. God’s goal is not to make you comfortable; it is to conform you to the image of His Son.



PART 2: THREE “WHAT” QUESTIONS

Why This Matters

In crisis, our minds default to “why” questions that lead to self-pity and paralysis. Survivors replace those with three “what” questions that unlock forward movement. These questions are not theory — they are how you make it through **today**.

Core Truths

Asking “what” instead of “why” moves us from victim to survivor. Three simple questions — about our attitude, our endurance, and our hope — unlock the path forward through any trial.

“Let perseverance finish its work so that you may be mature and complete, not lacking anything.”

J A M E S 1 : 4

A. Question 1: What can I control when my world falls apart?

Answer: My **attitude**. I cannot control the economy, other people’s decisions, or global events. But I can choose how I **respond** to them.



B. Question 2: What must I do to make it through today?

Answer: **Endure**. Not tomorrow, not next month — today. Grace is given for today. The moment your mind races to the future, anxiety overwhelms you. One day at a time.

C. Question 3: What hope do I have for tomorrow?

Answer: **Believe** that God will take the worst you experience today and use it for good. An all-powerful, all-knowing God promises to work everything together — either in this life or in **heaven**.



PART 3: A PERSPECTIVE ON PAIN

Why This Matters

Even when we choose the right attitude and commit to endure, we still struggle to see any purpose in our suffering. Without perspective, pain feels pointless. God gives us five reasons He allows adversity — each one producing something in us that comfort could not.

Core Truths

God uses adversity as an instrument of His plan, not a disruption to it. Trials serve at least five divine purposes — each one producing something in us that comfort could not achieve.

...There were others who were tortured, refusing to be released so that they might gain an even better resurrection. Some faced jeers and flogging, and even chains and imprisonment. They were put to death by stoning; they were sawed in two; they were killed by the sword. They went about in sheepskins and goatskins, destitute, persecuted and mistreated— the world was not worthy of them...

HEBREWS 11:35-38



“Everything can be taken from a man but one thing: the last of all human freedoms — to choose one’s attitude in any given set of circumstances, to choose one’s own way.” –Viktor Frankl

Five Observations About Adversity

1. God uses adversity to make us mature because we are forced to **depend** on Him at a new level. Left to ourselves, we tend to be self-sufficient, proud, and insensitive to the Lord.
2. We are **weaned** from the temporal and urgent affairs of life and forced to reexamine our values, priorities, commitments, and future.
3. Trials allow us to **witness** firsthand the reality and power of God. Our need becomes the vehicle of God’s grace; our problems become the object of His power.
4. Trials serve as an awesome **testimony** to an unbelieving world. How we endure hardship shows the world how real God is. Joy in suffering is unexplainable apart from supernatural power.
5. We **become** sensitive, caring, compassionate, Christlike people. Those who have been hurt deeply love deeply. Suffering produces tenderness, empathy, and the capacity to comfort others.



TABLE DISCUSSION

Gather and discuss in groups of 3–4.

1. Which of the three "what" questions do you most need to answer right now and why?

What can I control when my world falls apart?

What must I do to make it through today?

What hope do I have for tomorrow?

2. What attitude in your life needs an adjustment if you are to grow to maturity while going through this trial?

3. Of the *Five Observations About Adversity*, which one most challenges your current thinking?

Notes

LOOKING AHEAD

A • R • T •

What we've established: We had the framework. Now we have the attitude. The attitude God calls us to is joyful endurance — a deliberate choice, sustained one day at a time, that produces maturity and character. Pain has purpose.

What remains unanswered: What happens when we have the right attitude but still don't know what to do next? What do we do when we are stuck?

➤ *What do I do when I want to count it all joy — but I'm stuck?*



SESSION 3

A Resource to Ask For

What do I do when I want to count it all joy — but I'm stuck?



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resources.livingontheedge.org/art-of-survival

PART 1: SUPERNATURAL WISDOM

Why This Matters

Having the right **attitude** is essential — but it is not enough. Sometimes we want to count it all joy and we still don't know the next step. We are stuck. God understands this. He knows we get stuck. And He offers a resource more valuable than money, position, or even a friend.

