



Transform Seeds of  
Adversity Into  
Fruits of Greatness

Presented to the Godly  
Men and Women of



## Notetaker and Resource

Presented by

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*Build up, build up, prepare the road! Remove the obstacles out of the way of my people.  
Isaiah 57:14 (NIV)*

**Seeds of Adversity** \_\_\_\_\_  
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**Fruits of Greatness** \_\_\_\_\_  
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**Mental Models** \_\_\_\_\_  
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**Courage is required to face the unknown  
and confront uncomfortable truths, trusting  
God's guidance.**

**Activity: Reflect and Trust**

1. Think about a moment in your life when fear or uncertainty held you back from taking action or confronting a difficult truth.

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2. Write down one situation in your life right now that feels like an unknown or an uncomfortable truth you've been avoiding.

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3. Reflect on **Joshua 1:9** ("*Be strong and courageous...for the Lord your God is with you*") and consider how God's presence can give you strength to face this challenge.

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4. **Action Step:** Write one practical action you can take this week to trust God more deeply as you move forward with courage.

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## Emotions

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### A Guide to Recognizing and Responding to Your Emotions

Emotions are essential signals that provide insight into our internal states and external circumstances. This guide outlines five common emotions—anger, anxiety, embarrassment, hurt, and sadness—defining each emotion, identifying physical sensations associated with them, and exploring what they may be trying to communicate.

#### How to Use the Guide

- 1. Self-Awareness:** Use this guide as a tool for self-reflection. When you experience any of these emotions, refer back to this document to identify what you're feeling and why.
- 2. Emotional Processing:** Recognize that emotions are signals rather than obstacles. Allow yourself to feel these emotions without judgment and explore their underlying messages.
- 3. Communication:** When discussing your feelings with others, use the definitions and insights provided here. This can help you articulate your emotions more clearly and foster deeper connections.
- 4. Personal Growth:** Reflect on how you can address the needs indicated by each emotion. For example, if you feel hurt due to unmet expectations, consider communicating those expectations more clearly in the future.
- 5. Support Seeking:** If you're struggling with any of these emotions, consider reaching out for support from friends, family, or professionals who can help you navigate your feelings.

By understanding and utilizing this information about emotions, you can enhance your emotional intelligence and improve your overall well-being.

## Anger

Definition: A strong feeling of displeasure, annoyance, or hostility triggered by a perceived wrong, injustice, or threat.

Physical Sensation	What is Anger Telling Me
<ul style="list-style-type: none"><li><input type="checkbox"/> Increased heart rate and blood pressure</li><li><input type="checkbox"/> Muscle tension, particularly in the jaw and fists</li><li><input type="checkbox"/> Feeling of heat or flushing in the face and body</li><li><input type="checkbox"/> Quickened breathing</li><li><input type="checkbox"/> Adrenaline rush</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Your boundaries have been violated</li><li><input type="checkbox"/> There's an injustice that needs to be addressed</li><li><input type="checkbox"/> You have unmet needs or expectations</li><li><input type="checkbox"/> You may feel threatened or disrespected</li></ul>

## Anxiety

Definition: A feeling of worry, nervousness, or unease about an imminent event or uncertain outcome.

Physical Sensation	What is Anxiety Telling Me
<ul style="list-style-type: none"><li><input type="checkbox"/> Rapid heartbeat</li><li><input type="checkbox"/> Sweating</li><li><input type="checkbox"/> Trembling or shaking</li><li><input type="checkbox"/> Shortness of breath</li><li><input type="checkbox"/> Stomach discomfort or nausea</li><li><input type="checkbox"/> Muscle tension</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> You perceive a potential threat or danger</li><li><input type="checkbox"/> You're facing uncertainty or unpredictability</li><li><input type="checkbox"/> You may need to prepare for an upcoming challenge</li><li><input type="checkbox"/> There might be a conflict with your personal values or beliefs</li></ul>

## Embarrassment

Definition: A feeling of self-consciousness, shame, or awkwardness experienced in social situations.

Physical Sensation	What is Embarrassment Telling Me
<ul style="list-style-type: none"><li><input type="checkbox"/> Blushing or feeling warmth in the face</li><li><input type="checkbox"/> Increased heart rate</li><li><input type="checkbox"/> Sweating</li><li><input type="checkbox"/> Desire to avoid eye contact</li><li><input type="checkbox"/> Feeling of wanting to hide or disappear</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> You may have violated a social norm or expectation</li><li><input type="checkbox"/> Your self-image might be under threat</li><li><input type="checkbox"/> You're receiving unwanted attention</li><li><input type="checkbox"/> There might be a need to reassess your actions or behavior</li></ul>

## Hurt

Definition: A feeling of emotional pain or distress caused by a perceived injury, rejection, or loss.

