

Adult Teachers
Sabbath School
Bible Study Guide

April | May | June 2026

GROWING IN A RELATIONSHIP WITH GOD



SETBACKS

Lesson 11 Study Notes [ABSG-2-2026]

June 6-12

Disclaimer

These notes are prepared to support personal and group Bible study. While written with care and in harmony with Scripture, the Sabbath School Quarterly Guide, and the Spirit of Prophecy, they are not an official publication of the Sabbath School Department of the General Conference of Seventh-day Adventist Church. The Reader is encouraged to rely first on the Bible, together with the Sabbath School Quarterly Guide and the Spirit of Prophecy writings.

Lesson 11 [June 6 - 12]: Understanding the Memory Text

“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).

- **Life** is not always **easy**.
- Even **faithful** Christians face **disappointments**, **losses**, **sickness**, **delays**, and **unanswered** questions.
- This week's **lesson** looks at **people** like the **disciples**, the **woman** who **touched** Jesus, **Job**, and the **travelers** on the road to **Emmaus**.
- Each faced a **setback**.
- Yet each **discovered** that **God** was still **with** them.
- **Paul's** words in **Romans** remind us that **God** can **use** even our **hardest** experiences to **bring** us **closer** to Him.

“We also **glory** in **tribulations**...”

- Paul is **not** saying that **suffering** is **pleasant**.
- He is saying that **God** can **bring** something **good** out of it.
- Many of us would **gladly** choose a **life** without **storms**.
- Yet some of our **deepest** lessons about **God's love** are learned during **difficult** times.
- The **disciples** learned this in the **storm** on **Galilee**.
- When everything seemed **out of control**, **Jesus** was still in the **boat**.
- Our **troubles** do **not** mean **God** has **abandoned** us.
- Very often, they become **opportunities** to **trust** Him **more**.

“Knowing that **tribulation** produces **perseverance**...”

- **Perseverance** means learning to **keep trusting** God when **life** is **hard**.
- It is choosing to **hold on** when we **feel** like **giving up**.
- Job **lost** almost everything.
- He **did not** understand what was happening.
- Yet he **refused** to **let go** of **God**.
- **Faith** grows **strongest** when it is **exercised**.
- Just as **muscles** grow through **resistance**, **spiritual** strength grows through **trials**.

“...and perseverance, character...”

- **Character** is **not** formed in **comfort** alone.
- It is **developed** as we learn **daily dependence** on **God**.
- A **storm** reveals what is inside a **ship**.
- **Trials** often reveal what is **inside** our **hearts**.
- As we continue **walking** with **Jesus** through **difficulties**, He **shapes** us to become more **patient**, **humble**, and **trusting**.
- Little by little, **His character** is **reflected** in our **lives**.

“...and character, hope.”

- Biblical **hope** is much more than **wishing** for something **better**.
- It is **confidence** in God's **promises**.
- The **two disciples** on the road to **Emmaus** thought their **hopes** had been **shattered**.
- They did **not** realize **Jesus** was walking **beside** them.
- When He **opened** the **Scriptures**, their **hope** returned.
- The **same** Jesus still walks beside **His people** today, even when they **cannot** see Him **clearly**.

“...Now hope does not disappoint...”

- **People** may **disappoint** us.
- **Circumstances** may **disappoint** us.
- But God **never** fails His **children**.
- His **timing** may be **different** from ours.
- His **answers** may come in **unexpected** ways.
- Yet His **promises** remain **sure**.
- The **woman** who **touched** Jesus came to Him with **faith**, and she was **not** disappointed.
- Those who place their **trust** in **Christ** will **never** be disappointed in the end.

“...because the love of God has been poured out in our hearts...”

- This is the **foundation** of everything.

- We **endure trials** because we know **God loves** us.
- The **cross** proves that **love**.
- When **doubts** come, we must look again to **Jesus**.
- The **Holy Spirit** continually reminds us that we are **not** forgotten, abandoned, or alone.
- **God's love** remains **constant** even when our circumstances change.

What This Means for You

- Maybe you are facing a **storm** right now.
- Perhaps you are carrying a **burden** that no one else fully understands.
- Do **not** assume that **God** has **forgotten** you.
- The **disciples** learned that **Jesus** was still in the **boat**.
- **Job** learned that **God** was still in **control**.
- The **travelers** to **Emmaus** learned that **Jesus** was **walking** beside them.
- You may **not** understand **everything** today.
- But you can **trust** the One who does.
- Keep **praying, reading** His **Word and walking** with Him.
- The **setback** you are facing today may become the very thing **God** uses to **strengthen** your **faith** tomorrow.

