

# Practical Successful Suffering

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1 Peter / Suffering; Victory; Discipline / 1 Peter 4:12–14; 1 Peter 5:6–11

Suffering happens. Unfortunately there is no way around it. However there is a path through it. Hear Him. Expel negative thinking. Exercise authority over your self. Resist evil. Seems simple, but we hopefull this message will give us some help.

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## Suffering.

In my life I have not experienced such a blatant attack on the church. Our health, our faith, our emotions, our .... well, everything was attacked. Anxiety related issues were challenged in a way they have never been and the numbers show it. Drug related issues have gone up as has domestic violence, depression, suicide, etc etc etc.

Church was deemed as NON ESSENTIAL. When in fact the church of God is literally the MOST ESSENTIAL because they have the answers that are really important.

In my suffering, my personal stress has gone way up as I looked for a new normal in this temporary situation. And where the Bible tells us that where “two or more and gathered” He is present... we were told not to gather. So, in many circumstances, we suffered alone.

## Not to dissimilar

1 Peter was written to a people who were exiled and separated and reviled by the government and world around them. Our suffering is now new. It’s happened before and will happen again.

But what do we do in that suffering. In today's final message from 1 Peter, I want to spend a little time describing the benefit of the fire, practical ways to handle ourselves as we go through it, and hold on til the end because the finish line is simple awesome.

# May God's Grace and Peace Be Multiplied to You

## The Fire

**1 Peter 4:12–14** *ESV*

Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. But rejoice insofar as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed. If you are insulted for the name of Christ, you are blessed, because the Spirit of glory and of God rests upon you.

1. Fiery Trial
  - a. Purify the metal
  - b. Strengthens the metal
  - c. Less resistant to shock
2. Something Strange
  - a. This is no peculiar or special.
  - b. It rains on the just and the unjust
  - c. The question becomes what will we do when the trial comes.
3. Rejoice
  - a. This is not saying that suffering, sadness, anger, frustrations doesn't exist.
  - b. It does say, deliberately find something good and think on that



- a. When we suffer through a trial we typically flood our thoughts with the injustice or anguish of it all.
- b. When we find ourselves in a trial take a moment, pause, and listen to God's word.

**1 Peter 5:6 ESV**

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you,

**2. hEar ...Expel Your Anxieties On Him    Expel**

- a. When we suffer through a trial, we often are filled with anxiety, fear, worry, anger..... Here is a short symptom list of anxiety.

nervousness, restlessness, or being tense, feelings of danger, panic, or dread, rapid heart rate, rapid breathing, or hyperventilation, increased or heavy sweating, trembling or muscle , and lethargy, difficulty focusing or thinking clearly about anything other than the thing you're worried about, insomnia, digestive or gastrointestinal problems, such as gas, constipation, or diarrhea, a strong desire to avoid the things that trigger your anxiety, obsessions about certain ideas, performing certain behaviors over and over again, anxiety surrounding a particular life event or experience that has occurred in the past,

- b. Expel the thoughts.... How?

- i. In my life... and hopefully not yours, when I start experiencing anxiety, I misbehave. I operate in a way that diminishes faith and will often hurt myself and others while I wait for the feeling to subside. Knowing that sometimes I will run and hide. Lately to my garage or some project that I won't finish which leads to more anxiety.

- ii. Practical Ways to expel anxiety.

- Humble yourself.... recognize that he is bigger than your troubles. The plan is His and it is to bring glory (dignity, honor, praise, and worship)

- Send them somewhere (that's what casting or expelling means). We do this by prayer and talking to Him about it.

**Psalm 69:1–3 ESV**

Save me, O God! For the waters have come up to my neck. I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me. I am weary with my crying out; my throat is parched. My eyes grow dim with waiting for my God.

- Take every thought captive.

**2 Corinthians 10:5 ESV**

We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

- Remember the context

**1 Peter 5:7 ESV**

casting all your anxieties on him, because he cares for you.

we release because we trust His care. Peter was quoting David...

**Psalm 55:22 ESV**

Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.

### 3. heAr... Excercise Authority over yourself... Be Sober Minded, Watchful Authority

- Actively discipline yourselves.
  - Do the things you are supposed to do  
Read the Bible, apply it to your life, pray, praise,
  - Don't do the things you aren't supposed to do.

**1 Corinthians 10:13 ESV**

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with

the temptation he will also provide the way of escape, that you may be able to endure it.

- Be Watchful

#### 4. hear... Resist Him

Resist

- Your suffering is not any larger than anything anyone else has experienced.

**Ecclesiastes 1:9 ESV**

What has been is what will be, and what has been done is what will be done, and there is nothing new under the sun.

- Firm in your faith - be tough, be stubborn, hold on.

**James 4:7 ESV**

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

## The Finish Line

**1 Peter 5:10–11 ESV**

And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. To him be the dominion forever and ever. Amen.

The suffering is real..

God is a God of grace - giving a goodness that we cannot earn

He called us to experience HIS glory (dignity, honor, praise, and worship) found in Christ

He will restore.... TO WHAT? **You are created in His image to be a reflection of love, joy peace, patience, kindness.....**

He will confirm... TO WHAT? **While you will be tested you will be held up and proven that you are His, Held in His hand.**

**Luke 22:32 ESV**

but I have prayed for you that your faith may not fail. And when you have turned again, strengthen your brothers.”

He will strengthen.... TO WHAT? **While the enemy tries to weaken you, you are absolutely indestructible.**

**Romans 8:11 ESV**

If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

He will establish.... TO WHAT? **The enemy has one goal. To devour you. He works hard and it is futile. For your dwelling place is permanent.**

**Psalms 23:6 ESV**

Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.

## Psalm in Closing

**Psalm 112 ESV**

<sup>1</sup> Praise the LORD! Blessed is the man who fears the LORD, who greatly delights in his commandments! <sup>2</sup> His offspring will be mighty in the land; the generation of the upright will be blessed. <sup>3</sup> Wealth and riches are in his house, and his righteousness endures forever. <sup>4</sup> Light dawns in the darkness for the upright; he is gracious, merciful, and righteous. <sup>5</sup> It is well with the man who deals generously and lends; who conducts his affairs with justice. <sup>6</sup> For the righteous will never be moved; he will be remembered forever. <sup>7</sup> He is not afraid of bad news; his heart is firm, trusting in the LORD. <sup>8</sup> His heart is steady; he will not be afraid, until he looks in triumph on his adversaries. <sup>9</sup> He has distributed freely; he has given to the poor; his righteousness endures forever; his horn is exalted in honor. <sup>10</sup> The wicked man sees it and is angry; he gnashes his teeth and melts away; the desire of the wicked will perish!