

## Relying on Ourselves or God?

As you gather together to hear and apply God's Word, start by sharing how the previous study on [Comfort in Suffering](#) influenced you since your group last met. Use the following questions for review.

### **D** Debrief & Interpret

- How did you apply your previous Scripture study?
- What did you learn about God as you applied the Word? What did you learn about yourself?

### **H** Hear the Word

*Who or what do you rely on to get you through challenging times? Paul wanted the Corinthian people to learn from his experience to fully depend on God when going through the trials of life.*

[Read 2 Corinthians 1:8-11.](#)

<sup>8</sup>We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.<sup>9</sup> Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead. <sup>10</sup>He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us, <sup>11</sup>as you help us by your prayers. Then many will give thanks on our behalf for the gracious favor granted us in answer to the prayers of many.

#### **Discuss:**

- Based on this passage, what can be some positive outcomes for suffering?
- What do you learn about God's character in these verses?
- What do you notice about how Paul views his sufferings? What gives him hope?
- Reflect on a time when you believed God was with you in a difficult situation. How does this experience help you rely on God in your current circumstances?

### **R** Respond Actively

As you end your study, choose one or both of the options below to apply the Scripture to your lives this week.

- *Internal:* Think about where you are currently experiencing stressful situations (e.g. academic studies, difficult clinical experiences, family struggles, etc.). In what ways do you tend to rely on your own strength to get through these challenges? What is one concrete way you can rely on God more this week?
- *External:* Practice relying on God more fully this week in your clinical setting. When you are faced with a challenging situation in your clinical experiences, take a moment to first pray for God's help for your patients before problem-solving.

