Intro. We don’t usually preach about pain and suffering, but we realize they are part of our world and our lives. In this lesson we want to notice the root causes of pain suffering, and our various reactions to it.

**I) Bible passages which explains the origin of pain and suffering.**

**A) Genesis 1**

1. As God created the world Genesis points out to us that everything was good.**1.4, 10, 12, 18, 21, 25, 31**

1. By good we mean beneficial, appropriate, without fault.

2. We did not read of pain and suffering and death until after sin entered the world.

**B) Romans 8**

1. This chapter starts off by speaking of the law of the spirit (life) versus the law of sin and death,

**Romans 8:1 There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. 2 For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.**

2. V. 6 speaks of being spiritually minded versus carnally minded, or life versus sin and death.

**Romans 8:6 For to be carnally minded is death, but to be spiritually minded is life and peace.**

3. Verse. 14 those are led by the spirit of God are the sons of God

**Romans 8:14 For as many as are led by the Spirit of God, these are sons of God.**

4. But then Paul starts going back to the idea of suffering in verse 18

**Romans 8:18 For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.**

5. As Christians we experienced the suffering of the physical body

6. Verse 20 picks up the idea of all creation groans and suffers due to sin

**Romans 8:20 For the creation was subjected to futility, not willingly, but because of Him who subjected it in hope; 21 because the creation itself also will be delivered from the bondage of corruption into the glorious liberty of the children of God. 22 For we know that the whole creation groans and labors with birth pangs together until now. 23 Not only that, but we also who have the firstfruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the adoption, the redemption of our body.**

a. Think about the flood of Noah caused the death of not just man but all the land animals.

b. The plagues from Egypt not only cause human suffering but against suffering of the animals and creatures in Egypt but even the fish.

c. God’s punishment on Israel involved famine, locust, earthquakes, etc.

7. Ultimately all pain and suffering can be directly or indirectly linked to sin.

**II) Pain and suffering causes us to respond in various ways**

**A) We might try to ignore it** **which usually does not end well for us.**

1. Pain is given to let us know something is not right, which means we need to do something.

2. Ignoring the pain does not cause the cause to disappear.

3. Sometimes people will actually do something which increases the pain or prolong is it.

4. Shift the blame which does nothing. Such as, blaming somebody else for your actions,

Blaming God for your suffering

5. We can do the same spiritually- ignore our spiritual condition, go deeper into sin, Continuing on doing the same thing thinking the results will change.

**B) What are we going to do.**

1. We try to figure out the cause of our pain.

a. Sin can sometimes cause physical pain such as hurting ourselves hurting others harming our families etc.

b. Sin Can cause spiritual pain and suffering. **Romans 6.23**

2. We may try to change our actions. Find a solution.

a. It was the pain and suffering of loneliness and hunger which caused the prodigal son to change his actions.

**Luke 15:14 "But when he had spent all, there arose a severe famine in that land, and he began to be in want.**

b. Sometimes the pain and suffering is God’s way of discipling us.

**Hebrews 12:6 For whom the LORD loves He chastens, And scourges every son whom He receives." 7 If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? 8 But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons. 9 Furthermore, we have had human fathers who corrected us, and we paid them respect. Shall we not much more readily be in subjection to the Father of spirits and live? 10 For they indeed for a few days chastened us as seemed best to them, but He for our profit, that we may be partakers of His holiness. 11 Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.**

The old joke in the TV program where a patient goes to the doctor and says it hurts when I do this and the doctor responds then quit doing it.

3. Hate that which causes unnecessary pain and suffering.

a. We understand this physically but also we understand this spiritually.

b. Sin causes alienation, separation from God,

**1 John 1:5 This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all. 6 If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth. 7 But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.**

c. Our prayers to be hindered,

1 Peter 3:7 Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.

d. Alienation from our brother,

4. In the Bible this is called repentance and turning toward God.

5. It causes us to appreciate the blessings which God offers.

a. Which includes the absence of pain and suffering,

**Revelation 21:4 "And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away."**

b. Being new creatures in Christ, starting over, which is mentioned a number of times in the New Testament.

**2 Corinthians 5:17 Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.:**

**Revelation 21:5 Then He who sat on the throne said, "Behold, I make all things new." And He said to me, "Write, for these words are true and faithful."**

c. To grow in our faith

**James 1:2 My brethren, count it all joy when you fall into various trials, 3 knowing that the testing of your faith produces patience. 4 But let patience have its perfect work, that you may be perfect and complete, lacking nothing.**

Conclusion: we cannot stop all pain and suffering in this life but we can learn from it and hopefully run more planning God as we live.