



FREEDOM FOR MEN • New Heart • New Mind • New Life
Trusted, experienced, faith-based men helping men find hope and freedom!

Chapter 6. Processing our PAIN as a pathway toward freedom.

Week 22: What does the Bible say about pain and SUFFERING?

Video: Forrest Gump

[Click here to watch a video clip in our Vimeo account.](#)

Theme verse: *And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.*

– Romans 5:2-4

Word of the Week: Suffering

Quote: “A suffering person does not need a lecture - he needs a listener.”

– Billy Graham

John Eldredge: “Truth be told, most of us are faking our way through life. We pick only those battles we are sure to win, only those adventures we are sure to handle, only those beauties we are sure to rescue.”

Highlight Video: Only Jesus For My Pain, Cory Asbury

[Click here to watch in our Vimeo account.](#)

Word of the Week: Suffering

Dictionary:

noun

- the state of a person or thing that suffers.
- Often sufferings. something suffered by a person or a group of people; pain:

the sorrows and sufferings of our poorest citizens.

verb

- to undergo or feel pain or distress: *The patient is still suffering.*
- to sustain injury, disadvantage, or loss: *One's health suffers from overwork.*

Quotes: “To live is to suffer, to survive is to find some meaning in the suffering.” – Friedrich Nietzsche

“Suffering is given to you that you might open your eyes to the truth.”
– Anthony de Mello

“A suffering person does not need a lecture - he needs a listener.”
– Billy Graham

“We must all suffer one of two things: the pain of discipline or the pain of regret or disappointment.” – Jim Rohn

“If we could read the secret history of our enemies we should find in each man's life sorrow and suffering enough to disarm all hostility.”
– Henry Wadsworth

“Longfellow Job never saw why he suffered, but he saw God, and that was enough.” – Timothy Keller

“God had one son on earth without sin, but never one without suffering.”
– Saint Augustine

Bible: Job 2:12-13

When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads. Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his **suffering** was.

Psalm 119:152-153

Long ago I learned from your statutes that you established them to last forever. Look on my **suffering** and deliver me, for I have not forgotten your law.

Isaiah 53:4-5

Surely he took up our pain and bore our **suffering**, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.

Matthew 4:24

News about him spread all over Syria, and people brought to him all who were ill with various diseases, those **suffering** severe pain, the demon-possessed, those having seizures, and the paralyzed; and he healed them.

Mark 5:34

He said to her, “Daughter, your faith has healed you. Go in peace and be freed from your **suffering**.”

Romans 5:2-4

And we boast in the hope of the glory of God. Not only so, but we also glory in our **sufferings**, because we know that **suffering** produces perseverance; perseverance, character; and character, hope.

Romans 8:17-18

Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his **sufferings** in order that we may also share in his glory. I consider that our present **sufferings** are not worth comparing with the glory that will be revealed in us.

2 Timothy 1:12

That is why I am **suffering** as I am. Yet this is no cause for shame, because I know whom I have believed, and am convinced that he is able to guard what I have entrusted to him until that day.

1 Peter 5:9-10

Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of **sufferings**. And the God of all grace, who called you to his eternal glory in Christ, after you have **suffered** a little while, will himself restore you and make you strong, firm and steadfast.