



Pain in This Life Is Temporary

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We all know how difficult it is to imagine what good could possibly come out of a situation that's causing us so much pain. In my own life, I look back on trials I've endured and ask myself, "What have I learned from this? What good has come out of it?"

I've been able to find the answers to those questions because John 16 helps me to gain perspective. In verse 21, Jesus said to his disciples:

A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world.

How true! While in labor, it's difficult to focus on anything but the pain. But as soon as you receive your precious child in your arms, your pain is replaced by profound joy.

In verse 22, Jesus continued:

...So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.

The disciples were confused by what Jesus was telling them. The agony that Jesus endured leading up to and during his crucifixion also brought great suffering to his disciples. It was difficult for them to understand or to see beyond the pain. But Jesus had assured them:

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

This verse says it all to me. We all encounter troubles in our lives, and for some the troubles are immeasurably greater. The atrocities committed by humans against other humans are unspeakably painful. Yet there is always hope, there is always the promise of peace because Jesus overcame the world!

... they found the stone rolled away from the sepulcher. And they entered in, and found not the body of the Lord Jesus. – Luke 24: 2, 3

