

## **Rejoice in Suffering**

### **Ready:**

"And not only that, but we also rejoice in our afflictions, because we know that affliction produces endurance, endurance produces proven character, and proven character produces hope."

-Romans 5:3-4

### **Set**

As players and coaches we all know that we will face various tribulations when dealing with athletics. They can be injuries, losses in key games, or other outside events that come unexpectedly. But how do we react when these tribulations occur?

Paul says he exults, rejoices, even boasts in them, instead of murmuring and complaining. As we look at the role of afflictions in the Christian life, let's keep in mind that they are tests of our faith. Anything that makes life harder and threatens our faith in the goodness, power and wisdom of God is a tribulation.

Next time that you are faced with a difficult situation, know that God is making you stronger not only as an athlete or coach, but also as a Christian. Don't grow bitter from tribulations, but take honor in the fact that they will produce endurance, proven character and eventually hope.

### **Go**

1. How do you deal with tribulations and suffering?
2. How has dealing with those tribulations strengthened your faith in Christ?
3. How have you affected/influenced others by the way you have handled certain tribulations?

### **Workout**

1 Corinthians 1:27-31

James 1:2-4

### **Bible Reference:**

James 1



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