

Growth Through Pain
Isaiah 40:28-31
By Russell Earl

Thesis: I want to show how we can grow through pain.

- Intro:
1. Pain, suffering, is not always a bad thing.
 2. It is a part of life.
 3. Suffering and hardship has been present since the fall of man.
 4. How can you grow through pain?

I. Mental Pain

A. Forms of mental pain

- 1. Depression**
- 2. Anxiety (worry)**
- 3. Loneliness, etc**

B. Dependence

1. Mentally we must learn to depend upon God.
2. Numerous verses, many from Psalms, remind us to depend upon the Lord (**Ps 27:14**)

C. Endurance in painful times creates strength (**1 Pt 5:6-7**)

- 1. Mental battles are many times the most difficult.**
- 2. They dwell in your mind so they are always with you.**
- 3. They do not require you to physically move in order to remind you of pain like physical hardships do.**
- 4. Mental battles follow you, sometimes even when asleep.**
- 5. However endurance through such things makes one stronger.**

D. Be on alert

- 1. Mental pain affects many aspects of your life.**
 - a. How you feel**
 - b. How you think**
 - c. How you act**

E. How do you overcome mental pain? (**Jer 10:23**)

1. Pray – failure to do so is a huge mistake (**1 Thess 5:17**)
 - a. Before doing any job you must have the required tools. Prayer is a tool for the Christian that is essential for “fixing” or overcoming any problem.
2. Study – know what God’s Word says about such things.
3. Counsel – seek counsel from Godly sources (**Ps 16:7-8**)

II. Physical Pain

A. Dependence

- 1. Physical suffering should remind us not to depend upon the world (1 Jn 2:15)**
- 2. Ultimately one cannot depend on worldly things, as they corrode.**
- 3. Neither can one depend on the philosophy of the world (what’s right and wrong) as it changes faster than the weather.**

B. Physical pain concerns

1. Physical pain or discomfort may never completely end, in this life.

2. Even the Apostle Paul had a “thorn” in the flesh.
 - a. Though some think this to be his poor eyesight, it could had been something else.
 - b. Regardless, it was always with him.

III. Lessons for Us Today

A. Reminders from suffering

- 1. If it was not for suffering many would never want to leave the sinful world behind.**
- 2. Thus, hardships should lead you to depend more on God (1 Jn 2:16-17)**
- 3. Suffering is not a bad thing.**
 - a. Think of the attitude so many already have, in a world with suffering.
 - b. Now, imagine how bad it would be in world without suffering.
 - i. Entitlement would be outrageous along with many other issues.

Application & Conclusion:

1. Painful times are not pleasant but can be overcome, with the right attitude.
2. You have to be determined to overcome these times or those painful times will overcome you.
3. Full Invitation

Non-Christians must:

Hear – James 1:22, Romans 10:15,17

Believe – Jn 12:44, Jn 8:24, Mt 16:16

Repent – Luke 13:2-3

Confess – John 12:42, Romans 10:9

Be Baptized – 1 Pt 3:21, Acts 22:16, Col 2:11-12, Mk 16:16, Rom 6:3-4

Live faithfully – John 14:15, Rev 2:10

Christians must:

Repent & Pray: James 5:16, 1 John 1:9