



Problems Have a Purpose

1. We are not redeemed from suffering (but from sin, poverty, sickness).
2. You cannot pray suffering away, rebuke it, or cast it out.
3. God promised to be with you **in** the suffering (Psalm 23:4-5, Psalm 34:19, Isaiah 54:17).

Five Ways to Minimize Suffering

1. Maintain a praise life – Praise is the highest form of faith. It often confounds the enemy (1 Thessalonians 5:16, 18, Philippians 4:4).
2. Maintain a study life – Knowledge of scriptures gives strength (Psalm 119:11, 2 Peter 1:4).
3. Maintain a prayer life – It develops sensitivity to the Holy Spirit and God's voice (Luke 18:1, 1 Thessalonians 5:17, Romans 12:2).
4. Clean up your thought life – The mind is the area of temptation (2 Corinthians 10:5, Philippians 4:8).
5. Live your life above reproach – Let your actions reflect your spiritual dedication (1 Thessalonians 5:22, Romans 12:17, 2 Corinthians 6:3).

Four Reasons We May Be the Cause of Our Suffering

1. Bad companions bring suffering (Proverbs 13:20, 1 Corinthians 15:33).
2. Arrogance (Proverbs 16:18).
3. Sins of the heart and tongue (Proverbs 17:20, Proverbs 19:5).
4. Your own temper (Proverbs 22:8, Proverbs 19:19).

God's Purpose in Suffering

1. Suffering is part of our Christian call (Philippians 1:28-29).
2. Suffering cannot separate us from God's keeping power (1 Peter 1:3-9).
3. Coming through suffering makes us useable for God's plan (Proverbs 25:4).