Core Truths

God offers supernatural wisdom — not intellectual knowledge, but the skill to know what to do, when to do it, and how to do it in the midst of any situation. He promises to give it generously and without reproach.



A. God's Offer: Supernatural wisdom. In the Hebrew sense, wisdom is not being smart. It is the skill and ability to navigate any situation — bringing about the best possible ends by the best possible means for the most possible people.

B. Our Responsibility: We must ask for it. This is not casual prayer — it is coming to God and saying, “I do not know what to do. I need You to show me.”

C. God's Attitude: Open and generous. “Without reproach” means His arms are not crossed. He is not pointing a finger at your failures. He delights to give wisdom abundantly. He is the gift-giving God.



PART 2: THE ONE CONDITION

Why This Matters

Many believers pray for guidance but hedge their commitment to obey.

They want God's will as information to evaluate, not as a command to follow. James reveals a single condition that determines whether God gives His wisdom — and it has nothing to do with how spiritual you are.

Core Truths

God gives wisdom 100% of the time to those who ask in faith without divided loyalty. The condition is not perfection — it is willingness. Sign the bottom of the contract before you know what's at the top.

A. Ask in faith means trusting God's character and His Word — and committing in advance to obey whatever He reveals. It is confidence in who God is, not certainty about what He will say.

B. “Without doubting” does NOT mean without intellectual doubt — God understands our human struggles. It means without divided loyalty. The Greek word pictures a “double-souled” person who wants God's direction while reserving the right to reject it.



C. Think of it as a blank check or a **contract**. God wants you to sign the bottom — “Lord, whatever You show me, I will do it” — before He fills in the top. When you come with that posture, He promises to show you exactly what to do.

D. The predictable response for the uncommitted: Someone who prays to know God’s will as a matter of information, without any commitment to following, gets a predictable response — “That person should not **expect** to receive anything from the Lord.”



PART 3: IN YOUR TIME OF NEED

Why This Matters

We understand the principle — ask in faith, without doubting — but in the middle of crisis, we need practical steps. How do we actually move from stuck to surrendered? God meets the brokenhearted exactly where they are — with grace sufficient for each day.

Core Truths

God is close to the brokenhearted and meets us in our desperation. He leads us through our circumstances with enough grace to handle each day and a promise to work everything together for our good.

“Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”

HEBREWS 4 : 1 6

Four Steps in Your Time of Need

1. Admit you are stuck. Stop pretending. Stop performing. Acknowledge the reality of your situation — to yourself and to God.



2. **Recognize** you can't do anything on your own. This is not weakness — it is the beginning of God's power working in you.

...“My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

2 CORINTHIANS 12:8-10

3. **Ask** Him for supernatural wisdom. Come to the gift-giving God — not casually, but desperately. He invites you to approach His throne with confidence.

4. **Become** willing to do whatever His wisdom demands of you. This is the step most people skip. Willingness to obey — before you know the assignment — unlocks God's guidance.

God gives you the most valuable resource in the world: His wisdom. He leads you through your circumstances with enough grace to handle each day and a promise to work everything together for your good.



TABLE DISCUSSION

Gather and discuss in groups of 3-4.

1. Where do you need God's supernatural wisdom today — in what specific area of your life or ministry?
2. Is there any area where you might be refusing God's help by not being willing to do what He asks?
3. What would it look like for you to “sign the bottom of the contract” this week — to commit to obeying before you know the assignment?

Notes

LOOKING AHEAD

A • R • T •

What we've established: Attitude alone was not enough. Now we have the resource. When we are stuck, God offers supernatural wisdom — freely, generously, and without reproach. The condition is not perfection but wholehearted willingness to obey.

What remains unanswered: We have the attitude and the resource. But what about discouragement — the silent destroyer that makes us want to give up entirely, right before breakthrough?

