

Reflection Questions for **HE WILL BE ENOUGH**

by *Katie Faris*

Use these questions to reflect on your own experiences with suffering and learn to place your hope in God's promises, even on your hardest days. These questions can be used independently, in conjunction with counselling, or in a discussion group.

CHAPTER 1: LEARNING TO SEE

1. "Suffering is having what you don't want or wanting what you don't have". Do you agree with Elisabeth Elliot's definition of suffering? What's a current circumstance that you wish you didn't have, or something you wish you had, but don't?
2. In your hard, can you see God's grace? What makes it challenging to see?
3. Reflect on Luke 22:42, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done". How does Jesus' prayer encourage or challenge you?
4. Read Titus 2:11-14. How should God's grace impact the way believers think and live, especially in difficult circumstances?

CHAPTER 2: SUFFICIENT

1. How have you experienced God going before you in your trials?
2. "It's in our weakness, when we are aware of and confess our dependence on the Lord, when we humble ourselves and cry out to him for help, that God loves to display his power and remind us of who he has been all along". Can you think of an example of how God has shown his power in your personal weakness?
3. Do you ever find it hard to believe that God's grace will be enough for tomorrow, as well as today? Are there Bible verses that help you cling to this truth?
4. Read 2 Corinthians 11:24-12:10. How can Paul's experience encourage you in yours?

CHAPTER 3: BETWEEN TWO GARDENS

1. Can you describe a time when you felt isolated in a trial?
2. "To understand why we long for this [heavenly] garden and why it matters so much, we must go back to the beginning of God's story and visit another garden called Eden". How does what happened in Eden explain our longing for heaven?
3. When you feel isolated in your suffering, what difference would remembering God's story make?
4. Read Revelation 22. How does this vision of heaven encourage you?

CHAPTER 4: THIN-HEARTED

1. How does this truth that “God is compassionate” encourage you in real time?
2. “The gospel is God’s primary expression of compassion toward his people”. How does this statement connect with your everyday life, especially where your everyday life is painful?
3. Who are the people who have “sung” God’s truth to you in your trials? What difference has it made?
4. Read Psalm 103, and then recount some of the specific “benefits” described in these verses. Write your own prayer remembering God’s goodness to you.

CHAPTER 5: PILE-ON EFFECT

1. Have you ever faced the “pile-on effect” of trials? What did that look like?
2. “Jesus is sympathetic with us in our weaknesses, especially when those weaknesses are related to temptation and sin”. How does this encourage you in your current challenge?
3. In your trials, where are you most likely to turn for distraction or to numb your pain? What would it look like for you to draw near to God instead?
4. Write Hebrews 4:14-16 on a piece of paper and put it somewhere you will see it each day. Try to read the verse at least once a day for a week; each time you do, take a minute to “draw near” to God in prayer.

CHAPTER 6: NOT DRIVEN TO DESPAIR

1. Consider your experience of trials. Have you felt perplexed in them? If so, how have you responded?
2. Think about the questions your personal trials prompt you to ask. Do you wonder why—why me, why now? Are you asking how long? Are you looking for remedies and solutions? Are you wondering what to do?
3. Which questions remain unanswered? What do you think would change if you knew the answers to those questions?
4. Do you believe that it’s possible to be perplexed without giving in to despair? Who do you know who has walked through difficult circumstances but remained steadfast in their faith?
5. Read 2 Corinthians 4:7-10 and reflect on it. You could copy the words and memorise them or rewrite them in your own words in a journal. Consider turning these verses into a prayer, pouring out your heart to God and telling him which parts are hard for you to believe.

CHAPTER 7: RAINY EPIPHANY

1. In your trials, what Scripture verses have helped you?
2. “Life is full of truly frightening things, but because of Jesus, we don’t have to be afraid”. In your own words, explain what this means.
3. What are you afraid of right now? Take some time to bring your fears to the Lord in prayer.
4. Re-read Hebrews 2:14-15 and worship Jesus, who destroyed the devil and delivers us from the fear of death.

CHAPTER 8: LEARNING TO PRAY

1. “Sometimes we can be so focused on dramatic displays of God’s power that we gloss over the astounding truth that God hears and responds to his people”. Do you ever find yourself diminishing the value of prayer?
2. How would your prayer life change if you truly believed that God heard every prayer?
3. What stories of answered prayer can you look back on and be encouraged by?
4. Take John 16:24 to heart and spend some time, right now, praying in Jesus’ name.

CHAPTER 9: MIRACLES

1. What first comes to mind when you hear the words “miracle” and “healing”? Do they carry a positive or negative connotation?
2. What’s your gut impulse when faced with something hard? At what point do you pray?
3. How have you seen God answer prayer in a way that could only be explained by God’s involvement?
4. Read about Elijah in 1 Kings 18:20-19:18. How is he shown to be a “man with a nature like ours” (James 5:17)? How did God use the faith-filled prayers of this ordinary man to accomplish extraordinary things?

