
What Do I Do When Suffering Comes To Me?

October 11, 2026

2 Corinthians 4:6-12; Romans 8:16-28; 1 Peter 1:6-7

The Experience Of Suffering Does Not Mean God Has Abandoned Us; How We Respond To God In Our Suffering Determines What Our Suffering Produces In Us

I. God has not ignored human suffering

- A. God's plan is not always the plan we would have chosen
- B. God entered suffering Himself
- C. God has addressed evil through Jesus Christ
- D. God can redeem what He does not immediately remove

II. Not all suffering has the same source

- A. Circumstantial suffering
 - 1. Suffering that comes from living in a fallen world
 - 2. Famine & hardship beyond personal control
 - 3. The storm on the Sea of Galilee
 - 4. The Tower of Siloam
- B. Self-inflicted suffering
 - 1. Suffering caused by sinful or foolish choices
 - 2. David & Bathsheba
 - 3. The Prodigal Son
 - 4. Lot choosing Sodom

C. Suffering because of righteous living: human persecution

- 1. Suffering can come because we are faithful
- 2. David fleeing Saul
- 3. Paul
- 4. The martyrs under the altar

D. Suffering because of righteous living: spiritual opposition

- 1. Not every battle has a human face
- 2. Job
- 3. Daniel
- 4. Paul's thorn in the flesh
- 5. Spiritual warfare is real
- 6. Not every hardship should be labeled demonic

III. Our natural responses often make it worse

- A. Avoid it at all costs
- B. Get angry about suffering
- C. Compromise to escape it
- D. Become resigned to it
- E. Become resentful because of it
- F. Give in to it
- G. Give up because of it

IV. God can use suffering to sanctify us

- A. Suffering can expose what is inside us
- B. Suffering can correct us
- C. Suffering can refine us
- D. Suffering can strengthen us
- E. Suffering can mature us
- F. Suffering can deepen our dependence on God
- G. Suffering can conform us to Christ

V. There is a healthy response to suffering based on the source of your suffering

- A. If the suffering is self-inflicted
 - 1. Confess
 - 2. Repent
 - 3. Change direction
 - 4. Seek accountability
 - 5. Sin no more
- B. If the suffering is circumstantial
 - 1. Pray
 - 2. Seek wise counsel
 - 3. Renew your mind
 - 4. Find support
 - 5. Endure faithfully
- C. If you are suffering because of righteous living
 - 1. Stand firm
 - 2. Refuse to compromise
 - 3. Remain faithful
 - 4. Forgive those who oppose you
 - 5. Pray for those who persecute you
- D. If there is spiritual opposition
 - 1. Pray
 - 2. Stand in truth
 - 3. Resist
 - 4. Put on the armor of God
 - 5. Remain connected to the body of Christ

VI. Don't waste what you've suffered

- A. Adjust
- B. Endure
- C. Overcome
- D. Comfort others

- E. Encourage others
- F. Serve others
- G. Help alleviate the suffering of others

VII. The Bible does more than explain suffering

- A. Jesus suffered unjustly
- B. Jesus experienced rejection & betrayal
- C. Jesus experienced pain & death
- D. Jesus bore sin He did not commit
- E. Jesus rose from the dead
- F. Jesus will ultimately defeat evil & suffering
- G. Jesus saves us from the eternal consequences of sin & evil

VIII. What will you do with your suffering?

- A. Don't allow your suffering to be needless
- B. Never suffer alone
 - 1. Abide in Christ
 - 2. Embrace the Church
- C. Take heart
 - 1. God never neglects those who suffer in Him
 - 2. What God intended for good
- D. Grow in faith
- E. Deepen your compassion toward others

The Existence Of Suffering Doesn't Mean God Is Absent Or You Have Been Abandoned

**In The Hands Of God, Even Suffering Can Be Redeemed,
Refined, & Used To Help Us Look More Like Jesus**