

8 Vital Signs for Spiritual
Health

“Vital Sign 8: The Purpose Behind Your Pain

KG Yama November 13, 2016

“These things I have spoken to you, that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.” John 16:33

- Jesus can change our perspective about the pain we go through.

God’s view of your world is bigger than **your view** of your world.

Problem: We put a question mark where God is putting a comma.

Remember: God is the author and finisher of your story.

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. Rom 8:28

3 Keys To Gain From Your Pain

Key 1. **God controls** the **thermostat** in your adversity.

- God is not only in control of our life, but also our enemy.

Read Job chapter 1

The LORD said to Satan, “Very well, then, everything he has is in your power, but on the man himself do not lay a finger. Job 1:12

- God is in control of how much heat, and how pain and adversity we go through.

Key 2. God has a **message** in your **mess**.

We can bring pain into our lives by our own mistakes

For everyone has sinned; we all fall short of God's glorious standard. Rom 8:23

God is the God of restoration, the God of second chances, but He wants our cooperation

***I correct and discipline everyone I love. So be diligent and turn from your indifference.
Rev 3:19***

- We are called not to waste our pain by ignoring it when God corrects us

With humility, we're to learn from your losses

Dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead. Phil 3:13

- Forgetting means we learn from our mistakes, and let go of our failures that hold us back

Key 3. God can turn your test into your testimony.

There are times we go through pain NOT having to do with bad choices

For He gives His sunlight to both the evil and the good, and he sends rain on the just and the unjust alike. Matt 5:45

Staying faithful through our pain moves us closer toward the mission He has for us

Blessed be 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 have received from God. 2 Cor 1:4

- God allows painful times in your life because He trusts you to comfort others

- We're to take the same love, the same healing, and the same encouragement we've received and to share it with others.