People in pain need peace. Most people who suffer from chronic pain assume, *If I could just get rid of this illness, I would have peace.* But peace is not dependent on wellness. Although Jesus, the Prince of Peace, was to drink from a different cup of suffering, He yielded His will to the will of the heavenly Father. He modeled how people in pain should pray . . .

> "Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will."  
> (Mark 14:36)

**Q:** “Why would a loving God want me to suffer?”

God does not delight in your suffering, but He allows suffering in order to refine your faith, to develop Christ’s character in you, and to bring glory to Himself.

> "In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ.”  
> (1 Peter 1:6–7)

**Q:** “If I truly follow Christ and pray with total faith, doesn’t the Bible say I will be blessed with health, wealth, and problem-free living?”

No. The Bible clearly reveals that Jesus and the apostles, who truly gave their lives to Christ, did not experience health, wealth, and problem-free living. But Scripture does state that when you “share in the sufferings of Christ,” you are blessed by God.

> “Rejoice insofar as you share Christ’s sufferings, that you may also rejoice and be glad when his glory is revealed. If you are insulted for the name of Christ, you are blessed, because the Spirit of glory and of God rests upon you.”  
> (1 Peter 4:13–14)
Are There Blessings from Afflictions?

When blasted by the winds of adversity, the heart that is sheltered in the hands of God still produces a life that is full of meaning and purpose.  

**Suffering** softens your heart toward obeying God’s Word. (Psalm 119:67)

**Suffering** opens your heart to make you more teachable. (Psalm 119:71)

**Suffering** mellows your heart to make you more compassionate. (2 Corinthians 1:3–4)

**Suffering** strengthens your heart to make you more mature. (James 1:2–4)

**Suffering** humbles your heart to keep you from being conceited. (2 Corinthians 12:7)

**Suffering** uncovers your heart’s weakness so that you recognize Christ as your strength. (2 Corinthians 12:9)

**Suffering** gives your heart a desire for eternal values. (Romans 8:18)

“Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him.” 
(James 1:12)
Learning to Live

- Learn to cry. (Psalm 56:8)
- Learn to let go. (Proverbs 3:5–6)
- Learn to rest. (Psalm 46:10)
- Learn to defer. (Isaiah 40:29)
- Learn to laugh. (Proverbs 17:22)
- Learn to be disciplined. (Proverbs 15:22)
- Learn to give thanks. (1 Thessalonians 5:18)

Accepting God’s Truths . . .
the Key to Coping with Limitations

- Your troubles are temporary—your glory is eternal. (2 Corinthians 4:16–18)
- Your physical body is designed to decay. (Genesis 3:19)
- Your afflictions are allowed by God in order to teach you. (Psalm 119:71)
- Your temptations are made bearable by God. (1 Corinthians 10:13)
- Your crushed spirit will be sustained when you are indwelt by the Spirit of God. (Proverbs 18:14)
- Your suffering enables you to see God. (Job 42:5)
- Your life is being conformed to the image of Christ through your suffering. (Romans 8:28–29)

“My soul melts away for sorrow; strengthen me according to your word!” (Psalm 119:28)

Related Topics . . .

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