



I'M SUFFERING, WHAT SHOULD I DO?

1 PETER 5:6-7

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. **Cast all your anxiety on him** because he cares for you.

This picture shows the river walking path at Memorial Park in Ladysmith. On every walking trip there are complaints: sore feet, the hot sun, the mosquitoes, and so on. While most of the time it is enjoyable, walking can be uncomfortable and difficult.

This difficulty and this challenging life are very similar. Sometimes your feet hurt as you navigate the rocky road of life, tripping and stumbling along the way. Other times, it's the "mosquitoes" - you're just pestered and annoyed. The Bible explains that this suffering is a result of all the sin that we all do (Genesis 3:16-19). Even though we deserve to suffer because we sin, God uses that suffering to our benefit. So often when people aren't suffering, they forget about God, so God uses suffering to remind them they need Him. When a person trusts in God, then they have everything good, and this is what God wants for us (1 Peter 4:13). Additionally, Paul explains that Christians are "heirs with Christ, provided we suffer with Him in order that we may also be glorified with Him" (Romans 8:17). He came to this uncomfortable earth and endured the punishment we deserve for immorality as He died on the cross, forsaken by God. Then He overcame death, the ultimate suffering, so that you can also have a resurrection like Him.

When you suffer, trust in your suffering Savior. In humility, cast your anxieties on Him. Hand Him your heavy load, let Him wash your sore feet, and admit that you can't get out of eternal suffering on your own. And indeed, when you humbly look to Him in your suffering and rely on Him, He promises to exalt you to heaven - where you'll have an eternity without suffering.

Prayer: Suffering Savior, humble me and help me to trust in You for eternal life. Amen

Adapted from Pastor Rob Schrader's book: Schrader, R. (2023). *In God's Great Outdoors: Devotions for Hikers, Campers and Nature Lovers*. Resource Publications (CA)