

## **Finding Purpose When Life Seems Painful**

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*This is the day that the Lord has made. We will rejoice and be glad in it.  
(Psalm 118:24, English Standard Version)*

*So what do people get for all of their hard work and struggles on Earth?  
Their lives are filled with pain and their work is filled with grief. Even at  
night, their minds don't rest. It doesn't make sense at all.  
(Ecclesiastes, 2:22-23 ESV)*

*For my thoughts are not your thoughts, neither are your ways my ways,  
declares the LORD. As the heavens are higher than the earth, so are my  
ways higher than your ways and my thoughts than your thoughts.  
(Isaiah 55 8-9, New International Version)*

## **Five Purposes for Painful Experiences**

### **1. Use your pain to draw closer to God.**

*The Lord is close to the brokenhearted; he rescues those whose spirits  
are crushed.  
(Psalm 34:18, New Living Translation)*

*I know that nothing good lives in me, that is, in my sinful nature.  
(Romans 7:18, NLT)*

### **2. Use my pain to draw closer to others.**

*Carry each other's burdens, and in this way you will fulfill the law of  
Christ.  
(Galatians, 6:2 NIV)*

### **3. Use your pain to grow.**

*Sometimes it takes a painful experience to make us change our ways.  
(Proverbs 20:30, Good News Bible)*

*So even though Jesus was God's son, he learned obedience from the things  
he suffered. Suffering made Jesus perfect, and now he can save forever all  
who obey him.  
(Hebrews 5:8-9, NLT)*

*And now, isn't it wonderful all the ways in which this distress has goaded  
you closer to God? You're more alive, more concerned, more sensitive,  
more reverent, more human, more passionate, more responsible.  
(2 Corinthians 7:11, The Message)*

### **4. Use your pain to serve others.**

*He comforts us in all our troubles so that we can comfort others. When  
they are troubled, we will be able to give them the same comfort God has  
given us. For the more we suffer for Christ, the more God will shower us  
with his comfort through Christ. Even when we are weighed down with  
troubles, it is for your comfort and salvation! For when we ourselves are  
comforted, we will certainly comfort you. Then you can patiently endure  
the same things we suffer.  
(2 Corinthians 1:4-6, NLT)*

### **5. Share your story with everyone.**

*Always be prepared to give an answer to everyone who asks you to give  
the reason for the hope that you have.  
(1 Peter 3:15, NIV)*

*And I want you to know, my dear brothers and sisters, that everything that  
has happened to me here has helped to spread the Good News.  
(Philippians 1:12, NLT)*

*And we know that God causes everything to work together for the good of  
those who love God and are called according to his purpose for them.  
(Romans 8:28, New American Standard Bible)*