



The Cup of Suffering Devotional

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Email: Info@chosenstones.org

Web: Chosenstones.org

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Dedication

This book is dedicated to my heavenly Father who has faithfully walked by my side, and when necessary, carried me, through many trials and seasons of suffering. All my life, through the loss of my dad at age four, through several near-death experiences, through three miscarriages, family struggles, and through the loss of our daughter, Hope, my heavenly Father has strengthened me, encouraged me, healed me, protected me, saved me, hide me, loved me, empowered me, and gave me eyes to see and a heart to feel the way He does. Without His continued presence and voice in my life I'm not too sure if I would have made it through any number of those things. Even still today, my life is not without suffering, but my heart is hopeful that He who begun a good work in me shall complete it from now through eternity (Philippians 1:6).

Introduction

When tragedy hit, all I had dreamed of, hoped for, believed in, and rested in, was violently ripped from me. Questions tormented my soul and I wrestled to find where to place my feet again to find solid ground. Everything around me felt dark. Every day brought deep emptiness and harsh reminders that our daughter, Hope, was gone. The hope of God in my soul had disappeared along with her. Every night the real-life horror movie replayed in my mind. Grief, loss, regrets, shame, anger, and unanswered questions were sucking me down into a dark, cold, harsh place. It felt too deep to even see a way out. My future had no plan, no purpose, and no light. There was only darkness and despair. Hope seemed lost forever.

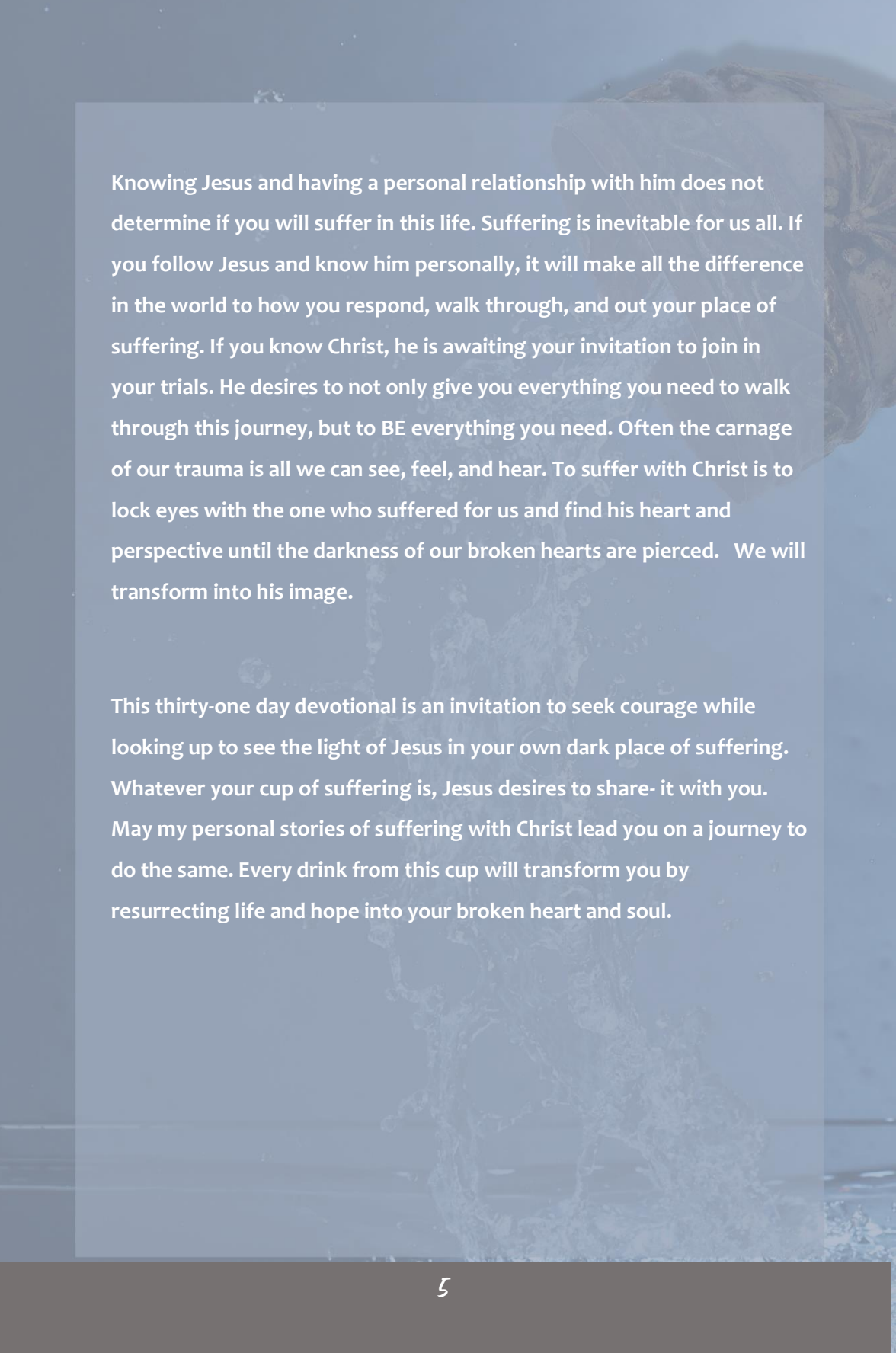
The cup of suffering the Father had permitted for me was too much to drink, until I had the courage to look up and see light piercing into my darkness. Jesus, the light of the world, was there awaiting my invitation to suffer and drink of this cup with me. When my eyes locked on his, God's view of the kingdom pierced my darkness with the light of love, hope, and strength. My suffering was transformed into resurrection