CHAPTER 10: EVEN IF, EVEN WHEN

1. How does the story of Shadrach, Meshach, and Abednego inspire your faith?
2. “God is able to deliver, and God will deliver, but even if and even when he doesn’t do so in my time or my way, I will worship him”. How has this played out—or not played out—in your life?
3. What does (or would) trust in God look like in your current trial?
4. Read Hebrews 11. What do you take away from this passage?

CHAPTER 11: GOD IS HIS OWN INTERPRETER

1. What is your response to God's sovereignty? Do you find this attribute frightening or comforting (or both, or neither)? Why is that?
2. "There is no circumstance in your past, present, or future that God doesn't already see, know, and rule over". How does this sentence land on you?
3. How has God revealed more of himself to you in your own trials?
4. What does it mean that "God is his own interpreter"? Do you struggle with this in your own perplexities? Thoughtfully read or listen to William Cowper's hymn, "God Moves in a Mysterious Way".

CHAPTER 12: WHEN SUFFERING INTERFERES WITH OUR PLANS

1. When and how did suffering interfere with your plans?
2. "We aren't saved by good works, but we are saved for them". What does this mean? Refer to Ephesians 2:1-10 for further reflection.
3. How does "When I... then I'll..." play out for you?
4. As you reflect on this chapter, is there a specific good work that comes to mind—something that maybe God would have you do?

CHAPTER 13: LIFE IN THE WAITING ROOM

1. Describe a current (or past) figurative waiting room in your life.
2. "No matter how heavy our suffering is, place it on one side of a scale and future glory on the other, and glory outweighs it every time". How do you tend to think about God's glory?
3. How has God taken something that was difficult and worked it for your good?
4. Read Romans 8 and thank God for the glorious truths contained in verses 31-39.

CHAPTER 14: A DEEP WELL OF JOY

1. How would you define joy?
2. "Real joy in suffering is a mark of a true believer and a witness to unbelievers". How have you observed this to be true in the lives of believers that you know personally?
3. Sometimes, if we're honest, the gospel doesn't feel like enough reason to be joyful. What has helped you in those times? Is this a current struggle for you?
4. Read 1 Peter 1:3-10. How could these verses strengthen you in your present circumstances?

CHAPTER 15: FAITH, OUR VICTORY

1. Have you ever experienced a crisis of faith? If so, how did it play out?
2. John wasn't writing about some generic faith but an "explicit faith". What is the substance of the faith he had in mind?
3. What have been some of your what if questions in your trials?
4. How is God asking you to exercise faith in him during your current struggle?

CHAPTER 16: NEVER ALONE

1. When has God seemed distant to you?
2. How does God's promise to be "with you always" (Matthew 28:20b) encourage you, especially in times of difficulty?
3. What confidence can you have that Jesus will keep his promise to be with you?
4. For more encouragement, take a few minutes to read Psalm 139.

CHAPTER 17: ALL OF IT

1. How would you define the word "redeem"? What does it mean that God is our Redeemer?
2. How has God redeemed a hardship in your life for his glory?
3. What does it mean for you to identify as "the redeemed"—rather than to find your identity elsewhere?
4. Take a few minutes to memorise Isaiah 43:1b: "Fear not, for I have redeemed you; I have called you by name, you are mine".

CHAPTER 18: A BETTER PARENT

1. How has God comforted you in your afflictions?
2. What would it look like for you to extend God's comfort to others in their trials?
3. Have you ever asked, "Why me?" How does 1 Corinthians 1:3-4 help you answer that question?
4. As you read this chapter, did anyone come to mind that God would have you encourage?

CHAPTER 19: SOUL-SAFE

1. If God hadn't been on your side, where do you think you might be today?
2. Reflect on these words from the hymn "Amazing Grace":

*Through many dangers, toils and snares,
I have already come:
'Tis grace has brought me safe thus far,
And grace will lead me home.*

How has God kept you through dangers, toils, and snares already?

3. "The uncertainty is sometimes the hardest part of the journey". What are some of the uncertainties that you face today that make your journey especially hard?
4. How does knowing God as your keeper help you face those uncertainties?

CHAPTER 20: WHERE ELSE CAN WE GO?

1. When have you come to God for what he could give you and been disappointed?
2. Read 1 Peter 5:6-11. How is God asking you to live for him today?
3. Make a list of your current challenges, and after each one, write, "He will be enough".
4. In prayer, cast each anxiety on your list before the Lord and ask him to be enough for you.