



TIM TEBOW FOUNDATION'S

HOPE

IN SUFFERING



INTRO:

To say that the entire world is suffering right now is not an understatement. Hundreds of thousands have been affected in various ways by the pandemic that has taken over life as we know it. The future will look different for some because of what is happening across the globe right now – that is the reality.

Uncertainty, anxiety, and fear have the potential to overwhelm us every day, if we let them. Those are natural feelings, and we cannot pretend like they don't exist. But if we stop there and allow them to rule over us, we are letting the enemy gain a foothold in our life. This enemy will use every opportunity to steal, kill, and destroy, and fear is one of his favorite tools.

So what if instead we take to heart the words the Bible teaches over and over again, "Fear not"? What if we live knowing that we are not fighting for victory but from victory? What if we choose to lean not on our own understanding or our own strength (Proverbs 3:5), but into the One who has already overcome (John 16:33)?



And what if we instead embraced the hardships of life as an opportunity to not only know Jesus better, but to become more like Him along the way?

That is the opportunity in front of us now.

And so “we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God’s love has been poured into our hearts through the Holy Spirit who has been given to us.” – Romans 5:3-5



OVERARCHING VERSE:

"...but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us."

—Romans 5:3-5

5 DAY READING PLAN

1 SUFFERING.

2 ENDURANCE.

3 CHARACTER.

4 HOPE.

5 LOVE.



DAY **1**

SUFFERING.



“And after you have suffered a little while, the God of all grace, who has called you to His eternal glory in Christ, will Himself confirm, restore, strengthen, and establish you.”

— **1 Peter 5:10**

SUFFERING:

2020 will go down in history as a year of suffering. But the truth is, suffering is a reality of the life we are promised as believers. It comes in all forms and in different levels of intensity. It comes sometimes from our own hands, sometimes from the hands of others, and sometimes for seemingly no reason at all. But live long enough, and it will come.

The Bible teaches, “In this life, you will have trouble...”

So how do we accept adversity? Harder still, how do we move forward through it?

We start by remembering that **nothing is a surprise to God**. We may not have seen suffering coming our way, but He did. Not only this, but He understands it on a level we will never experience. We are loved by a God who willingly chose to suffer for our salvation. Our suffering serves as a reminder of what He endured on the cross.



We can choose to believe that what appears to be a setback to us might just be a setup for a greater work within His kingdom plan. The God who raised Christ from the dead is the same God who is at work in our lives today. **His power lives within us, His strength is made perfect in our weakness.** We can rest in Him, knowing He works all things together for good.

And in time, we can allow the trials we face to refine the parts of us not like Him, to change our limited vision by giving us eyes to see His purpose in this season, and to encourage us to rely on His strength, producing in us endurance...

GO DEEPER, READ: 2 CORINTHIANS 12:9 AND ROMANS 8:28

THOUGHTS & QUESTIONS FOR JOURNALING:

- Think of one way God used a past trial to be a setup for something even greater.
- Take a moment to reflect upon what He did for you on the cross...what that suffering led to.
- Is there a difficult situation in your life right now? Ask Him to help you surrender it just for today, knowing you may have to ask again tomorrow.

PRAYER:

Father, we know that You allow suffering into our lives. We know that it breaks Your heart even as it breaks ours. But we also know that You are good and You are faithful. Thank you that we can trust You, even when everything seems to be falling apart. Help us to keep our eyes on You, finding shelter in You alone. And as You use our suffering to make us more like You, may we never forget that You suffered the ultimate punishment for us, but that out of your suffering came the greatest miracle the world has ever seen.

DAY **2**

ENDURANCE.



“Let us not become weary in doing good for at the proper time, we will reap a harvest if we do not give up.”

— **Galatians 6:9**

ENDURANCE:

For many of us, the word “endurance” tends to bring to mind an elite athlete – the marathon runner, Ironman triathlete, or Olympian who has trained his or her whole life for a single shot at gold. But endurance in the game of life is something we all must learn. Similar to faith, endurance is muscle. The more life asks us endure, the stronger we grow. In learning to endure, we are both accepting timing we can’t control, and choosing to believe that the wait itself has purpose.

And so we wait...for dreams to come true – a job, a spouse, a child... for the intangible things in life – healing, peace, joy. We wait through seasons – for one to end or another to begin.

Developing endurance is neither easy nor comfortable. But it is worth it. Learning to trust the Father's goodness even when the path before us is dim is what stimulates growth in our faith. Sometimes God levels the mountain in our way. But in the moments when He doesn't, we can rest in the fact that **His Holy Spirit has already given us everything we need to endure** the climb over it. And when we do, we find ourselves changed, for God wastes nothing. And in endurance, we build character...

