

# FLOURISH IN SUFFERING

TRUST

BE STILL

PRAY

WAIT

REJOICE

## TRUST GOD'S PLAN

Psalm 33:11

But the plans of the Lord stand firm forever, the purposes of his heart through all generations.

## SIT AT JESUS' FEET

Luke 10:39

She had a sister called Mary, who sat at the Lord's feet listening to what he said.

## PRAY

1 Thessalonians 5:17 Pray without Ceasing

Phillipians 4:6-7 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

## WAIT

Isaiah 40:31

But those 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.

## REJOICE

1 Peter 1:6

In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials.