



# WHY ME?

A Biblical Look  
at Suffering



# Why Me?

**T**here is a story about a man who was driving his truck on a very narrow road in the mountains. To his right was a precipice that was about 700 feet high. Suddenly the man lost control of his vehicle, left the road and the truck fell to the bottom and exploded in the canyon. Fortunately the man was ejected from the vehicle when it fell and he managed to hold on to a branch of a bush. But the cliff was so inclined that he could not climb to reach the top. He then began shouting, “Is there anybody up there?” In a few seconds a voice like the thunder of God resounded in the mountains, “Yes, I’m here. What do you want?” The man begged, “Please, save me, I can’t hold on anymore.” After a few more seconds, the voice said, “I will rescue you. But first you must release the branch from your hands and trust me to catch you. Just let go, my hands will hold you.” The man looked down and saw his truck on fire, and looked back up and shouted, “Is there anybody else up there?”

Like the man in the truck, we have different ideas of how God should respond to us. One of the arguments against the existence of God is the presence of evil, pain, and suffering. Many say that this is evidence that there is no God. From the Bible we know that he is:

**“the compassionate and gracious God, slow to anger, abounding in love and faithfulness” Exodus 34:6**

So if God is good, why does he allow evil, suffering, pain and death? Many of the scientists who have discovered

evidence of a divine creator of the universe cannot accept God for this question alone. But this also begs the question; then where does all the good come from?

Suffering is hard to accept in a culture that always seeks comfort and pleasure, but if we didn’t have it, we would have to invent it, as in roller coasters or scary movies. Life without suffering would be incomplete. But we still ask, “Why me?” “Why is this happening?” “Why wars, famines, diseases, natural disasters, and death?” “Why do we have cancer,

heart disease, Parkinsons, Down syndrome, divorce, rape, loneliness, infertility, failure, and rejection?”

Even if we complain and cry out to God, most of the time he does not explain what he is doing.

# 1. We Cannot Know God

If we believe that God is obligated to explain himself, we should examine the following scriptures:

**“It is the glory of God to conceal a matter.”** *Proverbs 25:2*

**“Truly you are a God who has been hiding himself.”** *Isaiah 45:15*

**“The secret things belong to the Lord our God.”** *Deuteronomy 29:29*

**“As you do not know the path of the wind, or how the body is formed in a mother’s womb, so you cannot understand the work of God, the Maker of all things.”** *Ecclesiastes 11:5*

**“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*

The scriptures clearly say that it is impossible to understand the mind of God. We would be arrogant if we thought otherwise. It would be like a bacterium trying to understand a human being.

**“Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable his judgments, and his paths beyond tracing out! Who has known the mind of the Lord? Or who has been his counselor?”** *Romans 11:33,34*

The Apostle Paul says that we will not understand until we get to heaven when he says:

**“For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.”** *I Corinthians 13:12*

The story of Job, the great man of the Bible who lost everything including his children, his wealth, and his health; was even told by his wife to, **“Curse God and die!”** (*Job 2:9*) It is an incredible story on dealing with suffering.

But even God’s response to Satan was, **“You incited me against him to ruin him for no reason.”**

*Job 2:3*

Sometimes the confusion we have about God can shake our faith. Many times we think that when we become a disciple of Christ or a Christian, our problems will disappear. If we read the stories of

the first Christians it was not that way. Many suffered torture and tragic deaths. Even today Christians suffer for their faith. But the human spirit can endure a lot of pain and suffering *if the circumstances make sense*. Job had enough faith in God that he could say,

**“Though he slay me, yet will I hope in him”** *Job 13:15*

**The human spirit can endure a lot of pain and suffering if the circumstances make sense.**

But Job did have questions for God. He always wanted an audience with God to explain his case, along with many other Bible characters.

**“Does it please you to oppress me, to spurn the work of your hands, while you smile on the schemes of the wicked?”**

*Job 10:3*

**“How long, Lord, will you keep forgetting me? How long will you hide your face from me?”** *Psalms 13: 1*

Even God’s own son, Jesus, cried out to God the words of David.

