

# Notes on Suffering

By Laura Elmore

## Guiding & Comforting Scripture

- Psalm 38:9
- Psalm 56:8
- Psalm 57:1
- Psalm 119:28, 50
- Jonah 4:4
- 1 Peter 4:1<sup>1</sup>
- Hebrews 3:6<sup>2</sup>
- Matthew 5:4
- Habakkuk 3:16-19
- 2 Timothy 2:3
- Psalm 91:15<sup>3</sup>
- 2 Timothy 3:12
- Psalm 66:10-12<sup>4</sup>
- Hebrews 13:14
- Matthew 13:21<sup>5</sup>
- 2 Thessalonians 1:4<sup>6</sup>
- 1 Peter 1:6-7
- 1 Thessalonians 3:2-3
- 1 Chronicles 16:11
- Psalm 10:14
- Revelation 21:4
- Psalm 10:17
- Psalm 139:12<sup>7</sup>
- 1 Samuel 3
- 2 Thessalonians 1
- 1 Thessalonians 3:2
- 1 Thessalonians 1:3
- Philippians 3:10
- Philippians 1:29
- Galatians 4:13
- 2 Corinthians 11<sup>8</sup>
- Psalm 31:14-15
- 2 Corinthians 5<sup>9</sup>
- 2 Corinthians 7:6
- 2 Timothy 1:8
- Genesis 50:20<sup>10</sup>
- 2 Corinthians 11:23-29<sup>11</sup>
- Psalm 56:8
- Romans 8:17-18
- 1 Peter 4:19
- 1 Peter 5:10
- Job 1:21
- Job 2:10
- Isaiah 63:9<sup>12</sup>
- Acts 14:22
- 2 Timothy 3:12
- Acts 16
- Romans 5:3-5, 19
- Romans 8:17
- Hebrews 11
- 2 Corinthians 4:17-18
- John 9:3
- Philippians 1:29

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<sup>1</sup> If he suffered while here, I can expect to suffer.

<sup>2</sup> He said "hold fast" insinuating that it will take holding onto it in seasons...it will be hard.

<sup>3</sup> Take note: we will have trouble as we walk Home, but He will be with us in it.

<sup>4</sup> He leads us to a place of sufficiency even as we suffer.

<sup>5</sup> "do not be like the seed that when **trouble or persecution comes** because of the word, you quickly fall away."

<sup>6</sup> Be like the church of Thessalonica - marked by perseverance & faith in all the persecutions & trials you are enduring...vs 5 you are suffering for the kingdom of God!

<sup>7</sup> What seems like overwhelming darkness to us is as light to God. He will see us through when we cannot see the way before us.

<sup>8</sup> Read about Paul's sufferings. Suffering is an opportunity to bring Christ glory.

<sup>9</sup> We are told that we will groan and live burdened.

<sup>10</sup> What was meant for evil is now being used for the saving of many lives.

<sup>11</sup> If this kind of suffering came upon Paul, why should I expect anything different?

<sup>12</sup> This is how our God cares.



## Recommended Books, Sermons, & Articles

### Recommended Books

1. *Holding onto Hope* by Nancy Guthrie
2. *Hope When it Hurts* by Kristen Wetherell, Sarah Walton, Jorjeana Marie, and Kamie Tierce
3. *When Life Feels Crushing* by Vaneetha Rinser
4. *Walking through Fire* by Vaneetha Rinser

### Recommended Sermons

1. John Piper, [Talk to Your Tears](#)
2. Timothy Ateek, [The Story: The Fall](#)

### Recommended Articles

1. Angela Davis, [Nightbride, How Can It Be OK?](#)
2. Paul David Tripp, [I Fell And Broke My Hip](#)
3. Timothy Keller, [Growing My Faith in the Face of Death](#)
4. Ann Voskamp, [When Exile Seems to Have No Expiration Date](#)

## Guiding & Comforting Quotes

“We willingly take the path of obedience where the suffering befalls us, and we do not murmur against God. We may pray — as Paul did — that the suffering be removed (2 Corinthians 12:8); but if God wills, we embrace it as part of the cost of discipleship in the path of obedience on the way to heaven.” – *Ann Voskamp*

“This is the deal we all get: guaranteed Suffering. It is coming unstoppable, like time.” – *Ann Voskamp*

“The doctrine of providence teaches Christians that they are never in the grip of blind forces (fortune, chance, luck, fate) all that happens to them is divinely planned, and each event comes as a new summons to trust, obey, and rejoice, knowing that all is for one’s spiritual and eternal good.” – *J.I.Packer*

“...I am sure that God keeps no one waiting unless He sees that it is good for him to wait. ...you will find that the long wait has done you some kind of good which you would not have had otherwise. But you must regard it as waiting, not as camping.” – *CS Lewis*

“There is no easy way from the earth to the stars.” – *Seneca*

“The fiery furnaces are there by God’s direct permission. It is misleading to imagine that we are developed in spite of our circumstances; we are developed because of them. It is mastery in circumstances that is needed, not mastery over them.” – *Oswald Chambers*

“The chief end of man is to glorify God. And it is truer in suffering than anywhere else that God is most glorified in us when we are most satisfied in him.” – *John Piper*

