

# School of Prayer

## Tempted in Suffering

### Definition of Suffering:

The state of undergoing pain, distress or hardship. (Latin: to bear under)

- Can be physical, emotional or mental
- Differing degrees of intensity—from mild to intolerable (pain scale)
- When suffering has meaning—we have opportunities to discover
- Can be a motivation for change

(Story: “If You’re with me—why am I in so much pain? (Exodus 17:1-7)

When suffering—we often encounter the enemy and a course of his purposes for our life: to steal, kill, and destroy. BUT—He (Jesus) came that we might have life—abundantly. (John 10:10)

In the midst of suffering—the evil one takes advantage of the opportunity to assault God/us with lies.

- God does not hear
- God does not see
- God does not care
- I am alone (when we believe that we are alone, we begin to act on our own initiative)
- I am inadequate
- Guess I’ll have to figure this out for myself

When suffering occurs—we have an opportunity: Return to our former ways—or—learn from the Lord, His ways.

### Old Life:

- 1) experience pain (trauma, abuse, physical, emotional or mental pain)
- 2) Turn to self as a source of relief (rooted in controlling our circumstances) We begin to develop coping mechanisms, survival skills to protect or defend ourselves during a crisis or a period of threat.
- 3) Goal—discover a way of escape (hiding strategies, numbing strategies, self-defensive, self-protective)
- 4) Rehearse/Repeat—as often as needed—becomes automatic
- 5) Live with the consequences to our remedies without dealing with the source of pain—thus perpetuating it.
- 6) It’s about each one turning to his own ways—setting a self-protective course
- 7) Pain/suffering often hides a resolution—blocks a cognitive response (triggers can cause us to turn automatically to a learned/rehearsed way.

### **Learning the Path of Jesus:**

- 1) John 12:27-28—Jesus confesses the state of His heart—Glorify Thy name
- 2) Matthew 26:38-39—not My will (He trusted the Father—believed—knew that it was impossible for God to lie)
- 3) Matthew 6:10—Thy will be done
- 4) Suffering is an opportunity for instruction—Psalm 119:67-68
- 5) Suffering is an act of trust—Psalm 22:9-10—learned to trust.... (I am with you...will not leave you)
- 6) Suffering is an opportunity for faith—Romans 8:31-39, Hebrews 11:35-40

### **New Life:**

- I Corinthians 10:11-13—provide a way of escape that you might ENDURE)
- Hebrews 2:17—tempted in what He suffered
- James 1:2-4
- II Corinthians 1:3-11