

Bible Study - Spiritual-Well Being
Through Pain And Sorrow We Still Have Joy
Pastor Charles A. Hall – Bible Study March 7, 2024

- **Pain means:** body or mental suffering
- **Suffering means:** The state of undergoing pain, distress, or hardship; A serious pain which someone feels in their body or in their mind.

Over the past 2 months, I have been preaching and teaching about the display of joy and happiness among God's children. At the same time it is also important for us to talk about those who are in pain, and who are suffering. I am talking about those who have been hurt, disappointed, taken advantage of, taken for granted, misused, and sometime even abused. If we understand the source or foundation for our joy and happiness then we can avoid and sidestep the pain and suffering that comes from the lack or absence of joy and happiness. Today I want to remind you of the reason for your joy and happiness even during your season of challenges, that you might continue to be steadfast to what got you through your storm, and spared you from experiencing pain and suffering. Those of us that are followers of Jesus Christ know that our peace, which produces joy and happiness is a byproduct of our relationship with Jesus Christ.

- **Romans 5:1-5** Therefore being justified by faith, we have peace with God through our Lord Jesus Christ: (2) By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God. (3) And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; (4) And patience, experience; and experience, hope: (5) And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

During our journey down here on earth we all go through periods of turbulence or challenges in our life. However we must realize that these periods no matter how challenging or difficult they may be, it is not the end! Earthly storms do not last, there is a season of calmness just around the corner, so all we need to do is hold on until our season changes. We must never allow any earthly storm to separate us from our relationship with God, because it is what keeps us through the challenging times.

- **Psalms 30:5** For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning.
- **Romans 8:35** Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

When we are going through a storm it is not the time to stray away from God but rather a time when we should grow in intimacy, to get as close to Him as possible. Our season of storms should also be a season of steadfastness, in fact every season is a season of steadfastness! If you are in a state of happiness, and have joy in your life then I encourage you to continue to be steadfast and use this season to strengthen yourself. Because the Word of God tells us that the future is uncertain for all of us. Only God can see into tomorrow. So, hold on because more challenges and uncertainties are just around the corner and maybe headed your way. But we should also remember that the same God that kept us, and got us out of our last storm,

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is still on the throne. He has not lost his position or office, nor has He been impeached! He still has all power in His hand, and the heaven, and the earth are still His footstool.

- **Psalm 56:3-4** What time I am afraid, I will trust thee. (4) In God will I praise his word, in God I have put my trust; I will not fear what flesh can do unto me.
- **Isaiah 41:13** For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.
- **Psalm 16:8-9** I have set the LORD always before me: because he is at my right hand, I shall not be moved. (9) Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope.

Over these past couple of years it seems as if we are attending homegoing's for family and friends almost daily. Many of us have gone through, or we are going through health problems and challenges. My God! This world and the nation we live in is consumed by problems, killing, stealing, robbing, beating, lying, drugging, and just everyday meanness. But through it all, we never lost our joy because the indwelling of the spirit of God lifts us up, when we do not think I can get up, and holds us when we fall. We must remember that everything has a season, even sorrow and pain. And in the end, everything will work out for our good, if we trust and obey God.

- **Job 14:1** Man born of a woman is of a few days, and full of trouble.
- **1John 5:19** And we know that we are of God, and the whole world lieth in wickedness.
- **Psalm 16:8-9** I have set the LORD always before me: because he is at my right hand, I shall not be moved. (9) Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope.

It may help us to remember what Moses told Joshua when he was turning over the leadership of the Israel nation to him:

- **Deuteronomy 31:6-8** Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee. (7) And Moses called unto Joshua, and said unto him in the sight of all Israel, Be strong and of a good courage: for thou must go with this people unto the land which the LORD hath sworn unto their fathers to give them; and thou shalt cause them to inherit it. (8) And the LORD, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.