



**KEEP
CALM
AND
DON'T
GIVE UP**

PSALM 18:2 THE LORD IS MY ROCK, MY FORTRESS, AND MY DELIVERER; MY GOD IS MY ROCK, IN WHOM I TAKE REFUGE, MY SHIELD, AND THE HORN OF MY SALVATION, MY STRONGHOLD.

Why me Lord?

“My argument against God was that the universe seemed so cruel and unjust. But how had I got this idea of just and unjust? A man does not call a line crooked unless he has some idea of a straight line.”

“Why, then, did God give them free will? Because free will, though it makes evil possible, is also the only thing that makes possible any love or goodness or joy worth having. A world of automation – of creatures that worked like machines – would hardly be worth creating.”

C.S. Lewis, *Mere Christianity*.

Can good come from suffering?...

Hebrews 5:7-9 (ESV)

7 In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to him who was able to save him from death, and he was heard because of his reverence.

8 Although he was a son, he learned obedience through what he suffered.

9 And being made perfect, he became the source of eternal salvation to all who obey him,

Can good come from suffering?...

Suffering can prevent us from falling in love with this world (1 John 2, 2 Cor 2, 1 Peter 2, John 14)

Suffering has the potential of bringing out the best in us (Matt 25, Romans 5)

Suffering, like a fire, can purify and remove impurities (1 Peter 1, James 1)

Suffering can grow our dependence on God (Matt 19)

Suffering souls often produce sympathetic hearts (2 Cor 1, Luke 10, Romans 12, Acts 20)

Suffering can enrich our prayer life (Psalm 5, Matt 26, Luke 22)

Revelation 21:1-4 (ESV)

1 Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more.

2 And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband.

3 And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God.

4 He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."