

3ABN SABBATH SCHOOL PANEL

10 - MONDAY – August 31, 2026

Suffering and Glory

Read 2 Corinthians 4:7–18. Make a list of Paul's sufferings. **How did he endure his sufferings?**

2 Corinthians 4:7-18 (NKJV) “(7) But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us. (8) We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; (9) persecuted, but not forsaken; struck down, but not destroyed— (10) always carrying about in the body the dying of the Lord Jesus, that the life of Jesus also may be manifested in our body. (11) For we who live are always delivered to death for Jesus’ sake, that the life of Jesus also may be manifested in our mortal flesh. (12) So then death is working in us, but life in you. (13) And since we have the same spirit of faith, according to what is written, “I believed and therefore I spoke,” we also believe and therefore speak, (14) knowing that He who raised up the Lord Jesus will also raise us up with Jesus, and will present us with you. (15) For all things are for your sakes, that grace, having spread through the many, may cause thanksgiving to abound to the glory of God. (16) Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. (17) For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, (18) while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.”

How did he endure his sufferings?

1. Endure With Humility — Recognizing the Power Is God’s, Not Ours

Verse: **v.7 — “We have this treasure in earthen vessels...”**

Truth: We are fragile, but God’s power is strong

2. Endure Through Pressure Without Breaking

Verse: **v.8 — “Hard-pressed... yet not crushed”**

Truth: Pressure will come—but it does not have to destroy you

3. Endure Confusion Without Losing Faith

Verse: **v.8 — “Perplexed, but not in despair”**

Truth: You may not understand everything — But you must not lose hope

4. Endure Opposition Without Feeling Abandoned

Verse: **v.9 — “Persecuted, but not forsaken”**

Truth: People may walk away — But God never does

5. Endure Setbacks Without Giving Up

Verse: **v.9 — “Struck down, but not destroyed”**

Truth: You may fall—but you are not finished

6. Endure by Dying Daily So Christ Can Be Revealed

Verse: **v.10–11 — “Always carrying about in the body the dying of the Lord Jesus...”**

Truth: Endurance requires surrender. Less of you, more of Christ

7. Endure With a Spirit of Faith—Keep Speaking and Believing

Verse: *v. 13 — “I believed and therefore I spoke...”*

Truth: Faith doesn't stay silent — It keeps declaring God's truth

8. Endure With Resurrection Confidence

Verse: *v. 14 — “He who raised up the Lord Jesus will also raise us...”*

Truth: This is not the end of your story — Resurrection is coming

9. Endure Without Losing Heart

Verse: *v. 16 — “We do not lose heart...”*

Truth: Outwardly you may be weak, Inwardly you are being renewed.

10. Endure by Focusing on the Eternal, Not the Temporary

Verse: *v. 17–18 — “Light affliction... working for us a far more exceeding... eternal weight of glory”*

Truth: What you're going through is:

- Temporary
- Purposeful
- Producing glory

Summary: Endurance is not just surviving

It is about:

- Trusting God
- Surrendering to His Will
- Believing His Word
- Looking beyond the moment to His eternal Promises

Power Statement: “You can endure anything temporary when your eyes are fixed on something eternal.”

“John Huss, the great reformer of the old Bohemia, once said about Jesus, “He is Master of the world, and we are contemptible mortals—yet He suffered! Why, then, should we not suffer also, particularly when suffering is for us a purification?” —*Ellen G. White, The Great Controversy, p. 105.*

Why is it so important that, amid whatever we are going through now, we always keep the hope of the resurrection, our resurrection (1 Cor. 15:52), before us?

1 Corinthians 15:52 (NKJV) “In a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised incorruptible, and we shall be changed.”