My Heavenly Father was not afraid of my questions, pain, or feelings of betrayal. As I poured out my soul, my tears collected in the cup of suffering before me. Jesus wept with me until his tears mixed with mine and we became one in spirit. His extravagant love and compassion flooded my heart with healing. He transformed my wrestling heart to an

abandoned heart, and I learned to see everything through eyes focused on eternity.

I honestly don't believe I could have survived the tragedy of losing my daughter by suicide without Jesus. It is only in the work of the cross that I have hope that the suffering of this world will have its end, and a new day in eternity will bring joy forevermore. Jesus suffered as a man, yet was innocent and sinless as God. He was crucified on the cross for the redemption of mankind's iniquities, but arose three days later, defeating sin, hell, and the grave. In the garden, Jesus spoke to the disciples saying, "Are you able to drink the cup that I am about to drink, and be baptized with the baptism that I am baptized with?" They said to him, "We are able." He then said to them, "You will indeed drink my cup" Matthew 20:20-23. The Father placed the cup of suffering before Jesus. There would come a day when the disciples and the children of God would be given the same cup. Jesus embraced the cup of suffering before him so that when we had to drink of it ourselves, we would always overcome.

Because I am a child of God, I have an unshakeable, indestructible joy knowing that the Father will redeem what was lost. One day I will see her again. Whether evil, sin, or a fallen world causes us to suffer in this life, it has no effect on our ability to live eternally in the kingdom where suffering will have no part of us. We only need accept the free gift of salvation. This is the hope of the cross. No one is exempt from suffering, but if we accept the sacrifice of Jesus in exchange for our lives, we also receive his overcoming power and resurrection. Jesus is the way of escape.



Knowing Jesus and having a personal relationship with him does not determine if you will suffer in this life. Suffering is inevitable for us all. If you follow Jesus and know him personally, it will make all the difference in the world to how you respond, walk through, and out your place of suffering. If you know Christ, he is awaiting your invitation to join in your trials. He desires to not only give you everything you need to walk through this journey, but to BE everything you need. Often the carnage of our trauma is all we can see, feel, and hear. To suffer with Christ is to lock eyes with the one who suffered for us and find his heart and perspective until the darkness of our broken hearts are pierced. We will transform into his image.

This thirty-one day devotional is an invitation to seek courage while looking up to see the light of Jesus in your own dark place of suffering. Whatever your cup of suffering is, Jesus desires to share- it with you. May my personal stories of suffering with Christ lead you on a journey to do the same. Every drink from this cup will transform you by resurrecting life and hope into your broken heart and soul.

Asking Jesus to be your Savior:

There is no light to be found when Jesus is not walking with you. Hopelessness and despair are easily all you see. Jesus is your only hope. He is your way of escape from the darkness of your suffering. If you have never accepted the free gift of salvation, healing, and eternal life from Jesus, I invite you to do so now. God, your Father in heaven, sent his son Jesus from heaven to earth to make a way to ensure victory over all pain and suffering. He died so that you could live. This life will end, but when you accept Jesus as your Savior, your life continues forever in eternity. There, we will never experience pain, suffering, or death again.

This is the hope of our salvation in Christ.

