



Session 7: Suffering

Introduction

- **Review Session 6 – Spiritual Disciplines: Meditation and Prayer**
 - **Meditation Questions**
 - Is there any example for me to follow?
 - Is there any command for me to obey?
 - Is there any error for me to avoid?
 - Is there any sin for me to forsake?
 - Is there any promise for me to claim?
 - Is there any new thought about God himself?
 - Am I living in light of this?
 - What difference does this passage make?
 - Am I taking this seriously?
 - If I believed and held to this, how would that change things?
 - When I forget this, how does that affect me and all my relationships?
- **Session 7 Introduction**
 - Consider these surprising statements!
 - Philippians 1:29
 - 1 Peter 2:21
 - 1 Thes 3:3

1. God's Good Design for Suffering

a. Responses to Suffering

- i. “Natural” Responses Suffering
- ii. Supernatural Responses to Suffering

Piper: “People are not prepared or able to rejoice in suffering unless they experience a massive biblical revolution of how they think and feel about the meaning of life. Human nature and American culture make it impossible to rejoice in suffering. This is a miracle in the human soul wrought by God through his Word.”

b. James 1: Refinement

- i. Responsibility in Trials: Consider it Joy
- ii. Reason for Trials: God is at work



iii. Result of Trials: Maturity

c. **John 11: Belief**

d. **2 Cor 1: Outfitting**

2. **Examples of Suffering**

a. **Job: Suffering that Shows God's Worth**

b. **Joseph: Suffering for God's Purposes**

c. **Ruth: Suffering with Incredible Unexpected Results**

d. **Paul: Suffering to Advance the Gospel**

e. **Jesus: Suffering for Salvation**

3. **Practical Suggestions for Suffering**

- a. Don't be surprised (1 Pet 4:12)
- b. Zoom Out
- c. Go to God
- d. Go to People
- e. Pay Attention – What is God teaching you?
- f. Don't go overboard
- g. Pray
- h. Humble Yourself

Conclusion