

### **Cognitive Dissonance:**

cognitive dissonance is the mental discomfort experienced by a person who simultaneously holds two or more contradictory beliefs

### **Cognitive Dissonance Experiment II**













### Is There Freedom Through Boundaries?

"If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."

- John 8:31-32

### Is There Joy in Suffering?

"And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose."– Romans 8:28

### The Last Man

#### In 1882, Nietzsche proclaimed "God is Dead", that enlightenment had killed God.

# He also feared that society without God would lead to 'the last man'.











## Joy Through Suffering

A Modern Perspective:

The purpose in life is to accomplish only one thing: to minimize suffering and maximize comfort. "All things considered, do you think the world is getting better or worse?"

## If life is getting more comfortable, why are we less fulfilled?



### Matthew

### How do you know who you are?

"I have refined you, but not as silver is refined. Rather, I have refined you in the furnace of suffering." – Isaiah 48:10

### How do you know who you are?

"We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment." – Romans 5:3-5

"Bless you prison, bless you for being in my life. For there, lying upon the rotting prison straw, I came to realize that the object of life is not prosperity as we are made to believe, but the maturity of the human soul."

- Aleksandr Solzhenitsyn

### Jesus demonstrates suffering

"My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine." – Matthew 26:39

"Then the devil went away, and angels came and took care of Jesus." – Matthew 4:11

### We are called to emulate Jesus

"And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God's glory. But if we are to share his glory, we must also share his **suffering**." – Romans 8:17

"Through **suffering**, our bodies continue to share in the death of Jesus so that the life of Jesus may also be seen in our bodies." -2 Corinthians 4:10

"For God called you to do good, even if it means **suffering**, just as Christ suffered for you. He is your example, and you must follow in his steps." - 1 Peter 2:21

### Where is the Kingdom of God?

"The kingdom of heaven is like a treasure hidden in the field, which a man found and hid again; and from joy over it he goes and sells all that he has and buys that field." – Matthew 13:44

"A little sleep, a little slumber, a little folding of the hands to rest, and poverty will come upon you like a robber, and want like an armed man." – Proverbs 6:10-11

### Embrace Suffering, Embrace Joy

"Though the fig tree should not blossom, nor fruit be on the vines, the produce of the olive fail and the fields yield no food, the flock be cut off from the fold and there be no herd in the stalls, yet I will rejoice in the Lord!" - Habakkuk 3:17-19

In looking back at your story, are there terrible experiences or circumstances that you endured that you would not wish away because they helped shape who you are today?

What about the suffering you are experiencing right now? Are you willing to believe that God can use it for your good? Are you willing to trust God even before you've seen the evidence?