

I Shall Not Be Moved - Tho' all hell assail me, I shall not be moved, Jesus will not fail me, I shall not be moved; Tho' the tempest rages, I shall not be moved, On the Rock of Ages, I shall not be moved;

It Is Well With My Soul - Tho' Satan should buffet, tho' trials should come, Let this blest assurance control, That Christ hath regarded my helpless estate, And hath shed His own blood for my soul. It is well with my soul, It is well with my soul.



ASSIGNMENTS

1. Once a day read over this material and read or sing the songs.
2. Keep the scripture where you will see it often each day.
3. Make a list of the righteous people in the Bible who suffered because of their righteousness.
4. Write down something you will do that you have been avoiding out of fear of suffering.
5. Tell the class a situation where you failed to stand up, speak out, or act because you feared some suffering, or a situation where you did right and faced problems as a result.



DAILY BIBLE VERSES AND PRAYER THOUGHTS

MONDAY - VERSES: Matthew 16:21; 17:12 PRAYER THOUGHT: Father, help me to remember how much Jesus suffered for me and be willing to suffer for Him.

TUESDAY - VERSES: Luke 13:1-5 PRAYER THOUGHT: Lord, help me remember that suffering is not always a consequence of doing wrong.

WEDNESDAY - VERSES: Acts 5:40-41 PRAYER THOUGHT: Master, help me serve with joy even if the service involves suffering.

THURSDAY - VERSES: Romans 8:17-18 PRAYER THOUGHT: Father, help me to keep in mind the inheritance that will make all of the difficulties of this life worth it.

FRIDAY - VERSES: 1 Corinthians 12:24-26 PRAYER THOUGHT: Heavenly King, help me to have compassion for my fellow citizens in Your kingdom who are suffering even at times when I am not suffering myself.

SATURDAY - VERSES: 1 Timothy 4:10; 2 Timothy 1:12 PRAYER THOUGHT: God, help me to keep my trust and faith in you regardless of the problems that I may face.

SPIRITUAL HEALTH REGIMEN - WEEK 64

SUFFERING - 10-20-13 to 10-26-13

SCRIPTURE - 2 Timothy 3:12 Yea, and all that will live godly in Christ Jesus shall suffer persecution.

COMMENT – It is easier to try to avoid conflict by compromising principles than it is to face conflict as a result of standing for what is right. We pray for peace, but Jesus promised to bring a sword.

SONGS - ON ZION'S GLORIOUS SUMMIT

2. Here all who suffered sword or flame For truth, or Jesus' lovely name, Shout vict'ry now and hail the Lamb, And bow before the great I AM, And bow before the great I AM.

FAITH OF OUR FATHERS

1. Faith of our fathers! Living still, In spite of dungeon, fire, sword: O how our hearts beat high with joy Whene'er we hear that glorious word!
2. Our fathers, chained in prisons dark, Were still in heart and conscience free; How sweet would be their children's fate, If we, like them could die for thee!

Refrain: Faith of our fathers, holy faith! We will be true to thee till death!

THOUGHTS

WHAT HAVE YOU SUFFERED?

How would you handle this dream if you had it?

I saw in a dream that I was in the Celestial City - not knowing when or how I got there. I was in a great multitude which no man could number, from all countries and peoples and times and ages. Somehow I found the saint next to me had died more than 1,950 years ago. We could communicate, so I asked who he was.

"I," said he, "was a Roman Christian; I lived in the days of the Apostles. I was one of those who died in Nero's Persecutions. I was covered with pitch and fastened to a stake and set on fire to light up Nero's gardens."

"How awful!" I exclaimed.

"No," he said, "I was glad to do something for Jesus who died for me."

Two women stood nearby and one spoke up. "I am Perpetua, and this is my servant Felicitas. I was from a wealthy family in Carthage. We lived some hundred years after this brother, and never knew of the apostles, but by some writings and the teachings that had been passed

down to us by those who knew them.”

“Did you live a peaceful Christian life then,” I asked.

“For a time,” she answered, “However, things changed and shortly after my child was born and while Felicitas was still with child we were arrested for not sacrificing to the pagan gods. Even my own father tried to convince us to renounce Christ, but we stood firm. We were stripped naked and forced into an arena where wild beasts were set loose to attack us. When the animals did not kill us a gladiator was sent to finish the job.

“How horrendous!” I blurted out.

“No,” she replied, “It was the least I could do for one who gave up so much for me.”

Then one on my other side spoke: “I died only a couple hundred years ago. I came from an island in the South Seas. A missionary came and taught me of Jesus and I learned to love Him. My countrymen killed the missionary and beat me until they thought I was dead, but I revived. The next day they cooked me and ate me.”

“That’s terrible!” I said.

