

### **Principles for Intense Suffering**

1. Jesus went through intense suffering and can relate. He was a man of sorrows acquainted with grief (Isa. 53). Therefore, He understands your pain and wants you to lament. He understands better than any other human.
2. The Father knows what it is like to lose a child.
3. There are mysteries to suffering we will never understand this side of heaven. God's ways are unsearchable and beyond finding out.
4. Joni Tada, "God allows what He hates to accomplish what He loves" (Rom. 8:18 to the end of the chapter). In the midst of intense pain/suffering the Holy Spirit is praying for you as well as the Savior (both are mentioned in Rom. 8 as praying for you).
5. It is legitimate to ask questions of God from a sincere heart (Psalm 42-43). Prayer is the mechanism.
6. Great men or women are prepared for great deeds by great trials. Just as with His Son, God wastes no pain.
7. All trials test faith. Severe and intense trials intensely test the depth of faith.
8. Let your gaze break through to eternity—someday all this suffering will be over.
9. Faith is fighting with your soul to believe the promises of God amid suffering.
10. It is through the boiling pot of life that a godly walk is distilled.
11. God rewards those who persevere during trials. Heb. 11:6—He is a rewarder of those who diligently seek Him. In Hebrews 11 these people pursuing Him are sufferers.
12. God even helps the writers of scripture articulate their pain by giving them the words. We believe this because we believe in inspiration. Scripture is God breathed. So, He wants you to express your pain.