**“My God, my God, why have you forsaken me?”** *Psalms 22:1*

We want answers for everything that happens to us. We want explanations from God. That is okay, it is natural.

Even God’s people were given the name Israel, meaning “to wrestle with God” after Jacob wrestled with the Lord. In a way, God is giving us permission to wrestle with him. Yet, we still need to be reminded of God’s answers to Job:

**“Would you discredit my justice? Would you condemn me to justify yourself?”**

*Job 40:8*

**“Who has a claim against me that I must pay? Everything under heaven belongs to me.”** *Job 41:11*

## 2. Does God Cause Suffering?

The first thing we need to understand is that everything belongs to God, and he is in control.

**“The Lord said to him, “Who gave human beings their mouths? Who makes them deaf or mute? Who gives them sight or makes them blind? Is it not I, the Lord?”** *Exodus 4:11*

**“I form the light and create darkness, I bring prosperity and create disaster; I, the Lord, do all these things”** *Isaiah 45:7*

It is God who allows us to see or be born with a deformity, it is God who allows earthquakes and tornados.

God has used disasters to destroy wickedness in the world, but not every natural disaster is the judgment of God.



**“Do you think that these Galileans were worse sinners than all the other Galileans because they suffered this way? I tell you, no! . . . Or those eighteen who died when the tower in Siloam fell on them—do you think they were more guilty than all the others living in Jerusalem? I tell you, no!” Luke 13: 2**

In other words, things happen; towers fall, volcanoes erupt, and tsunamis destroy coastlines and cities.

**“The race is not to the swift or the battle to the strong . . . but time and chance happen to them all.”**

*Ecclesiastes 9:11*

Natural disasters were part of God’s creation since the beginning. Earthquakes are necessary to raise the mountains and balance and replace the earth that erodes. Hurricanes provide rain to irrigate the land and help the oceans not retain too much heat. Lightning puts nitrogen into the soil. Strong winds and fires help forests open up space for other types of plants.

God said when he made the earth that it was good; *dangerous*, but good.

**“Be fruitful, and multiply, and replenish the earth and subdue it and have dominion . . . over every living thing that moves upon the earth.” Genesis 1:28**

To subdue and dominate the earth implies that what God created was a

dangerous place. Subduing implies we can get hurt. Rivers, oceans, fires, jungles and deserts all can create suffering if we are not careful. If Adam and Eve had fallen out of a tree or into a raging river, they would have suffered the consequences. God placed Adam and Eve in a secluded paradise for protection, but the entire earth was never a completely safe environment. We are all vulnerable.

For this reason we have the command to “replenish”, or replace that which has died. God created living beings to bear fruit with seed in it according to its kind. For many living organisms to live or reproduce, death must occur. Death is part of life.

**“Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seed.” John 12:24**

We wouldn’t be able to enjoy all the benefits of oil, shale, and limestone had there not been eons of death before Adam and Eve.

**“All come from dust, and to dust all return.” Ecclesiastes 3:20**

**“Just as people are destined to die once, and after that to face judgment.” Hebrews 9:27**

**“What man can live and not see death, or save himself from the power of the grave.” Psalm 103:14,15**

Our physical bodies were never designed to live forever. God’s physical law of entropy affects us all. We are all born with a time limit.

**God created a world that included suffering and troubles. Death, or the separation from God, was the result of sin.**

**“To everything there is a season and a time to every purpose under the Heaven. A time to be born, and a time to die.” Ecclesiastes 3:1,2**

**“We finish our years with a moan. Our days may come to seventy years, or eighty, if our strength endures; yet the best of them are but trouble and sorrow, for they quickly pass, and we fly away.” Psalm 90:9,10**

Suffering was not introduced when Adam and Eve sinned, spiritual death was, or the separation from God. Moral suffering and its consequences began. Eve’s pain in childbirth was increased, but she was created to feel pain from the beginning. Pain receptors help protect our bodies. Adam still had to work hard to cultivate the earth, but sin meant it wouldn’t produce as well as before.

