



"Although my heart is torn, I will praise you in the storm."

Odynophobia (fear of pain)

"Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage."

-International Association for the Study of Pain

There will be pains in this world

1 Peter 4:13-16

"...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, it should not be as a murderer or thief or any other kind of criminal, or even as a meddler. However, if you suffer as a Christian, do not be ashamed, but praise God that you bear that name."

We should identify the source of our pain

SINFUL NATURE

Ephesians 2:1-3

As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath.

SECULAR WORLD

John 16:33

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

SATANIC FORCES

Revelations 2:10

Then I heard a loud voice in heaven say: "Now have come the salvation and the power and the kingdom of our God, and the authority of his Christ. For the accuser of our brothers, who accuses them before our God day and night, has been hurled down.

Pain tells us that God has better plans

BETTER PLANS

Isaiah 55:8-9

For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD. As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

BETTER PLANS

Genesis 50:19-20
But Joseph said to them, "Don't be afraid. Am I in the place of God? You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.

Pain is
God's way of
purifying our
character

PURIFY CHARACTER

1 Peter 1:6-7

In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith--of greater worth than gold, which perishes even though <u>refined by fire--may be</u> proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. (ref. Malachi 3:3-4)

PURIFY CHARACTER

Romans 5:3
Not only so, but we also rejoice in our sufferings, because we know that <u>suffering produces</u> <u>perseverance</u>; <u>perseverance</u>, <u>character</u>; and character, hope.

Choose to rejoice in God's goodness despite pain

James 1:2-5

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. If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him

REJOICE ALWAYS!

Job 1:20-21

At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship and said: "Naked I came from my mother's womb, and naked I will depart. The LORD gave and the LORD has taken away; may the name of the LORD be praised."

REJOICE ALWAYS!

Romans 8:28
And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

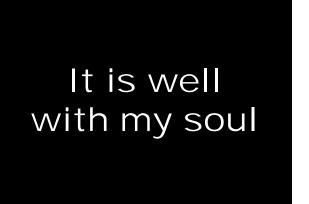
Our pain shall glorify God in our life

The depth of your pain shall determine the height of your future joy

PAIN GLORIFIES GOD

2 Corinthians 4:8-11

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. For we who are alive are always being given over to death for Jesus' sake, so that his life may be revealed in our mortal body.



Pain tells us that we should depend on Jesus

"We can ignore even pleasure. But pain insists upon being attended to. God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is his megaphone to rouse a deaf world."



— C.S. Lewis

APPROACH JESUS

Matthew 11:28-30
Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

