

# How to Suffer Well

## Introduction

- no one likes to suffer
- how can we suffer well?

**Main Points:** we can suffer well by...

1. doing \_\_\_\_\_ – bless and do not \_\_\_\_\_ –  
v. 9: <sup>9</sup> Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.
  - a. the rationale is rooted in Jesus' words (Matthew 5.38-48) and his actions as demonstrated at Calvary
    - i. the rationale is to obtain a blessing, though it's unclear if that blessing is immediate or futuristic, or both.
    - ii. what we do know is the proper response to abuse is kindness
  - b. Romans 12.14;17 – 21
2. having \_\_\_\_\_ – no fear; do not be \_\_\_\_\_ –  
v. 14: <sup>14</sup> But even if you should suffer for what is right, you are blessed. "Do not fear their threats; do not be frightened."
  - a. the thought is that by doing good the believer will subvert or divert suffering, but that doesn't always work
    - i. there is a certain \_\_\_\_\_ or \_\_\_\_\_  
\_\_\_\_\_ to absorbing injustice graciously
  - b. Polycarp
  - c. Matthew 10.28-29
3. being \_\_\_\_\_ – remember \_\_\_\_\_ –

v.18: <sup>18</sup> For Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive in the Spirit.

a. Verse 18 is one of the most succinct and yet profound statements in the NT on the doctrine of the atonement. Jesus is seen as dealing with the problem of humanity's broken relationship with God in three ways.

1. He made the perfect \_\_\_\_\_ for sin (cf. Heb. 9:11–14; 10:1–10) and thereby fulfilled the requirements of the law.
2. He endured the death due to \_\_\_\_\_ as the penalty imposed by the law on sinners (cf. Rom. 6:23; 2 Cor. 5:21).
3. He thereby removed the \_\_\_\_\_ caused by sin and opened the way back to God (Jn. 14:6).

– David H.Wheaton in *New Bible Commentary*

## Conclusion

Suffering isn't a curse, it's an opportunity to

- bless and be \_\_\_\_\_
- demonstrate courageous and \_\_\_\_\_  
\_\_\_\_\_ faith
- appreciate the fact that \_\_\_\_\_ aligns us with Christ