A Closing Thought

- **Faith** is **not** believing that **storms** will **never** come.
- **Faith** is **trusting** that Jesus **remains** with us when the **storms** do.
- The **God** who led His **people** through **storms, suffering,** and **disappointment** is still **leading** His **people** today.
- **Hold on** to Him.
- **His love** has **not** changed.
- And the **hope** He gives will **never disappoint**.

June 6: Sabbath Afternoon - Overview

Summary

- **Every** believer faces **setbacks**, **challenges**, and **difficult seasons** in **life**.
- **Hardships** can either **weaken** our **faith** or **bring** us **closer** to **God**.
- God **does not** abandon His **children** during **life's storms**.
- When **trials** come, we should **look up** to **God** instead of **giving up**.
- **Difficult** experiences can help develop **patience**, **character**, and **hope**.
- **Faith** grows **stronger** when we continue **trusting** God during **uncertain** times.
- The **Bible** contains many **examples** of people who **remained faithful** through **suffering**.
- God's love **does not change**, even when **circumstances** are **painful**.
- We may not always **understand** why things happen, but we can **trust** God's **leading**.
- Jesus **walks** with us through **every challenge** and **promises never** to **leave** us.
- **Setbacks** can become **opportunities** to **deepen** our **relationship** with **God**.
- Our **greatest hope** is **found** in **God's constant love** and His **promises** for the **future**.

Main Points to Learn This Week

Sunday: We will **learn** how Jesus **helps** us through **life's storms**. **God** is **with** us even when **circumstances** seem **frightening**.

Monday: We will **study** the **woman** who **reached out** to Jesus in **faith**. **Faith** brings us **closer** to **Christ** in times of **need**.

Tuesday: We will **learn** from **Job's response** to **suffering** and **loss**. **Trusting** God is **important** even when we **do not understand** our **trials**.

Wednesday: We will **walk** with the **disciples** on the **road** to **Emmaus**. **Jesus** is often **closer** than we **realize** during **difficult times**.

Thursday: We will **focus** on **Jesus** and **His love** for us. **Looking** to **Christ** gives **hope**, **peace**, and **courage** during **setbacks**.

As we **study** this week's **lesson**, may we **learn** to **trust** God more **deeply**, **hold firmly** to His **promises**, and **discover** that even life's **setbacks** can help **strengthen** our **relationship** with Him.

June 7: Sunday - Life's Storms

Read: Mark 4:35–41; 2 Corinthians 5:7

Summary

- Jesus asked His disciples to cross the lake even though He knew a storm was coming.
- Following Jesus does not mean we will avoid trials and difficulties.
- The disciples were experienced fishermen, but their skills could not save them.
- During the storm, Jesus was asleep, yet He was still in control.
- Fear caused the disciples to question Christ's love and care for them.
- We often react the same way when facing loss, uncertainty, suffering, or unanswered prayers.
- God's silence does not mean God has abandoned us.
- Storms reveal our need to depend on Jesus rather than ourselves.
- Faith means trusting God even when we cannot see what He is doing.
- Jesus can calm the storms around us and give peace within us.
- Difficult seasons can strengthen our faith and draw us closer to God.

Question: How should we respond when life becomes difficult and God seems silent?

Answer: We should continue trusting Jesus. Even when we cannot understand our circumstances, He is still with us, still in control, and still working for our good. Faith chooses to believe God's love and care even during the storm.

Reflection: When I face a trial, do I trust God's presence, or do I question His care for me?

Takeaway: The presence of a storm does not mean the absence of God. Jesus is with us in every storm, and we can trust Him even when we cannot see the way forward.