The Bible says that since it was created the earth has been suffering. God made it that way.

**“For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected**

**it, in hope that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God. We know that the whole creation has been groaning as in the pains of childbirth right up to the present time.” Romans 8:20-22**

So why does God still allow suffering, whether moral or physical? What if we lived in a world with no suffering? Would we really need God if all was perfect? Could we know what is good and pleasurable if we didn’t know what evil and suffering were?

**Our bodies were never designed to live forever.**

One thing that is certain is we wouldn’t know what love and good is if we didn’t have a free will. God intentionally gave us a free will. Love without a free will isn’t real love. Unfortunately knowing the difference between good and evil has consequences.

**“You are free to eat from any tree in the garden; but you must not eat from the tree of the *knowledge of good and evil*, for when you eat from it you will certainly die (be separated from God).” Genesis 2:16,17**



When we can distinguish between what is good and evil we recognize our need for God. When we begin to suffer we begin our search for God.

So does God cause suffering? In certain cases he does, but not always for sin. There are many examples of God causing suffering because of sin. He sent the flood because the “whole earth had corrupted their ways.”

But sufferings main purpose is to direct us to Him. Jesus often healed sufferers, but it was not his main mission. Sin, not suffering, was his main concern.

In the cases where it is not caused by sin we must believe that God has a different perspective or purpose for suffering that we don't understand at the moment. Perhaps we shouldn't ask why? but, how can I grow from this?

**“Rabbi, who sinned, this man or his parents, that he was born blind?” “Neither this man nor his parents sinned, but this happened so that the work of God might be displayed in his life.”** *John 9:2,3*

What is clear is that Satan has permission to cause suffering for an allotted time. This suffering results from our own free will actions or from those around us.

**“There is a time when a man lords it over others to his own hurt.”**  
*Ecclesiastes 8:9*

**“We know that . . . the whole world is under the control of the evil one.”**  
*1 John 5:19*

**“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”** *1 Peter 5:8*

Not taking care of our bodies can cause suffering as well. Stress and being overweight are several reasons for suffering, as well as bad behavior, bad decisions, and bad habits.

**“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”** *1 Corinthians 6:19,20*

**We must believe that God has a different perspective or purpose for suffering that we don't understand.**

### **3. Reactions to Suffering**

We usually respond to suffering and death in several ways. The Elisabeth Kübler-Ross model notes that we pass through five stages that include denial, anger, bargaining, depression and acceptance. The Bible shows many reactions, including King Hezekiah pleading his case with God:

**“This is what the Lord says: Put your house in order, because you are going to die; you will not recover.” Hezekiah turned his face to the wall and prayed to the Lord, “Remember, Lord, how I have walked before you faithfully and with wholehearted devotion and have done what is good in your eyes.” And Hezekiah wept bitterly.”** *11 Kings 20:1-3*

Even Job sought to argue with God



he asked, “Lord, what about him?” Jesus answered, “If I want him to remain alive until I return, what is that to you? You must follow me.” *John 21 19-22*

Usually our reaction is to cry out to God, even for the atheist.

for his condition.

**“But I desire to speak to the Almighty and to argue my case with God.”**

*Job 13:3*

We often think, why me and not someone else, perhaps someone not as holy as me. The author of Psalm 73 questions God as to why the wicked don’t suffer and the righteous do.

**“For I envied the arrogant when I saw the prosperity of the wicked. They have no struggles; their bodies are healthy and strong.”**

*Psalm 73:3*

**“Lord, save us, we are going to die!”  
“Why are you afraid you men of little faith?”**

**“He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.”**

*Matthew 5:45*

In the book of John, Jesus told Peter the way in which he would die would be by crucifixion. Peter’s reaction was “why not John too?”

