

INTERVARSITY

Scripture Passages for Suffering and Spiritual Formation

Psalm 13 (NIV)

For the director of music. A psalm of David.

¹ How long, LORD? Will you forget me forever?

How long will you hide your face from me?

² How long must I wrestle with my thoughts
and after day have sorrow in my heart?

How long will my enemy triumph over me?

³ Look on me and answer, LORD my God.

Give light to my eyes, or I will sleep in death,

⁴ and my enemy will say, "I have overcome him,"
and my foes will rejoice when I fall.

⁵ But I trust in your unfailing love;
my heart rejoices in your salvation.

⁶ I will sing the LORD's praise,
for he has been good to me.

Hebrews 12:7-11

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

⁴ In your struggle against sin, you have not yet resisted to the point of shedding your blood.

⁵ And have you completely forgotten this word of encouragement that addresses you as a father addresses his son? It says,

"My son, do not make light of the Lord's discipline,
and do not lose heart when he rebukes you,

⁶ because the Lord disciplines the one he loves,
and he chastens everyone he accepts as his son."

⁷ Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father? ⁸ If you are not disciplined—and everyone undergoes discipline—then you are not legitimate, not true sons and daughters at all. ⁹ Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of spirits and live! ¹⁰ They disciplined us for a little while as they thought best; but God disciplines us for our good, in order that we may share in his holiness. ¹¹ No discipline seems pleasant at the time, but painful. Later on,

however, it produces a harvest of righteousness and peace for those who have been trained by it.

¹²Therefore, strengthen your feeble arms and weak knees. ¹³“Make level paths for your feet,” so that the lame may not be disabled, but rather healed.

Romans 5:3b-5

Let us also glory in our sufferings, because we know that suffering produces perseverance; ⁴perseverance, character; and character, hope. ⁵And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.¹

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