



DON'T WASTE YOUR SUFFERING

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Rejoice in Suffering: with joy inexpressible and full of glory

The context of this phrase is that we practice this in the middle of the trials and pressures of life. If we rejoice in the middle of trials, we will be filled with glory. The highest expression of God's glory is to encounter Him and experience Him: first, to encounter His heart and emotions, but also His power and wisdom.

If we rejoice in trials, suffering, testing, and persecution, more than 25 supernatural things will be released in our lives here and in eternity, according to the Bible.

Below is a list of these Scriptures. Meditate on each one, declare them, memorize them, place them around your house, so that when the "evil day" comes, you may rejoice and receive the glory and rewards promised in Scripture.

At the end, there is also a list of practical ways to have joy in the middle of trials, and also a list of consequences when we do not respond correctly.

1 Peter 1:6–9

“Wherein you greatly rejoice, though now for a little while, if needed, you have been grieved in various trials, that the proof of your faith, which is more precious than gold that perishes though it is tested by fire, may be found to result in praise, glory, and honor at the revelation of Jesus Christ—whom not having known, you love. In him, though now you don’t see him, yet believing, you rejoice greatly with joy that is unspeakable and full of glory, receiving the result of your faith, the salvation of your souls.”

Acts 14:22

“confirming the souls of the disciples, exhorting them to continue in the faith, and that through many afflictions we must enter into God’s Kingdom.”

John 16:33

“I have told you these things, that in me you may have peace. In the world you have oppression; but cheer up! I have overcome the world.”

Matthew 13:21

“yet he has no root in himself, but endures for a while. When oppression or persecution arises because of the word, immediately he stumbles.”

John 15:20

“Remember the word that I said to you: ‘A servant is not greater than his lord.’ If they persecuted me, they will also persecute you. If they kept my word, they will keep yours also.”

2 Timothy 3:12

“Yes, and all who desire to live godly in Christ Jesus will suffer persecution.”

2 Timothy 2:3

“You therefore must endure hardship as a good soldier of Christ Jesus.”

We will go through trials, so do not waste them.

Receive the good that will come from them!

Romans 8:28–31

“We know that all things work together for good for those who love God, to those who are called according to his purpose. For whom he foreknew, he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers. Whom he predestined, those he also called. Whom he called, those he also justified. Whom he justified, those he also glorified. What then shall we say about these things? If God is for us, who can be against us?”

We can have confidence in God in our trials, knowing that He reigns above the pressures in our lives.

In our trials, we declare the Truth to the enemy:
“It is written: all things work together for good.”

Romans 12:1

“I beg you therefore, brothers, by the mercies of God, to present your bodies a living sacrifice, holy, acceptable to God, which is your spiritual service.”

1 Peter 4:1

“Forasmuch then as Christ suffered for us in the flesh, arm yourselves also with the same mind; for he who has suffered in the flesh has ceased from sin.”

James 1:2–4,12

“Count it all joy, my brothers, when you fall into various temptations, knowing that the testing of your faith produces perseverance. Let perseverance have its perfect work, that you may be perfect and complete, lacking in nothing.”

“Blessed is a man who endures temptation, for when he has been approved, he will receive the crown of life, which the Lord promised to

those who love him.”

Matthew 16:24–25

“Then Jesus said to his disciples, ‘If anyone desires to come after me, let him deny himself, take up his cross, and follow me. For whoever desires to save his life will lose it, and whoever will lose his life for my sake will find it.’”

Philippians 3:10–12

“that I may know him and the power of his resurrection, and the fellowship of his sufferings, becoming conformed to his death, if by any means I may attain to the resurrection from the dead. Not that I have already obtained, or am already made perfect; but I press on...”

2 Corinthians 7:4

“I am filled with comfort. I overflow with joy in all our affliction.”

Acts 9:16

“For I will show him how many things he must suffer for my name’s sake.”

Philippians 1:29

“Because it has been granted to you on behalf of Christ, not only to believe in him, but also to suffer on his behalf.”

Romans 8:16–19

“The Spirit himself testifies with our spirit that we are children of God; and if children, then heirs: heirs of God and joint heirs with Christ, if indeed we suffer with him, that we may also be glorified with him. For I consider that the sufferings of this present time are not worthy to be compared with the glory which will be revealed toward us.”

