



MODULE ONE:
SUFFERING





NEVER ALONE PROGRAM

JOURNAL



1. Reflect on some of the suffering that you have experienced, either personally or what you have seen in others. Write down this story as your first entry.





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2. Think about your own father. As a child, did you experience his love? Consider the same with your mother and other adults who took care of you. How does your experience with your earthly parents affect your experience with your Heavenly Father?





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3. What do you want to remember about God when you are suffering?

Write “God” in the middle of the journal page. Surround the word “God” with words or drawings that summarize the characteristics of God that you want to remember when you are suffering.

Consider sharing what you’ve written or drawn with someone that you trust.





SCRIPTURE REFERENCES

Romans 8:35-39 (ESV)

Who shall separate us from the love of Christ? Shall tribulation or distress, or persecution, or famine, or nakedness, or danger, or sword? As it is written, "For your sake we are being killed all day long; we are regarded as sheep to be slaughtered."

No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Isaiah 53:3-4 (ESV)

He was despised and rejected by men, a man of sorrows and acquainted with grief, and as one from whom men hide their faces he was despised, and we esteemed him not.

Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted.

Psalms 34:18 (ESV)

The Lord is near to the brokenhearted and saves the crushed in spirit.

Matthew 9:35-36 (ESV)

And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like a sheep without a shepherd.





SCRIPTURE REFERENCES

Psalm 107: 28–31 (ESV)

Then they cried to the LORD in their trouble, and he delivered them from their distress. He made the storm be still, and the waves of the sea were hushed. Then they were glad that the waters were quiet, and he brought them to their desired haven. Let them thank the LORD for his steadfast love, for his wondrous works to the children of man!

Psalm 77:2–3, 11–12 (ESV)

In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refuses to be comforted. When I remember God, I moan; when I meditate, my spirit faints.

I will remember the deeds of the LORD; yes, I will remember your wonders of old. I will ponder all your work, and meditate on your mighty deeds.

John 8:31–32 (ESV)

So Jesus said to the Jews who had believed him, “If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.”

