

10 Powerful Principles to Endure Suffering^{1,2}

No one *enjoys* suffering, but suffering is a necessary, normal part of the Christian life. In fact, the Scripture says we can *expect* hardships and suffering to increase ([2 Tim. 2:3](#); 3:1-4, 13), so we must be prepared.

We learn from the book of 2 Timothy that we may experience suffering as a result of our testimony, our godly living, or our stand for truth ([2 Tim. 1:8](#); 2:8-9, 17-18; 3:6-8, 12). We may also experience suffering when we are rejected or left alone ([2 Tim. 1:15](#); 4:9-11; 4:16), or as a natural consequence to our fleshly, worldly desires ([2 Tim. 2:22](#)).

Suffering will indeed come, but God can give us grace and power to overcome every trial and to fulfill our purpose and mission in His kingdom. In his second epistle to Timothy, the Apostle Paul shares some important truths about *how* we can endure suffering.

Ten Principles for Enduring Suffering

1. Don't forget *why* you are suffering. Remember your purpose and Whom you serve! The Apostle Paul said he was willing to suffer for the proclamation of the Gospel, for the sake of the elect, and for the glory of God. Our suffering, big or little, can be used to bring about the same purposes. ([2 Tim. 2:8-9](#))

2. Remember that you are a prisoner of *Christ*, not of your circumstances or other people. ([2 Tim. 1:8](#))

3. Keep going back to the things you know to be true from God's Word. Don't doubt in the dark what you have seen in the light. Remember what you received as a result of your salvation in Christ ([2 Tim. 1:5](#)). Remember your calling and the grace of God ([2 Tim. 1:1](#), 9-13).

4. Keep doing whatever God has called you to do. Persevere, stay the course, and be faithful, regardless of any opposition or hardship. ([2 Tim. 4:1-5](#))

5. Trust God to deal with those who oppose the truth. Don't take matters into your own hands or become bitter and argumentative. ([2 Tim. 2:23-26](#))

6. Remember times in the past when the Lord delivered or rescued you. Be quick to praise Him and testify to others ([2 Tim. 3:11](#); 4:16-17).

7. Rely on the resources God has given you:

- The grace of God ([2 Tim. 1:2](#), 9; 2:1; 4:22).
- The gift of God—your God-given ability to serve Him ([2 Tim. 1:6-7](#)).
- The power of God (rather than your own strength) ([2 Tim. 1:8](#); [Phil. 2:13](#); [Eph. 6:10](#)).
- The indwelling Holy Spirit ([2 Tim. 1:14](#)).
- The Word of God, which will keep you grounded and give you perspective ([2 Tim. 2:7](#), 9; 3:12-17; 4:1-2).



8. Remember that you are not alone in your suffering.

You already have:

- The presence of Christ ([Matt. 28:20](#))
- The prayers of other believers ([2 Tim. 1:3](#))
- The “fellowship of suffering”—other believers who are facing hardships for the sake of Christ ([2 Tim. 1:8](#); [Heb. 13:3](#); [Col. 1:24](#)).

Cultivate these to help you endure:

- Godly helpers – Find and cultivate a group of like-minded believers whose faithfulness and prayers can inspire and strengthen you ([2 Tim. 1:2](#), 4-5; 4:9-13, 19-21).
- Godly heroes – Read the biographies of missionaries and other faithful believers so God can cultivate faith and wisdom in your heart ([Heb. 13:7](#); [2 Tim. 3:10](#), 14).
- Godly heritage – As you learn about those who’ve gone before, you will be able to instill faith and courage in the next generation. Pass the baton to others. ([2 Tim. 2:2](#))

9. No matter how difficult things are today, you can face the future with hope. Trust the truth of Scripture.

The Truth is:

- All wrongs will one day be righted ([2 Tim. 3:8-9](#); 4:14).
- The Lord will deliver you from all evil—in His time and way ([2 Tim. 4:17-18](#)). In the meantime, counsel your heart according to the truth and promises of God ([Psalm 27](#)).
- All your suffering, efforts, labors, and faithfulness will be rewarded in “that Day” when believers stand before the Lord ([2 Tim. 1:12](#), 18; 2:12; 4:8; [Phil. 1:6](#), 10; 2:16; [James 1:12](#)).
- You will give an account, so guard the “deposit” entrusted to you ([2 Tim. 1:12](#), 14; [1 Tim. 6:20](#)).

10. In all your suffering, remember Jesus Christ.

Remember: His life and His suffering and sacrifice for you ([2 Tim. 2:3](#))

- His triumph over Satan, sin, and death ([2 Tim. 2:8](#))
- His power, promises, and presence ([Matt. 28:18-20](#))
- What He is doing for you in [heaven](#) ([John 14:2-3](#); [Rom. 8:34](#)).

Expect suffering—it is inevitable—but don’t forget the powerful resource that you have in Christ. Entrust your life to His ever-present care and control. He loves you, and He will help you endure.

¹ **Source:** Reproduced in its entirety from www.OnePlace.com for the express purpose of ministry by Men In the Hood Ministries at Gardenside Baptist Church, Lexington, KY, www.gbclcx.com.

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