

Why Am I in Pain?

With Bishop Ronald K. Powell

1 Corinthians 10:13 New International Version (NIV)

13 No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

God always has a reason for our trials, and we'll never have to go through them alone if we've trusted Jesus Christ as our Savior. Because God has placed the Holy Spirit within us to be our Guide and Comforter, we can exit our trials stronger than we entered into them. By building and strengthening our faith, God makes us even more useful for His kingdom.

Many people today are crying out for comfort but don't know where to find it. The difficulties and sufferings of life have left them confused, depressed, or disillusioned. Instead of turning to God, who is the only source of true and lasting comfort, they may have given up on Him. Desiring relief from pain and hardship is only natural, but the bigger issue is learning how to benefit from the experience by turning to the Lord and receiving His encouragement.

No one likes pain. And for some, it feels unending. Pain can be physical, and it can be emotional. And yet, all pain hurts. And it leaves us asking questions; wondering why God allows our pain.

Before sin entered the world there was no pain and suffering, and no death (Genesis 3:17-18). Once Adam and Eve sinned, there were consequences. We have pain because we live in a fallen world. When Adam and Eve sinned, it changed everything.

Often, when we're in pain the enemy sees our weakened state and he finds it the perfect time to attack. He whispers lies to us that feel true:

God is punishing you.

If God loved you, you wouldn't be in pain.

God is tired of you.

And when we're in pain, we aren't able to process things and focus on what God's Word says.

Remember, Pain Isn't Punishment from God

Jesus told us in the world we would have trials and tribulation, but we could be of good cheer because he has overcome the world. (John 16:33)

Even God's own son suffered. He was severely beaten and rejected. And then when he hung on the cross, he suffered the pain and humiliation of dying as a criminal would. (Matthew 27: 32-56)

When Satan was tempting Jesus in the wilderness, he used God's Word to refute him. We can do the same. God's Word is part of your spiritual armor to refute the lies of Satan.

God's Word is also his love letter to us. He wrote it for instruction and for reflection. He did not leave us comfortless in our pain, but left us his Word.

Let's look at verses you can hold onto when you feel like the pain won't stop:

Verses for When You're Grieving

Psalm 56:8 – God keeps track of all my sorrows. He collects all my tears in a bottle. He records each one in His book.

Psalm 34:18 – God is close to the brokenhearted. He's so close he can hear your heartbeat.

John 11:35 – Jesus wept. When Jesus was with his friends Mary and Martha, even though he knew he would raise their brother Lazarus from the dead, Jesus wept. He showed empathy.

Revelation 21:4 – God will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.

1 Thessalonians 4:13 – We don't grieve like those who have no hope. One day we will see loved ones who have trusted in Jesus. This world is not all there is.

Verses for When You're Battling Chronic Illness

Luke 12:7 – We are so precious to God that he even knows how many hairs are on our heads. When we are sick, it's easier to believe Satan's lies. So we need to remember how much we matter to God. And that there will be an end to our suffering.

Matthew 10:29-31 – God knows when even a sparrow falls. When I took a walk and saw a tiny sparrow on the ground, I was struck by realizing the God of the whole universe knows when that tiny creature fell.

Romans 8:32 – If God loved us enough to spare his own Son, he will give us all things. What could we possibly need that would measure up to that sacrifice?

Proverbs 3:5-6 – God wants us to trust him with our whole heart. To not try to understand what is going on. We have finite minds but God's mind is infinite. So we won't be able to understand some things till we are in heaven.

Psalm 46:1 – God is our refuge and our strength and he is our present help when we are in trouble. This gives us so much comfort.

Verses to Remind You of God's Presence in Your Pain

Hebrews 13:5 – When we hurt, we sometimes feel alone, but Jesus said he would never leave us, nor forsake us.

Psalm 42:8 – The Lord will command his loving kindness in the daytime: and his song will be with me in the night. God is with us 24/7.

1 John 4:13 – By this we know that we abide in him and he in us, because he has given us his Spirit.

Isaiah 26:3 – You will keep him in perfect peace whose mind is stayed on you because he trusts in you. We will experience God's peace in our pain and that peace is directly from God.

Matthew 11:28 – Come to me, all you who are weary and burdened and I will give you rest. God is that close to us. All we need to do is call on him.

Verses to Remind you That You Matter to God

John 15:13 – There is no greater love than the love Jesus showed by dying for us, his friends.

1 Peter 5:7 – God tells us to cast our cares on him because he cares for us.

Jeremiah 29:11 – God has plans for us, plans for good and not evil; plans to give us a future and a hope.

Hebrews 4:16 – God tells us we can draw near to his throne to receive help in time of need. What a loving Father.

Philippians 1:6 – God started a work in us and he's going to continue it till we look like Jesus.

Isaiah 40:28 – Though the enemy wants us to believe God gets tired of us and our pain, it says that God does not grow weary. He'll never be tired of us. He made heaven so we can be with him eternally.

A Prayer for When You're in Pain

Father God, we know there is pain in this fallen world. You told us there would be. And we know the enemy of our souls wants to torment us. Remind us of your truths, Lord. Let us reflect on them. And wrap ourselves up in them when we are in pain, or we feel alone. You said in Numbers 23:19, that you are not a man that you should lie. If you said something, you will do it, if you spoke it, you will make it good. Thank you for always answering us when we call. And thank you that you said in Romans 8:27 when we don't know what to pray that the Holy Spirit will pray for us. Thank you, God, that no matter what we go through, you will always be there. We pray this in Jesus' precious name. Amen.