**The Imitation of Christ by Thomas A. Kempis**

**BOOK ONE:** THOUGHTS HELPFUL IN THE LIFE OF THE SOUL

**Chapter 22: Thoughts on the Misery of Man**

**Definition and Scriptures:**

**Suffer:** Suffering creates a dependency on the Lord that is not always there when everything is going well. The Lord can use our suffering to cause us to run to Him for help. He promises He will answer us and be a refuge to us in the storm. Going through suffering also makes you question what you really believe about God. ([justdisciple.com](https://justdisciple.com))

**Psalm 34:19:** The righteous person may have many troubles, but the Lord delivers him from them all.

**Romans 8:18:** "For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us."

**Romans 5:3-4:** Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.

**Quote:**

“WHEREVER you are, wherever you go, you are miserable unless you turn to God. So why be dismayed when things do not happen as you wish and desire? Is there anyone who has everything as he wishes? No--neither I, nor you, nor any man on earth. There is no one in the world, be he Pope or king, who does not suffer trial and anguish.”

**Discussion:**

Having the knowledge of good and evil empowers us to do what is best for ourselves. How has God rescued you when you thought you made the right choice, but in reality, you had not?

To love God is reflected in the greatest commandment which is to Love the Lord our God with all our heart, soul, mind, and strength and to love our neighbor as ourselves. When we do not love the Lord and love our neighbor, we become miserable. God pulls us out of our misery when we start to pursue him by obeying his command. How does this produce perseverance, character, and hope?