

Truthbearers

Month 4 — Challenge

Week 4 — Suffering Can Change You

Modern culture often treats suffering as meaningless, unfair, or something that must always be avoided. Christianity teaches something deeper. Not all suffering is good. But suffering can strengthen, mature, deepen, and transform a person depending on how they respond to it. Some people become bitter through suffering. Others become wiser, stronger, more compassionate, and more faithful.

“Suffering produces endurance, and endurance produces character.” — Romans 5:3–4

Saint Focus — St. Josephine Bakhita

St. Josephine Bakhita endured slavery, cruelty, suffering, and deep trauma during her life. Yet she eventually became known for peace, forgiveness, joy, and faith. Her life shows that suffering does not have to destroy a person.

THINK

How do I usually respond when life becomes difficult or painful?

DO

This week, intentionally respond to difficulties calmly instead of immediately complaining, reacting angrily, or escaping into distractions.

PRAY

“Lord, help me grow through suffering instead of becoming bitter.”

DISCUSSION

Why does suffering sometimes make people stronger while it makes others bitter or hopeless?

CHALLENGE

Stop unnecessary complaining for one full week and practice gratitude intentionally instead.

JOURNAL PROMPT

What difficult experiences in my life have already changed me in some way?