

What Every Christian Should Know about Suffering So We Can Help and Be Helped

Suffering comes from many different places, and it comes every day. In order to have a growing faith the entire church must be armed with the essential truths that God communicates to suffering people. Then we can avoid saying the foolish things that we often hear from well-intentioned people, and the church can attract the suffering world around us. This workshop will highlight those essential truths.

Ed Welch holds a PhD in counselling psychology with a neuro-psychology specialty from the University of Utah, as well as an MDiv from Biblical Theological Seminary. Ed has been counselling for over thirty years and has written many books and articles on biblical counselling including, *When People Are Big and God Is Small*, *Addictions: A Banquet in the Grave*, *Depression*, *Running Scared*, *Shame, Interrupted*, and *Side by Side: Walking with Others in Wisdom and Love*. He and his wife, Sheri, have two married daughters and eight grandchildren.

I. God is personal

II. We cry out to him (Hosea 7:14)

III. We ask others to pray, with the promises of God in view

IV. We pursue others

V. We are personal

A. We enjoy the good in others

B. We grieve when life is hard

1. We refrain from advice

2. We never minimize

3. We refrain from teaching

4. “I am so sorry” “Thank you”

5. “Can I pray with you?”

VI. We pursue again

Suggested Readings: *Walking with God through Pain and Suffering* (Tim Keller), *Depression: Looking Up from the Stubborn Darkness* (Welch), anything by Joni Eareckson Tada