“No, I was glad to die as a Christian for the one who was beaten and scourged for me,” he responded.

Then they turned to me and asked, “What did you suffer for Him? Or did you sell what you had to support those missionaries who spread the gospel of Christ?”

I was speechless. While they were looking at me with sorrowful penetrating eyes, I awoke! But I lay on my soft bed awake for many hours thinking about the money I had wasted on my pleasures; or expensive clothing, or costly car, or other luxuries. I realized that I did not know what the words of Jesus meant: “If any man will come after Me, let him deny himself, and take up his cross, and follow me.” (Mark 8:34). Nor when He said, “Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.” (Matthew 5:10-12)



How many of these songs can we HONESTLY sing? I don’t mean to imply that there is anything in them that is not scriptural, but that many

times our luxury-filled, persecution-free, self-absorbed lives don’t fit with the words in many of these songs. If the difficulties described in these songs becomes a reality for us, how will we respond?

Suffering is a lot like physical labor. The first time someone works hard with their hands they will get blisters and sore muscles all over, but if they don’t give up their hands will become calloused and the muscles will become strong enough to handle the work. The first time someone suffers, really suffers they may believe they will never survive it, but an endurance and a sort of resistance can be developed with repeated exposure.

I wonder if it might be a good idea for a Christian to inflict some suffering on himself to prepare for the struggles ahead. Or at least to show a willingness to deny self and to be able to better sympathize with those who have suffered for Christ.

Carry Your Cross With a Smile

Ready - Ready to suffer grief or pain, Ready to stand the test, Ready to go, Ready to bear, Ready in life, Ready in death, Ready for His return.

Shelter in a Time of Storm - Secure whatever ill betide, No fears alarm, no foes affright,

I Count It All Joy - I count it all joy to suffer for Him, Enduring the pains, the trouble and strife,

Christ’s Love Is All I Need - Tho’ trials press on ev’ry side And many snares there be; Christ’s love is all I need.

Must Jesus Bear the Cross Alone? Must Jesus bear the cross alone and all the world go free? No, there’s a cross for ev’ry one, And there’s a cross for me. The consecrated cross I’ll bear, Till death shall set me free,

I’ll Never Forsake My Lord - Tho’ my cross may be hard to bear, Tho’ my life may be filled with care; Tho’ misfortune be mine to share I’ll never forsake my Lord.

Where Could I Go - Living below in this old sinful world, Hardly a comfort can afford;

When Morning Comes - We are often destitute of the things that life demands, Want of shelter and of food, thirsty hills and barren land; But we’re trusting in the Lord,

I’m Not Ashamed to Own My Lord - I’m not ashamed to own my Lord, Nor to defend His cause.

God Will Take Care Of You - Be not dismayed whate’er betide, God will take care of you;

NO PAIN, NO GAIN

INTRODUCTION

A. 2 Timothy 3:10-13 But thou hast fully known my doctrine, manner of life, purpose, faith, longsuffering, charity, patience, {11} Persecutions, afflictions, which came unto me at Antioch, at Iconium, at Lystra; what persecutions I endured: but out of them all the Lord delivered me. {12} Yea, and all that will live godly in Christ Jesus shall suffer persecution. {13} But evil men and seducers shall wax worse and worse, deceiving, and being deceived.

I. WE ARE TAUGHT HOW TO SUFFER BY EXAMPLE.

A. THE PROPHETS ARE AN EXAMPLE

1. Hebrews 11:24-26 By faith Moses, when he was come to years, refused to be called the son of Pharaoh's daughter; {25} Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season; {26} Esteeming the reproach of Christ greater riches than the treasures in Egypt: for he had respect unto the recompense of the reward.

2. Matthew 23:30-35 And say, If we had been in the days of our fathers, we would not have been partakers with them in the blood of the prophets. {31} Wherefore ye be witnesses unto yourselves, that ye are the children of them which killed the prophets. {32} Fill ye up then the measure of your fathers. {33} Ye serpents, ye generation of vipers, how can ye escape the damnation of hell? {34} Wherefore, behold, I send unto you prophets, and wise men, and scribes: and some of them ye shall kill and crucify; and some of them shall ye scourge in your synagogues, and persecute them from city to city: {35} That upon you may come all the righteous blood shed upon the earth, from the blood of righteous Abel unto the blood of Zacharias son of Barachias, whom ye slew between the temple and the altar.

3. James 5:10-11 Take, my brethren, the prophets, who have spoken in the name of the Lord, for an example of suffering affliction, and of patience. {11} Behold, we count them happy which endure. Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy.

