



Week 6: What Good Can Come from Suffering?

ABIDE: Right POSITION (We pause to refocus on God & ask the Holy Spirit to lead us.)

OBEY: Right ACTION (What does Scripture tell us to do?)

Suffering Has a Purpose

Romans 5:1-5 ¹Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, ²through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult (**rejoice**) in hope of the glory of God. ³And not only this, but we also exult (**rejoice**) in our tribulations (**suffering**), knowing that tribulation brings about perseverance (endurance); ⁴and perseverance, proven character; and proven character, hope; ⁵and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

Endurance Leads to Spiritual Maturity

James 1:1-4 ¹James, a bond-servant of God and of the Lord Jesus Christ, To the twelve tribes who are dispersed abroad: Greetings. ²Consider it all joy, my brethren, when you encounter various trials, ³knowing that the testing of your faith produces endurance. ⁴And let endurance have *its* perfect result, so that you may be perfect and complete, lacking in nothing.

God Already Knows What We Need

Matthew 6:8 “your Father knows what you need before you ask Him.”

Phil. 4:4-7 ⁴“Rejoice in the Lord always; again I will say, rejoice! ⁵Let your gentle *spirit* be known to all men. The Lord is near. ⁶Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”

Our Father already knows every need. Sometimes He removes the trial. Sometimes He strengthens us in it. Sometimes He changes us through it.

SURRENDER: Right ATTITUDE (Where do I need to give up my own thoughts & ways of thinking?)

What attitudes or thoughts do you have about suffering that are misaligned with scripture?

HOPE SHOT: God doesn't promise a life without suffering; He promises that suffering is not the end. (**Romans 8:18**)

GO: Right RESPONSE (If I believe Scripture, what & how do I put this into practice?)

Sit with Jesus (Spiritual Disciplines are a good way to do this.)

Pray the Scriptures (When you can't find the words, read God's word & proclaim the truth.)

Seek Good Counsel (Psalm 1)

Repeat (Old ways of thinking didn't happen overnight, it takes time to retrain our heart & mind.)