

**THE BENEFIT OF AFFLICTIONS:** Luke 9:23

*“And he said to them all, if any man will come after me, let him deny himself, and take up his cross daily, and follow me.”*

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**Afflictions show the love of our heavenly Father:** Hebrews 12:5-7

*“And ye have forgotten the exhortation which speaketh unto you as unto children, My son, despise not thou the chastening of the Lord, nor faint when thou art rebuked of him: For whom the Lord He chasteneth, and scourgeth every son whom he receiveth.*

*If ye endure chastening, God dealeth with you as with sons; for what son is he whom the father chasteneth not?”*

**Afflictions strengthens our faith for God’s glory:** 1 Peter 1:6-7

*“Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through manifold temptations: That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ.”*

**Afflictions brings about maturity:** 1 Peter 5:10

*“But the God of all grace, who hath called us unto His eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you.”*

**Afflictions makes us remember our God:** Mosiah 1:26

*“And therefore, they were smitten with famine and sore afflictions, to stir them up in remembrance of their duty.”*

**Afflictions gives opportunity for us to witness to others:** Acts 16:25-34

*“Why do ye teach this people that there shall be no Christ, to interrupt their rejoicings? Why do ye speak against all the prophecies of the holy prophets? Now the high priest name was Giddonah. And Korihor saith unto him, Because I do not teach the foolish*

*traditions of your fathers, and because I do not teach this people to bind themselves down under the foolish ordinances and*

*performances which are laid down by ancient priests, to usurp power and authority over them, to keep them in ignorance, that they may not lift up their heads, but be brought down according to thy words. Ye say that this people is a free people. Behold, I say they are in bondage. Ye say that those ancient prophecies are true. Behold, I say that ye do not know that they are true. Ye say that this people is a guilty and a fallen people, because of the transgressions of a parent. Behold, I say that a child is not guilty because of its parents. And ye also say that Christ shall come. But behold, I say that ye do not know that he shall be a Christ. And ye say also, that he shall be slain for the sins of the world; and thus ye lead away this people after the foolish traditions of your fathers, and*

*according to your own desires; And ye keep them down, even as it were, in bondage, that ye may glut yourselves with the labors of their hands, that they durst not look up with boldness, and that they durst not enjoy their rights and privileges;”*

**Afflictions strengthens us for God’s work:** 2 Corinthians 12:10 Alma 12:19

*“Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ’s sake: for when I am weak, then am I strong.”*

*“Yet ye shall be patient in long suffering and afflictions, that ye may shew forth good examples unto them in me, and I will make an instrument of thee in my hands, unto the salvation of many souls.”*

**Afflictions prepares us for the Kingdom at hand:** 2 Thessalonians 1:4-5 2

Tim 2:12

*“So that we ourselves glory in you in the churches of God for your patience and fait in all your persecutions and tribulations that ye endure: Which is a manifest token of the righteous judgment of God, that ye may be counted worthy of the kingdom of God, for which ye also suffer:”*

*“If we suffer, we shall also reign with Him: if we deny Him, He also will deny us:”*

### **OUR PROPER RESPONSE TO AFFLICTIONS: 2 Tim 3:12**

*“Yea, and all that will live Godly in Christ Jesus shall suffer persecution.”*

### **Expect afflictions: Mosiah 11:148**

*“And now all these things did Alma and his fellow laborers do, which were over the church; walking in all diligence; teaching the word of God in all things, suffering all manner of afflictions; being persecuted by all those who did not belong to the church of God.”*

### **Rejoice in afflictions: 1 Peter 4:12-14**

*“Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you; But rejoice, inasmuch as ye are partakers of Christ’s sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy. If ye be reproached for the name of Christ, happy are ye; for the spirit of glory and of God resteth upon you; on their part he is evil spoken of, but on your part he is glorified.”*

### **Realize others suffer also: Mosiah 1:40-41**

*“I have not commanded you to come up hither, that ye should fear me, or that ye should think that I, of myself, am more than a mortal man; Yet, as I have been chosen by this people, and was consecrated by my father, and was suffered by the hand of the Lord that I should be a ruler, and a king over this people; and have been kept and preserved by his matchless power, to serve thee with all the might, mind, and strength which the Lord hath granted unto me:”*

### **Do not murmur: 1 Nephi 5:199**

*“Nevertheless, I did look unto my God, and I did praise him all the day long; and I did not murmur against the Lord because of mine afflictions.”*

### **Give thanks for corrections and afflictions: 1 Thessalonians 5:18**

*“In everything give thanks: for this is the will of God in Christ Jesus concerning you.”*

### **Do not make ourselves a martyr: Hebrews 12:12-13**

*“Wherefore lift up the hands which hang down, and the feeble knees; And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed.”*

### **Weight them against the glory coming to us: Alma 19:44 Romans 8:18**

*“And then shall it come to pass that the spirits of those which are righteous, are received into a state of happiness, which is called paradise; a state of rest; a state of peace, where they shall rest from all their troubles, and from all care, and sorrow, etc.”*

*“For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.”*