Pray with me now. Dear God, I believe that you sent your son to die so I might live. You paid the price for my sin. I want to live forever with you, I want to know your hope and purpose for my life. I receive you as my Savior and my Lord. Take over my life and teach me your ways that I might walk in them. In Jesus' name, Amen.

Devotional 1

The Holy Spirit is Hovering

*"The earth was without form, and void;
and darkness was on the face of the
deep. And the Spirit of God was
hovering over the face of the waters."*

Genesis 1:2

The earth was dark, empty, without life and purpose, but hope was hovering. Soon the darkness became light and that which hovered brought life. Darkness cannot extinguish the light.

When shock, the Father's creative shield of protection, started lifting after my daughter's death, my body, soul, and spirit felt empty. I woke up each morning

*In the darkest
of places
Holy Spirit
is found
hovering*

after just a few hours of sleep to an emptiness beyond what I had ever felt. It was as if I died with her and was living in just a shell of flesh on earth. I was trapped inside the darkness and void. I couldn't think, I couldn't feel anything outside of the death, I couldn't breathe, I couldn't walk, I couldn't

see anything in front of me. I was void of life and empty. I was hopeless.

Perhaps you are there right now. Trauma, pain, and suffering may be hitting the hollow dead fragments of your soul. You may feel as if you are without form and void. Empty. Hopeless. But in this dark place the Holy Spirit is found hovering. Hovering brings hope. The darkness does not vanquish the light over you. You may feel hopeless but look up as the Holy Spirit is overshadowing you. You are enveloped inside the comforter, redeemer, healer, the very spirit of God. Nothing is required of you. Be broken. Be void. Be

empty. But be ready to feel the warmth of his light and love bring life to your soul.

“The angel answered, “The Holy Spirit will come on you, and the power of the Most High will overshadow you. So, the holy one to be born will be called the Son of God.” Luke 1:35. Mary did nothing but submit to the hovering of the Holy Spirit. It was by his power life was created in her. Just as Mary provided a dark empty womb so life could be birthed, your brokenness is doing the same. Do not underestimate the power of the Holy Spirit. Under his shadow, light will dawn on your darkened soul. The place where you currently are, is not the place in which you will stay. Submit to the hovering of the Holy Spirit. He will bring life to you again.

*Be broken. Be
void. Be
empty. But be
ready to feel
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His light and
love bring life
to your soul*

Time of Prayer

Dear Heavenly Father, I'm empty, void, and hopeless. I confess I am walking in hopelessness. But in my dark place of suffering, help me lift up my eyes to see the spirit of light and life hovering over me. I declare that, like Mary, you are overshadowing me, and what feels dead will come to life. One moment and one day at a time I will start to come back to life.

In Jesus' name, Amen.

The Father Speaks

Lined writing area for text entry.

Devotional 2

Listen for the Father's Cries

"And he said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus wept. Then the Jews said, "See how he loved him!"

John 11:34-36

*Jesus was
fully
engaged in
the death,
pain, and
suffering life
would bring
His children
on earth*

Jesus, knowing he was about to bring Lazarus back to life, couldn't look past the death in front of Him. He stood under the weight of death, not of the one who would die, that was to come, but of the one left to suffer the brokenness death and loss would bring to the living. The fall of man left assurance that a broken world would wound the soul of every person who journeys through it. Not one child of God would escape the tentacles of sin, sickness, and man's free will. Jesus was feeling their grief, pain, and brokenness. Fully

aware of the joy and life every believer would experience in eternity, Jesus was fully engaged in the death, pain, and suffering life would bring His children on earth. Jesus' response: He wept.

When the shock began to wear off and my soul was allowed by my heavenly Father to feel the death of our daughter for the first time, I cried until I had no breath left in me. It was a deep wailing, a sound that even startled me. But it didn't startle Jesus. It was if I could hear him crying with me. With every gut-wrenching scream of agony from my bleeding soul, Jesus echoed the same. Feeling every bit of my pain, Jesus wept along with me. Fully aware of the life my daughter now lived at his side, he fully engaged in the pain I felt of not having her by my side.

You are not crying alone. Jesus hurts when you hurt. He takes no joy in seeing his children suffer in the pain of this world. I want to encourage you that Jesus not only is fully aware of the victory and redemption promised by the work of the cross, but he is also fully aware of the pain and suffering you feel carrying your own cross. He is in this moment with you. As you weep listen for the Father's cries and allow His tears to cover you in a blanket of love.

