



## Week 4, Day 2

### READING:

*My suffering was good for me,  
for it taught me to pay attention to your decrees.*

### **Psalm 119:71 (NLT)**

Purposeful Pain ...that may sound paradoxical, but the reality is that through suffering, we come to better understand our need for and reliance upon God. As C. S. Lewis wrote, “Pain insists upon being attended to. God whispers to us in our pleasures, speaks in our consciences, but shouts in our pains. It is his megaphone to rouse a deaf world.”

Look at the ancient Israelites for example. Numerous times God allowed pagan rulers to attack, punish, and persecute his people in an effort to get them to turn away from their sinful choices and develop the understanding that life apart from God is painful and hopeless.

As the great author Jane Austen wrote, “We do not suffer by accident.” Suffering is a perspective-changer. When things are going well and life seems easy, it can be hard to see any reason to look beyond ourselves. When the opposite is true, our need for divine assistance becomes crystal clear. It’s through suffering that we begin to look beyond the shallow confines of this life and peek out into eternity—to the glorious salvation that awaits all who believe in Jesus Christ.

In Psalm 119, King David writes that his difficulty was good for him. This is a hard concept for us to accept. However, we have seen many people grow as Christians and become better people because of the difficulties they faced. When we rely on God and we see the ways He provides for us, our faith grows. Has adversity in your life turned you in God’s direction or away from Him? What was the result?

**FOR FURTHER STUDY:** Read Psalm 119:1-80

**QUESTION TO CONSIDER:**

What adversity did David face? What did he do in response to the adversity? What was the result?