June 8: Monday - Be Made Well

Read: Mark 5:21–34; Matthew 11:28–29; Romans 5:3–5

Summary

- A **woman** who had **suffered** for many **years** heard that **Jesus** was **nearby** and **decided** to **seek** Him.
- She had **tried** many **human solutions**, **spent** all she had, and still was **not healed**.
- Despite her **weakness**, **disappointment**, and **pain**, she **refused** to **give up hope**.
- Many **people** were **close** to **Jesus** that **day**, but only the **woman reached out** to Him in **faith**.
- Her **healing** did **not** come from **touching** His **garment** but from **trusting** in **Jesus**.
- Jesus **noticed** her **faith** and **showed** that no **sincere** person is **ever lost** in the **crowd**.
- This story **teaches** that it is **not enough** to **know about** Jesus or **stay near** Him; we must **personally come** to Him and **trust** Him.
- Like the **woman**, we all carry **burdens**, **struggles**, and **disappointments** that only **Jesus** can truly **heal**.
- Jesus invites **everyone** who is **weary** and **hurting** to **come** to Him for **help**, **strength**, and **rest**.

Question: What can we **learn** from the **woman** who **touched** Jesus' **garment**?

Answer: We **learn** to **come** to **Jesus** with **faith**, no **matter** how **difficult** our **situation** may **seem**. When we **trust** Him and **seek** Him **sincerely**, He **notices** us and **helps** us according to His **will**.

Reflection: Am I only **around spiritual** things, or am I **personally reaching out** to **Jesus** in **faith** every day?

Takeaway: Many **people** were **near Jesus**, but only **one reached out** in **faith**. A **close relationship** with God **grows** when we **personally trust** Him and **bring** our **needs** to Him.

June 9: Tuesday - Job

Read: Job 1:14–21; 2:7–13; 2:9; 19:23–27; 23:8–12; 8; 11; 15; 18:21; 2 Cor 4:16–18; Rom 5:3–5

Summary

- Job **experienced** terrible **loss**.
- He **lost** his **wealth**, his **children**, and his **health**.
- Even his **wife discouraged** him, and his **friends** wrongly **assumed** that he was **suffering** because of **hidden sin**.
- Although **Job** did not **understand** why these **things** were **happening**, he **refused** to **turn away** from **God**.
- **Job** continued to **trust** God and **remained faithful** during his **suffering**.
- He **believed** that **God** was still **worthy** of **worship**, even in the **middle** of **pain** and **unanswered** questions.
- Like **Job**, we may face **loss**, **disappointment**, **suffering**, and **situations** that make **little sense**.
- During **trials**, we can either **blame** God or **cling** to Him more **closely**.
- **Faith** is **trusting** God's **love** and **goodness** even when we **cannot see** the **reason** for our **struggles**.
- Our **present troubles** are **temporary**, but God's **promises** and eternal **reward** are **sure**.

Question: What can we **learn** from **Job** during **difficult times**?

Answer: We **learn** to **trust** God even when we do **not understand** what is **happening**. **Difficult** circumstances should **draw** us **closer** to **God**, **not push** us **away** from Him.

Reflection: When **challenges** come into my **life**, do I **hold on** to **God** or **question His love** and **care** for me?

Takeaway: **True faith trusts God** in both **good times** and **hard times**. Like **Job**, we can **remain faithful**, knowing that **God's love never changes**.

June 10: Wednesday - The Road to Emmaus

Read: Luke 24:13–27; 33–38; Romans 8:28; Phil 4:4–13; James 1:2–4, 12; 2 Cor 12:9–10; 1:4

Summary

- The two **disciples** were **discouraged** because **Jesus** had **died** and their **expectations** seemed **shattered**.
- They **believed** their **hopes** had **failed**, but they could **not see** God's **bigger plan**.
- As they **walked**, **Jesus** **joined** them, but they did **not recognize** Him.
- **Jesus** **patiently explained** the **Scriptures** and **showed** that **His suffering** and **death** were **part** of God's **purpose**.
- The **disciples** focused on their **disappointment**, while **Jesus** **saw** the **complete** picture.
- Many **times** we **react** like these **disciples** when **life** does **not go** as **planned**.
- We can become **confused**, **discouraged**, and **full** of **questions** when we face **setbacks**.
- Often **Jesus** is working **beside** us even when we do **not recognize** His **presence**.
- We may **think** we **understand** our **situation**, but God **sees far more** than we do.
- **Jesus** **asks** us the **same question** He **asked** His **disciples**: “Why are you **troubled**? Why do **doubts arise** in your **hearts**?”
- **God's Word** helps us **see** our **challenges** from **Heaven's perspective**.
- **Trials** do **not** mean **God** has **abandoned** us. He can **use** them to **strengthen** our **faith** and **draw** us **closer** to Him.
- The **promises** of Scripture **remind** us that **God** is **working** for our **good**, gives **strength** in **weakness**, and **helps** us **endure difficult** times.

