



# “Gospel-Centered Suffering”

Colossians 1:24-29

## LISTEN

*Record your insights and observations from this week’s sermon:*

## SHARE

What is the biggest thing impacting your life right now?

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## REFLECT

- a) Read Colossians 1:24-2:5.
- b) Keeping in mind that Paul wrote Colossians from prison, what do you notice about his attitude toward suffering?

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- c) Why could Paul rejoice in his sufferings? (1:24)

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- d) What does Paul mean when he says, “I fill up in my flesh what is still lacking in regard to Christ’s afflictions”? (1:24)

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e) What does it look like to “suffer well”?

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**APPLY**

a) What is your typical attitude when you are suffering?

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b) How does your attitude in trial compare or contrast with that of the apostle Paul?

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c) Paul’s great ambition in life was to “present everyone perfect in Christ” (1:28). He agonized to see men and women “encouraged in heart and united in love” (2:2). Consequently he chose the path of suffering if it meant blessing to other people. What paths of suffering have you willingly chosen as a means of helping other people come to know Christ better?

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d) How do you sometimes try to protect yourself from suffering for other people?

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e) Are there areas of life (such as finances, health, leisure time, relationships) where you are seeking comfort rather than the benefit of others? If so, ask the Father to help you trust in his energy, which can so powerfully work in you (1:29).

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**PRAY**

a) Pray that UPC will be a church filled with authentic relationships and genuine community.

b) Pray for the Marriage Retreat next weekend at Cocoa Beach. Pray that the couples who participate will experience renewal and friendship. Pray for the speaker, Gerald Robinson.

c) Pray for the new leaders of the Women’s Ministry, Mary Beauvais and Christy LaLonde. Ask God to use them and the Women’s Ministry Team to equip the women of UPC to “suffer well,” as we’ve learned this week.