

INTERVARSITY

Suffering and Spiritual Formation—Personal Reflection

Reflection Questions

- Identify a hardship or loss that you have experienced in the last year that you want to explore further with Jesus.
- Write down the essentials as you understand them. What happened or is happening? What was/is your reaction to the hardship or loss?
- How have you sought to bring your situation into God's presence? What Scripture or insights from friends have helped you?
- How have you asked Jesus into the suffering? In Phil 3:10, Paul asks to share in the "fellowship of [Christ's] suffering." How is your hardship leading you toward or away from that fellowship?
- Has the experience led you to something fruitful or toward bitterness? Is it possible for you to imagine what gift there might be in the suffering or hardship? How might that be helpful for others?
- What questions remain for you that you can offer at Jesus' feet?