“This path of suffering will lead you to more of Jesus and that He is who we really need. God’s lavish loving kindness does not erase our pain, but makes it purposeful.” – *Greg Crooks*

“The enjoyment of God is the only happiness with which our souls can be satisfied. To go to heaven, fully to enjoy God, is infinitely better than the most pleasant accommodations here... [These] are but shadows; but God is the substance. These are but scattered beams; but God is the sun. These are but streams; but God is the ocean.” – *Jonathan Edwards*



"If every call to Christ and His righteousness is a call to suffering, the converse is equally true--every call to suffering is a call to Christ, a promotion, an invitation to come up higher." – *Charles H. Brent (1862- 1929), The Consolations of the Cross*

"I wrote a letter to the mission family, trying to explain the peace I have. I want to be free of self-pity. It is a tool of Satan to rot away a life. I am sure this is the perfect will of God. Many will say, 'Why did Roj get mixed up in this, when his work was with the Jivaros?' Because Roj came to do the will of Him that sent him. The Lord has closed our hearts to grief and hysteria and filled in with His perfect peace." – *Barbara Youderian's*

"The quiet trust of the mothers helped the children to know that this was not a tragedy." – *Elisabeth Elliot, Through Gates of Splendor*

"Suffering is an opportunity for you to be used like never before." – *Levi Lusko*

"It is doubtful whether God can bless a man greatly until he has hurt him deeply." – *AW Tozer*

"It is much easier to go about a whole lifetime preaching, to preach night and day, than to be patient under sickness. There are many saints who suffered much upon earth, now [to be] shining the brightest in glory; just because they glorified God more than others by their patient submission." – *Robert Murray McCheyne*

"God made you to do the hard thing in the good story he is writing in your life." – *Katherine Wolf*

"And should this life bring suffering. Lord, I will remember what Calvary has bought for me. Both now and forever." – *God You're So Good by Passion Music*

"Day by day, moment by moment, mile by mile, the Lord wastes nothing of our waiting and longing for home." – *Ruth Chou Simons*

"The saint realizes that it is God Who engineers circumstances, consequently there is no whine, but a reckless abandon to Jesus" – *Oswald Chambers*

"And if not, He is still good" – *the Hebrew men before entering into the furnace* <sup>13</sup>

## Additional Thoughts & Quotes from Unknown Sources

1. Keep your faith, and it will keep your joy.
2. When God appears silent in the storm, or absent to the toiling of our troubled souls, it's not because we are alone. It is in fact, the opposite. It is because the storm is not outside His seeing and His knowing; He is with us and knows it is not our end.
3. Every problem comes with a promise and a provision. The bigger the problem, the bigger the promise and provision.
4. If I'm in Christ, so are all my circumstances.
5. Paul explains the path to glory passes through the cross. Jesus entrusted Himself to His father and went to the cross. He calls you to join Him in finding the Father faithful, just and deserving of all hope. The Christian life is worth any sacrifice or suffering
6. We say that there ought to be no sorrow, but there **is** sorrow, and we have to receive ourselves in its fires. If we try and evade sorrow, refuse to lay our account with it, we are foolish. Sorrow is one of the biggest facts in life; it is no use saying sorrow ought not to be. Sin and sorrow and suffering are, and it is not for us to say that God has made a mistake in allowing them.

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<sup>13</sup> Daniel 3:16 – 28.



7. Sin and death will remain relentlessly opposed to Jesus and the life He gives until He returns to destroy them forever.
8. God tells us to mourn, but with hope. Biblical hope is a fixed certainty. We won't hope anymore in Heaven because the hope will be realized.
9. Grief is best navigated with others.
10. Time doesn't heal wounds, but God can.
11. Suffering finds it's solace not in bitterness but in faithfulness.
12. Suffering isn't the end of your story. It's the beginning of a new story. And part of our job here on earth.
13. The tragedy is not the end. You get to glorify God - it's the least we could do for the suffering He endured for us.
14. Everything that happens will be redeemed for our good and His glory. You have to wrestle with the fact that God didn't stop \_\_\_ from happening. So if it's not good, He's not done.
15. Christ never promised a life free from suffering. No, He promises us that in all these situations, He will be with us, in us, and for us. And that's reason to continue.
16. We are **commanded** to share in suffering. Why? **For the gospel**. How? **By** the power of God. He has ordained that we will be put on display to suffer so that the gospel may be seen by the world and spiritual realm.
17. The Lord does not promise the removal of the darkness, but the assurance of His guidance in the midst of it.
18. His word gives us eyes to see our circumstances as they really are- under his care, to consider the path as it truly is-under his control and to see him for who he is- the same faithful Savior in the light of the day as during the darkest night.
19. Your father is after your dependency not your perfect discernment. He is more interested in your desperate need for his lamp-lit direction than in your path paving skills.
20. Life is not about you. We are in the world for His purposes. There is not a single circumstance that can't be used for the glory of God.
21. This too shall pass.
22. Don't doubt in the dark what you have been told in the light.
23. The light of scripture pierces the darkness of despair.
24. Prayer is the balm in suffering.
25. Prosperity begets passivity; suffering begets sanctification.
26. Nothing befalls us except that which the Lord has sovereignty allowed.
27. How might your suffering be part of God's plan to make Jesus known and loved to the ends of the earth?

This home ain't Home...

