

# Choosing to Rejoice in Suffering

Colossians 1:24–2:5

Rejoicing is a choice you can make in the midst of your suffering.

## 1. Learn the meaning of rejoicing

- a. Rejoicing is
- b. Rejoicing is
- c. Rejoicing is
- d. Rejoicing is

## 2. Embrace the value of suffering

a.

- 
- 

b.

- 
- 

## 3. Practice the discipline of choosing

a.

b.

c.

d.

Questions for Additional Thought and Discussion on the back

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Questions for Additional Thought and Discussion on the back

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- Have you thought of rejoicing as a choice of your will or as an overflow of the way that you feel? How would your reaction to circumstances change if you saw this as a matter of choice?
- How would your attitude toward suffering change if you began to see it as an opportunity to experience the gospel by experiencing a taste of what Christ endured for you?
- How would you handle your suffering differently if you accepted that it does not belong to you alone but that it belongs to your church also and is meant to bring growth to the whole body?
- Meditate on Hebrews 4:15–16. How can you respond to this passage?

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