**“Jesus said this to indicate the kind of death by which Peter would glorify God. Then he said to him, “Follow me!” Peter turned and saw that the disciple whom Jesus loved was following them. When Peter saw him,**

**“And the disciples went and woke Him, saying, “Lord, save us, we are going to die!” He said to them, “Why are you afraid, you men of little faith?”** *Matthew 8:25*

The responses from God are various too. With Hezekiah God said, “I have heard your prayer, I have seen your tears. Behold, I am healing you.” Jesus’ response to Peter after telling him his manner of death was to “follow me” and not worry about how others would die. In regards to the disciples’ fear of death he questioned their faith and rebuked their fear.

## 4. God’s Purpose for Suffering

God can use our sufferings. The following are some benefits of suffering.

**1. Suffering alerts us to potential destructive situations such as physical, emotional and spiritual problems.**

If we begin to feel physical suffering, that can warn us of something more

serious. Adam and Eve were created with pain receptors. Pain receptors can save us and are necessary for our protection. Our body is also driven by our emotional state. If we are depressed our physical body reacts. God made us with the ability to have relationships, and always in relationships there are times of anguish and suffering. Suffering between relationships can be much worse than physical sufferings. We must learn from sufferings. The Apostle Paul says:

**“Even if I caused you sorrow by my letter, I do not regret it. Though I did regret it—I see that my letter hurt you, but only for a little while—yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance.”** *II Corinthians 7:8,9*

The author of Hebrews says that suffering helps us not to commit evil.

**“Endure suffering as discipline: God is dealing with you as sons. For what son is there that a father does not discipline?”** *Hebrews 12:7*

**Without suffering we would not have the opportunity to express love.**

## 2. Suffering humbles us.

**“Remember how the Lord your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands.”** *Deuteronomy 8:2*

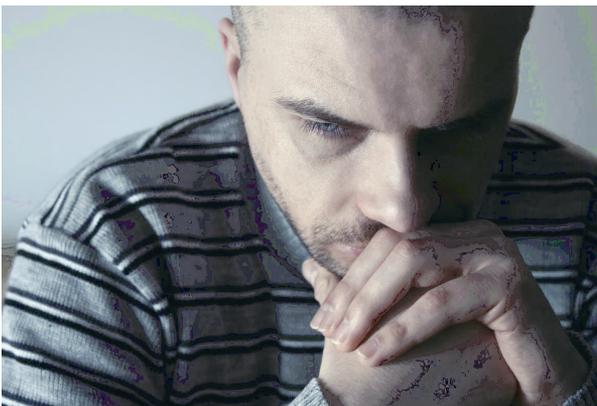
Several times in the Bible it says that God opposes the proud and gives grace to the humble. In the case of pride, suffering is very beneficial.

The Apostle Paul had an experience of heaven. Something few have experienced. He then says:

**“To keep me from becoming presumed by these sublime revelations, a thorn was stuck in my body, that is, a messenger of Satan, to torment me. Three times I begged the Lord to take it from me; but he told me. “My grace is sufficient for you, for my power is perfected in weakness.” Therefore I will gladly boast of my weaknesses, so that the power of Christ may remain on me. That is why I rejoice in weaknesses, insults, privations, persecutions and difficulties that I suffer for**

**Christ; because when I am weak, then I am strong.”** *II Corinthians 12:7-10*

Suffering makes us realize that we need God, our lives depend on God. Our weakness in suffering causes us to rely on the strength of God and give thanks for the grace, or unconditional love he has given us.



### 3. Suffering teaches us about ourselves.

In the parable of the sower Jesus explained that the seed that fell on rocky ground:

**“refers to someone who hears the word and at once receives it with joy. But since they have no root, they last only a short time. When trouble or persecution comes because of the word, they quickly fall away.”**

*Matthew 13:20*

Suffering can show the depth of our faith. We must have deep roots to endure suffering. We can learn a lot about our own faith and character when we face problems and suffering. God can use suffering in order to test us as he did with Hezekiah.

