

**The Purpose of Pain**  
**1 Chronicles 4:9-10**  
**Pastor Scott George**  
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**What others are saying about Pain**

“Behind every beautiful thing, there’s some kind of pain.”

-Bob Dylan

“If you never heal from what hurt you, you’ll bleed on people who didn’t cut you.”

-Tamara Kulish

“Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.”

-Lance Armstrong

**The Prayer of Jabez**

**1 Chronicles 4:9-10,**

*Jabez was more honorable than his brothers. His mother had named him Jabez, saying, “I gave birth to him in pain.”<sup>10</sup> Jabez cried out to the God of Israel, “Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain.” And God granted his request.*

**Jabez - Pain**

**What is the Purpose of Pain?**

**1. Pain wakes us**

Job 33:19 (The Message),

*Or, God might get their attention through pain, by throwing them on a bed of suffering.*

Psalm 119:71,

*It was good for me to be afflicted so that I might learn your decrees.*

Psalm 119:67,

*Before I was afflicted I went astray, but now I obey your word.*

“We can ignore pleasure, but pain insists upon being attended to. God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is his megaphone to rouse a deaf world.”

-C. S. Lewis

**2. Pain refines us**

**1 Peter 1:6-7,**

*In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials.<sup>7</sup> These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed.*

“Suffering can refine us rather than destroy us because God himself walks with us in the fire.”

-Timothy Keller

### **3. Pain humbles us**

**Luke 14:11,**

*For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.*

**James 4:6,**

*But he gives us more grace. That is why Scripture says: “God opposes the proud but shows favor to the humble.”*

“Pride makes us artificial and humility makes us real.”

-Thomas Merton

### **4. Pain drives us**

**2 Corinthians 1:8-9,**

*We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. <sup>9</sup>Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead.*

“There is a purpose to suffering and if faced rightly he can drive us like a nail deep into the love of God and into more stability and spiritual power than you can imagine.”

-Timothy Keller

### **5. Pain connects us**

**Romans 15:13,**

*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

“Our deepest pain connects us to the shared human experience – by facing our wounds we find connection, empathy, and healing.”

-Monique Rhodes

### **6. Pain reminds us**

**Philippians 3:20,**

*But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ.*

“A continual looking forward to the eternal world is not (as some modern people think) a form of escapism or wishful thinking, but one of the things a Christian is meant to do.”

-C. S. Lewis

## **The Prayer of Purposeful Pain**

### **1. Seek God's Blessing**

#### **1 Chronicles 4:10a,**

*Jabez cried out to the God of Israel, "Oh, that you would bless me ..."*

### **2. Seek God's Expansion**

#### **1 Chronicles 4:10b,**

*"... enlarge my territory!"*

### **3. Seek God's Presence**

#### **1 Chronicles 4:10c,**

*"Let your hand be with me."*

### **4. Seek God's Protection**

#### **1 Chronicles 4:10d,**

*"Keep me from harm so that I will be free from pain."*

### **5. Seek God's Promise**

#### **1 Chronicles 4:10e,**

*And God granted his request.*

## **The Prayer of Belle Isle**

### **1 Chronicles 4:10,**

*Oh, that you would bless me and enlarge my territory!  
Let your hand be with me, and keep me from harm so  
that I will be free from pain.*

### **In case you missed it...**

#### **Answers:**

1. Wakes
2. Refines
3. Humbles
4. Drives
5. Connects
6. Reminds
7. Blessing
8. Expansion
9. Presence
10. Protection
11. Promise