B. CHRIST IS OUR EXAMPLE

1. Mark 8:31-38 And he began to teach them, that the Son of man must suffer many things, and be rejected of the elders, and of the chief priests, and scribes, and be killed, and after three days rise again. {32} And he spake that saying openly. And Peter took him, and

began to rebuke him. {33} But when he had turned about and looked on his disciples, he rebuked Peter, saying, Get thee behind me, Satan: for thou savourest not the things that be of God, but the things that be of men. {34} And when he had called the people unto him with his disciples also, he said unto them, Whosoever will come after me, let him deny himself, and take up his cross, and follow me. {35} For whosoever will save his life shall lose it; but whosoever shall lose his life for my sake and the gospel's, the same shall save it. {36} For what shall it profit a man, if he shall gain the whole world, and lose his own soul? {37} Or what shall a man give in exchange for his soul? {38} Whosoever therefore shall be ashamed of me and of my words in this adulterous and sinful generation; of him also shall the Son of man be ashamed, when he cometh in the glory of his Father with the holy angels.

2. Hebrews 13:12-13 Wherefore Jesus also, that he might sanctify the people with his own blood, suffered without the gate. {13} Let us go forth therefore unto him without the camp, bearing his reproach.

3. 1 Peter 2:19-23 For this is thankworthy, if a man for conscience toward God endure grief, suffering wrongfully. {20} For what glory is it, if, when ye be buffeted for your faults, ye shall take it patiently? but if, when ye do well, and suffer for it, ye take it patiently, this is acceptable with God. {21} For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps: {22} Who did no sin, neither was guile found in his mouth: {23} Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed himself to him that judgeth righteously:

C. THE APOSTLES ARE OUR EXAMPLES

1. Acts 5:40-41 And to him they agreed: and when they had called the apostles, and beaten them, they commanded that they should not speak in the name of Jesus, and let them go. {41} And they departed from the presence of the council, rejoicing that they were counted worthy to suffer shame for his name.

2. Acts 9:15-16 But the Lord said unto him, Go thy way: for he is a chosen vessel unto me, to bear my name before the Gentiles, and kings, and the children of Israel: {16} For I will show him how great things he must suffer for my name's sake.

3. 1 Corinthians 4:9-14 For I think that God hath set forth us the apostles last, as it were appointed to death: for we are made

a spectacle unto the world, and to angels, and to men. {10} We are fools for Christ's sake, but ye are wise in Christ; we are weak, but ye are strong; ye are honourable, but we are despised. {11} Even unto this present hour we both hunger, and thirst, and are naked, and are buffeted, and have no certain dwellingplace; {12} And labour, working with our own hands: being reviled, we bless; being persecuted, we suffer it: {13} Being defamed, we entreat: we are made as the filth of the world, and are the offscouring of all things unto this day. {14} I write not these things to shame you, but as my beloved sons I warn you.

4. 2 Corinthians 1:5-11 For as the sufferings of Christ abound in us, so our consolation also aboundeth by Christ. {6} And whether we be afflicted, it is for your consolation and salvation, which is effectual in the enduring of the same sufferings which we also suffer: or whether we be comforted, it is for your consolation and salvation. {7} And our hope of you is stedfast, knowing, that as ye are partakers of the sufferings, so shall ye be also of the consolation. {8} For we would not, brethren, have you ignorant of our trouble which came to us in Asia, that we were pressed out of measure, above strength, insomuch that we despaired even of life: {9} But we had the sentence of death in ourselves, that we should not trust in ourselves, but in God which raiseth the dead: {10} Who delivered us from so great a death, and doth deliver: in whom we trust that he will yet deliver us; {11} Ye also helping together by prayer for us, that for the gift bestowed upon us by the means of many persons thanks may be given by many on our behalf.

5. 1 Timothy 4:10 For therefore we both labour and suffer reproach, because we trust in the living God, who is the Saviour of all men, specially of those that believe.

D. FELLOW CHRISTIANS PAST AND PRESENT ARE EXAMPLES

1. Romans 8:16-18 The Spirit itself beareth witness with our spirit, that we are the children of God: {17} And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together. {18} For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

2. 1 Corinthians 12:26 And whether one member suffer, all the members suffer with it; or one member be honoured, all the members rejoice with it.

3. 1 Thessalonians 2:14-16 For ye, brethren, became

followers of the churches of God which in Judaea are in Christ Jesus: for ye also have suffered like things of your own countrymen, even as they have of the Jews: {15} Who both killed the Lord Jesus, and their own prophets, and have persecuted us; and they please not God, and are contrary to all men: {16} Forbidding us to speak to the Gentiles that they might be saved, to fill up their sins alway: for the wrath is come upon them to the uttermost.

4. Hebrews 13:3 Remember them that are in bonds, as bound with them; and them which suffer adversity, as being yourselves also in the body.

