



YOU CAN HAVE COURAGE TO SUFFER WELL

You Can Do This, Part 4
Pastor Stacie Wood
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“The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name’s sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”
Psalm 23:1-4 (NIV)

If God is good and powerful, why is there so much suffering in the world?

- **Resource: The Problem of Pain by C.S. Lewis**

3 TRUTHS TO PREPARE US TO SUFFER WELL:

1. Suffering is unavoidable, so I should _____.

“Even though I walk...”

“Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you.”
1 Peter 4:12 (NIV)

Suffering _____ shepherding.

“Pain insists upon being attended to. God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is his megaphone to rouse a deaf world.”
— C.S. Lewis

2. Suffering is temporary, so I should _____.

“...through the valley of the shadow of death...”

“For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.”
2 Corinthians 4:17 (NIV)

“Those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”
Isaiah 40:31 (NIV)

3. I can suffer without fear, because my Shepherd is _____.

“...I will fear no evil, for you are with me.”

The _____ and the proximity both matter.

“When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you.”
Isaiah 43:2a (NIV)

Take your next steps!



1. be prepared
2. personalizes
3. keep walking
4. with me
5. person



你能擁有面對苦難的勇氣

你能做到 (四)

胡黛思牧師

2024年10月12-13日

「耶和華是我的牧者，我必不至缺乏。他使我躺臥在青草地上，領我在可安歇的水邊；他使我的靈魂甦醒，為自己的名引導我走義路。我雖然行過死蔭的幽谷，也不怕遭害，因為你與我同在；你的杖，你的竿，都安慰我。」

詩篇 23:1-4 (和合本)

若上帝是良善的，並有大能，世上為何會有這麼多的苦難？

- 魯益師的《痛苦的奧秘》可作指南

準備我們好好面對苦難的三個真理：

1. 苦難是不可避免的，我應_____。

「我雖然行過...」

「親愛的朋友，不要因為你們正在經歷烈火般的試煉就驚訝，好像遇到了甚麼怪事。」
彼得前書 27:12 (新普及譯本)

苦難造就_____的牧養。

「痛苦必然會引起人的注意。在歡樂中，上帝向我們細語，對我們的良知說話。但在痛苦中，祂向我們高聲吶喊：這是祂的擴音器，要喚醒充耳不聞的世界。」

— 魯益師

2. 苦難是暫時的，我應_____。

「... 行過死蔭的幽谷...」

「我們這至暫至輕的苦楚，要為我們成就極重無比永遠的榮耀。」

哥林多後書 4:17 (和合本)

「但那等候耶和華的，必重新得力。他們必如鷹展翅上騰，他們奔跑卻不困倦，行走卻不疲乏。」
以賽亞書 40:31 (和合本)

3. 我能無懼地受苦，因我的牧者_____。

「... 也不怕遭害，因為你與我同在。」

牧人的_____，以及與祂的距離都很重要

「你經過深水，我要與你同在；你渡過艱險的河流，必定不被淹沒。」

以賽亞書 43:2 上 (新普及譯本)

踏出你的下一步！



1. 做好準備
2. 個人
3. 繼續前行
4. 與我同在
5. 特質