



Lesson 11 for  
June 13, 2026

# SETBACKS



“And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us”  
(Romans 5:3-5, NKJV)



**We live in a world full of sin and suffering. We all face difficulties at some point that can make us question God's love.**

**How do we react to these setbacks?**

**We will study how some biblical characters responded to different adverse situations, and how their example could help us to face similar contingencies.**

**The storms of life**



**Diseases**



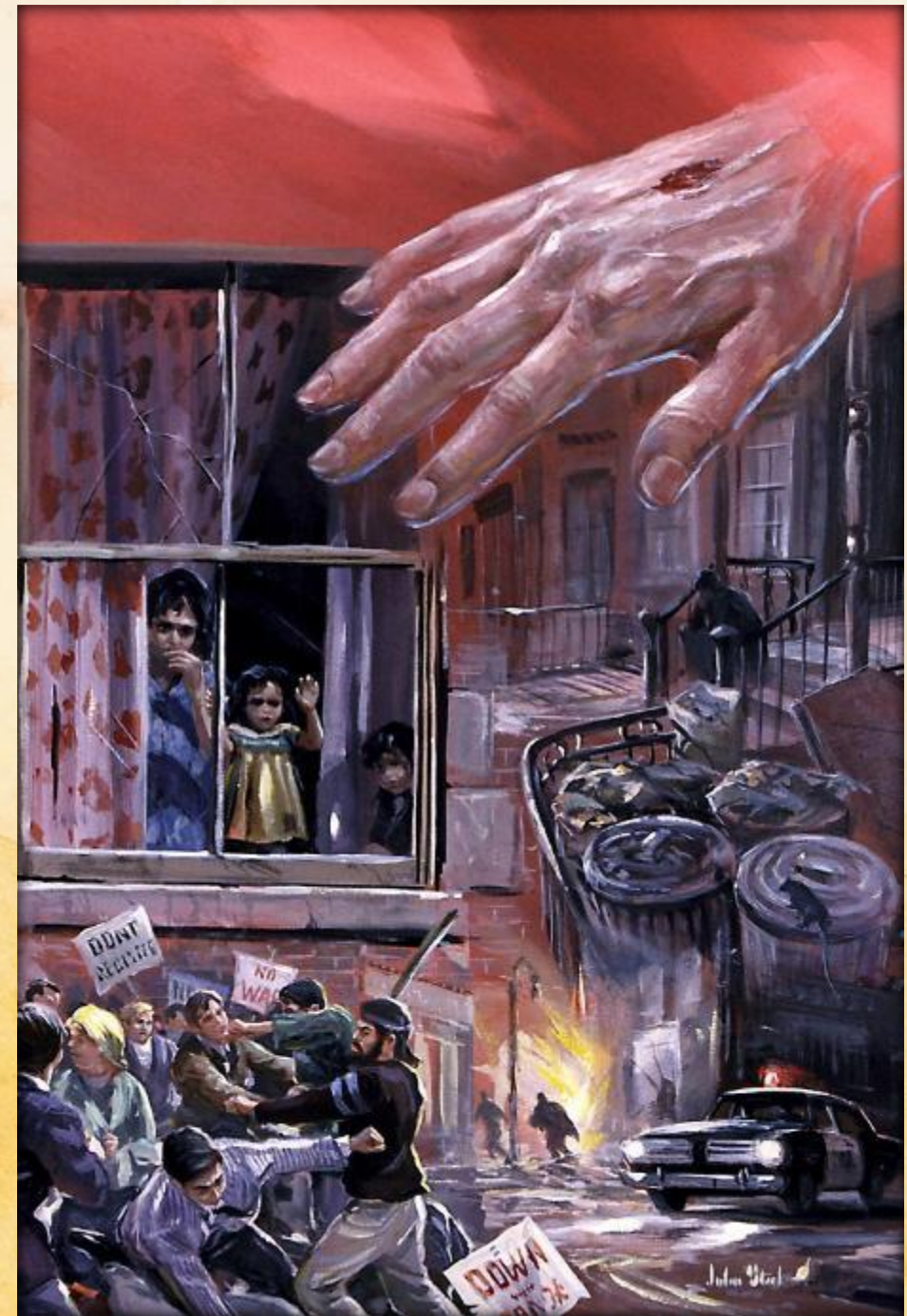
**Disasters**



**Disappointments**



**See Jesus**



# THE STORMS OF LIFE

**"A furious squall came up, and the waves broke over the boat, so that it was nearly swamped" (Mark 4:37)**

Crossing the Sea of Galilee in the middle of the night, even in the midst of a storm, was not something new for Peter, Andrew, James and John, expert fishermen.

However, the storm overwhelmed them. The wind whipped up the waves, flooding the boat and endangering their lives. Then they realized... Where is Jesus? Is he sleeping? Why isn't he helping us? Doesn't he care about what happens to us? (Mark 4:35-38).

In our lives we go through storms. We ask Jesus for help, but it seems as if He is asleep. We don't feel His presence. But He is there.

Wait for the moment to rebuke our storm: "Peace, be still" (Mark 4:39). He cares for us (1 Peter 5:7). He can calm our storms. Don't forget to praise Him when He does (Mark 4:40-41).



