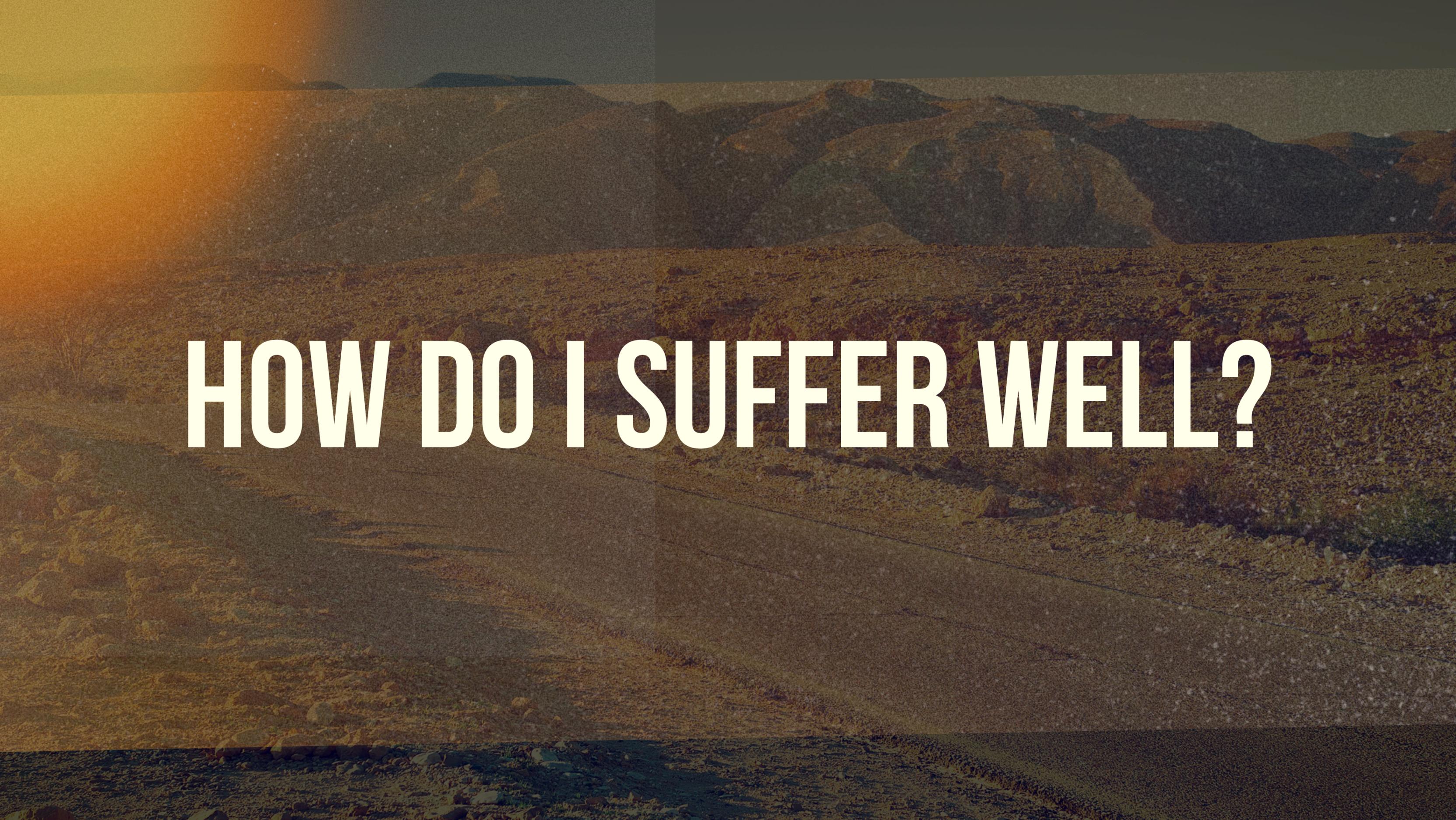


AUSTIN GARRETT

DCC

STUDENT MINISTER, THE CROSSING

02/19/26

A wide-angle photograph of a desert landscape. In the foreground, a paved road curves through a rocky, arid terrain. The middle ground shows rolling hills and mountains under a sky with a warm, orange and yellow glow, suggesting a sunset or sunrise. The overall scene is desolate and expansive.

HOW DO I SUFFER WELL?

Therefore, since Christ suffered in his body, arm yourselves also with the same attitude.

1 PETER 4:1

1.

ACCEPT REALITY

GUIDELINES FOR SUFFERING WELL

Because whoever suffers in the body
is done with sin.

1 PETER 4:1

As a result, they do not live the rest
of their earthly lives for evil human
desires, but rather for the
will of God.

1 PETER 4:2

For you have spent enough time in the past doing what pagans choose to do—living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry.

1 PETER 4:3

They are surprised that you do not
join them in their reckless, wild
living, and they heap abuse
on you.

1 PETER 4:4

But they will have to give account to him who is ready to judge the living and the dead. For this is the reason the gospel was preached even to those who are now dead, so that they might be judged according to human standards in regard to the body, but live according to God in regard to the spirit.

