

Ten truths to help you walk through suffering with a Biblical and redemptive perspective:

1. Pain, in this broken world, is a gift. It tells us that something isn't right.
2. The character of God is meant to give us hope in the hardest seasons of life.
3. We have the assurance that whatever we're going through is not our forever. It's just our now (Romans 8:18 and Revelation 21:1-4).
4. Pain has a redemptive and transforming purpose in the plan of God for our lives (Romans 8:28-29).
5. The accomplishments of the Gospel (justification, propitiation, and adoption) convince us that God is not mad at us (Romans 3:21-25).

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6. His grace is enough to enable us to glorify Him in every season of life (2 Cor.12:9-10).
7. This hardship is giving me an opportunity to demonstrate the genuineness of my faith (1 Peter 1:3-9).
8. Suffering prepares me for Heaven (Isaiah 57:15, 2 Cor. 1:8-9).
9. Suffering gives us the opportunity to love and serve others who are also suffering (2 Cor.1:3-4).
10. Suffering is meant to build a longing in our heart for heaven (Philippians 1:21-23).