



*Finding The Good
in Our Suffering*

By: Collene Borchardt



Suffering helps us gain a greater perspective.

1) Think of a time in your life when something painful you went through ended up bearing fruit. What did you go through? And what good came out of it? (Example: I was bullied as a teenager in high school and yet I can see how those experiences gave me an immense amount of empathy for people.)

2) Is there a hard thing you are currently going through in life? If it is still too painful go ahead and skip this question, but if you can, think about ways God may be using this for good and list them below.

3) Can you see how your hard times may help you keep an eye on eternity?

Suffering gets us to grow.

1) Thinking again about previous hard times you have gone through; how did those times bring you closer to God? Was there a verse, song, or maybe something else that God comforted you with during this time?

2) In seasons of suffering do you spend more time in God's Word, prayer, or at church? Or do you find yourself spending less time in these activities? Can you see how in those hard moments spending time with God could be the "air" you need to keep you from drowning in those hard times?



Suffering helps us to give comfort to others.

1) Thinking of previous trials you have gone through, can you think of anyone who was able to comfort you because they had gone through the same thing? Did knowing they had been there before make it easier for you to relate to them? What did they do that brought comfort to you?

2) Thinking again about a past hurt, can you think of ways God could use your story to encourage or help someone? Brainstorm some ideas below.

Next Steps

Come Up with a Survival Plan:

It's best to have a plan before you enter seasons of hardship. Take some time to figure out what helps you and come up with a good survival plan. Here are some ideas I have used in my own seasons of difficulty :

- 1) Create a playlist of music that reminds you of God's promises. And play it often.
- 2) Look up some bible verses and write them down. Put this paper somewhere so when times of suffering come you can grab it out and read through them.
- 3) Get in the habit of journaling. By getting in the practice of journaling now, when we go through hard times it will be easy to write out our thoughts. Pouring out our hearts to God through journaling helps us get it all the emotions out and then we can remind ourselves of God's promises to us. (The Psalms are full of instances like this. In fact, over 60% of the Psalms are considered laments.)

Plus, when we think we are often using the right side of our brain which is more emotional. When we journal we move to the left side of our brain which is more analytical. Journaling helps us to move past our emotions to see things more clearly.

Ideas for Reaching Out:

Take action. Pick a task from the list below or come up with something on your own that you could do to give comfort to someone. Make a commitment to do this within the next week.

- 1) Send an encouraging text or a bible verse that meant a lot to you during your season of suffering to someone who is going through a hard time. Or send it to them in a card.
- 2) Set up a time to get coffee and chat with someone who is hurting. If you can't get together then could you make a phone call? Or could a video chat work?
- 3) Share your story on social media. SM gets a bad rap but we can use this platform for good. Share what you went through in the past and how God brought you through it. You never know who might end up reading your post and find hope.
- 4) Come up with your own idea and write it out here:

Bible verses to comfort us in our suffering.

"And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them."

-Romans 8:28 NLT

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."

-Psalm 34:8 NIV

"God comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us."

-2 Corinthians 1:3 NLT

"For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love."

-Romans 5:3-5 NLT

"He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."

-Revelation 21:4 NIV

"I would have despaired had I not believed that I would see the goodness of the Lord in the land of the living. Wait for and confidently expect the Lord; Be strong and let your heart take courage; Yes, wait for and confidently expect the Lord."

-Psalm 27:13-14 AMP

"Can anything ever separate us from God's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? . . . No, despite all these things, overwhelming victory is ours through Christ, who loved us."

-Romans 8:35 & 37 NLT

"We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed. Through suffering, our bodies continue to share in the death of Jesus so that the life of Jesus may also be seen in our bodies."

-2 Corinthians 4:8-10 NLT

Bible verses to comfort us in our suffering.

"Yet what we suffer now is nothing compared to the glory He will reveal to us later."

-Romans 8:18 NLT

"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

-John 16:33 NLT

"Dear friends, don't be surprised at the fiery trials you are going through, as if something strange were happening to you. Instead, be very glad—for these trials make you partners with Christ in his suffering, so that you will have the wonderful joy of seeing his glory when it is revealed to the world."

-1 Peter 4:12-13 NLT

"And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow, not even the powers of hell can separate us from God's love."

-Romans 8:38 NLT

"For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever!"

-2 Corinthians 4:17 NLT

"For the more we suffer for Christ, the more God will shower us with his comfort through Christ."

-2 Corinthians 1:5 NLT

"We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love."

-Romans 5:3-5 NLT

Thank you for attending!

Did you enjoy this message?

The biggest "thank you" you can give me is to leave a recommendation! I would greatly appreciate it if you would take a few minutes to write one by using the QR code below and then clicking on the button "Write A Recommendation."

Thank you!



Or you can email your review to me at **contact@colleneborchardt.com** and I will upload it to my website!
Thanks!

Let's be friends!

Facebook: @colleneborchardtwrites

Instagram: @colleneborchardt

To get my weekly devotions sign up here:

colleneborchardt.com/hope-for-mondays

(Because with God we can find hope . . . even on a Monday!)