

# Why Aches and Pains?

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As humans, we want to avoid pain. Unfortunately, since the big drama in the Garden of Eden ([Genesis 3](#)), pain has been our companion during our time on Earth.

## **Avoiding Pain**

Although with care, you can avoid many things that cause pain, you can't entirely avoid pain. One reason is that you can't control other people or circumstances. Others may not be careful (text while driving as they crash into you, leave things out that might cause you to trip). Nature can be an issue (icy sidewalks causing you to fall, tree branches falling on your head, bugs biting you).

## **Danger of No Pain**

Pain can help us learn from our mistakes. If you put your hand on a hot stove burner, you experience pain. You learn that it's best to be careful around stove burners in the future. If you felt no pain, it would take you longer to realize what was causing the damage to your hand.

## **Quotes**

No pain, no palm, no thorns, no throne, no gall, no glory, no cross, no crown.  
-William Penn

There are no gains without pains.  
-Benjamin Franklin

Out of pain and problems have come the sweetest songs and the most gripping stories.  
-Billy Graham

## **Christians Not Exempt**

If you think that accepting Christ will give you a free pass on pain, you are mistaken ([John 16:33](#), [2Tim 3:12](#), [1Pet 4:12-13](#)).

What is the point of pain? Here are a few to consider:

- ▶ To make us more like Christ ([Rom 8:26-29](#))
- ▶ To accomplish a greater good ([Gen 50:20](#))
- ▶ To purify us ([2Cor 4:16-17](#))
- ▶ To remind us that we're temporary residents in the world ([Jas 4:14](#))

## **Scripture to Encourage**

*He heals the brokenhearted and binds up their wounds. Psa 147:3*

*He 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. Rev 21:4*

## **Prayer During Suffering**

- ▶ Lord, remind me that Your grace is sufficient in my weakness ([2Cor 12:9-10](#)).
- ▶ Lord, help me lean on You rather than my own understanding ([Pro 3:5-6](#)).
- ▶ Lord, I claim You as my refuge and strength ([Psa 46:1-3](#)).
- ▶ Lord, remind me of Your strength ([Isa 41:10](#)).
- ▶ Lord, help me seek You at all times ([Jas 1:5](#)).
- ▶ Lord, restore my hope and joy in You ([Isa 40:29-31](#)).
- ▶ Lord, I release control to Your Spirit ([Eph 3:14-19](#)).
- ▶ Lord, use Your Word to strengthen me ([Psa 119:28](#)).

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