Physical Sensation	What is Hurt Telling Me
<ul style="list-style-type: none"><li><input type="checkbox"/> Tightness or aching in the chest</li><li><input type="checkbox"/> Feeling of heaviness or emptiness</li><li><input type="checkbox"/> Lump in the throat</li><li><input type="checkbox"/> Tearfulness</li><li><input type="checkbox"/> Fatigue or lack of energy</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Your emotional needs are not being met</li><li><input type="checkbox"/> There may be a betrayal of trust</li><li><input type="checkbox"/> Your self-worth might be challenged</li><li><input type="checkbox"/> There could be unresolved issues from past experiences</li><li><input type="checkbox"/> You might need to reassess your boundaries</li></ul>

## Sadness

Definition: A feeling of sorrow, unhappiness, or disappointment, often in response to loss or difficult circumstances.

Physical Sensation	What is Sadness Telling Me
<ul style="list-style-type: none"><li><input type="checkbox"/> Heaviness in the chest or body</li><li><input type="checkbox"/> Fatigue or low energy</li><li><input type="checkbox"/> Changes in appetite</li><li><input type="checkbox"/> Difficulty sleeping</li><li><input type="checkbox"/> Tearfulness</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> You're experiencing a loss that needs to be processed</li><li><input type="checkbox"/> There might be unmet emotional needs</li><li><input type="checkbox"/> You could be facing disappointment or unmet expectations</li><li><input type="checkbox"/> You may need time for reflection and introspection</li><li><input type="checkbox"/> There might be a need for support or connection with others</li></ul>

**Humility is the foundation for learning, growth, and walking the path of God's purpose.**

**Activity: Humility in Practice**

1. Reflect on areas of your life where it is difficult to surrender control and rely on God's guidance.

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2. Write down three specific ways you can practice humility this week in your relationships, work, or spiritual life.

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3. Read and meditate on **Proverbs 3:5-6** ("*Trust in the Lord with all your heart...He will make straight your paths*") and consider how humility opens you to God's purpose.

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4. **Action Step:** Share one of these practices with a trusted friend or group, and pray together for the strength to live out humility.

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**Activity: Self-Assessment for Growth**

1. Reflect on an area of your life where discipline is needed (e.g., prayer, Scripture study, relationships, or health).

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2. Write down one specific area where you feel God is calling you to grow in discipline.

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3. Read and meditate on **Galatians 2:20** (*"It is no longer I who live, but Christ who lives in me"*) and consider how discipline is empowered by Christ's Spirit in you.

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4. **Action Step:** Commit to one small, Spirit-led change you can make this week to align your habits with God's purpose for your life.

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## Biblical References

### A. Courage and Trust in God

#### Courage

**Hebrew:** *Chazaq* (חָזַק) – Meaning "to be strong," "to prevail," or "to take courage." It conveys a sense of fortitude and resilience derived from reliance on God.

- *“Be strong (chazaq) and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you”* (Deuteronomy 31:6).

**Greek:** *Tharseō* (θαρσέω) – Meaning "to be of good cheer" or "to take heart." It emphasizes courage in the face of fear, rooted in faith in God's presence and promises.

- *“Take heart (tharseō); it is I. Do not be afraid”* (Matthew 14:27).

#### 1. How Courage Aligns with Trusting God

Courage in the Bible is always tied to faith in God. It is not self-reliance but a confident trust in His presence and guidance that enables believers to face the unknown and confront difficult truths.

#### Empowered by God's Strength:

Biblical courage stems from God's strength, not human ability.

- *“Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go”* (Joshua 1:9).

#### Rooted in Faith, Not Fear:

Courage involves trusting God rather than succumbing to fear of the unknown.

- *“When I am afraid, I put my trust in you”* (Psalm 56:3).

#### 2. The Relationship Between Courage and Truth

Courage is required to embrace the truth, even when it is uncomfortable. Trusting God gives believers the confidence to confront challenging realities, knowing He leads them through.

- *“You will know the truth, and the truth will set you free”* (John 8:32).
- *“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me”* (Psalm 23:4).

