

# Understanding Pain & Suffering



God understands pain & suffering.

The Cross testifies to that Truth.

**John 3:16** (NKJV) - *For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.*

## What is the Source of Pain & Suffering?

The source of Pain & Suffering is sin. We live in a fallen world, not the world God originally chose for us. The Bible tells us that our fallen world is the result of Adam & Eve choosing to disobey God. From that point on sin became part of our world as God had warned.

**Romans 3:23** - for all have sinned and fall short of the glory of God,

## How does God See Pain & Suffering?

It hurts God that our relationship with Him is not as it should be. God sent His Son to reconcile our relationship with Him through Jesus' sacrifice on the cross.

## How Free Choice Influences Our Life?

Our God created us in His own image with the freedom to choose. God did this so that we would be able to have a real heartfelt relationship with Him.

Our choices affect others, just as other people's choices can affect us. All choices have consequences and thus we live in a world of consequences. Having the freedom to choose, and having made choices unpleasing to God, we must tolerate both good and bad in our world. It's the price of our freedom to choose.

## **Why Does God Allow Pain & Suffering?**

Many people question why God allows Pain & Suffering. Where they should begin is to recognize that God is our sovereign Creator. God is not subject to our will, but rather we are subject to His. God did not make a mistake creating mankind. Mankind made a mistake in disobeying God.

Pain and suffering can be the result of both physical and emotional causes. It signals something is wrong and can often lead to corrective measures being taken. It can help us draw closer to God while we still have the choice. At times it seems almost impossible to find answers that are satisfactory. These are the times when it helps to remember that God's plan for us is greater than we can see and extends to eternity.

## **God is Ever Present**

Even in our darkest hours God is ever present. Christians who trust the Bible to be the inspired Word of God, can take comfort knowing that God does exist. He sent His Son into the world as a ransom for our sins, and continues to provide guidance through the Holy Spirit. Believers know that this world is not all there is. In time, like the butterfly, we will be transformed and our spirit will be born anew in our eternal home in heaven. That is God's promise to each one of us.

God wants us to share a personal relationship with Him in both good times and difficult times. He promises to sustain us, but it all begins with Trust. Trust that God is sovereign and that Jesus was sent by God to pay the price for our sins. Trust in the Bible as a book of TRUTH. Trust that God has an eternal plan for us.

### **How We Can Best Cope**

- Place your faith and trust in God's promise.
- Know that there will be peace and no suffering for believers in our eternal homes.
- Know that whatever we endure on this earth, Christ endured also for us.
- Recognize that to a degree our bodies are designed to cope with pain in many ways. Where our bodies are under stress modern medicine can also help ease the pain or suffering.
- Recognize that God is always there to sustain you. Pray to God and trust in His deliverance.