

4. Discuss the following statement:

“Our problem is that our perspective doesn't extend much further than our noses, while God's perspective is infinite. We only know that we hurt, and we want it to stop. But if we could see how our suffering fits into God's perspective, we would realize there are things worse than our present darkness. Instead of quickly pleading for deliverance, we might more wisely ask God about the purpose of our sufferings. We please Him deeply when we pray as Jesus did: *“Nevertheless not My will, but Yours, be done”* (Luke 22:42)”. Dr. David Jeremiah

5. 4 steps in dealing with suffering

- a) Center Your Mind - The power that banishes fear is a sound mind. Read 2 Timothy 1:7 and 2 Corinthians 10:5 for encouragement. How different would your life be if you would take your thoughts captive for Christ? How much happier and less anxious would you be? GOAL: Read Scripture daily, meditate on His Word, and invite the Holy Spirit to give you new strength into your thoughts.

- b) Count Your Blessings – What does 1 Thessalonians 5:18 command us to do? Read Ephesians 1:3. Why doesn't the verse read the following way? *“Blessed by the God and Father of our Lord Jesus Christ, who, **when we are well and healthy**, has blessed us with every spiritual blessing in the heavenly places in Christ”*. Do blessings become clearer, richer, and more meaningful in times of sickness? Why or why not?

- c) Continue Your Work- Why did God save us (read Ephesians 2:10)? Read John 15:5, 10, James 1:5-8, and 2 Timothy 3:16-17 and list the ways in which you can find out which works God has “prepared in advance” for you.

- d) Consider Your Future – Read Romans 8:17-18. Why is sharing Christ's suffering worth the pain? Now read Philippians 1:12-26. How can Christ be exalted in your body by your life or by your death? Why does Paul regard death as gain?

Prayer Please

Pray the following passage from Psalm 46:1-3: *“God is our refuge and strength, a very present help in trouble. Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea; Though its waters roar and be troubled, Though the mountains shake with its swelling.”*

Final Thought

Sickness teaches us four things: the vanity of the world, the vileness of sin, the helplessness of man and the preciousness of Christ. If heaven is what lies ahead for us, what can we possibly complain about? Hey, we have a Great Physician who raised His own Son from the dead. We have a heavenly home. We have a loving Savior who gives us the spirit of power, love, and a sound mind. Understanding this is enjoying a spiritual health that overcomes the awfulness of suffering and disease.

INTRODUCTION

SCRIPTURE

Romans 5:1-5

EXPOSITION

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2. Suffering isn't _____ (v. 2).

3. Suffering is _____ (vv. 3-4).

4. Suffering is _____ (v. 5).

Bottom Line:

Application:

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