



## The Biblical Perspective On Suffering

### Description

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Suffering is a universal experience that has been experienced by people of all ages, cultures, and religions. The Bible has a lot to say about suffering and how to cope with it. In this blog post, we will explore the biblical perspective on suffering and how it can help us to better understand and cope with our own suffering.

### What Does the Bible Say About Suffering?

The Bible speaks of suffering in many different ways. It acknowledges that suffering is a part of life and that it can be a source of growth and transformation. It also speaks of suffering as a way to draw closer to God and to learn to trust in Him.

The Bible also speaks of suffering as a way to test our faith and to help us to become more like Jesus. In the book of James, it says, “Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.” (James 1:2-3).

The Bible also speaks of suffering as a way to bring glory to God. In the book of Romans, it says, “For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.” (Romans 8:18).

The Bible also speaks of suffering as a way to bring us closer to God. In the book of Psalms, it says, “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” (Psalms 34:18).

Finally, the Bible speaks of suffering as a way to bring us closer to others. In the book of 1 Corinthians, it says, “Bear one another’s burdens, and so fulfill the law of Christ.” (1 Corinthians 6:2).

## **How Can We Cope With Suffering?**

The Bible offers us many ways to cope with suffering. Here are some of the ways that we can cope with suffering according to the Bible:

1. **Pray:** The Bible tells us to “pray without ceasing” (1 Thessalonians 5:17). Praying can help us to find peace and comfort in difficult times.
2. **Seek God’s Strength:** The Bible tells us to “seek the Lord and his strength” (Psalms 105:4). Seeking God’s strength can help us to find the courage and strength to face our suffering.
3. **Trust in God:** The Bible tells us to “trust in the Lord with all your heart” (Proverbs 3:5). Trusting in God can help us to find hope and peace in the midst of our suffering.
4. **Seek Help:** The Bible tells us to “confess your sins to one another” (James 5:16). Seeking help from others can help us to find comfort and support in difficult times.
5. **Rely on God’s Promises:** The Bible tells us to “hope in the Lord” (Psalms 130:7). Relying on God’s promises can help us to find peace and hope in the midst of our suffering.

These are just a few of the ways that we can cope with suffering according to the Bible. It is important to remember that suffering is a part of life and that it can be a

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source of growth and transformation. We can use the biblical perspective on suffering to help us to better understand and cope with our own suffering.

**Salvation Prayers** : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. [Amen](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true) If you prayed the above prayers kindly click here to get more information [https://www.xgospel.net/harvest\\_form/form/?page=0&salvation=true](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true)

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### **Quiz**

1. What does the Bible say about suffering?

- A. It is a way to bring glory to God
- B. It is a way to test our faith
- C. It is a way to bring us closer to others
- D. All of the above

2. What does the Bible tell us to do when we are suffering?

- A. Pray
- B. Seek God's strength
- C. Trust in God
- D. All of the above

3. What does the Bible tell us to do when we are struggling?

A. Seek help

B. Rely on God's promises

C. Pray

D. All of the above

4. What does the Bible tell us to do when we are facing trials?

A. Consider it pure joy

B. Seek God's strength

C. Rely on God's promises

D. All of the above

5. What does the Bible tell us to do when we are brokenhearted?

A. Pray

B. Seek help

C. The Lord is close

D. All of the above

**Rededication Prayers** : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the strength and guidance to walk in your ways. I thank you for your love, grace, and mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#)

[If you prayed the above prayers kindly click here to get more information](#)

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### Discussion Questions

1. What does the Bible say about suffering?
2. How can we use the biblical perspective on suffering to help us cope with our own suffering?
3. What are some of the ways that we can cope with suffering according to the Bible?
4. How can we use prayer to help us cope with suffering?
5. How can we use God's promises to help us cope with suffering?

### FAQs

Q: What does the Bible say about suffering?

A: The Bible acknowledges that suffering is a part of life and that it can be a source of growth and transformation. It also speaks of suffering as a way to draw closer to God and to learn to trust in Him, as a way to test our faith and to help us to become more like Jesus, as a way to bring glory to God, and as a way to bring us closer to others.

Q: How can we cope with suffering according to the Bible?

A: The Bible offers us many ways to cope with suffering. These include praying, seeking God's strength, trusting in God, seeking help, and relying on God's promises.

Q: How can we use prayer to help us cope with suffering?

A: Praying can help us to find peace and comfort in difficult times. It can also help us to find the courage and strength to face our suffering.

Q: How can we use God's promises to help us cope with suffering?

A: Relying on God's promises can help us to find peace and hope in the midst of our suffering. It can also help us to find comfort and support in difficult times.

Answers: 1. D, 2. D, 3. D, 4. D, 5. D

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