PATHWAYS TO PEACE IN YOUR SUFFERING KMI 2010 Dennis Clark

Good News Bad News

Types of Suffering

Voluntary
Involuntary
Physical
Emotional

Ways people cope with suffering

Four General Strategies for Coping

1) Denial of the pain and/or emotional shutdown

2) Prolonged anger and /or revenge

3) Depression and/or isolation…withdrawl

4) Pathway To Peace
   a. Acknowledge

   b. Accept

   c. Anticipate

Gen. 41:52 Psa. 119:50 Rom. 12:12 Rom. 15:13 Rom. 8:18
I Pet. 5:10 Rev. 2:10 Psa. 43:5 Heb. 12:2 Psa. 42:6
Psa. 94:19 Rom. 5:3-5

Psa. 119:92 Song of Sol. 3:8 Phil. 3:1 Job 1:8-12 Phil. 1:27 Eccl. 7:14