

## **Hope In Suffering**

### **Ready:**

*Therefore, we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. -2 Corinthians 4:16-18*

### **Set**

Longsuffering, mentioned in Galatians 5:22, is a fruit of the Spirit that truly shows your strength and boldness in the midst of hardship. If we are honest, none of us want to suffer. It doesn't feel good, and we can't understand why certain things are happening. But, when we wait on the Lord and remain righteous no matter what it looks like, we can have hope.

Martin Luther King Jr. served jail time for a nonviolent protest in Birmingham, AL. While in jail, a sympathetic guard smuggled him a newspaper, which contained a scathing open letter to him from eight local clergy, who condemned him as an "extremist," and his protests as "unwise and untimely". Out of his despair, he regained resolve and penned a response. In that letter, he gives context and clarity to those who are also hoping for change. He concludes his letter with this:

"Let us all hope that the dark clouds of racial prejudice will soon pass away, and the deep fog of misunderstanding will be lifted from our fear-drenched communities, and in some not too distant tomorrow, the radiant stars of love and brotherhood will shine over our great nation with all of their scintillating beauty."

It is our ability as believers to be steadfast and unmovable. Dr. King's prayers in suffering came to life on the field as we unified as one for the healing of Buffalo Bills safety Damar Hamlin. As a nation, we came together with hope and unity to pray for his healing, his family, athletes, and coaches.

We were believing in God for a miracle, and He delivered. There were seeds of hope planted in the hearts of the people in that moment of suffering, and we pray God continues to water and grow these seeds into greater faith.

So, we do not focus on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. (2 Corinthians 4:18)

I believe Dr. King fixed his eyes on what is unseen, Jesus—the One who is eternal, the One who is the King of Kings—and hoped for a day like that Monday night where everyone came

together and looked to the Lord as one. Jesus gives us the true hope our hurting hearts need and the courage to endure, knowing that, in due time, He will make all things right.

## Go

1. What are you hoping for in this season of your life?
2. Why do you think God allows us to suffer?
3. Have you had a chance to listen to a teammate who is different than you tell his or her story?

## Workout

Micah 6:8

1 Peter 5:10

Galatians 6:2

## Overtime

*Jesus, help us to see Your goodness during our suffering. Teach us to hope in You no matter what we go through in life and surround us with teammates who will carry our burdens with us and give them to You together in prayer. Amen.*



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:** <https://fcaresources.com/devotional/hope-suffering>