II. LET'S UNDERSTAND SUFFERING BETTER

A. SUFFERING IS A BLESSING

1. Philippians 1:27-30 Only let your conversation be as it becometh the gospel of Christ: that whether I come and see you, or else be absent, I may hear of your affairs, that ye stand fast in one spirit, with one mind striving together for the faith of the gospel; {28} And in nothing terrified by your adversaries: which is to them an evident token of perdition, but to you of salvation, and that of God. {29} For unto you it is given in the behalf of Christ, not only to believe on him, but also to suffer for his sake; {30} Having the same conflict which ye saw in me, and now hear to be in me.

2. Philippians 3:10-11 That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death; {11} If by any means I might attain unto the resurrection of the dead.

B. SUFFERING IS A PERFECTOR

1. Hebrews 2:10 For it became him, for whom are all things, and by whom are all things, in bringing many sons unto glory, to make the captain of their salvation perfect through sufferings.

2. Hebrews 5:8-9 Though he were a Son, yet learned he obedience by the things which he suffered; {9} And being made perfect, he became the author of eternal salvation unto all them that obey him;

3. 1 Peter 4:1-2 Forasmuch then as Christ hath suffered for us in the flesh, arm yourselves likewise with the same mind: for he that hath suffered in the flesh hath ceased from sin; {2} That he no longer should live the rest of his time in the flesh to the lusts of men, but to the will of God.

4. 1 Peter 5:10 But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a

while, make you perfect, stablish, strengthen, settle you.

C. SUFFERING IS A SEPARATOR

1. 2 Thessalonians 1:3-5 We are bound to thank God always for you, brethren, as it is meet, because that your faith groweth exceedingly, and the charity of every one of you all toward each other aboundeth; {4} So that we ourselves glory in you in the churches of God for your patience and faith in all your persecutions and tribulations that ye endure: {5} Which is a manifest token of the righteous judgment of God, that ye may be counted worthy of the kingdom of God, for which ye also suffer:

2. 1 Thessalonians 2:2 But even after that we had suffered before, and were shamefully entreated, as ye know, at Philippi, we were bold in our God to speak unto you the gospel of God with much contention.

3. 2 Timothy 2:8-13 Remember that Jesus Christ of the seed of David was raised from the dead according to my gospel: {9} Wherein I suffer trouble, as an evil doer, even unto bonds; but the word of God is not bound. {10} Therefore I endure all things for the elect's sakes, that they may also obtain the salvation which is in Christ Jesus with eternal glory. {11} It is a faithful saying: For if we be dead with him, we shall also live with him: {12} If we suffer, we shall also reign with him: if we deny him, he also will deny us: {13} If we believe not, yet he abideth faithful: he cannot deny himself.

D. SUFFERING IS A PROMISE

1. 1 Thessalonians 3:4 For verily, when we were with you, we told you before that we should suffer tribulation; even as it came to pass, and ye know.

2. 1 Peter 4:12-16 Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: {13} But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy. {14} If ye be reproached for the name of Christ, happy are ye; for the spirit of glory and of God resteth upon you: on their part he is evil spoken of, but on your part he is glorified. {15} But let none of you suffer as a murderer, or as a thief, or as an evildoer, or as a busybody in other men's matters. {16} Yet if any man suffer as a Christian, let him not be ashamed; but let him glorify God on this behalf.

3. Revelation 2:9-10 I know thy works, and tribulation, and poverty, (but thou art rich) and I know the blasphemy of them which

say they are Jews, and are not, but are the synagogue of Satan. {10} Fear none of those things which thou shalt suffer: behold, the devil shall cast some of you into prison, that ye may be tried; and ye shall have tribulation ten days: be thou faithful unto death, and I will give thee a crown of life.

4. John 15:20 Remember the word that I said unto you, The servant is not greater than his lord. If they have persecuted me, they will also persecute you; if they have kept my saying, they will keep yours also.

E. SUFFERING IS GOD'S WILL

1. 1 Peter 3:12-17 For the eyes of the Lord are over the righteous, and his ears are open unto their prayers: but the face of the Lord is against them that do evil. {13} And who is he that will harm you, if ye be followers of that which is good? {14} But and if ye suffer for righteousness' sake, happy are ye: and be not afraid of their terror, neither be troubled; {15} But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear: {16} Having a good conscience; that, whereas they speak evil of you, as of evildoers, they may be ashamed that falsely accuse your good conversation in Christ. {17} For it is better, if the will of God be so, that ye suffer for well doing, than for evil doing.

2. 1 Peter 4:19 Wherefore let them that suffer according to the will of God commit the keeping of their souls to him in well doing, as unto a faithful Creator.

CONCLUSION

A. SUMMARY

B. INVITATION

2 Timothy 3:12
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