



Design: Turns more deeply to God in times of suffering, drawing peace and strength from Him

Indicator #	L1Q05
Category	Christ
Indicator	Turns more deeply to God in times of suffering, drawing peace and strength from Him

Spiritual	Experiential	Relational	Instructional
1 Meditate on Psalm 16:8-11; 2 Corinthians 1:3-11; Philippians 4:6-7. Memorize one or two of these verses.	Practice waiting and patience in times of anger or frustration by counting to ten. Seek God while counting and apply His wisdom to your response.	Find several older believers whose faith and character have been refined through suffering. Get to know them and imitate their response to suffering.	Study Psalm 16:8-11; 2 Corinthians 1:3-11; 12:1-10; Philippians 4:6-7.
2 Meditate on a biblical passage about suffering – the stoning of Stephen for example (Acts 7). Imagine you were there and saw it happen. How would you pray to God in that situation?	Identify any situation in your life that is provoking discouragement, anxiety or weakness because of your suffering (even seemingly small situations). Tell God how you're feeling and ask Him for His peace and strength.	Talk about God's goodness and favor to others you know, using specific examples from your life.	Read stories of believers who suffered to see how they responded to pain and trials.
3 Pray through Romans 11:33-36.	Intentionally choose to undergo some mild form of suffering – for example: choosing the longest waiting line or slowest traffic lane. Look to God for endurance as you do this.	Receive prayer from trusted friends and intercessors to uncover and remove any spiritual obstacles to your faith.	Find and read books and articles on turning to God in suffering (ask a spiritual leader for suggestions).
4 Memorize verses that speak about victory and God's protection.	Choose or write a song that you will commit to sing when suffering comes. It should have lyrics that align you with the truth of God's faithfulness in all things. Sing it once daily for six weeks so that it becomes familiar. Sing it whenever suffering arises.	Spend time (and a meal, perhaps) with an older believer and listen to their stories of drawing strength from God in times of suffering.	Listen to sermons, teachings, or podcasts about finding strength in Christ in times of suffering.
5 Choose a verse or two that describes God's work through suffering and pray them throughout the day.	Find someone who is suffering, and spend time with them, helping them in the midst of their need in practical ways.	Find a trusted person to share what you are going through; ask for their advice, support, and accountability. Ask them to pray with you that God would give you strength and peace in the midst of your suffering.	Study the suffering of Jesus in Gethsemane and on the Cross. Use all four Gospels. Write your insights down as you read.
6 Ask God for grace and the presence of the Holy Spirit to help you through your suffering. In the middle of trials, practice prayers of gratitude and thanksgiving.	Bear the burden with someone who has a family member suffering from a serious medical ailment. Experience their difficulty with them and serve them in their suffering.	Find other people who are going through similar struggles and reach out to them. Initiate and build close relationships with them so that you can pray for one another and learn from one another.	Study Bible characters like Paul, Joseph, Jesus, Moses, Job, Hannah and Rachel and how they dealt with pain and suffering. What were the results of their perseverance?
7 Surrender and repent of any self-pity, bitterness, or other destructive responses that you may have chosen in your suffering. Ask the Holy Spirit to root these out and replace them with His joy and perseverance.	Go outside on a clear night and look at the stars, remembering God's faithfulness (Isaiah 40:26; Genesis 15:5). Take a short daily walk outdoors each day and consider the beauty of your surroundings. Remember that your life is a beautiful tapestry designed by God.	Ask a mentor or trusted friend to hold you accountable to not give in to despair but instead to look to God in your time of suffering.	Study examples in the Bible and/or throughout history of those who did not respond to suffering well but rebelled and became bitter. How did this affect them and those close to them?
8 Reflect on God's faithfulness to you in past times of suffering and the fruit it produced in you. Give thanks to Him.	Participate in a ministry opportunity to hurting people or suffering Christians through acts of service, letters of encouragement, or giving.	Write out encouraging words and Scriptures and share them with others who are struggling.	Teach your small group or church about the correct and incorrect responses to suffering. Facilitate a discussion.
9 Spend focused time with God in quietness, telling Him of your love for Him and receiving His peace and strength.	Share your testimony of God's faithfulness with someone who is also going through difficult times.	Write out prayer requests for those around you who are going through suffering and intercede with God on their behalf.	Write down the story of your suffering and identify points of God's faithfulness to you through it.
10 Sing songs of adoration, exalting God's goodness and great love for His children.	Make a habit of catching negative or destructive thoughts. Turn these into prayers for grace and help, knowing that Jesus is your Great High Priest (Hebrews 4:16).		Read in a trusted theology book about the resurrection, heaven and what is revealed about eternity to remember what we all have to look forward to.
11			Read To Enjoy Him Forever by Malcolm Webber.
12			Listen to audio teachings on Spiritual Life by Malcolm Webber – at least one per week.
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