### 3. The Ultimate Example: Christ

Jesus exemplifies courage in His unwavering trust in the Father and willingness to confront truth, even unto death.

- **Courage:** Jesus faced the agony of the cross with faith in God's plan.  
⇒ *"Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done"* (Luke 22:42).
- **Truth:** He declared the truth boldly, even when opposed.  
⇒ *"For this purpose I was born and for this purpose I have come into the world—to bear witness to the truth"* (John 18:37).

### 4. Conclusion: Living Out Courage in Faith

Courage is essential for facing life's unknowns and confronting difficult truths, but it must be anchored in God's guidance and strength. As believers, we are called to trust His promises and walk in faith, knowing He equips us to overcome fear.

#### A Key Verse:

- *"For God gave us a spirit not of fear but of power and love and self-control"* (2 Timothy 1:7).

Courage grounded in God's strength allows us to embrace His truth and step boldly into the unknown with unwavering faith.

### B. Humility and God's Purpose: The Connection

The relationship between **humility** and fulfilling **God's purpose** is deeply rooted in Scripture. Humility is not just a personal virtue but a necessary posture for aligning oneself with God's will and being used by Him for His purposes. Without humility, we cannot fully surrender to God's plans or rely on His guidance.

#### 1. Biblical Words and Meanings

##### Humility

- **Hebrew:** *Anavah* (עֲנָוָה) – Meaning "gentleness," "meekness," or "humility." It reflects a posture of lowliness before God and others, recognizing one's dependence on Him.  
⇒ *"He leads the humble (anavim) in what is right, and teaches the humble His way"* (Psalm 25:9).

- **Greek:** *Tapeinophrosynē* (ταπεινοφροσύνη) – Meaning "lowliness of mind" or "humbleness." It conveys a deep sense of modesty and self-awareness before God.

⇒ *"Humble yourselves before the Lord, and He will exalt you"* (James 4:10).

## Purpose

- **Hebrew:** *Etsah* (עֵצָה) – Often translated as "counsel" or "purpose," this word highlights God's sovereign plan and wisdom.

⇒ *"The counsel (etsah) of the Lord stands forever, the plans of His heart to all generations"* (Psalm 33:11).

- **Greek:** *Prothesis* (πρόθεσις) – Meaning "plan" or "intention," often used to describe God's eternal purposes.

⇒ *"We know that for those who love God all things work together for good, for those who are called according to His purpose (prothesis)"* (Romans 8:28).

## 2. How Humility Leads to God's Purpose

Theologically, humility is the gateway to aligning with God's purpose because it:

- **Opens Us to God's Guidance:** Humility recognizes our dependence on God, making us receptive to His leading.

⇒ *"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths"* (Proverbs 3:5-6).

- **Invites God's Favor and Exaltation:** God actively opposes pride but honors humility by exalting the humble to fulfill His purposes.

⇒ *"God opposes the proud but gives grace to the humble"* (1 Peter 5:5).

⇒ *"For everyone who exalts himself will be humbled, and he who humbles himself will be exalted"* (Luke 14:11).

- **Forms the Heart for Service:** Humility is the foundation of Christlike service, which is central to fulfilling God's purpose.

⇒ *"Have this mind among yourselves, which is yours in Christ Jesus, who, though He was in the form of God, did not count equality with God a thing to be grasped, but emptied Himself"* (Philippians 2:5-7).

### 3. The Relationship in Practice

- **Humility** is the inward posture of surrender and trust, acknowledging that God's plans are higher than our own.
- **God's Purpose** is the outward manifestation of His work through us as we submit to His will.
- Humility is the soil in which God plants the seeds of His purpose. Without it, we resist His shaping; with it, we become vessels for His glory.

### 4. The Ultimate Example: Christ

Christ exemplifies the perfect relationship between humility and God's purpose:

- **Humility:** He humbled Himself in obedience to the Father, even to death on a cross.  
⇒ *"Being found in human form, He humbled Himself by becoming obedient to the point of death"*(Philippians 2:8).
- **Purpose:** Through His humility, He fulfilled the ultimate purpose of redemption.  
⇒ *"For I have come down from heaven, not to do My own will but the will of Him who sent Me"* (John 6:38).

### 5. Conclusion: Living Out Humility in God's Purpose

Humility is not just a prerequisite for understanding God's purpose—it is the very means by which His purpose is fulfilled in and through us. As disciples of Christ, we are called to adopt His humility so that we can walk faithfully in the plans God has prepared for us.

