

5-Day Family Devotional: Lessons from Jabez

Theme: Pain, Prayer, Purpose, Identity, Redemption

Day 1: You Are More Than Your Label

Scripture: 1 Chronicles 4:9

"Jabez was more honorable than his brothers, and his mother called his name Jabez, saying, 'Because I bore him in pain.'"

Devotional Thought:

Imagine being named "Pain"! Jabez grew up carrying a reminder of sorrow, but God saw more than his name. God saw his heart and honored him. No matter what labels others give us—or what hard things we face—God knows who we truly are. He can give us a new identity and purpose.

Family Discussion:

- Have you ever been called a name that hurt?
- What labels do you think God gives you?

Prayer Prompt:

Ask God to help each family member see themselves as He does, not as the world labels them.

Day 2: Bring Your Pain to God

Scripture: 1 Chronicles 4:10a

"Jabez called upon the God of Israel, saying, 'Oh that you would bless me and enlarge my border...'"

Devotional Thought:

Jabez didn't hide his pain—he brought it to God! God wants us to talk to Him about everything, even our hurts. When we pray honestly, God listens and cares for us, just like He cared for Jabez.

Family Discussion:

- What is something hard or painful you want to talk to God about?
- Why is it sometimes hard to pray honestly?

Prayer Prompt:

Pray together about a challenge your family or each person is facing, asking God for His help and blessing.

Day 3: God's Blessing Is for a Purpose

Scripture: 1 Chronicles 4:10b

"...and that your hand might be with me, and that you would keep me from harm so that it might not bring me pain."

Devotional Thought:

Jabez asked for God's blessing—not just for himself, but so he could live God's way. When God blesses us, it's not just to make us comfortable. He wants us to use His gifts to help others and show His love.

Family Discussion:

- What are some ways God has blessed your family?
- How can you use those blessings to serve others this week?

Prayer Prompt:

Thank God for His blessings and ask Him to show you ways to use them for His purposes.

Day 4: God Redeems Our Pain

Scripture: Genesis 50:20

"As for you, you meant evil against me, but God meant it for good..."

Devotional Thought:

Just like Joseph and Jabez, sometimes we go through things that hurt. But God promises He can turn even the hardest things into something good. Our pain can become our greatest ministry to others.

Family Discussion:

- Can you think of a time when something hard turned out for good?
- Who do you know that might need encouragement in their pain?

Prayer Prompt:

Pray for someone who is hurting, asking God to bring good from their situation.

Day 5: New Identity and Purpose in Christ

Scripture: 2 Corinthians 5:17

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."

Devotional Thought:

God gives us a fresh start in Jesus! No matter our past or our pain, we can be part of God's family. He gives us a new name: loved, chosen, and His child.

Family Discussion:

- What does it mean to be a new creation in Christ?
- How can your family live out this new identity together?

Prayer Prompt:

Thank God for making you new in Jesus. Ask Him to help your family share His love and hope with others.

Sermon Blog

Lessons from Jabez: Turning Pain into Purpose

Are you feeling overwhelmed by life's hardships or defined by your past? Discover how the story of Jabez in the Old Testament offers hope, purpose, and a new identity—no matter your circumstances.

The Unexpected Hero in a List of Names

If you've ever tried to read through the genealogies in the book of 1 Chronicles, you know they can feel repetitive. Yet, tucked between countless names, two verses jump off the page: the story of Jabez (1 Chronicles 4:9-10). Born in pain and named for sorrow, Jabez refused to let his past or his label define his future. Instead, he turned to God with a bold, heartfelt prayer—and God answered.

Main Point: Pain Does Not Define You—God Does

The story of Jabez teaches us that our pain, past, or the labels others give us do not determine our destiny. Jabez's prayer shows that true transformation begins when we bring our hurts to God and trust Him to redeem them. As the sermon emphasized, "Pain does not determine your identity. God redeems everything He allows."

Action Steps: Living Out the Message of Jabez

Want to apply the lessons from Jabez to your life? Here are some practical steps:

- **Reflect on Your Labels:**
What painful labels or past experiences have you allowed to define you? Write them down, and ask God to show you His truth about who you are (see Isaiah 43:1 and 2 Corinthians 5:17).
- **Pray with Boldness:**
Don't be afraid to pray big, honest prayers like Jabez did. Ask God for His blessing, guidance, and protection—not just for your comfort, but to serve His purposes.
- **Depend on God, Not Yourself:**
When you feel overwhelmed, resist the urge to rely solely on your own strength. Instead, invite God's hand to be with you in every area of your life.
- **Let God Use Your Pain for Good:**
Consider how your wounds and experiences might help someone else. Reach out to encourage or serve others who are struggling (see Genesis 50:20).

Conclusion: God's Purpose for Your Story

The story of Jabez reminds us that God specializes in taking what the world sees as broken and transforming it for His glory. No matter what you've been through, God calls you by name, redeems your pain, and gives you a new purpose as His beloved child.

Prayer

Heavenly Father,

Thank You that You see beyond our pain and past. Help us to trust You with our hurts and to believe

that You can bring good from every situation. Give us boldness in prayer, deepen our dependence on You, and show us how to use our experiences to bless others. Remind us daily of our new identity in Christ. In Jesus' name, Amen.