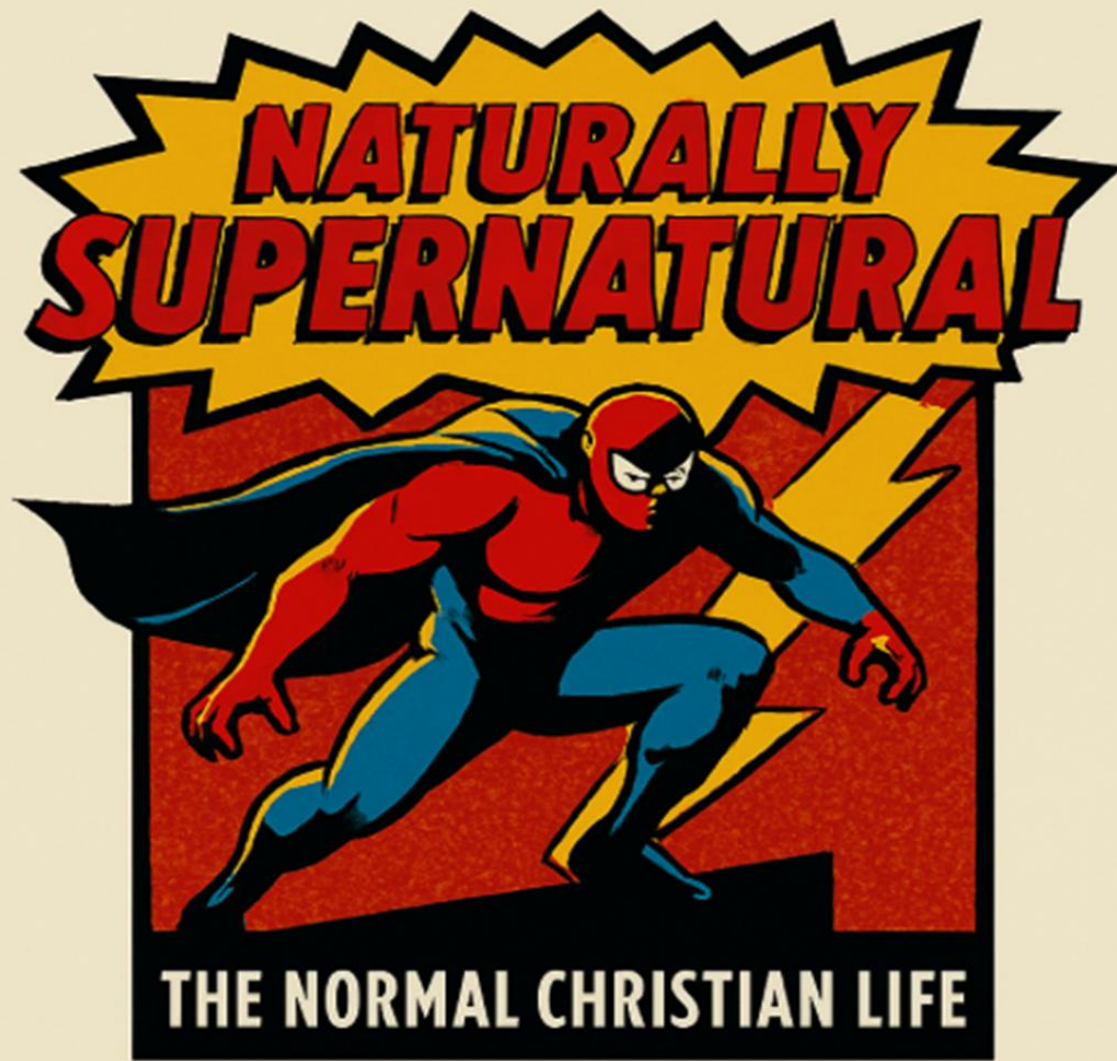




How to suffer... well

In the Holy Spirit ...



22 We know that the **whole creation has been groaning** as in the pains of childbirth right up to the present time. 23 Not only so, but **we ourselves**, who have the firstfruits of the Spirit, **groan inwardly** as we wait eagerly for our adoption to sonship, the redemption of our bodies.





