



Suffering

By Brother Trevis Johnson

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Scripture Meditation

“My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.”

James 1:2-4

30 Day Gratitude Journal

Write about a time when God turned your tears of sorrow to tears of joy.

30 Day Gratitude Challenge

Donate one of your best wardrobe items to goodwill or another charity.

Prayer Concentration:

Pray a prayer of hope for someone that you know who is homeless. If you don't know anyone who is homeless, pray for the opportunity to minister to a homeless individual.

Prayer of Gratitude

Lord we thank You that our suffering is only momentary, and can never be compared to the glory and delight that we shall receive. We thank You for being with us in the midst of our trials. Because of You, we have grown through our trials. Because of You, we have matured despite tribulations. Because of You, our troubles have only made us stronger. Help us not to focus on the troubles, but rather on the triumph that only You can give. In Jesus Name we pray, **amen.**

Observation

Psalms 119:71 states "It is good for me that I have been afflicted; that I might learn thy statutes."

Many may find this devotional to be strange, but I am thankful for those moments of suffering that I have experienced. Suffering is part of the healing process; it is often the part that humbles us.

Sometimes we can become so accustomed to worldly riches that we forget to appreciate and acknowledge God for His favor. God, in His infinite wisdom and power, places situations of adversity in our lives to remind us to lean and depend on Him, and that all of our blessings are a gift from Him. These moments of affliction are used to remind us of where our help comes.

It is through this process that we are to learn that we are stronger when we acknowledge Him as our rock, our sword, and our shield. So, yes, I am thankful for my moments of Suffering.

Questions to Ponder

1. Name a most perplexing situation that God brought you through. How have you grown from that experience?

2. Reflect on a troubling situation that God brought your church family through. How did God get the glory from that situation?

3. What 3 things would you share with a friend that's going through a rough time in their life?
