

**Patterns**  
**The Practice of Endurance**  
September 20, 2015

*“...let us run with perseverance the race marked out for us...”*  
*Hebrews 12:1 (TNIV)*

**How do I develop endurance?**

1. James 1:2-4
2. Romans 5:3-5
3. \_\_\_\_\_ can produce endurance.

**What should be my response to suffering?**

1. I acknowledge my \_\_\_\_\_.
2. I remain \_\_\_\_\_.
  - James 1:2
3. I \_\_\_\_\_ in \_\_\_\_\_.
  - Psalm 42:11
4. I learn how to properly respond to the \_\_\_\_\_.
  - 1 Peter 1:6-7
5. I am not alone.
  - Isaiah 53:3

*We do not accomplish [endurance] from sheer strength of will. The reason we can trust God is that he understands what it is to walk in darkness.*

*One message of the Cross is that God chooses not to stand apart from our suffering. He is not unmoved by the pain of the creatures he loves. He embraces that pain and suffers with us.*

- John Ortberg (from *The Life You've Always Wanted*)

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