

# Day 5: The Suffering are Indispensable.

## 1 Prayer Partners

Find a prayer partner and include prayers to address stress, anxiety, and emotional struggles.

## 2 Bible Studies

Create or share Bible studies on depression and anxiety.

## 3 Christian Counsel

Seek the counsel of pastors, church workers, and Christian family and friends as you work through times of suffering.

## 4 Pastoral Preaching

Ask your theology teacher and/or pastor on campus to address suffering in his sermons and prayers.

## 5 Personal Prayer

Engage in personal study and prayer. Recognize that struggling is part of each Christian's life and that it will come to an end. Rejoice in the promise that God is always working for your good and that He will not forsake you during this period of suffering.

*Worship*

#LifeWeek2021