

WHAT ARE YOU DOING WHEN LIFE HURTS**Pastor Charlie Arellano****July 8, 2018**

JOHN 16:33 ...*"In this world you will have trouble."* Some bible versions replace the word trouble with tribulation and other versions suffering.

2 CORINTHIANS 1:3-9 *Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God. ⁵For just as the sufferings of Christ are ours in abundance, so also our comfort is abundant through Christ. ⁶But if we are afflicted, it is for your comfort and salvation; or if we are comforted, it is for your comfort, which is effective in the patient enduring of the same sufferings which we also suffer; ⁷and our hope for you is firmly grounded, knowing that as you are sharers of our sufferings, so also you are sharers of our comfort. ⁸For we do not want you to be unaware, brethren, of our affliction which came to us in Asia, that we were burdened excessively, beyond our strength, so that we despaired even of life; ⁹indeed, we had the sentence of death within ourselves so that we would not trust in ourselves, but in God who raises the dead.*

I think all of us would agree, Life Hurts!

- What will you do with your pain?
- Will you try to cope with it on your own or with your own strength?
- Will you continue to throw only human resources at your pain?
- Will you fake it to those around you and act like it's not there at all and then go cry in the dark all alone?
- Will you get angry and bitter and curse God and those all around you?

2 CORINTHIANS 12:7-10 *Because of the surpassing greatness of the revelations, for this reason, to keep me from exalting myself, there was given me a thorn in the flesh, a messenger of Satan to torment me—to keep me from exalting myself! Concerning this I implored the Lord three times that it might leave me. And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." - In the midst of Paul's pain, God didn't remove the pain, but He assured him that His grace was sufficient.*

3 REASONS WHY WE SHOULD EMBRACE PAIN

1. Pain provides the ideal opportunity for God's display of **DIVINE POWER**.
 - We need to remember that our God is sovereign
 - Pain and suffering run through the hands of God and drip unto us
 - God uses suffering to put His Grace on display
2. Embracing your pain Biblically will humble us and will grow our **FAITH**.
 - Jesus wants to meet you in the midst of your pain
 - Jesus wants us to dig deep and search Him

JEREMIAH 29:12-13 *"Then you will call upon Me and come and pray to Me, and I will listen to you. You will seek Me and find Me when you search for Me with all your heart."*

3. God can use pain to speak to us if we take the time to **LISTEN**.
God speaks to us the loudest and clearest when we stop fighting our pain and we begin to embrace our pain

"Pain insists upon being attended to. God whispers to us in our pleasures, speaks in our consciences, but shouts to us in our pain. It is His megaphone to rouse a deaf world." C.S. Lewis

In our pain and pity, we can be vulnerable to the voice of bad advice or even bad advisors.

JOB 2:9,10 *"Do you still hold fast to your integrity? Curse God and die."*¹⁰ Job's response, *"You speak as one of the foolish women speaks. Shall we indeed accept good from God and not accept adversity?"*

Remember the promise we read in the opening scripture. With our **pain**, God will also supply the **comfort**!

THE BLESSINGS OF BROKENNESS

Pastor Charles Stanley

*"The path from where we are to where God wants us to be – which is a position of total surrender to Him and total wholeness is one that we call **spiritual growth**. Its end result or goal is spiritual maturity. God breaks us to mature us. Our resistance to God's breaking process prolongs it. Our willingness to yield early shortens it."*