"... travels, hardships and distresses; in beatings, imprisonments and riots; in hard work, sleepless nights and hunger; ... Glory and dishonour, bad report and good report; genuine, yet regarded as imposters; known, yet regarded as unknown; dying, and yet we live on; beaten, and yet not killed; sorrowful, yet always rejoicing; poor, yet making many rich; having nothing, and yet possessing everything." (6.4-10).

 I have worked much harder, being imprisoned more frequently, being flogged more severely, and been exposed to death again and again. Five times I received from the Jews the forty lashes minus one. Three times I was beaten with rods, once was stoned, three times I was shipwrecked, I spent a night and a day in the open sea, I have been constantly on the move... (11.23-26)

I have been in danger from rivers, in danger from bandits, in danger from my own countrymen, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false brothers. I have laboured and toiled and have often gone without sleep. I have known hunger and thirst and have often gone without food ...

(11.26-27).

• "The hardships we suffered in the province of Asia. We were under great pressure, far beyond our ability to endure, so we despaired even of life. Indeed, in our hearts we felt the sentence of death." (1. 8-9).

"A silversmith named Demetrius, who made silver shrines of Artemis, brought in no little business for the craftsmen. He called them together, along with the workmen in related trades, and said: 'Men, you know we receive a good income from this business.

 And you see and hear how this fellow Paul has convinced and led astray large numbers of people here in Ephesus and in practically the whole province of Asia. He says that man-made gods are no gods at all. There is danger not only that our trade will lose its good name, but also the temple of the great goddess Artemis will be discredited, and the goddess herself, who is worshipped throughout the province of Asia and the world, will be robbed of her divine majesty.'

•When they heard this they were furious and began shouting: 'Great is Artemis of the Ephesians!' Soon the whole city was in an uproar." (Acts 19. 24-29).

 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

 For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows. If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer.

 And our hope for you is firm, because we know that just as you share in our suffering, so also you share in our comfort." (1. 3-7).

Paracletos

"We also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit whom he has given us." (Roms. 5.3-5).

 "Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything." (James 1.2-4).

 Dear friends, do not be surprised at the painful trial you are suffering as though something strange was happening to. But rejoice that you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed. If you are insulted because of the name of Christ, you are blessed, for the spirit of glory and of God rests on you ...

if you suffer as a Christian, do not be ashamed, but praise God that you bear that name ... "

(1 Peter 4. 12-14, 16).

• "If the world hates you, keep in mind that it hated me first. ... Remember the words I spoke to you: 'No servant is greater than his master.' If they persecuted me, they will persecute you also." (John 16.18, 20).

• "A great multitude that no one could count, from every nation, tribe, people and language, standing before the throne ... And one of the elders said to him 'These are they who have come out of the great tribulation; .. And God will wipe away every tear from their eyes." (Rev. 7. 9, 13, 14, 17).