1)	that suffering is normal when we follow Jesus. (1 Peter 4:12)	1)	that suffering is normal when we follow Jesus. (1 Peter 4:12)
2)	Let go and to God's will. (Mark 8:34)	2)	Let go and to God's will. (Mark 8:34)
3)	& of Scripture is a spiritual force for the Church. (Acts 16:25)	3)	& of Scripture is a spiritual force for the Church. (Acts 16:25)
4)	Seek community. (Ecclesiastes 4:12)	4)	Seek community. (Ecclesiastes 4:12)
5)	Feel the of God. (Psalm 34:19-20)	5)	Feel the of God. (Psalm 34:19-20)
6)	with the suffering of Jesus and His disciples. (Heb. 13:3)	6)	with the suffering of Jesus and His disciples. (Heb. 13:3)
7)	in a greater goal. (Philippians 1:12-14)	7)	in a greater goal. (Philippians 1:12-14)