



Part 1: Finding Hope in Suffering

John 16:33; Romans 5:1-5; 15:13

Following Jesus requires resilience, and he will impart his strength to us as we live in him.

I. Trouble is Promised (John 16:33)

We are marinating in a comfort culture. We have come to believe that we are entitled to a comfortable life free of challenges, hardships, and any kind of suffering. Consider how often an advertisement tells you that “you deserve this ...”

The problem, of course, is that this is not remotely close to what Jesus said or predicted.

“I have told you these things, so that in me you may have peace. In this world, you will have trouble. But take heart! I have overcome the world.” John 16:33

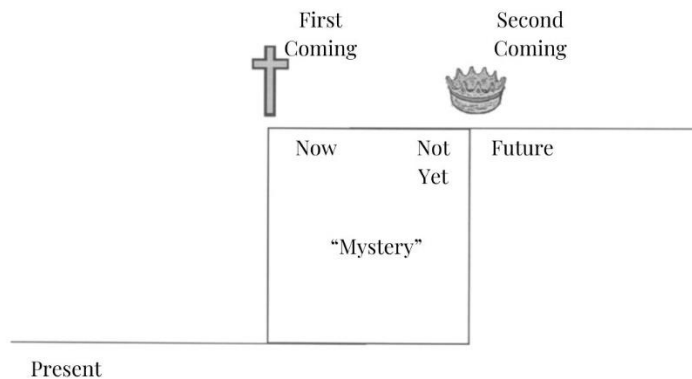
Q – What things has Jesus been telling his friends? He has been preparing them for the reality that he will be violently taken away from them to be crucified, but they will see him again after his resurrection. He is promising the Holy Spirit will give them access to him in a whole new way.

Their life, as they know it, is about to drastically change. They will weep and mourn while the world rejoices (v. 20). They will be disoriented, experience fear, anxiety, grief, even panic.

But take heart! Their experience will be like that of a mother giving birth whose pain gives way to joy. Why? Because Jesus says he has overcome the world!

Through his death, resurrection, and ascension to his rightful place as King, Jesus is dealing a lethal blow to Satan, the prince of this world (John 16:11). God’s great rescue and renewal has already begun in Jesus, but there is still a world that lives under Satan’s cruel and deceptive influence.

Jesus' Presentation of the Redemptive Reign of God (Matthew 11:4-6)



“We know that Christ has already purchased our healing (1 Peter 2:24; Matthew 8:17), but we still groan with sickness (Romans 8:23; 2 Corinthians 4:16). We have already passed from death to life (1 John 3:14), but we still die (1 Corinthians 15:26). We already have the sanctifying Spirit as a down payment of our inheritance (Ephesians 1:14), but the war between flesh and Spirit goes on every day (Galatians 5:16-18). We have already been acquitted of all sin in Christ (Romans 5:1), but most go on every day praying, “forgive us our sins as we forgive those who sin against us” (Matthew 6:12). We already have our citizenship in the kingdom of God (Philippians 3:20), but for now must still submit in measure to the rulers of this world (Romans 13:1).” John Piper

II. Resilience is Needed

“Jesus said if we follow him, we should expect trouble, relational pain, and persecution. This is on top of the heartache of life in a broken world that we share with all mankind. So as his disciples we need to equip one another and prepare ourselves to face those forms of suffering without losing hope, allowing the Spirit of God to form us ever more deeply into the image of Jesus.” Life with Jesus Guide, 6.

See Romans 5:1-5 and the promise of God’s love and hope in the midst of our suffering.

Today, there is a great falling away from Jesus in the West.

Q – How do we build resilience in our life with Jesus so that we do not fall away or shipwreck of lives in the language of Paul.

III. God’s Impartation of Strength

Doug Brown/GCC/9-8-2024

See Psalm 29:1-2, 11.

“Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.” Psalm 73:25-26

“Again, the one who looked like a man touched me and gave me strength. ‘Do not be afraid, O man highly esteemed,’ he said. ‘Peace! Be strong now; be strong.’ When he spoke to me, I was strengthened and said, ‘Speak, my lord, since you have given me strength.’” Daniel 10:18-19

“I have told you these things, so that in me you may have peace. In this world, you will have trouble. But take heart! I have overcome the world.” John 16:33

Notice that Jesus says that our peace is found in him.

You cannot go run a marathon if you do not learn to run a mile first. As you train, you increase your capacity to run a longer distance. In the same way, it is very challenging to receive strength and peace from Jesus if you have not been learning to live in him already (think of Debbie’s counsel).

“May the God of hope fill you with all joy as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.” Romans 15:13

Resources:

1. [The Practice of Resilience: Finding Hope in Suffering](#)
2. [Life with Jesus Guide](#) (available @ Welcome Center or online).
3. *Resilience* by John Eldredge (2022).
4. Pause App/30 Days to Resilient (wildatheart.com).

Discussion Questions:

1. Read John 16:33. What specifically does Jesus promise? How much has this truth been taught to you? If not this, what was taught to you about trouble in the Christian life?
2. Read Romans 5:1-5. What specifically does Paul say we have access to in Jesus by faith? What do you think Paul means “by faith”?
3. Here is the main point of the sermon: Following Jesus requires resilience, and he will impart his strength to us as we live in him.
 - a. How have you received strength from Jesus during a hardship?
 - b. How are you learning to “live in him”? What practices or habits have you found most helpful?
 - c. Read Romans 15:13. How does Paul describe the relationship of joy, peace, and hope with faith?
4. Read the Practice: Resilience: Finding Hope in Suffering. What recommendations do you find most helpful?