

## **Pain Principle**

n/a

### **Ready:**

Answer me when I call, God, who vindicates me. You freed me from affliction; be gracious to me and hear my prayer.—Psalm 4:1

You have put more joy in my heart than they have when their grain and new wine abound. I will both lie down and sleep in peace, for You alone, Lord, make me live in safety.—Psalm 4:7-8

### **Set**

Pain gets our attention. When our bodies get injured, infected, or hurt, pain forces us to take action toward healing. If there were no pain, we would not take steps to mend the injury, resulting in further damage. Pain forces us to respond to emotional ailments as well. How we respond determines what kind of change we will see. Often we try to numb the pain and feel better for a while; but eventually the problems return. However, if we take action, we can find healing and restoration. The pain is difficult, but in it can be found blessings.

Psalms details both the pain and rejoicing of David. Were it not for his suffering, David may not have sought the Lord as he did. Were it not for our difficulties, we too would probably neglect to seek the Lord as we should—not because we don't want to, but because we forget. It is the pain that reminds us and brings us to our knees where God meets us and provides healing, restoration, strength, safety, love, and joy. Because of who He is, we can rejoice even in our suffering.

Although pain is difficult, I thank God for it, for through suffering I find more of Him. Destruction becomes construction, curses now blessings, and the broken is restored.

### **Go**

1. Have you seen the benefits of pain?
2. How do you think God might use a current difficulty for something better?

### **Workout**

Matthew 5:3-12; Romans 5:1-5; Philippians 3:7-11; James 1:2-4

### **Overtime**

God, You are the ultimate healer. It is hard to persevere when I am faced with so much hurt. Help me to see how You are good and how You are using this pain. Amen.

**Bible Reference:**

James 1



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