



Suffering

Main Scripture: Colossians 1:24-29

Additional Scriptures: Philippians 1:29, Romans 5:3, Philippians 3:10, James 1:2-4, Acts 5:41, 1st Peter 4:13, 2nd Corinthians 4:17, Psalm 73:13, Romans 8:28

Discussion Questions

- There is something that suffering does that nothing else can do. Are there benefits of suffering? What do you think they are?
- **Read James 1:2-4, Acts 5:41, 1st Peter 4:13.** Suffering demands a response but we don't handle it well. The way to suffer well is to rejoice in your suffering. How do you rejoice in the midst of trials?
 - What is the best way to console someone who is in the middle of a very intense trial? What do you say (or not say)?
- Suffering doesn't make you happy but it does make you holy. How does holiness come out of suffering?
- We don't need to go looking for suffering, but we need to stop running from it. What are some circumstances and times in your life where you run from suffering?
- **Read John 3:30.** "The problem isn't that you need more of Jesus but that you need less of you." What did P. Mike mean by that?
 - How do we get rid of ourself?
- **Read Colossians 1:29.** How do you toil with all *His* energy? What does that look like?