Counting as trial as “pure joy” means that we need to evaluate. Counting means that we need to “assess” or “evaluate” a trial as pure joy. How can we consider a trial as a joy? We do it by seeing that God is involved in our lives to bring about maturity and growth.

Below are some categories of trials. Evaluation takes some time. Take some time to write out some trials in your life. Some are frequent, others are rare.

|  |  |  |
| --- | --- | --- |
| Trials category | List them | How can God grow me? |
| Things that distress you |  |  |
| Things that deflate you |  |  |
| Things that disturb you |  |  |
| Things that enrage you |  |  |
| Thing that you fret over (think are unfair) |  |  |
| Things that you are impatient with |  |  |
| Other |  |  |