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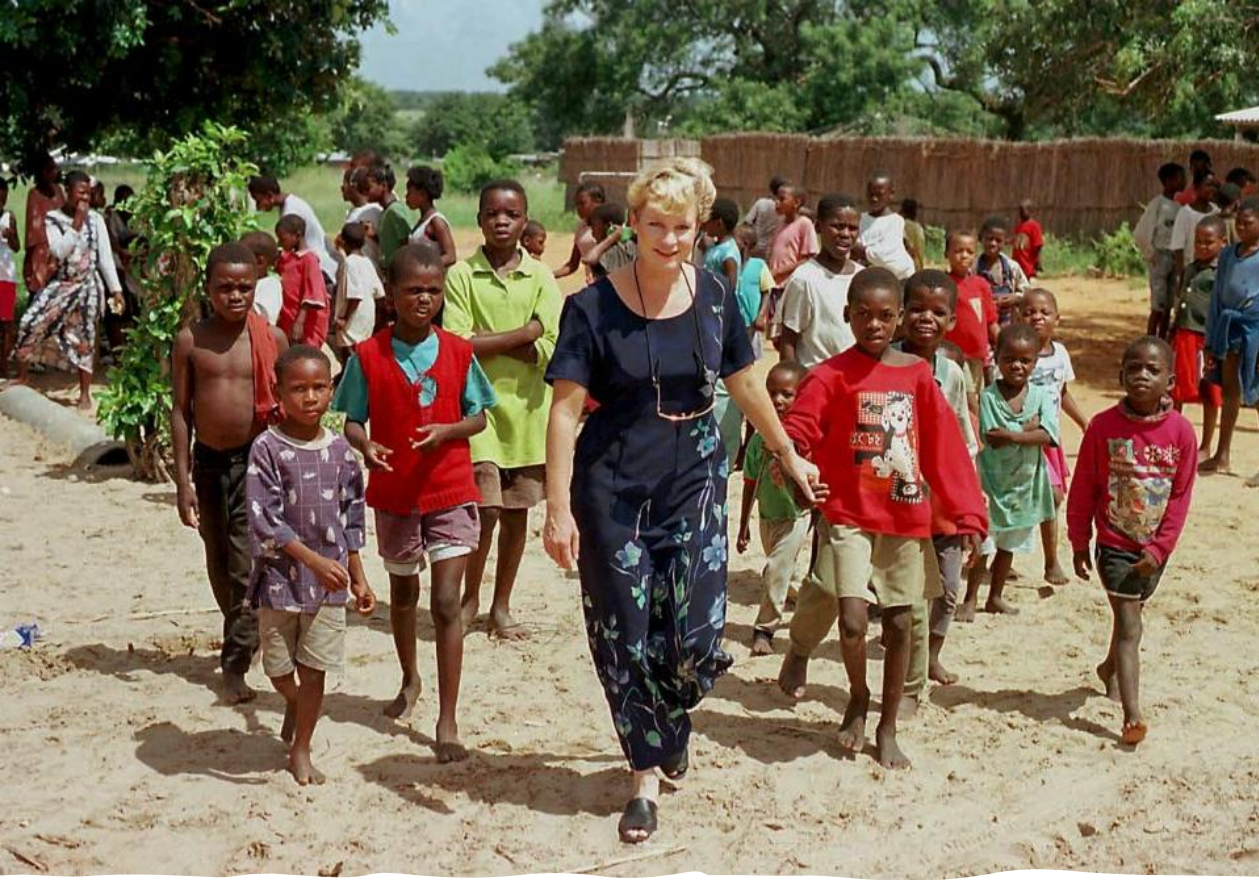
there is a suffering that
comes from being in the
world and there is a
suffering that comes from
being in Christ

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Acts 14:22 “We must go through many hardships to enter the kingdom of God,” they said.



380 million Christians face
persecution and discrimination

“The Cross itself
illustrates that
God forges His
purposes on the
anvil of suffering
Craig Keener



26 In the same way, the **Spirit helps us in our weakness.** We do not know what we ought to pray for, but the **Spirit himself intercedes for us through wordless groans.**