➤ *How do I slay the dragon of discouragement and keep going?*



SESSION 4

A Theology to Believe

*How do I slay the dragon of
discouragement and keep going?*



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PART 1: SLAYING THE DRAGON OF DISCOURAGEMENT

Why This Matters

Discouragement is not just a bad feeling — it is a **strategic** weapon. It erodes trust and makes us lose heart. Little by little, it convinces us that we are powerless, that nothing will change, that it doesn't make sense to even try. It makes compromise, shortcuts, and abandonment seem like our most realistic choices.

Core Truths

Discouragement is Satan's most powerful tool. It deprives courage, hope, and confidence — making us lose heart right before breakthrough. God's antidote is a divine perspective that sees life, circumstances, and the future through His eyes.



A. Satan's most powerful tool is discouragement. It is more useful to the enemy than all his other weapons combined — because when we lose heart, we stop fighting.

B. Discouragement whispers: “Just quit. Nothing will change. You are powerless.” It is the feeling that makes compromise, shortcuts, and abandonment seem realistic.

C. God's prescription: a divine perspective — truth about life, circumstances, and our future. He gives us a lens to see what we cannot see with natural eyes.

D. The paradox of position: those who have little are in a high position because they are pre-positioned for dependency on God. Those who have much face a greater spiritual danger because wealth creates the illusion of self-sufficiency.

E. Life is transitory. “The sun rises with scorching heat and withers the plant.” Whatever we trust in apart from God will eventually fade away. This truth is not meant to discourage — it is meant to reset our anchor in what is eternal.



PART 2: ENDURING IN DIFFICULT TIMES

Why This Matters

We know we should persevere, but discouragement distorts our **attitude**.

We see our circumstances, our future, and our motivation through the wrong lens. God offers three new lenses that correct our vision and give us the perspective to keep going.

Core Truths

Hanging tough in tough times demands seeing through God's three lenses — faith, hope, and love. Each lens corrects a specific distortion that discouragement creates.

“So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.”

2 CORINTHIANS 4:18

Three Perspective Shifts

1. Get God's perspective on your circumstances — by looking through the lens of **faith**. The Lord has you in a position to develop a work in you that is primary and even more important than the work through you. Don't get



discouraged — what God is doing in the unseen is greater than what you can see.

2. Get God's perspective on your future— by looking through the lens of hope. Our hope cannot be anchored in what is temporary — money, health, reputation, position. The seen is temporary; the unseen is eternal. Fix your eyes on what lasts.

3. Get God's perspective on your motivation— by looking through the lens of love. The hardest question: Am I willing to enter into the fellowship of His suffering? Am I serving God because I love Him — or because I want Him to make my life work out?



PART 3: YOU ARE NOT A VICTIM

Why This Matters

Many believers confuse endurance with mere survival. They “hang on” without understanding that perseverance produces a quality of life and intimacy with Jesus that cannot be achieved any other way. The test is not whether you suffered— it is whether you persevered.

Core Truths

Survivors who persevere receive the crown of life — not just future reward, but a present quality of intimacy with Jesus, depth of faith, and spiritual authority that others never access.

Three Self-Evaluation Tests

1. Is my faith in things that are perishable or in things that are permanent? Money, health, reputation — these fade. Faith anchored in the eternal remains. Where is your anchor?
2. Is my hope determined by the size of my problems or by the certainty of God’s promises? Where is your focus — on the mountain or the Mountain-Mover?



3. Is my primary motivation to love Christ or just experience relief? Am I seeking His will or just escape from pain?

Whenever you start to get discouraged, remember three words:

- Faith anchors your heart and mind in the fact that God is in control. Choose joy because you trust the outcome.
- Hope reminds you that you are His child and that He has a place, a plan, and a promise for you.
- Love diverts your attention from difficulties and directs it toward the privilege of suffering for God as an expression of your devotion.



TABLE DISCUSSION

Gather and discuss in groups of 3–4.

1. What specific discouragement has been whispering “just quit” to you lately — in your personal life or ministry?
2. Which lens — faith, hope, or love — do you most need to look through right now? Why?
3. What decision are you making today about your painful circumstances? Write it down and share it with the group.