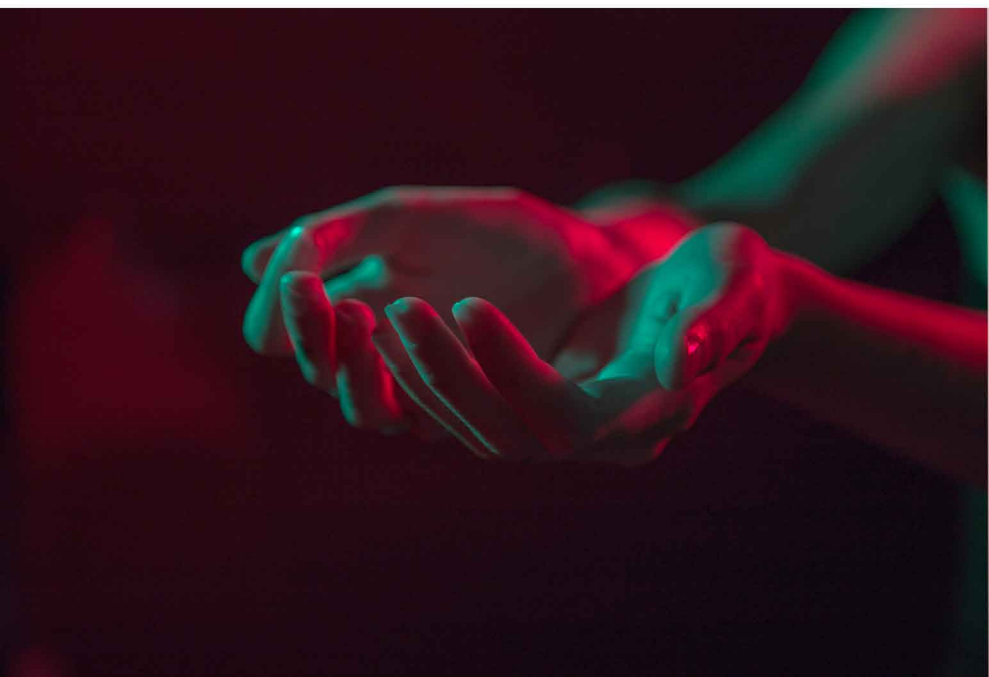
GO DEEPER, READ: DEUTERONOMY 31:8 AND JAMES 1:2-4, 12

THOUGHTS & QUESTIONS FOR JOURNALING:

- We are all enduring something. What has God already shown you about Himself while you wait? What has He shown you about yourself?
- How is waiting pushing you out of your comfort zone?
- What would it look like to rest in His goodness today even though you may feel tired or discouraged?

PRAYER:

Father, this life can be hard to endure sometimes. But we know that in You, we have been given everything we need to overcome. Thank you for walking every road with us, guiding us each step of the way, and carrying us when we can't take another step on our own. We ask for Your strength and Your peace during the days that seem too hard to bear. Help us to put our faith in You regardless of our circumstances, and trust that nothing is too much for You.



DAY **3**
CHARACTER.



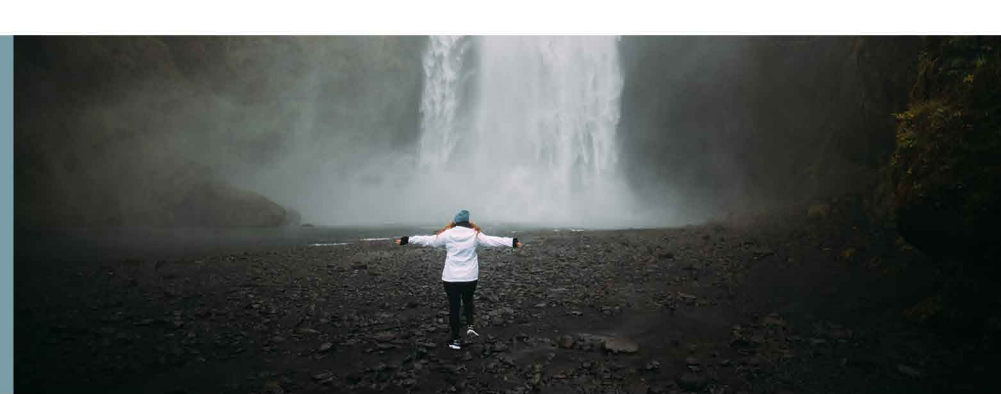
“Therefore, be imitators of God, as beloved children. And walk in love, as Christ loved us, and gave Himself up for us.”

