

## Day 5

### It's A Good Pain

**Matthew 5:4(NKJV) Blessed are those who mourn, for they shall be comforted.**

Jesus wants us to live a life that is blessed. In Christ, the blessed life is guaranteed. The blessed life according to Jesus is not a future promise, but a present reality. Jesus did not say, "Blessed you will be", He said; **"Blessed are..."** Nine times in eleven verses Jesus said; **"Blessed are..."** Our problem is, we have a wrong concept of what a blessed life looks like, because we put too much stake into temporary things, instead of eternal ones. Here's something to remember, the only "things" we will take into eternity, are our character, our actions and the people we lead to Christ. There is not one reference in the beatitudes that refers to material wealth. We are promised the kingdom, to be comforted, the earth, to be filled, to receive mercy, to see God, to be sons of God and a great reward in heaven.

All of this because we allow our pain to lead us to Jesus, instead of away from Him. Jesus promised comfort for our mourning, meaning purpose for our pain, but only when we mourn God's way. One of the challenges with pain in our lives is that we will try anything to get rid of it. When you are in pain, you are vulnerable. Vulnerability is both good and bad. Vulnerability means that you are susceptible to: maybe you are asking; "susceptible to what?" Susceptible to the good and the bad. When you are vulnerable, you are recognizing your need for something and it causes you to search, that is a good thing.

The problem is most people are not seeking truth. **They are looking for a quick fix, instead of a permanent change.** It is like putting a band-aid on an open wound, it is completely inadequate. Others would rather self-medicate to the point of oblivion, so that they won't have to face the reality of their problem. Their theme song sounds like this **Pain, Pain Go Away, I will deal with it another day!**

Then there are other people who are sincerely trying to deal with the pain in their lives but look for it in the wrong places. **If you are seeking in the wrong place or going to the wrong source, you will never truly get what you truly need!** That is how people get caught up in all kinds of weird things. They will call hotlines and go to readers and anything they think will ease their pain. If your motive is just to get rid of your pain, you'll end up looking in the wrong place. The real question you have to ask yourself is, what is the cause of this pain in my life? Why do I act the way I act and behave the way I behave? God has the answer for us! God's Word tells us the first step to a changed heart, and changed actions are found in a powerful word. Some of us don't like this word. The reason for our dislike is that we don't understand this word. The images that this word conjures up, we don't like to associate ourselves with. It's the word **repentance**.

The moment we think of that word, some of us see a person with a bushy beard yelling and screaming that we have to repent, turn or burn, be God's pal or go to Hell! But repentance is a beautiful and powerful word. It simply means to change direction, and changing my life's direction is the result of mourning the right way. Paul writes these words; **"For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death."** (2 Corinthians 7:10 NLT)

Godly sorrow leads us away from sin, and there is no regret in mourning this way. Why? What is the difference between those of us who recognize our poverty, admit our need for God and mourn over our

lost state, and those who simply have worldly sorrow? Paul tells us, there is one key difference: *“But worldly sorrow, which **lacks repentance**, results in spiritual death.”* Do you see the difference? Worldly sorrow is grief without repentance. It is emotion without life change. It is being sorry without changing direction. It is admitting, only if I am caught. It is not a voluntary act of submission to the ways of God, but rather a regret that I have been found out!

Our mourning must be the act of a heart that has been confronted with the truth. Not a display of emotion, like Esau, who wept bitterly over the loss of his firstborn privilege (*Hebrews 12:16-17*) instead of weeping for his total disregard of the priceless gift he had. Repentance for him was too late, thank God it is not too late for us.

What good is your pain, if it does not lead to repentance? What good is your sorrow, if it does not lead to life change? What good is your pain unless it leads you straight to the heart of your Father? Take your pain to your Father and let Him lead you to the blessed life.

### **Prayer and Reflection:**

- **Pray and ask the Lord to help you embrace the change He wants to bring in your life.**
- **Release the pressure you feel and trust Jesus to help you experience the blessed life now!**
- **Pray the Word:** “Father I thank You that in You, I have found purpose for my pain. Thank You that my pain leads me to You. Help me to always yearn for truth and to embrace the truth even if it means I have to repent. Thank You for giving me the grace to change and the power to live it out in all arenas of my life. I know without any doubt, that You comfort those who mourn, when we mourn Your way! I rejoice in the fact that *“with your very own hands you formed me; now breathe your wisdom over me so I can understand you. When they see me waiting, expecting your Word, those who fear you will take heart and be glad. **I can see now, God, that your decisions are right; your testing has taught me what’s true and right.** Oh, love me—and right now!—hold me tight! just the way you promised. **Now comfort me so I can live, really live; your revelation is the tune I dance to.** Let the fast-talking tricksters be exposed as frauds; they tried to sell me a bill of goods, but **I kept my mind fixed on your counsel.** Let those who fear you turn to me for evidence of your wise guidance. **And let me live whole and holy, soul and body, so I can always walk with my head held high.”** (*Psalm 119:73-80 Message*) I pray all of this in the matchless Name above all names, Jesus Christ my Lord. Amen*