



Finding Hope in Hard Times



Explore why bad things happen and how God's love and purpose shine even in pain and suffering.



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Introduction

Why do bad things happen? It's one of the toughest questions to face, especially as a teen navigating a complex and sometimes painful world. From personal struggles at school to family issues or witnessing injustice, it's easy to feel overwhelmed or abandoned. But the Bible offers a clear message: God is not distant or uncaring. Instead, He is deeply present, working through even the hardest moments to bring good.

Don't be discouraged when life feels unfair. God's love surrounds you, even in suffering. Throughout this study, we'll explore Scriptures that reveal His presence in pain and how He can transform struggles into powerful stories of hope and growth. Understanding suffering does not mean having all answers right away, but finding peace in God's promises and learning to trust His greater plan.

As you journey through these three days, reflect on your experiences, be honest with your feelings, and open your heart to the comforting truth that every difficulty has a purpose in God's hands. You're not alone — He walks with you every step of the way.





Day 1: Why Bad Things Happen



Day 1: ❤️ Why Bad Things Happen

Your Verse

Romans 8:28 NIV - "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

Supporting Scriptures

- *Genesis 50:20 - "You intended to harm me, but God intended it for good to accomplish what is now being done."*
- *Psalms 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*



Day 1: ❤️ Why Bad Things Happen

Devotional: God's Purpose in Our Pain

Understanding suffering begins with acknowledging the reality of pain. Bad things happen in life, and sometimes they feel completely unfair or random. But as Romans 8:28 reminds us, God has a way of redeeming even the worst situations. He is not the author of evil, but He promises to work through it for good—especially for those who love Him.

Think about Joseph in the Old Testament. Even though his brothers sold him into slavery, God had a greater plan. What was meant for harm, God used for good (Genesis 50:20). This shows us that God is powerful enough to bring purpose from pain and that no suffering is wasted when we trust Him.

When life feels dark or confusing, remember that God is near to the brokenhearted (Psalm 34:18). He understands your pain intimately and cares deeply about your struggles. You are never alone in your suffering; God's love surrounds you even when the why isn't clear.



Day 1: ❤️ Why Bad Things Happen

Reflect and Apply

1. How have you experienced God working good through difficult situations in your life?

2. What feelings come up when you think about suffering and God's presence in it?

3. Why do you think it's important to trust God even when bad things happen?



Day 1: ❤️ Why Bad Things Happen

Journaling Prompts

1. Write about a time when something hard led to something good in your life.

2. Describe how you feel God's presence when you are hurting or confused.

3. List ways you can remind yourself to trust God during tough times.



Day 1: ❤️ Why Bad Things Happen

Prayer for Today

God, thank You for being close to me even when life hurts. Please help me trust that You are working for my good, even if I don't understand right now. Comfort my heart and give me peace when I feel broken or confused. Teach me to hold onto Your promises and to lean on You in every trial. Thank You for loving me and never leaving me.

Amen. 🙏❤️🌟





Day 2: God's Presence in Suffering



Your Verse

Psalms 23:4 NIV – "Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

Supporting Scriptures

- *Isaiah 41:10 – "So do not fear, for I am with you; do not be dismayed, for I am your God."*
- *2 Corinthians 1:3–4 – "God comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."*



Devotional: God Walks with Us Through Pain

When facing suffering, the greatest comfort comes from knowing God is with us. Psalm 23 calls this the darkest valley, a place where fear and pain threaten, yet God's presence is our shield and peace.

God doesn't abandon us to face hardship alone. Isaiah 41:10 encourages us not to fear because God Himself is our strength and protector. Even when life feels scary or unfair, His presence surrounds and sustains us.

Furthermore, the comfort we receive from God during hard times equips us to help others who suffer. 2 Corinthians 1:3-4 paints the picture of a God who not only supports us but uses our experiences to build empathy and strength in community. This shows that pain is not just personal—it can connect us and bring hope to others.

This truth invites us to embrace God's comforting presence and to be a source of encouragement for those around us.



Reflect and Apply

1. How have you felt God's presence during difficult times?

2. In what ways can your own experiences of suffering help others?

3. What fears could you give to God today, trusting He will comfort you?



Journaling Prompts

1. Write about a moment when you felt God comforting you.

2. List people in your life you can support because they are hurting.

3. Describe what trusting God's presence means to you personally.



Prayer for Today

Lord, thank You that You never leave me in my darkest moments. Help me to feel Your peace when fear and pain try to overwhelm me. Teach me to rely on Your comfort and to be a source of hope to others who are hurting. May Your presence be my strength today and always.

Amen. 🙏❤️🕊️





Day 3: Hope Beyond Hardship



Your Verse

James 1:2-4 NIV – "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."

Supporting Scriptures

- *Romans 5:3-5 – "Suffering produces perseverance; perseverance, character; and character, hope."*
- *Revelation 21:4 – "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain."*



Devotional: Embracing Growth and Hope in Trials

Though painful, trials are opportunities for growth and hope. James encourages us to view difficulties as a chance to develop perseverance, a quality that strengthens our faith and shapes our character.

Paul echoes this progression in Romans: suffering leads to endurance, which builds character, and ultimately results in hope. This hope is not just wishful thinking but a confident expectation rooted in God's promises.

The ultimate hope for believers is beautifully described in Revelation 21:4, where God will end all suffering and pain. This future promise gives strength to endure the present.

As a teen facing challenges, hold on to this hope that surpasses current struggles. Each trial is a step toward a deeper relationship with God and a stronger, more hopeful you.



Reflect and Apply

1. How have past challenges helped you grow in faith or character?

2. What does hope mean to you when suffering feels overwhelming?

3. How can you remind yourself of God's future promises during hard times?



Journaling Prompts

1. Write about a trial that led to a positive change or lesson in your life.

2. Describe what hope looks like for you in difficult moments.

3. List Bible verses or truths that help you focus on God's promises.



Day 3: 🌈 Hope Beyond Hardship

Prayer for Today

Father, thank You for the hope that carries me through hardships. Help me to see trials as opportunities to grow stronger in faith and character. Remind me daily of Your promises and the joy that awaits beyond the struggles. Fill me with perseverance and peace as I trust in Your perfect plan.

Amen. ✨ 🕊️ 🙏 💪





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