1 PETER 4:5-6

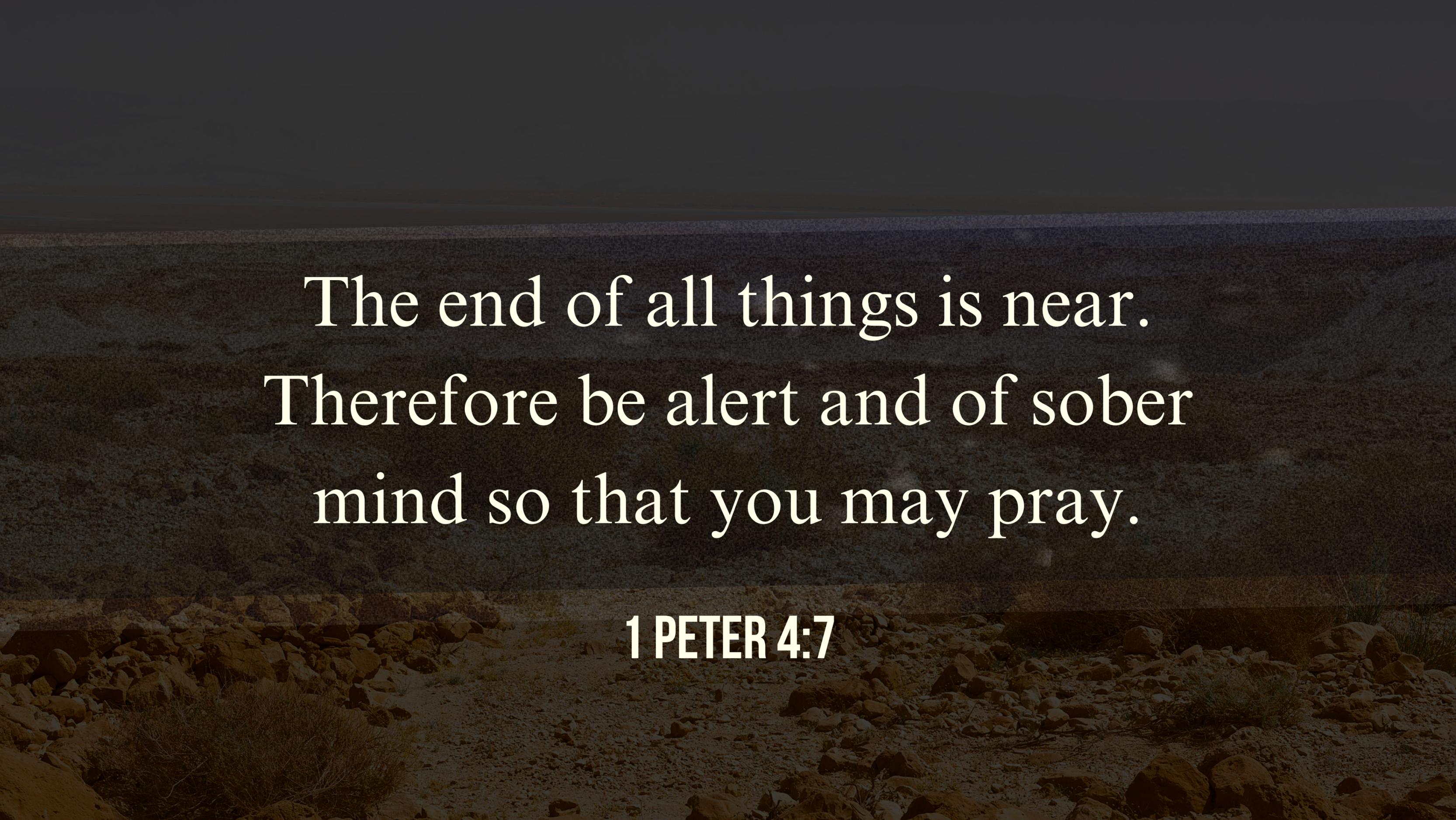
2.

REMAIN DIFFERENT

GUIDELINES FOR SUFFERING WELL

*As a dog returns to its vomit, so
fools repeat their folly.*

PROVERBS 26:11

The background of the image is a dark, atmospheric landscape. The foreground is filled with numerous small, light-colored rocks and some sparse, dry vegetation. The middle ground and background are shrouded in a dark, misty or smoky haze, creating a sense of depth and mystery. The overall color palette is dominated by dark blues, greys, and browns, with the white text providing a sharp contrast.

The end of all things is near.
Therefore be alert and of sober
mind so that you may pray.

1 PETER 4:7

3.

GET READY

GUIDELINES FOR SUFFERING WELL

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. But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed.

1 PETER 4:12-13

If you are insulted because of the name of Christ, you are blessed, for the Spirit of glory and of God rests on you. If you suffer, it should not be as a murderer or thief or any other kind of criminal, or even as a meddler. However, if you suffer as a Christian, do not be ashamed, but praise God that you bear that name.