Notes



What We Discovered Today

Today we walked through James 1:2–12 and discovered that God does not leave His people without a plan when trials come. It starts with a question — not “*Why is this happening to me?*” but “*What do I do now?*” Victims ask why. Survivors ask what.

From there, *The Art of Survival* gives a complete framework: an **Attitude** of joyful endurance that counts it all joy because we trust the outcome; a **Resource** of supernatural wisdom that shows us what to do when we are stuck; and a **Theology** of divine perspective that slays the dragon of discouragement through the lenses of faith, hope, and love. Grace is given for today — and today is all any of us has to get through.

We are not victims. We are survivors, equipped by the living God to endure, to grow, and to lead.

Summary Reference

Session	Focus	Core Truth
Session 1: Introduction	The ART Framework	Don’t ask “Why?” — Ask “What?”
Session 2: An Attitude to Embrace	Joyful Endurance (James 1:2–4)	Joy is a command, not a feeling. Trials produce maturity.
Session 3: A Resource to Ask For	Supernatural Wisdom (James 1:5–8)	Ask in faith, without divided loyalty. God gives wisdom 100% of the time.
Session 4: A Theology to Believe	Divine Perspective (James 1:9–12)	Faith, Hope, Love — the lenses that slay discouragement. You are not a victim.



Call to Commitment

“Others, like seed sown on good soil, hear the word, accept it, and produce a crop—some thirty, some sixty, some a hundred times what was sown.”

MARK 4 : 20

My Next Steps as a Disciple

☐ When I think of a difficult circumstance I am facing, I commit to changing my attitude from _____ to _____.

☐ I commit to asking God for supernatural wisdom in this specific situation:

and will obey His direction before I even know what He will ask of me.

☐ I commit to dismantle discouragement by replacing my fear with Faith, my present crisis with Hope, and my self-pity with Love through this daily habit: _____.



Call to Commitment

“Freely you have received; freely give.”

MATTHEW 10:8

My Next Steps as a Pastor

Your People Need *The Art of Survival* as well ...

- ☐ I commit to share what I have learned with my spouse or a close friend. I commit to BE the person I want others to BECOME.
- ☐ I commit to teach *The Art of Survival* to the leaders of my church so we can become a resilient team.
- ☐ I commit to preaching *The Art of Survival* sermons to my congregation within the next three months.

Signature_____ Date_____



THE HIGH IMPACT CHURCH PATHWAY



The Art of Survival is the front door. For most pastors it is their first encounter with the High Impact Church Pathway, and that is by design. The Pathway will eventually ask you to seriously consider how your church makes disciples. It does not begin there. It begins with you.

The Art of Survival (this seminar)

Thriving in a World of Chaos

The question it answers	Can I endure this calling?
What you gain	Personal resilience for the journey ahead.
What your church gains	A pastor who is still standing in five years — and a church no longer paying the hidden cost of a leader running on empty.

Success That Lasts

Finding Freedom in What Truly Matters

The question it answers	How should I measure success?
What you gain	Freedom from a scorecard you cannot win.
What your church gains	A leader no longer driven by a scorecard that cannot be won. The freedom you find is the freedom your church begins to share.



The Romans 12 Disciple

Experiencing True Spirituality

The question it answers	What does a disciple look like — and am I one?
What you gain	The complete biblical profile of a mature disciple.
What your church gains	A pastor becoming the very disciple this seminar describes. Your church learns what maturity looks like by watching it take shape in you.

The Discipleship Pathway

Living in Rhythm with God

The question it answers	How do we intentionally form disciples?
What you gain	Three rhythms that hold, at a pace you can keep.
What your church gains	A pastor who lives the rhythms, not only teaches them. Your church catches discipleship from your life instead of waiting for you to carry it.

