



**“But He was
wounded for our
transgressions, He
was bruised for
our iniquities; the
chastisement for
our peace was
upon Him, And by
His stripes we are
healed”**

Isaiah 53:5



**How does the
fellowship of
His sufferings
help us and
others?**

“that I may know Him and the power of His
resurrection, and the fellowship of His sufferings,
being conformed to His death”

Philippians 3:10



1. It is the only way to freedom from sin, pride and the passions

1. "...knowing this, that our old man was crucified with Him that the body of sin might be done away with, that we should no longer be slaves of sin." *Romans 6:6*
2. "And those who are Christ's have crucified the flesh with its passions and desires." *Galatians 5:24*



**2. It is through
tribulations that
we learn how to
persevere**

**“And not only that, but we also glory in tribulations,
knowing that tribulation produces perseverance”**

Romans 5:3



3. Only when we are crucified can the Lord Christ live in us

"I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me"

Galatians 2:20



4. Our suffering is the way to others' consolation

“Now if we are afflicted, it is for your consolation and salvation, which is effective for enduring the same sufferings which we also suffer”

2 Corinthians 1:6



5. Only when we suffer with Him will we have hope to be glorified with Him

“For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection”

Romans 6:5