# DISEASES

**"because she thought, 'If I just touch his clothes, I will be healed' "**  
(Mark 5:28 NIV)

**Suffering from hemorrhages for twelve years without finding a doctor who could heal her had left the woman destitute and without hope (Mark 5:25-26). Today, there are countries where free medical coverage does not exist, and this story may still be a reality.**



**In any case, we can all face situations in which illness imprisons and suffocates us, without finding relief.**

**The woman saw in Jesus the solution, and her faith saved her (Mark 5:27-29).**

**We must trust that Jesus can use skilled doctors to heal us, or perform a direct miracle in us.**

**In any case, Jesus invites us to leave all our burdens and worries on Him (Mt. 11:28-30).**



# DISASTERS

"And after my skin has been destroyed,  
yet in my flesh I will see God." (Job 19:26)

War, violence, and natural disasters radically transformed Job's life (Job 1:13-19). We are all exposed to disasters, whether natural or caused by the evil that prevails in this world.

How will we react? How did Job react?



He neither blamed God nor rejected Him

She clung to Him with all her might

He trusted even in the darkest moments

He set his sights on a glorious future (Job 19:25-27)



If we do not lose heart, we will see that even in our toughest trials, God is always there. He loves us and strengthens us to draw strength from weakness, courage from discouragement, and hope from disaster (Joel 3:10; Rom. 5:3-5).

If you are going through difficult times, reflect on the fact that God's love and care for you are the safest and most stable thing in your life.

# DISAPPOINTMENTS

**"But we had hoped that he was the one who was going to redeem Israel..." (Luke 24:21a)**

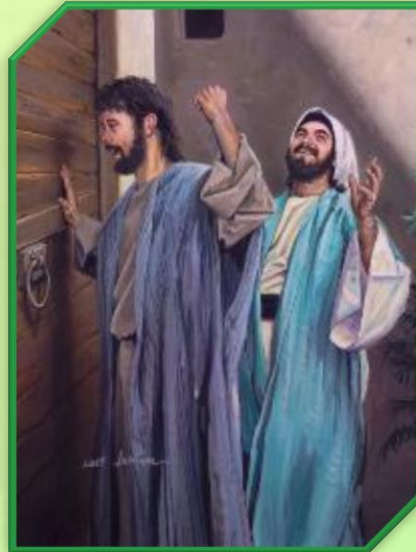
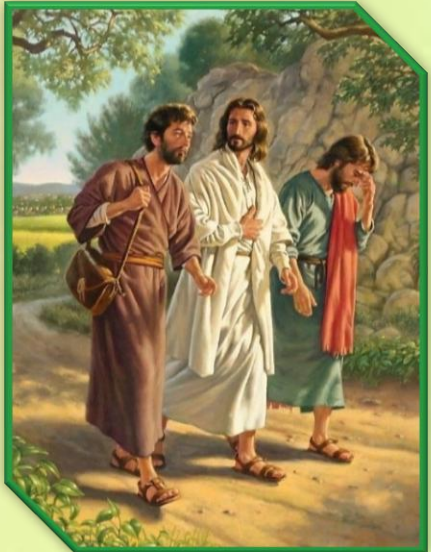


**The perspective: Jesus is the Messiah who will redeem Israel. The reality: He has died (Lk 24:18-21).**

**Their disappointment was so great that it did not allow them to accept even the clearest evidence of Jesus' resurrection (Lk 24:22-24).**

**Patiently, Jesus helped them regain their hope. Finally, "their eyes were opened" (Luke 24:31 NIV) , and they ran to encourage those who were still disappointed (Luke 24:32–35; 2 Corinthians 1:4).**

**What can we learn from their experience?**



**We must not let doubt take root in our minds**

**Jesus walks beside us even in our disappointments**

**He will clear up our perplexities, if we allow him to**

**Jesus knows better than we do what our reality is**

# SEE JESUS

**"I consider that our present sufferings are not worth comparing with the glory that will be revealed in us." (Romans 8:18)**

**When Ellen G. White was in abject despair, she had a vision in which she saw Jesus.**

**She understood that He understood everything she was going through. At one point, placing His hand on her head, Jesus said to her, "Do not be afraid."**

**She saw glorious scenes, and it seemed to her that she had attained the safety and peace of heaven.**

**This dream gave her hope and faith, and the certainty that he could trust in God.**



“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.”  
(Romans 8:28)

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:6-7)

“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. Let perseverance finish its work so that you may be mature and complete, not lacking anything. [...] Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.” (James 1:2-4, 12)



“But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.” (2 Corinthians 12:9)

**“Into the experience of all there come times of keen disappointment and utter discouragement—days when sorrow is the portion, and it is hard to believe that God is still the kind benefactor of His earthborn children; days when troubles harass the soul, till death seems preferable to life. It is then that many lose their hold on God and are brought into the slavery of doubt, the bondage of unbelief. Could we at such times discern with spiritual insight the meaning of God's providences we should see angels seeking to save us from ourselves, striving to plant our feet upon a foundation more firm than the everlasting hills, and new faith, new life, would spring into being.”**

**EGW (Prophets and Kings, pg. 163)**