#### A Key Verse:

⇒ *"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them"* (Ephesians 2:10).

In short, **humility positions us to embrace and fulfill God's purpose.** Just as the disciple must submit to the discipline of the teacher, those who walk in humility will see God's purpose unfold in their lives.

## C. The Word "In" and God's Indwelling Presence

### Disciple

**Hebrew:** *Talmid* (תלמיד) – Meaning "student" or "learner," this term reflects someone who follows and learns from a teacher. In the context of faith, a disciple learns to walk in God's ways under His guidance.

- *"Teach me Your way, O Lord, that I may walk in Your truth"* (Psalm 86:11).

**Greek:** *Mathētēs* (μαθητής) – Meaning "learner" or "follower," it describes someone who actively seeks to emulate the life and teachings of a master. Discipleship in Christ goes beyond external imitation; it involves transformation through His Spirit dwelling in us.

- *"Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me"* (John 15:4-5).

### Discipline

**Hebrew:** *Musar* (מוסר) – Meaning "instruction" or "correction," this word often refers to God's loving correction, designed to lead us to righteousness and wisdom.

- *"The fear of the Lord is the beginning of knowledge; fools despise wisdom and instruction (musar)"* (Proverbs 1:7).

**Greek:** *Paideia* (παιδεία) – Meaning "training" or "instruction," it highlights God's shaping work in the believer, producing holiness through discipline.

- *"For it is God who works in you, both to will and to work for His good pleasure"* (Philippians 2:13).

### 1. How the Word "In" Connects Discipline and Discipleship

Theologically, the word "in" reflects the indwelling presence of God, which empowers both discipleship and discipline in the Christian life:

**God in Discipleship:** Being a disciple means more than learning externally—it is allowing Christ to transform us from within. This abiding relationship leads to fruitfulness.

- *"I have been crucified with Christ. It is no longer I who live, but Christ who lives in me"* (Galatians 2:20).

**God in Discipline:** Discipline is not merely a self-driven effort; it is the Spirit working within us to shape us into Christ's image.

- *"You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you"* (Romans 8:9).

## 2. Biblical Support: God in Us as the Source of Strength

Scripture emphasizes that God's indwelling Spirit is the source of both discipleship and discipline:

- **Colossians 1:27:** *"Christ in you, the hope of glory."* This reminds us that discipleship begins and thrives because of Christ living within us.
- **2 Timothy 1:7:** *"For God gave us a spirit not of fear but of power and love and self-control."* Discipline, particularly self-control, is empowered by the Spirit's work in us.

## 3. Living Out Discipleship and Discipline Through God in Us

- **Discipleship:** To follow Christ, we must surrender to His Spirit daily, allowing Him to shape our hearts and lives.
  - ⇒ *"You did not choose me, but I chose you and appointed you that you should go and bear fruit"* (John 15:16).
- **Discipline:** Discipline flows from this inner transformation, as we live out what God has worked within us.
  - ⇒ *"For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it"* (Hebrews 12:11).

Together, discipleship and discipline are not external behaviors but Spirit-led processes through which God aligns our lives with His purposes.

## 4. The Ultimate Example: Christ

Christ perfectly embodies the relationship between discipleship and discipline through His obedience to the Father:

- **Discipleship:** Jesus remained in perfect fellowship with the Father, modeling what it means to abide and follow.

⇒ *“For I have come down from heaven, not to do my own will but the will of Him who sent me” (John 6:38).*

- **Discipline:** Jesus’ obedience, even unto death, exemplifies Spirit-empowered discipline.

⇒ *“Being found in human form, He humbled Himself by becoming obedient to the point of death”(Philippians 2:8).*

## 5. Conclusion: The Power of God in Us

The word *“in”* profoundly illustrates the connection between discipleship and discipline through God’s indwelling presence. Without Christ in us:

- **Discipline** would become futile self-effort.
- **Discipleship** would remain shallow and external.

But with Christ in us:

- **Discipline** becomes Spirit-empowered, leading to growth and holiness.
- **Discipleship** becomes a deep, abiding relationship that bears eternal fruit.

### A Key Verse:

- *“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them” (Ephesians 2:10).*

Discipleship and discipline are two sides of the same Spirit-filled life. Through God in us, we are empowered to follow Him faithfully and live out His purposes with holiness and fruitfulness.