—Ephesians 5:1-2a

CHARACTER:

There’s a common saying that “character is who we are and what we do when no one is looking.” A bit simplistic, perhaps, but true nonetheless.

But the Bible defines character as much more. It is a life that overflows with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Gal. 5:22-23). It is exemplified in its most full and perfect form only in the person of Jesus Christ. His character is the one and the only to which we hold up all others, beginning with ourselves. **It is found in surrendering every part of ourselves and our lives to Him, giving Him full control.** It is found in denying ourselves and picking up our cross, daily saying no to the things not of Him, and yes to His plans and purpose for us.



And it is formed naturally out of endurance. When we persevere through trials, putting our trust in Him and not our circumstances, allowing Him room to work, He molds our character to reflect the qualities listed above. **He makes our character more like His, little by little, day by day.** And as He does, what develops within us is hope...

GO DEEPER, READ: PHILIPPIANS 4:8 AND 2 PETER 1:5-8

THOUGHTS & QUESTIONS FOR JOURNALING:

- How do you define character?
- Is there something in your life that you know God is asking you to say yes or no to?
- Name an area where you are putting your hope in your circumstances. How you can surrender that to the Lord instead?



PRAYER:

Father, thank you for the hard seasons in our lives that develop our character. Thank You for Your unending patience and grace, and for never giving up on any of us. We ask that You continue the work You have started in each one of us, knowing You will be faithful to complete it. Make us more like you, and as You do, help us to love others as You first loved us.

DAY **4**
HOPE.



“...but those who hope in the Lord will renew their strength. They will soar on wings like eagles, they will run and not grow weary, they will walk and not be faint.”

— **Isaiah 40:31**

HOPE:

Hope. Wikipedia defines it as “an optimistic state of mind based on an expectation of positive outcomes.” But that is selling it short. For the Christian, hope is the confident expectation of what God has promised, and its strength is in His faithfulness.

It isn't just a wish. It isn't just a dream. There is nothing uncertain about hope rooted in Jesus Christ based on the promises found in His word. Hope placed in Christ will not waver and will not fail, no matter what the world throws at it. It is what keeps our faith alive, regardless of worldly outcome. It is a counter-cultural assurance that God will deliver His best, in His time, and in His way.



But sometimes hope has to be fought for - not in our strength, but in choosing to depend upon One who is Himself our ultimate Hope, who will never let us down. **What He can do is limitless, but even if He doesn't, He is still good.** The One who was, is, and is to come, will always be more than enough. We can find rest in that knowledge today, and purpose in knowing that He delights in those who put their hope in His unfailing love...

GO DEEPER, READ: PSALM 43:5 AND JEREMIAH 29:11

THOUGHTS & QUESTIONS FOR JOURNALING:

- Take a moment to think about where your hope is truly placed. Is it in your situation or in Jesus?
- If the Lord's best for you is not what you would choose, can you still say He is good and worthy of your trust?
- How can you hope in His love for you today?

PRAYER:

Father, we thank You that You are our Living Hope. We know that You are for us, and nothing is impossible with You. Thank You that in this uncertain life, we can fix our eyes and our hearts on what is eternal – a future with You. Increase our hope in the days to come. May we not be overcome by our circumstances, but live with humble confidence that You work all things for good.

DAY **5**
LOVE.



“For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

— **Romans 8:37-39**

LOVE:

As we close out this week, there is no better way to end than by taking a few minutes to reflect on God's love. **His love is the reason why we do what we do. For every person we fight for, our mission is to bring Faith, Hope and Love to them in their darkest hour of need.** For some in our world today, that time is now.

What the days ahead hold, we don't know. The predictable future is now one of unpredictability. But as we let go of our need for control, let us tighten our grip around this truth - we are loved with an unshakeable, immovable, unending, perfect love. A love that literally died for us. A love that changes everything. A love that casts out all fear.

So in the weeks that come, no matter what happens, know that you can rest in His love for you. And when the suffering hits, whether in this crisis or another to come, know that you never walk alone. He is Immanuel, God with us.

GO DEEPER, READ: JOHN 3:16 AND COLOSSIANS 3:14

THOUGHTS & QUESTIONS FOR JOURNALING:

- Meditate on the Lord's love for you for a few minutes. What is He saying to you right now?
- What is one situation where you can surrender your control today and instead rest in His love?
- Read through John 14. What does it teach us about His love? What does it teach us about His presence in the days to come?

PRAYER:

Father, when we stop to really think about Your love for us, we can't help but be overwhelmed with gratitude. We are so undeserving, and yet You laid down Your life for us because of Your love. We are overcome with gratefulness. In return, we offer to You our own lives. May we live in the light and promise of Your love for all our days.



JOIN THE MOVEMENT.

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