



A Life Well Lived



“Well done, good and faithful servant.”

Matthew 25





About

Starting Well

Living Well

Singing & Serving Well

Suffering Well

Ending Well

Sharing Well



Suffering Well

Suffering Considered



Sin Fruit

Genesis 2:17, 3:16-19



Christ

Isaiah 53:3



Purpose

Romans 5:3-5



Temporary

2 Corinthians 4:16-18





Suffering as...

Protection. Exodus 13:17-22

Consequence. 2 Sam 12:7-15

Test. Job 1:6-12, 2:1-10

Learning. Psalm 119:65-72

Association. John 15:18-21

Affirmation. Acts 5:40-42

Expectation. 1 Peter 4:12-19



Suffering

How do we suffer well?



Suffering

We do not suffer un-well!

Suffering's Miserable Comforters



Suffering's Miserable Comforters



Eliphaz





Suffering “Do Nots”

- Amnesia. Job 4:7
- Platitudes. Job 15:11
- Assumption. Job 22:4-5



Suffering's Miserable Comforters



Eliphaz



Bildad





Suffering “Do Nots”

- Formulas. Job 8:5-6
- Myopia. Job 18:5
- Christ-less. Job 25





“You will drink my cup.”

- Matthew 20:23





“Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in Christ’s afflictions for the sake of his body, that is, the church.”

- Colossians 1:24



Suffering's Miserable Comforters



Eliphaz



Bildad



Zophar





Suffering “Do Nots”

- Excess. Job 11:4-6
- Self-counsel. Job 20:2
- Defeatist. Job 20:29



A botanical illustration featuring a flowering plant with small white flowers and a fern frond. The plant has a central stem with several smaller stems branching out, each topped with a small, round, white flower head. The fern frond is large and feathery, extending from the right side towards the center. The entire illustration is rendered in a light green and brown color palette.

Suffering “Talk”



Cursing. Job 3:1



Suffering
“Talk”



Cursing. Job 3:1

Hopelessness. Job 7:7, 16



Suffering
“Talk”



Cursing. Job 3:1

Hopelessness. Job 7:7, 16

Sinful. Job 30:19-21



Suffering
“Talk”

Suffering Well



Recount God

Psalm 8 & 9





“In the day of my trouble I seek the LORD... I consider the days of old, the years long ago... Then I said, ‘I will appeal to this, to the years of the right hand of the Most High.’ I will remember the deeds of the LORD. Yes, I will remember your wonders of old”

- Psalm 77:2, 5, 11





“But this I call to mind, and therefore I have hope: The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.”

- Lamentations 3:22-23



Suffering Well



Recount God

Psalm 8 & 9



Receive Help

Psalm 121





“And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. Then he said to them, ‘My soul is very sorrowful, even to death; remain here, and watch with me.’”

- Matthew 26:37-38



Suffering Well



Recount God

Psalm 8 & 9



Receive Help

Psalm 121



Repent Fully

Mark 9:20-24





Job 42

“I have uttered what I did not understand... and repent in dust and ashes.”



Suffering Well



Recount God

Psalm 8 & 9



Receive Help

Psalm 121



Repent Fully

Mark 9:20-24



Remain Weak

2 Corinthians 12:5-10





“He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”

