

[Online Soon textbook]

## How to Overcome Adversity

Jeremiah 29:4-13

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We may feel frustrated when hardships of life continue and God appears to remain silent. Also, we may feel helpless not knowing how to turn around the difficult situations. There are some tips that people of faith overcome adversities.

- We need to lead our daily life as God's people in wherever we are (v. 4-6).
  - We need to seek the peace with our enemies and pray for them (v. 7).
  - We need to only look upon God and pray with all our heart (v. 12-13).
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1. What does it mean that we need to live our daily life as God's people in wherever we are? (Explain in comparison with Noah's Ark and the flood(Luke 17:27) How does God lead the life of His people (Proverb16:9)? Under the current circumstances, how do we obey God in ways that please Him?
  
  
  
  
  
  
  
  
  
  
  2. How did the Israelites embrace God's message that forgives their enemies of Babylon and pray for them? How would it be beneficial to remember our sinful nature and sins? Why do we need to forgive those who persecute us and bless them?
  
  
  
  
  
  
  
  
  
  
  3. Why did God tell us to pray with all our heart(v. 12-13)? What does the Scripture mean, '...go into your room, close the door and pray to your Father, ...who sees what is done in secret...' (Matthew 6:6)?  
In reflecting upon the COVID pandemic, did you pray to God in a closed room? Share with one another how you overcame adversities by praying to God in a closed room. Discuss on how we can restore our prayer life and pray together.