



5 DAY DEVOTIONAL

Sermon: Suffering - No Wasted Pain

SPEAKER: REV. CHRIS SMITH | 6/14/2026 | PAGE 1 OF 5

Day 1: The Eternal Perspective

Devotional: When life feels overwhelming and pain seems unbearable, it's natural to lose sight of the bigger picture. We become consumed by our immediate circumstances, forgetting that our current struggles are temporary. Paul understood this human tendency, which is why he boldly declared that our present sufferings cannot compare to the glory that awaits us. His confidence wasn't based on wishful thinking but on a divine revelation that gave him eternal perspective. Paul had experienced a glimpse of heaven's glory, and that vision transformed how he viewed earthly trials. When we remember that our pain has an expiration date but God's glory is eternal, it changes everything. This doesn't minimize our current struggles or suggest we should ignore them. Instead, it provides hope that sustains us through the darkest valleys. Every tear, every sleepless night, every moment of despair is being weighed against an eternal glory that far exceeds anything we can imagine.

Bible Verse: '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.' - Romans 8:18

Reflection Question: How might viewing your current struggles through the lens of eternity change your perspective on what you're facing today?

Quote: 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.

Prayer: Lord, help me to see beyond my present circumstances and trust in Your eternal plan. Give me the faith to believe that what awaits me in glory far outweighs any pain I experience now.

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Day 2: The Refining Fire

Devotional: Have you ever wondered why God allows difficult seasons in our lives? One powerful purpose of suffering is its ability to refine us, much like fire purifies precious metals. When gold is heated, impurities rise to the surface and are removed, leaving behind something more valuable and pure. Similarly, trials have a unique way of revealing what's truly in our hearts. During comfortable times, we might convince ourselves that we're stronger, more faithful, or more patient than we actually are. But when pressure comes, our true character emerges. This isn't meant to discourage us but to help us grow. Sometimes we need to see our weaknesses clearly before we can address them. The refining process isn't pleasant, but it's necessary for spiritual maturity. God isn't trying to harm us through trials; He's working to remove the impurities that hinder our relationship with Him and our effectiveness in His kingdom. Every difficult season is an opportunity for transformation.

Bible Verse: 'The refining pot is for silver and the furnace for gold, but the Lord tests the hearts.' - Proverbs 17:3

Reflection Question: What impurities or weaknesses has God revealed in your heart through recent trials, and how can you cooperate with His refining work?

Quote: Trials bring out what's really in our heart and we need to know what's in our heart.

Prayer: Father, help me to see trials as opportunities for growth rather than just obstacles to endure. Refine my heart and remove anything that doesn't honor You.

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Day 3: Building Unshakeable Character

Devotional: Some of life's most valuable qualities can only be developed through difficulty. Patience isn't learned in easy times; it's forged in moments when we want to give up. Perseverance isn't built during smooth sailing; it's strengthened when storms rage around us. Paul understood this principle when he wrote that tribulation produces perseverance, perseverance develops character, and character creates hope. This isn't a cruel cosmic joke but a divine design for our growth. Think about the people you most admire - those with deep wisdom, genuine compassion, and unshakeable faith. Chances are, they've walked through significant trials that shaped their character. Their strength didn't come from avoiding hardship but from learning to trust God through it. Each challenge we face is an opportunity to develop qualities that will serve us for eternity. The character built through suffering becomes a foundation that cannot be shaken, no matter what storms may come.

Bible Verse: 'And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope.'
- Romans 5:3-5

Reflection Question: What character qualities is God currently developing in you through your present circumstances?

Quote: Some of the greatest people to be around in my experience, it's not those that never made a mistake, not those that never were down, but those that the world took their Satan took their best hit and knocked them to their knees. But they got up, they got a different perspective in life.

Prayer: Lord, help me to embrace the character-building process, even when it's difficult. Use my trials to make me more like Jesus.

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Day 4: Finding Strength in Weakness

Devotional: Independence is highly valued in our culture, but God often uses suffering to reveal our need for Him. When life is going well, it's easy to rely on our own strength, wisdom, and resources. But when trials come, we quickly discover the limits of our human capabilities. This isn't a design flaw; it's God's invitation to experience His supernatural strength. Paul learned this lesson when he pleaded with God to remove his 'thorn in the flesh.' Instead of healing, God gave him something better - the revelation that divine strength is perfected in human weakness. When we acknowledge our limitations and turn to God, we tap into a power source that never runs dry. Our weakness becomes the very place where God's strength shines brightest. This doesn't mean we become passive or stop trying; it means we learn to depend on God's resources rather than our own. In our weakness, we discover that His grace is not just enough - it's more than sufficient for every challenge we face.

Bible Verse: 'And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness."' - 2 Corinthians 12:9

Reflection Question: In what areas of your life do you need to stop relying on your own strength and start depending on God's grace?

Quote: We can be so independent until that sorrow comes. We find God then.

Prayer: God, help me to see my weaknesses as opportunities to experience Your strength. Teach me to depend on Your grace rather than my own abilities.





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Day 5: Nothing Is Wasted

Devotional: One of the most comforting truths about suffering is that none of it is meaningless in God's hands. Every tear you've shed, every sleepless night you've endured, every moment of pain you've experienced - God sees it all and will use it for His purposes. This doesn't mean that all suffering is good, but it does mean that God is powerful enough to bring good from even the worst circumstances. When we can't see the purpose in our pain, we can trust that God is working behind the scenes, weaving our experiences into a tapestry of grace that will ultimately bring Him glory and bring blessing to others. Your current struggle may be preparing you to comfort someone else who will face similar challenges. Your perseverance through difficulty may inspire others to keep going when they want to quit. Your testimony of God's faithfulness in dark times may be exactly what someone needs to hear. Nothing in your story is wasted when it's surrendered to God's purposes.

Bible Verse: 'And we know that all things work together for good to those who love God, to those who are the called according to His purpose.' - Romans 8:28

Reflection Question: How might God use your current or past struggles to bring good into your life or the lives of others?

Quote: Not one second of our suffering is wasted. Not one second of our suffering was caught. That caught God by surprise. In other words, he's with us. He will not leave us.

Prayer: Father, help me to trust that You are working all things together for good, even when I can't see how. Use my experiences to bring glory to Your name and blessing to others.

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