2 Corinthians 1:6

“But if we are afflicted, it is for your consolation and salvation.”

1 Peter 2:20–21

“For what glory is it if, when you sin and are beaten for it, you patiently endure? But if when you do well, you patiently endure suffering, this is commendable with God. For to this you were called, because Christ also suffered for us, leaving you an example, that you should follow his steps.”

1 Peter 3:14

“But even if you should suffer for righteousness’ sake, you are blessed. ‘Don’t fear what they fear, neither be troubled.’”

Revelation 2:10

“Don’t be afraid of the things which you are about to suffer... Be faithful to death, and I will give you the crown of life.”

Romans 5:3–4

“Not only this, but we also rejoice in our sufferings, knowing that suffering produces perseverance; and perseverance, proven character; and proven character, hope.”

Ephesians 3:13

“Therefore I ask that you may not lose heart at my troubles for you, which are your glory.”

Colossians 1:24

“Now I rejoice in my sufferings for your sake...”

1 Peter 4:12–13

“Beloved, don’t be astonished at the fiery trial which has come upon you... But because you are partakers of Christ’s sufferings, rejoice...”

2 Corinthians 4:17

“For our light affliction, which is for the moment, works for us more and more exceedingly an eternal weight of glory.”

Romans 12:12

“rejoicing in hope; enduring in troubles; continuing steadfastly in prayer.”

Matthew 5:10–12

“Blessed are those who have been persecuted for righteousness’ sake, for theirs is the Kingdom of Heaven... Rejoice and be exceedingly glad, for great is your reward in heaven.”

Romans 12:2

“Don’t be conformed to this world, but be transformed by the renewing of your mind...”

James 1:3

“knowing that the testing of your faith produces perseverance.”

2 Corinthians 12:9–10

“My grace is sufficient for you, for my power is made perfect in weakness... Therefore I take pleasure in weaknesses, in injuries, in necessities, in persecutions, in distresses for Christ’s sake. For when I am weak, then am I strong.”

Hebrews 3:8

“don’t harden your hearts... in the day of the trial in the wilderness.”

Luke 8:13

“They receive the word with joy, but these have no root, who believe for a while, then fall away in time of temptation.”

Four Primary Sources of Trials, Suffering, and Testing in Our Lives:

- God

- Satan
- Man
- Creation after the fall

1. God loves:

Therefore He disciplines His people and shakes nations.
We must agree with Him.

2. Satan roars:

Therefore he attacks us and attacks nations.
We must resist him and not agree with him.

3. Man sins:

Therefore he hurts himself and hurts others.
We must repent of our sins and forgive those who sin against us.

4. Creation groans:

Therefore it disturbs nations.

Romans 8:20–23

We must set it free and overcome it.

Many trials are the result of different combinations of these four sources of pressure. Regardless of the source of the pressure, if we respond correctly to God, it will result in good for us.

If we choose voluntary suffering (self-denial, holiness, obedience, love, forgiveness, fasting, etc.), we will have much less suffering in our lives.

Practical Ways to Have Joy in Trials

1) *John 15:9–12; Psalm 16:11*

Abiding in His love, obedience, and His presence produces fullness of joy.

2) *Romans 8:28–31*

Faith in Him and in His Word: faith that you can trust Him in every situation, and trust what He says the situation will produce. The greatest good is allowing Him to make us like Christ.

3) *1 Peter 1:7*

Focus on the result:

that this trial will result in praise, glory, and honor to Jesus Christ.

4) *Ephesians 5:20*

Thanksgiving:

Always give thanks for everything to God the Father.

5) *Colossians 3:2*

Set your mind on things above, not on earthly things.

6) *Jude 1:20*

Pray in the Spirit (including singing).

7) *Luke 6:38*

Sow joy:

Do something to bring joy to others so that you may reap joy.

Consequences of Not Responding Correctly in Trials

- The good will not be produced
- You become distant
- You lose life
- Your heart becomes hardened

- Your mind becomes more conformed to the flesh and the world instead of Christ
- You give rights to Satan
- You lose benefits and rewards now and in eternity
- You experience negative emotions such as fear, anxiety, and worry instead of joy and peace
- More trials and suffering