

- **James 1:1-2** “This letter is from James, a slave of God and of the Lord Jesus Christ. I am writing to the "twelve tribes"-- Jewish believers scattered abroad. Greetings! <sup>2</sup> Dear brothers and sisters, **when troubles come your way, consider it an opportunity for great joy.**”

**Q1. Have you ever considered troubles from a mood disorder an opportunity for joy? If so, when?**

- **James 1:3-4** <sup>3</sup>“For you know that when your faith is tested, your endurance has a chance to grow. <sup>4</sup> So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing. “

**Q2. According to James 1:3-4, what is a possible immediate benefit of struggling with a mood disorder? Have you experience this in any way?**

- **James 1:5-8** <sup>5</sup>“If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. <sup>6</sup> But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. <sup>7</sup> Such people should not expect to receive anything from the Lord. <sup>8</sup> Their loyalty is divided between God and the world, and they are unstable in everything they do.”

**Q3. According to James 1:5, what is another possible immediate benefit of struggling with a mood disorder? Have you experienced this in any way?**

- **James 1:9-11** <sup>9</sup>“Believers who are poor have something to boast about, for God has honored them. <sup>10</sup> And those who are rich should boast that God has humbled them. They will fade away like a little flower in the field. <sup>11</sup> The hot sun rises and the grass withers; the little flower droops and falls, and its beauty fades away. In the same way, the rich will fade away with all of their achievements. “

**Q4. According to James 1:9-11, what is another possible immediate benefit of struggling with a mood disorder? Have you experienced this in any way?**

- **James 1:12-12** <sup>12</sup>“God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him.”

**Q5. According to James 1:12, what is a possible future benefit of successfully struggling with a mood disorder? Are you looking forward to this personally?**

**Q6. According to James 1:3-12, what are the 4 possible benefits of successfully struggling with a mood disorder? Are you looking to improve yourself by means of struggles?**

## Prayer Requests

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- 12.

James 1:3-13 NLT

“And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them” (Romans 8:28 NLT).

## Mood Disorder Share & Prayer Support Group

**How Can Struggling  
with a Mood Disorder  
be Good?**

**Our Mission** – Glorify God by serving those who suffer from a mood disorder and those who care for them

### **Pillar #9**

**We believe that God can even use our painful struggles with mood disorders for good (Romans 8:28).**

A ministry of Grace Baptist Church, Bowie MD  
Childcare available at no cost from 7:00-8:30 Tuesdays  
[www.gbcbowie.org](http://www.gbcbowie.org)