He is in this moment with you. As you weep listen for the Father's cries and allow His tears to cover you in a blanket of love

Time of Prayer

*Dear Heavenly Father, my soul is crying out with agony. The pain is almost unbearable. Help me by your Holy Spirit to be aware of your cries amid my pain. As I weep, you are weeping. Cover me with your blanket of tears that I might be comforted, knowing you are present. I am never alone in my suffering.
In Jesus' name, Amen.*

The Father Speaks

A large white rectangular area with horizontal dashed lines, intended for handwritten text. The lines are evenly spaced and run across the width of the page. The area is framed by a light gray border.

Devotional 3

The Drip from the Cup of Suffering

"Abba! Father! All things are possible for You; remove this cup from Me; yet not what I will, but what You will."

Mark 14:36

*As Jesus
drank from
the cup of
agony, his
body dripped
of the very
substance that
would bring
redemption to
mankind*

Jesus felt so overwhelmed, even if only for a moment, by pain and suffering that He asked for the cup to be removed from him. This has always moved me deeply. He addressed the Father in his power and deity and declared his ability to stop what was happening. Yet quickly Jesus came to the resolve that if it was the will of the Father to drink of the cup of suffering, he would yield to it. Jesus, knowing that the cup of suffering would birth redemption for mankind, drank from its bitterness and pain. The scripture tells us the

sweat that dripped from his flesh in the garden was droplets of blood. As he drank from the cup of agony, his body dripped of the very substance that would bring redemption to mankind.

In the agonizing pain of my grief, I too have asked God, “Why did you permit this cup of suffering?” He could have stopped it. All things are possible for the Father, yet he choose to allow this tragedy, pain, and loss. The cup felt too heavy to carry.

“And we know that all things work together for good to those who love God, to those who are the called according to His purpose” Romans 8:28. I honestly hated hearing people repeat that scripture to me during the first year of Hope’s passing. The

nerve of people to declare that my daughter's death was for the good! But the more I abandoned to the reality that God allowed this cup in my hands, I sought to find his good and redemption from it. Her death was not good. Nothing about it was good or Godly. But God in His love, mercy, and sovereignty, uses all things to manifest His glory. As I drank of the cup, like Jesus, I begin to sweat. My suffering of death and pain was beginning to produce a manifestation of life. Dripping from my brow, redemption and the goodness of the Lord began to fall on those around me.

*Dripping
from my brow,
redemption
and the
goodness of the
Lord began to
fall*

You may be in a place of great pain right now, crying out to the father to take the cup of suffering from you. But if you are willing to surrender to the will of the Father in this moment, you will begin to manifest life. Your cup of pain, loss, and death will produce the sweat of redemption for you and others around you. Instead of asking God to remove it, ask Him to use it. Don't let your pain go in vain, abandon to the cup of suffering and declare not

*Instead of
asking God to
remove it, ask
Him to use it.*

your will but his be done, and watch redemption drip from it.

Time of Prayer

Dear Heavenly Father, I feel like Jesus in the garden.

My soul is crying out for you to take this cup of suffering from me. I don't want to feel this pain but none the less I say, not my will but yours be done.

Reveal to me the goodness and redemption that will drip from my life as I drink. Use it all Lord, that my suffering will not go in vain.

In Jesus' name, Amen.

The Father Speaks

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Devotional 4

Abandoning

"Be still and know that I am God."

Psalms 46:10

"Be still and know that I am God" Psalms 46:10 (NKJV) is often a scripture used in times of great suffering. The word "still" in this scripture, comes from a Hebrew word "rapha," meaning "to be weak, let go, or to release."

*I was
anything but
still and
questioned if I
knew God at
all*

After January 29, 2020, when my entire world came crashing down in a million pieces, I was anything but still and questioned if I knew God at all. That was the day I lost my precious teenage daughter to suicide. I felt as if everything I knew to be true in life was suddenly and violently pulled out from underneath me. Every passing day brought more wrestling and

questions. Why did God allow this to happen? Why didn't God protect and save my daughter? These questions and more left me hopeless and in despair.

Perhaps you are in a place of great suffering and wrestling with "being still and knowing" the God you serve. Maybe you feel a tug of war in the depths of your soul and are unable to find any peace or hope. God is not afraid of your questions, struggles, or even your anger.

When I was barely able to walk or breathe, I cried out to Jesus in desperation for something that could make sense of everything that had happened. I needed to find peace and hope again. I heard