**A person who cannot suffer cannot love either.**

**“God left him to test him and to know everything that was in his heart.”** //

*Chronicles 32:31*

Suffering can be like an x-ray that lets us see what is inside of us. Thank God that he has limited our time!

### 4. Suffering can mature our faith.

**“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.”**

*James 1:2-4*

When going through suffering, we are going to do one of two things: 1. Flee from God or 2. Draw close to Him. Do we want to hear “Well done

good and faithful servant” or “O ye of little faith.”

### 5. Suffering teaches us how to love and have compassion.

**“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, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”**

*II Corinthians 1:3,4*

Our work, our purpose as Christians is to console those who are suffering, that develops a deep and fraternal love between us. Jesus said to his disciples:

**“You are the ones who have always been by my side in my trials.”** *Luke 22:28*

If life were only sweet and without problems our relationships would be superficial. We must share with the suffering of others. Without suffering we would not have the opportunity to express love. There would not be any opportunities to show heroism. Almost all hospitals, relief organizations, drug rehabilitation centers have been begun by Christians.

### 6. Suffering allows God to work in us.

God can do great things with our suffering if we allow him and are open to him.

**“Rabbi, who sinned, this man or his parents, that he was born blind?” “Neither this man nor his parents sinned,” said Jesus, “but this hap-**

**pened so that the works of God might be displayed in him.”** *John 9:2,3*

## **7. Suffering teaches us to have hope for the future.**

If everything were perfect here on earth, we would never have the desire for something more than this life. Suffering reminds us that this world can never satisfy our desires. Let's accept the fact that we are going to suffer in this world and that we have a reason to have hope. Christ said:

**“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”**  
*John 16:33*

**“I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.”**  
*Romans 8:18*

Because Christ has overcome the world, we are also going to overcome it with him. We know that God will end suffering, injustice and evil. We must fix our eyes on the future. Our life on earth is only one milli-second compared to the eternity that we will be with God in heaven. Death is not the end.

## **8. Suffering teaches us about God.**

**“Let us keep looking to Jesus. Our faith comes from Him and He is the One who makes it perfect. He did not give up when He had to suffer shame and die on a cross. He knew of the joy that would be His later. Now He is sitting at the right side of God.”**  
*Hebrews 12:2*

Suffering teaches us about the love that God has for us; His willingness to enter our world and suffer shows his empathy, and desire not to give up. Because he suffered, we can relate to him much better. A person who cannot suffer cannot love either. God often grieved in the Bible for those who were disobedient. God knows when we suffer.

**“The Lord said, “I have surely seen the affliction of My people who are in Egypt, and have given heed to their cry because of their taskmasters, for I am aware of their sufferings.”** *Exodus 3:7*

**“Precious (costly) in the sight of the Lord is the death of his saints.”** *Psalms 116:15*

**“Because he himself suffered when he was tempted, he is able to help those who are being tempted.”** *Hebrews 2:18*

## **9. God can use the suffering**

God can use our suffering to do great things. When Joseph reunited with his brothers who had sold him into slavery and he suffered in prison for years, he said:

**“Am I in the place of God? You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.”**  
*Genesis 50:20*

God can work things out.

**“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”** *Romans 8:28*

## 5. God's Purpose for Death

Our view of death from our finite, mortal human perspective is very limiting. There are two types of death. Physical death is the expiration of our physical body and spiritual death is to be separated from God. Spiritual death is to live in sin.

**“As for you, you were dead in your transgressions and sins . . .”** *Ephesians 2:1*

Spiritual death is much worse than physical death.

**“I tell you, my friends, do not be afraid of those who kill the body and after that can do no more. But I will show you whom you should fear: Fear him who, after your body has been killed, has authority to throw you into hell. Yes, I tell you, fear him.”**

*Luke 12:4,5*

Jesus referred to death as sleeping. For example, he said in John 11:11 **“Our friend Lazarus has fallen asleep, but I am going there to wake him up.”**

Regarding the girl who died in Mark 5:39, the Bible says, **“He went in and said to them, “Why all this commotion and wailing? The child is not dead but asleep.”**

God in his great mercy for the most part allows us to die while asleep or unconscious.

