



Savoring Christ in my Suffering

Sample homework assignments to help you apply the Scripture's teaching on how believers are to respond to disappointment and loss.

- **Lift Up Your Eyes, and Behold Your God!** Start reading through the Psalms every day (suggested 1 month plan: each day, read the psalm corresponding to the day of the month, and every 30th Psalm thereafter, etc.). For each psalm, pay special attention to how the psalmist is describing God. Begin making a list (& adding to it each day) of all the ways that the Psalmist describes God. Do this exercise as if you didn't know anything about God – and you just read this Psalm – how is God described, what adjectives are used to describe Him, what is God doing, who is God according to the writer of the psalm, etc. You should end up with an extensive and yet very personal list of the biblical attributes of God when you have completed this assignment (i.e. God is a shepherd, a rock, a fortress, a deliverer, etc.)
- **Cling to Christ & His Finished Work!** Take the time to look up all the following Scripture verses that remind us about God's love for us in the *gospel* - the death and resurrection of Jesus Christ. Take your time, and ask the Spirit to make these Scriptures come alive to you. (List taken from *Because He Loves Me*, by Elise Fitzpatrick)

Eph. 1:3-6	John 13:21	Matt. 27:46	1 Cor. 15:3-5
Rom. 5:19	Mark 14:27	John 19:28	John 20:27
Rom. 3:22-23	Mark 14:31	Luke 23:46	John 20:28-29
Gen. 12:3	John 14:1	John 19:28-30	Acts 1:9
Phil. 2:5-7	Matt. 26:38-45	Rom. 6:8	Rom. 8:34
Gen. 3:15	Luke 22:48	Mark 15:39	1 John 2:1
Luke 1:28-32	Zech. 13:7	John 19:34	Col. 3:1
Luke 2:6-11	Mark 14:50	Eph. 1:7-8	Eph. 2:6-7
Rom. 5:19	Rom. 8:32	Phil. 2:8	Rom. 8:15
Matt. 21:37	Mark 14:55-62	Rom. 8:33	Phil. 2:9-11
Isaiah 9:6	John 18:17	Rom. 4:7-8	Rom. 8:30
Isaiah 53:2	Matt. 21:38	Luke 23:47	Rev. 19:11-13
Luke 3:22-23	Mark 14:63-65	2 Cor. 5:21	Col. 3:4
Luke 3:38	Isaiah 52:14	Rom. 5:6-10	Rev. 22:1-5
Luke 4:18-19	John 18:37	Matt. 27:59-60	Rom. 8:31-33
Isaiah 53:3	Mark 15:16-19	Isaiah 53:9	Isaiah 53:10-12
John 1:11	John 19:4-6	Col. 3:3	Eph. 1:11-14
Acts 10:38	John 19:14-16	Mark 16:6	Eph. 3:14-19
Isaiah 52:13	Mark 15:20	Eph. 2:1-5	1 John 4:9-10
Matt. 16:16-17	John 19:16-18	Rom. 6:8-10	1 Cor. 15:28
John 14:9	Isaiah 53:4-6	John 20:15-16	Eph. 3:21
Matt. 16:23	Luke 23:43	Rom. 8:1,	
Phil. 2:5-7	Isaiah 53:7-10	Rom. 8:35, 38-39	
John 13:4-5	John 19:26	John 20:26	

When you have completed reading through all these verses, write out a brief paragraph explaining the gospel. Then write out a brief paragraph on what difference the gospel makes in your own life and suffering.

- **Search Me O God!** Prayerfully ask God to reveal how your personal suffering you're your responses to it) have exposed sinful (or self-centered) thoughts, attitudes, and values. Prayerfully ask yourself what you have been wanting so much, that you're willing to sin (live apart from God and His revelation) in order to get it / or what you have not wanted so badly that you have been willing to sin in order to not get it. Confess these sins to God (agree with Him and acknowledge His better provision for you in Christ!) and relish in His forgiveness (1 John 1:9)! Now make a list of the temptations that you expect to continue to encounter during this season of suffering and loss, and for each temptation, write out and begin memorizing a Scripture verse that instructs you how to respond to that temptation biblically, etc.

My Temptation to Sin & Live apart from God:

I'm tempted to be angry.

But God instructs & empowers me to:

Receive God's Word, and be a doer of the word.

James 1:20-22 ...the anger of man does not produce the righteousness that God requires. Therefore ...receive with meekness the implanted word, which is able to save your souls....be doers of the word,

I'm tempted to seek relief at all costs.

Be conformed to the image of Christ.

2 Cor 5:9 So whether we are at home or away, we make it our aim to please him.

- **But the Greatest of These is Love!** Read 2 Corinthians 1:3-7, and prayerfully consider how God is giving you an opportunity to love others in this season of suffering. Resist the temptation to become self-centered and self-consumed. Make a list of 25 different ways that you could begin practically showing love towards others around you. Perhaps you could begin praying for others, or send someone a card of encouragement, or tangibly serve someone with a smile, or a kind word, or an expression of help in some way. Ask God to help you share the abundant comfort He is supplying to you with others, for His glory.
- **Character Studies** (Abraham, Joseph, Moses, Paul, David, Jeremiah, Hosea, Daniel, etc.)
- **What do you pray for, when you pray?**