

## **GOING GRIT**

### **The Obstacle of Pain**

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*For the Christian, pain is a sign of homesickness...*

*We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. Not only so, but we ourselves, who have the firstfruits of the Spirit groan inwardly as we await eagerly for our adoption as sons, the redemption of our bodies. (Rom. 8:22-23)*

☯ *Unhealthy response traps when dealing with pain...*

- *Deny it – the weaker side of optimism*
- *Numb it – the naïve side of realism*
- *Obsess over it – the darker side of pessimism*

*He was despised and rejected by men, a man of sorrows, and familiar with suffering.  
(Isaiah 53:3)*

*Going Grit: stamina in the pain of life to seek the presence of God...*

- *In His Word – “My soul is weary with sorrow; strengthen me according to your word.” (Psalm 119:28)*
- *In our tears – “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” (Psalm 34:18)*
- *Through our prayers – “Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.” (Psalm 62:8)*
- *Through His people – “Carry each other’s burdens, and in this way you will fulfill the law of Christ.” (Gal. 6:2)*
- *In His promise – “Now the dwelling of God is with men, and He will live with them. They will be His people, and God Himself will be with them and be their God. He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.” (Rev. 21:3-4)*

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