Question: What should I **remember** when facing **disappointment** or **setbacks**?

Answer: Remember that **Jesus** is **with** you even when you **cannot see** Him. **Trust** His **Word**, keep moving **forward** in **faith**, and **believe** that **God** is **working** out a **bigger plan** than you can **presently understand**.

Reflection: When **life** does **not go** as I **expected**, do I **focus** on my **disappointment** or do I **trust** that **God** is still **leading**?

Takeaway: **Jesus** **sees** the **whole picture**. When you **face setbacks**, **trust** His **promises**, stay **close** to Him, and **remember** that your **story** is **not finished** yet.

June 11: Thursday - See Jesus

Read: Romans 8:18, 28; Early Writings, pp. 79–81

Summary

- When we face **discouragement**, **pain**, or **setbacks**, our **greatest** need is to **keep** our **eyes** on **Jesus**.
- In Ellen White's **dream**, she **longed** to **see Jesus** and **gladly followed** the **guide** who **led** her to Him.
- As she **climbed** the steep **staircase**, she was **told** to keep **looking upward**. Those who **looked away** fell.
- This **reminds** us to **keep** our **focus** on **Christ**, especially during life's **difficulties**.
- Before **entering** Jesus' presence, she had to **leave behind** her **possessions**.
- We, too, must **surrender** anything that **stands** between us and **God**.
- When she **stood** before **Jesus**, she **realized** that He **knew everything** about her **life**, **thoughts**, and **struggles**.
- Instead of **condemnation**, Jesus **greeted** her with **love**, **compassion**, and the words, “**Fear not**.”
- **His** presence **filled** her **heart** with peace, **hope**, **faith**, and **joy**.
- The **dream** teaches that Jesus **understands** our **struggles**, **knows** our **hearts**, and **welcomes** us when we come to Him.
- During **setbacks**, we may not **understand** what **God** is **doing**, but we can **trust** His **love** and **care**.
- **Focusing** on Jesus gives **strength**, **peace**, and **confidence** to continue the **journey** of **faith**.

Question: What should I do when I feel **discouraged** or **overwhelmed**?

Answer: **Look** to **Jesus**. **Trust** His **love**, **surrender** your **burdens** to Him, and **keep** your eyes **fixed** on Him instead of your **problems**.

Reflection: Am I **focusing** more on my **difficulties** or on **Jesus**, who walks with me **through** them?

Takeaway: Keep **looking** to **Jesus**. He **knows** your **struggles**, **cares deeply** for you, and will give you **hope**, **strength**, and **peace** for **every trial**.

June 12: Friday - Further Thought

Read: John 10:10; Hebrews 13:5; Mark 9:24; 2 Corinthians 12:9; Malachi 3:6

Summary

- Life's **setbacks** can **test** our **faith** and **affect** how we **see** God.
- During **difficult** times, it is important to **remember** God's **true character**—He is **loving**, **faithful**, and **unchanging**.
- Satan seeks to **discourage**, **deceive**, and **destroy**, but **Jesus** came to **give** us **abundant life**.
- **Hardships** should drive us **closer** to **God**, **not further** away from Him.
- We need to stay **connected** to God through daily **Bible** study, **prayer**, and **trust** in His **promises**.
- When our **faith** feels **weak**, we can honestly **pray**, "**Lord**, I **believe**; **help** my **unbelief**."
- God **promises** never to **leave** or **forsake** His **children**, even in their **darkest** moments.
- Fellow **believers** can **encourage** and **strengthen** us when we are struggling.
- God's **power** is revealed most clearly when we **recognize** our **weakness** and **depend** on Him.
- The experiences of **Bible characters** remind us that **trials** can **strengthen** our **relationship** with **God** when we **choose** to **trust** Him.

Question: How should I **respond** when I face **setbacks** and **difficulties**?

Answer: Turn to **God**, **trust** His **promises**, **stay** in His **Word**, and **depend** on His **strength**.
Difficulties can become **opportunities** to **grow** closer to Him.

Reflection: When I face **challenges**, do they **draw** me closer to **God** or **push** me **away** from Him?

Takeaway: God's **love** never changes. No matter what **difficulties** you **face**, **trust** Him, **stay close** to Him, and **allow** Him to **strengthen** your **faith** through every **trial**.