

Gift of Pain

February 3, 2026



Craig Smith • February 8, 2026 • Gift of Pain

*“Why is my pain unending and my wound grievous and incurable? Will you be to me like a deceptive brook, like a spring that fails?”
(Jeremiah 15:18)*

Two unhealthy responses to our pain in a lifequake...

- **Numb it** - *“Give beer to those who are perishing, wine to those who are in anguish; let them drink and forget their poverty and remember their misery no more.” (Prov. 31:6-7)*
- **Avoid it** - *“Blessed are those who mourn, for they will be comforted.” (Matt. 5:4)*

If life is only about happiness, then we will find little meaning in pain - *“Therefore we do not lose heart...For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.” (2 Cor. 4:16a, 17)*

God redeems our pain when we...

- **Shed our tears: let it out** - *“You have put me in the lowest pit, in the darkest depths...Are your wonders known in the place of darkness, or your righteous deeds in the land of oblivion?...You have taken my companions and loved ones from me; the darkness is my closest friend.” (Psalm 88:6, 12, 18)*

- **Receive His comfort: let it in** - *“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles...” (2 Cor. 1:3-4a)*

- **In His Scriptures** - *“My soul is weary with sorrow; strengthen me according to your word.” (Psalm 119:28)*

- **Through our prayers** - *“Is anyone among you suffering? Let him pray.” (James 5:13, ESV)*

During the days of Jesus’ life on earth, He offered up prayers and petitions with loud cries and tears to the One who could save Him from death, and He was heard because of His reverent submission. (Heb. 5:7)

- **Share our story: pass it on** - *“...so that we can comfort those in any trouble with the comfort we ourselves have received from God.” (2 Cor. 1:4b)*

In the dark night of the soul, trust the inner work of the Spirit...

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us with groans that words cannot express. And He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God’s will. (Rom. 8:26-27)