**a. Death gives us hope for the future.**

**“For if we believe that Jesus died and rose**

**again, even so God will bring with Him those who sleep in Jesus. For this we say to you by the word of the Lord, that we who are alive and remain until the coming of the Lord will by no means precede those who are asleep. . . And thus we shall always be with the Lord.”** *1 Thessalonians 4:14-17*

**“For to me, to live is Christ and to die is gain.”** *Philippians 1:21*

**“Jesus said to her, “I am the resurrection and the life. He who believes in Me, though he may die, he shall live. And whoever lives and believes in Me shall never die. Do you believe this?”** *John 11:25,26*

Those who belong to Christ look forward to an eternal life with him in heaven. Death, although painful for us who remain alive, is something better for those who die.

**b. Death ends the suffering that we have here on earth.**

In heaven there will no longer be suffering.

**“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.” Revelations 21:4**

### **c. Death limits evil**

Death puts a limit on the spread of evil as in the case of King Herod.

**“Immediately, because Herod did not give praise to God, an angel of the Lord struck him down, and he was eaten by worms and died.” Acts 12:23**



**“Teach us to number our days, that we may gain a heart of wisdom.”**

*Psalm 90:12*

## **6. How should we respond?**

### **a. Sit and watch with the sufferer**

If someone is suffering, the best thing we can do is to sit with them and watch with them. This is what Jesus asked of his disciples.

**“Then Jesus . . . said to his disciples, “Sit here, while I go over there and pray.” And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. Then he said to them, “My soul is very sorrowful, even to death; remain here, and watch with me.” Matthew 26:36-38**

**“Then they sat on the ground with him (Job) for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.” job 2:13**

### **b. Number your days.**

Numbering our days helps us to appreciate every little moment we have.

### **c. Acknowledge God’s sovereignty**

Even the hairs on our head are numbered (Luke 12:7). There is nothing that God doesn’t know about you.

**“What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, “If it is the Lord’s will, we will live and do this or that.” James 14:14,15**

### **d. Mourn when necessary**

Emotional tears are unique to humans and help relieve stress, lower blood pressure and removes toxins.

**“When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. “Where have you laid him?” he asked. “Come and see, Lord,” they replied. Jesus wept. Then the Jews said, “See how he loved him!” John 11:33-36**

**“Blessed are those who mourn, for they will be comforted.” Matthew 5:4**

**e. Pray to strengthen your faith**

Most all the prayers of the Apostles and of Christ in regards to people’s sufferings is to strengthen their faith. Our salvation depends on faith, now is when it is tested.

**“Simon, Simon, Satan has asked to sift all of you as wheat. But I have prayed for you, Simon, that your faith may not fail.”** *Luke 22:31*

**f. Be prepared for suffering**

Our questions about suffering shouldn’t be, why me? But why not me?

**“Do you think that these Galileans were worse sinners than all the other Galileans because they suffered this way? I tell you, no! But unless you repent, you too will all perish.”** *Luke 13:2,3*

**“Shall we accept good from God, and not trouble?”** *Job 2:10*

**g. Be humble**

We come to an awesome God, and nothing humbles us more than suffering. We need to acknowledge who we are addressing.

**“The centurion replied, “Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed.”** *Matthew 8:8*

**h. Cry out to God for strength**

Crying out to God shows our utter dependence on Him.

**“The righteous cry out, and the Lord**

**hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit.”** *Psalms 34:17,18*

**i. Be ready for whatever, even for something better**

Be prepared for however God responds as God’s servants did.

