

## **THE DO'S AND DON'TS OF SUFFERING**

### **1 Peter 4:12-19**

#### **1. Don't be surprised by suffering**

*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. (12)*

#### **2. Do look for positives in suffering**

*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. (13-14)*

#### **3. Do examine the why of suffering**

*But let none of you suffer as a murderer or a thief or an evildoer or as a meddler. Yet if anyone suffers as a Christian, let him not be ashamed, but let him glorify God in that name. (15-16)*

#### **4. Don't compare your suffering with others**

*For it is time for judgment to begin at the household of God; and if it begins with us, what will be the outcome for those who do not obey the gospel of God? And "If the righteous is scarcely saved, what will become of the ungodly and the sinner?" (17-18)*

#### **5. Do trust God while suffering**

*Therefore let those who suffer according to God's will entrust their souls to a faithful Creator while doing good. (19)*