

## **January Meditation Verse**

1 Peter 3:8-9 *Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.*

### Questions:

1. From Sherry's study last week, we learned of three types of suffering. (They were undeserved suffering, divine suffering, or Satanic attack.) Can you think of a character in the Bible or a person in today's world who might experience any one of these?
2. Each of the women we heard about in our study today suffered in some way. The Lord revealed Himself to each of them uniquely. Was there an interaction that especially connects with you or was meaningful to you? Why?
3. Fill in the blank (from page 2 notes). When we face difficult times or are suffering, remember: the Lord \_\_\_\_\_ us, \_\_\_\_\_ us, \_\_\_\_\_ all about us and knows when we need His \_\_\_\_\_, Which one is especially sweet to you?
4. Read 1 Peter 1:6-8 in the NLT version below. What encouragement is Peter giving us?

So be truly glad. There is wonderful joy ahead, even though you must endure many trials for a little while. 7 These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world. You love him even though you have never seen him. Though you do not see him now, you trust him; and you rejoice with a glorious, inexpressible joy.

**Prepare for next week:**

***Read over these practical things to do during a trial. Circle or highlight which one you want to focus on most? How are you going to practically accomplish this?***

1. Keep Your Hands on the Wheel.

Trust that He sees, hears, and knows every detail about ourselves and our trial.

2. Keep worshiping especially in times of trouble (Ps. 100:4)

Surround yourself with worship and meaningful passages of scripture that carry your heart into worship and use them often in your prayers.

3. Keep it Real

Be honest with yourself and open and authentic with those closest to you.

4. Keep Your Eyes Fixed

Seek the face of Jesus. Stay in His Word. Stop the negative "self-talk" and focus on the blessings you do have.

5. Keep At It!

***Persevere***

I Peter 4:19 "So then, those who suffer according to God's will should commit themselves to their faithful Creator and continue to do good."