

Paul set an example and taught how to respond to suffering

Romans 8:28-30 (KJV)

28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

29 For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren.

30 Moreover whom he did predestinate, them he also called: and whom he called, them he also justified: and whom he justified, them he also glorified.

Paul in his life provided an example of how to suffer

Paul rejoiced in his suffering (Col.1:24) as

Realised that his suffering was for Christ (Col.1:24)

He saw his suffering as one means through which he would know Christ and the power that raised Him (Phil 3:10)

He saw his suffering as a continuation of Christ's (Col.1:24)

He had a desire to suffer and die like Christ (Phil 3:10)

Was willing to count everything as loss in order that he might know Christ (Phil 3:8)

Paul encouraged his readers to imitate him as he imitated Christ.(1 Cor.4:11) Paul taught that while suffering we should

Realise that our suffering is for Christ (Phil.1:29-30)

When reviled bless and continue to work hard (1 Cor.4:12)

Be patient (1 Cor. 4:12)

Be humble (2 Cor.12:7)

Be calm and willing to endure (2 Tim. 4;5)

Knowing that our suffering will produce endurance (Rom.5:3)

Having hope that we will be comforted and saved (2 Cor.1:6)

Do not be discouraged (Eph.3:13, 1 Th.3:3-4)

Do not be crushed, do not enter into despair or be defeated (2 Cor.4:8)