

What is your default response to personal suffering?

| BITTERNESS | REVENGE | MEDICATE |
|---------------------------|------------------------|-------------------------------|
| <i>Self-centered</i> | <i>Hurting others</i> | <i>Abusing alcohol</i> |
| <i>Entitled</i> | <i>Hurting self</i> | <i>Abusing sex</i> |
| <i>Complain</i> | <i>Trash talk</i> | <i>Social media addiction</i> |
| <i>Make excuses</i> | <i>Hate speech</i> | <i>Over training</i> |
| <i>Pouting</i> | <i>Gossip</i> | <i>Overly competitive</i> |
| <i>Constantly judging</i> | <i>Passive revenge</i> | <i>Binge eating</i> |
| <i>Other</i> | <i>Other</i> | <i>Other</i> |

What could it look like to respond differently the next time you experience suffering whether in sport or life?

What did you learn about God's perspective on suffering?

What about embracing suffering through God's perspective is most difficult for you?

Ask God's Spirit to enable you to deal with suffering in a way that would honor and glorify him.