1 PETER 4:14-16

For it is time for judgment to begin with God's household; and if it begins with us, what will the outcome be for those who do not obey the gospel of God? And, "If it is hard for the righteous to be saved, what will become of the ungodly and the sinner?"

1 PETER 4:17-18

If you suffer as a Christian, do not
be ashamed, but praise God that
you bear that name.

1 PETER 4:16

4.

SHIFT PERSPECTIVE

GUIDELINES FOR SUFFERING WELL

So then those who suffer according
to God's will should commit
themselves to their faithful
Creator...

1 PETER 4:19

5.

COMMIT TO THE CREATOR

GUIDELINES FOR SUFFERING WELL

... and continue to do good.

1 PETER 4:19

6.

CONTINUE TO DO GOOD

GUIDELINES FOR SUFFERING WELL

Above all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another without grumbling. Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.

1 PETER 4:8-11



SIX GUIDLINES FOR SUFFERING WELL

Accept Reality.

Get Ready.

Commit to the Creator.

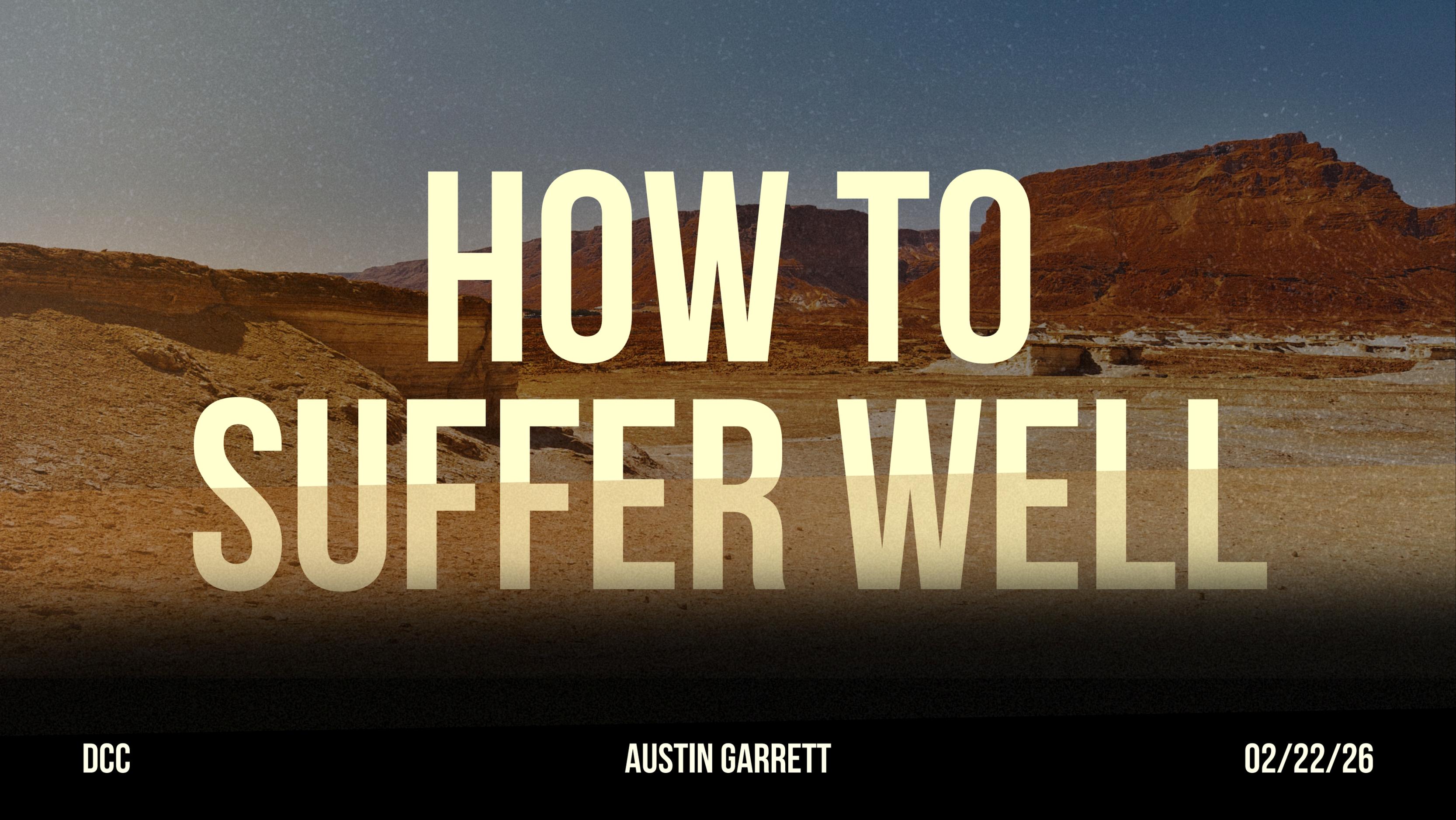
Remain Different.

Shift Perspective.

Continue to do Good.

So then, those who suffer according
to God's will should commit
themselves to their faithful
Creator and continue to do good.

1 PETER 4:19



HOW TO SUFFER WELL

DCC

AUSTIN GARRETT

02/22/26