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Appendix — The Core Truths of The Art of Survival

Every Part of this seminar asked you to believe something. Gathered here are those eleven Core Truths — the beliefs beneath everything you discovered today. A belief only shapes your leadership once you have named it and owned it. Read each one slowly and ask: Do I believe this?

SESSION 1: INTRODUCTION TO THE ART OF SURVIVAL

Part 1: The World We Live In

Trials are inevitable — difficulty in a fallen world is a certainty, not a surprise. We are not victims of random suffering; we are participants in a process God has ordained since the beginning.

Part 2: The ART Framework

God provides a complete toolkit for navigating trials — an Attitude to embrace, a Resource to ask for, and a Theology to believe. Together, these three form the ART of Survival.

SESSION 2: AN ATTITUDE TO EMBRACE (JAMES 1:2–4)

Part 1: Choose Joy

Joy is a command, not a feeling. We choose our posture toward trials because we trust the outcome, not because we enjoy the process. God commands this choice because He knows what trials produce.

Part 2: Three “What” Questions

Asking “what” instead of “why” moves us from victim to survivor. Three simple questions — about our attitude, our endurance, and our hope — unlock the path forward through any trial.

Part 3: A Perspective on Pain

God uses adversity as an instrument of His plan, not a disruption to it. Trials serve at least five divine purposes — each one producing something in us that comfort could not achieve.



SESSION 3: A RESOURCE TO ASK FOR (JAMES 1:5–8)

Part 1: Supernatural Wisdom

God offers supernatural wisdom — not intellectual knowledge, but the skill to know what to do, when to do it, and how to do it in the midst of any situation. He promises to give it generously and without reproach.

Part 2: The One Condition

God gives wisdom 100% of the time to those who ask in faith without divided loyalty. The condition is not perfection — it is willingness. Sign the bottom of the contract before you know what's at the top.

Part 3: In Your Time of Need

God is close to the brokenhearted and meets us in our desperation. He leads us through our circumstances with enough grace to handle each day and a promise to work everything together for our good.

SESSION 4: A THEOLOGY TO BELIEVE (JAMES 1:9–12)

Part 1: Slaying the Dragon of Discouragement

Discouragement is Satan's most powerful tool. It deprives courage, hope, and confidence — making us lose heart right before breakthrough. God's antidote is a divine perspective that sees life, circumstances, and the future through His eyes.

Part 2: Enduring in Difficult Times

Hanging tough in tough times demands seeing through God's three lenses — faith, hope, and love. Each lens corrects a specific distortion that discouragement creates.

Part 3: You Are Not a Victim

Survivors who persevere receive the crown of life — not just future reward, but a present quality of intimacy with Jesus, depth of faith, and spiritual authority that others never access.



Answer Guide

Use this guide to check your fill-in answers after the seminar.

SESSION 1: INTRODUCTION TO THE ART OF SURVIVAL

PART 1

1. wrong
2. promised
3. opportunity
4. refines
5. why
6. now

PART 2

7. biblically
8. Attitude
9. choice
10. Resource
11. when
12. Theology
13. love
14. What

SESSION 2: AN ATTITUDE TO EMBRACE

PART 1

1. choose
2. decision
3. crush
4. pressure
5. stronger
6. image

PART 2

7. today
8. attitude
9. respond
10. Endure
11. Believe
12. heaven

PART 3

13. purpose
14. depend
15. weaned
16. witness
17. testimony
18. become

SESSION 3: A RESOURCE TO ASK FOR

PART 1

1. attitude
2. wisdom
3. ask
4. generous

PART 2

5. commitment
6. spiritual
7. is
8. loyalty
9. reject
10. contract
11. expect

PART 3

12. surrendered
13. grace
14. Admit
15. Recognize
16. Ask
17. Become

SESSION 4: A THEOLOGY TO BELIEVE

PART 1

1. strategic
2. discouragement
3. quit
4. divine
5. sufficiency
6. transitory

PART 2

7. attitude
8. faith
9. future
10. motivation

PART 3

11. survival
12. persevered
13. permanent
14. promises
15. relief
16. Faith
17. Hope
18. Love



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