



PRAYER LIFE | The TRIALS Trail

1. What is your trial? On a sheet of paper finish this sentence: “My trial is....”
2. Write the letters of the word TRIALS vertically down the left-hand side of your paper. Write a one- or two-sentence prayer that fits into each section, such as:
 - T-Thanks.** *Thank God for your trial.*
 - R-Request.** *Request Him to show you what He wants you to learn from this experience.*
 - I-Invite.** *Invite Jesus to walk through the trial with you.*
 - A-Affirm.** *Affirm your faith in God and His promises.*
 - L-Lean.** *Lean on Jesus as you go through the trial. Turn to Him often to discuss your problem and receive strength.*
 - S-Surrender.** *Surrender your situation and yourself to God. Allow Him to deal with you however He sees fit.*
3. Divide a sheet of paper into two columns. In the first column, list trials that you have experienced. In the second column, list how God helped you through each trial. When you are finished, praise God for the many times He has seen you through a wilderness experience.
4. Read “The Call of Abraham” in *Patriarchs and Prophets* (by Ellen G. White). Look for the following: seven reasons why God permits trials and four responses we should make to our trials.
5. Make a list of trials you have experienced. Alongside each trial, write at least one lesson you learned from that time of trouble.
6. Joseph is one who walked the TRIALS Trail through Prayer Country. Instead of rebelling against his misfortunes, he turned his trials over to God and asked for His presence to sustain him in his troubles. As a result, what lessons did Joseph learn from his trials? Read Chapter 20 of *Patriarchs and Prophets*. Make a list of the lessons Joseph learned on this route.

Source: Dorothy Eaton Watts. *Prayer Country: A Tour Guide to the Wonders of Prayer*. Pacific Press Publishing Association, Boise, Idaho, 1993.