**“If we are thrown into the blazing furnace, the God we serve is able to deliver us from it, and he will deliver us from Your Majesty’s hand. But even if he does not, we want you to know,**

**Your Majesty, that we will not serve your gods or worship the image of gold you have set up.”** *Daniel 3:17,18*

The book of Hebrews list all the great characters of the Bible who suffered greatly by persecution and mistreatment. The author says:

**“These were all commended for their faith, yet none of them received what had been promised. God had planned something better for us so that only together with us would they be made perfect.”** *Hebrews 11:39,40*

They were **“longing for a better country - a heavenly one. Therefore God is not ashamed to be called their God, for he has prepared a city for them.”** *Hebrews 11:16*

**j. Thank God for his grace**

Paul asked God to take away his pain

**When we know where we will spend eternity we can endure anything and our lives will reflect the joy and peace that God can give us.**



and Christ told him to rely on his unconditional love and forgiveness. We need to find ways to be thankful.

**“My grace is sufficient for you, for my power is made perfect in weakness.”**

*II Corinthians 12:9*

**“Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”** *1 Thessalonians 5:18*

### **k. Worship God**

Worshipping God takes our focus off ourselves and onto God.

**“After they had been severely flogged, they were thrown into prison . . . About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them.”** *Acts 16:23-25*

**“The Lord gave and the Lord has taken away; may the name of the Lord be praised.”** *Job 1:21*

### **l. Have peace**

Christ has promised us peace in our hearts.

**“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”** *Phillipians 4:6,7*

### **m. Have an eternal perspective**

Having an eternal perspective and a purpose in life allows us to endure suffering much better.

**“Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.”**

*II Corinthians 4:16-18*

## 7. Can we be secure of our eternity?

If we were to ask people if they knew where they would spend eternity, the majority would say they don't know. God doesn't want us to live an insecure life, he wants us to have an abundant life, that means knowing our future. The Apostle John says:

**"I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life." 1 John 5:13**

When we know where we will spend eternity we can endure anything and our lives will reflect the joy and peace that God can give us. This is our security.

**"We have this hope as an anchor for the soul, firm and secure." Hebrews 6:19**

**"For we know that if the earthly tent we live in is destroyed, we have a building from God, an eternal house in heaven, not built by human hands." 11 Corinthians 5:1**

**"However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven." Luke 10:20**

So how do we gain this security? In John 6 some religious leaders asked Jesus:

**"What must we do to do the works God requires?" Jesus answered, "The work of God is this: to believe in the one he has sent." John 6:28,29**

Our salvation is the result of our faith. No amount of good works can earn us salvation.

**"All of us have become like one who is unclean, and all our righteous acts are like filthy rags." Isaiah 64:6**

**"No one is good—except God alone." Luke 18:19**

So how are we saved?

**"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast." Ephesians 2:8,9**

**"If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved." Romans 10:9**

**"We know that a person is not justified by the works of the law but through faith in Jesus Christ." Galatians 2:16**

**"Sirs, what must I do to be saved?" They replied, "Believe in the Lord Jesus, and you will be saved—you and your household." Acts 16:30,31**

**"Jesus said to her, 'I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?' John 11:25,26**

Jesus' question applies to us too. Do you believe this? Receive the gift of salvation.

**"Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses." 1 Timothy 6:12**

**“But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior, so that, having been justified by his grace, we might become heirs having the hope of eternal life.”**

*Titus 3:4-7*

God knows you and loves you. What matters to Him is the attitude of your heart, your honesty, and faith.

**“And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.”** *Hebrews 11:6*

Here is a prayer that may help you commit your life to him and enjoy that security.

*“Dear God, I know I’m a sinner, and I ask for your forgiveness. I believe Jesus Christ is Your Son. I believe that He died for my sin and that you raised Him to life. I want to trust Him as my Savior and follow Him as Lord, from this day forward. Guide my life and help me to do your will. I pray this in the name of Jesus. Amen.”*

If you prayed this or if this article has helped you in anyway, please let us know at [leander@cvi2.org](mailto:leander@cvi2.org).

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