- Isaiah 40:29-31






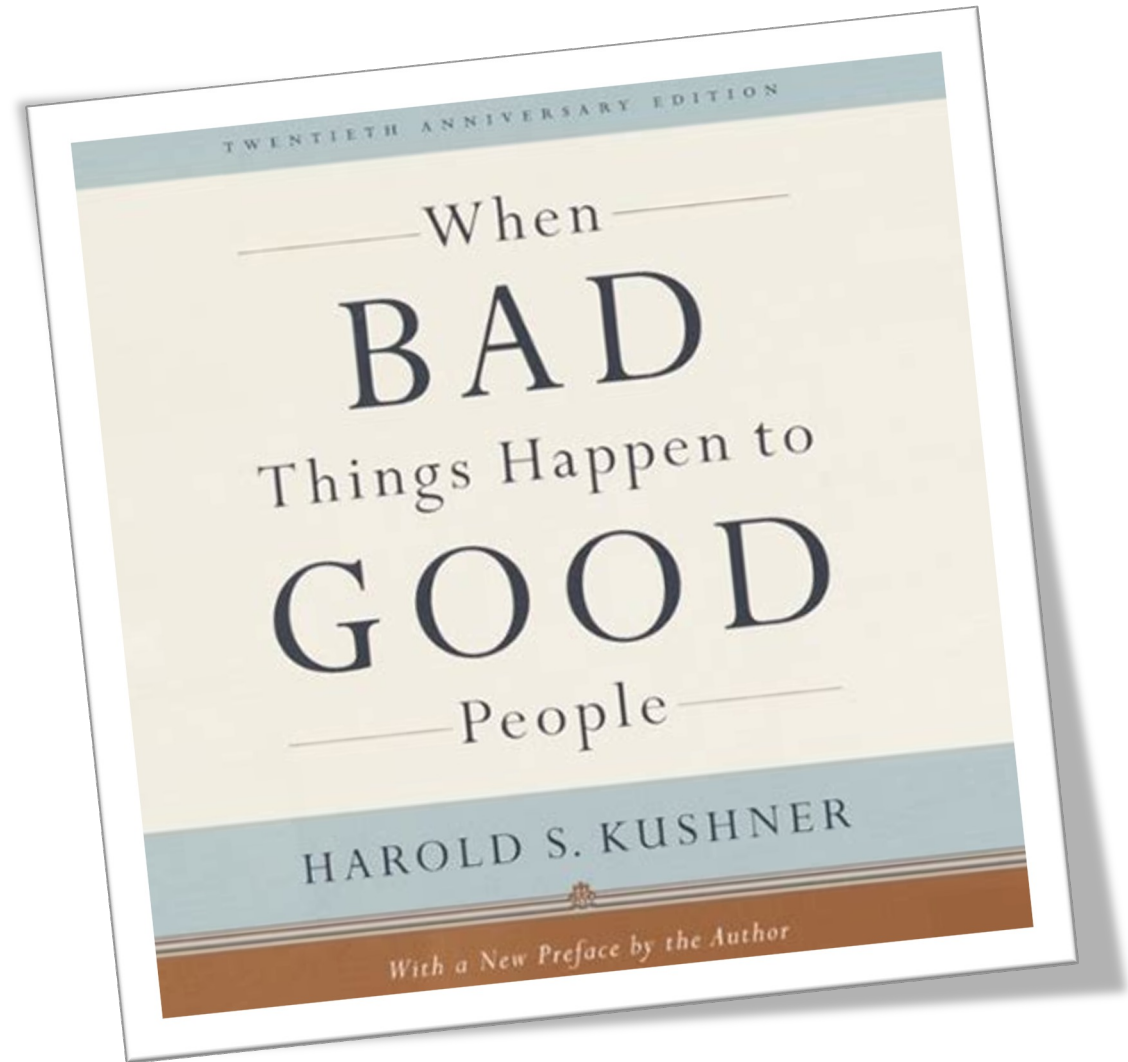
Suffering Well: Practically

- Read the Psalms!





When BAD
Theology
Happens to
GOOD
People.





Suffering Well: Practically

- Read the Psalms!
- Avoid isolation.



A botanical illustration featuring a fern frond on the right and a flowering plant with white umbels on the left, set against a light blue background.

Do not
suffer alone!



SCIENTIFIC AMERICAN®

Five positive changes signal post-traumatic growth and provide a useful framework for how to make the best out of the worst situations. The first is personal strength. Tragedy exposes our vulnerability in an unpredictable world and therefore may cause us to feel weak or helpless. But, paradoxically, it can also boost our self-confidence and lead us to view ourselves as stronger. For instance, a car crash survivor reported that the incident motivated her to take charge of her life with greater determination and willpower. People may feel empowered by realizing that overcoming a past challenge means they will be able to overcome future challenges.

The second is relationships. Whether bonding on a deeper level with friends and family or feeling connected to strangers who have gone through similar difficulties, suffering can bring people closer together. Social support is especially important for healing; discussing and

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Suffering Well: Practically

- Read the Psalms!
- Avoid isolation.
- Live.





“

I'm not going to believe the lie that I'm too old or too disabled to do this. So I'm going to believe that despite the pain, despite the challenges of just getting me up in the morning in a wheelchair, I can do this. I can do this!

”

Joni Eareckson Tada





Paul

...often near death:

39 Lashes (x5)

Beaten with Rods (x3)

Stoned (x1)

Shipwrecked (x3)

Dangers from (rivers, robbers,
Jews, Gentiles, cities, wilderness, at
sea, false teachers)

- 2 Corinthians 11:16-33

Suffering: Recap



- Do not suffer *un-well*: *Christ-less or counselling yourself.*
- Recount God. Receive Help. Repent Fully. Remain Weak.
- Read the Psalms! Avoid Isolation & *Live Your Life.*
- Consider the testimony of others: *From Paul to Joni.*



Questions?