

The Pain You Feel

The joy of the Lord is your strength.—Nehemiah 8:10

I was experiencing great pain with a toothache. I took some aspirin which seemed to ease the discomfort, but when it wore off, nothing had changed. The problem causing the hurt had not changed, only my awareness of the pain had changed.

You may feel at times that you are in great distress mentally, emotionally, or physically. This anguish is caused by some real problems. Perhaps your agony is caused by financial pressure or a wayward child. You may feel like your world is blowing apart and there is nothing you can do to ease the pain.

The joy of the Lord is your strength. The joy of the Lord allows us to go through painful situations without all the adverse effects of that hurt. The joy of the Lord changes our focus. Instead of concentrating on the pain, we are able to concentrate on the Lord.

Have you ever lay in your bed troubled by the cares of the day. As you decide to pray about those cares, your burden is lightened and you begin to fix your attention on the precious Savior. The joy of the Lord begins to relieve the pain.

One difference in the relief one gets from an aspirin and the relief one experiences from the joy of the Lord is that the aspirin wears off in a short time but the joy of the Lord can be permanent if we allow the Lord to be our strength and see us through the difficulty. When we are filled with the joy of the Lord, the hurts we experience do not immobilize us.

For His anger is but for a moment, His favor is for life. Weeping may endure for a night but joy comes in the morning. –Psalm 30:5