



## CHAPTER TEN

# ***PERSEVERING THROUGH PAIN***

Perseverance is not the absence of pain, but the strength to endure it. As we engage in the arts of running, let us be reminded that being human is associated with pain. We all go through pains at some point in our lives.

In the book of *James*, we are reminded of the powerful message of persevering through pain and trials. *James 1: 2-4* tell us:

***“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything”.***

The Apostle Paul is a prime example of someone who endured incredible suffering and pain, yet remained steadfast in his faith. Throughout his ministry, Paul faced countless trials, Prosecution, and physical afflictions. In *2Corinthians 11:23-28*, he lists some of the hardships he endured,

including beatings, shipwrecks, and imprisonment. Despite these challenges Paul continued to preach the gospel and spread the message of Jesus Christ, trusting in God's strength to sustain him.

One of the most well-known examples of suffering in the Bible is the story of Job. Job was a righteous man who faced unimaginable loss and suffering, yet he remained faithful to God. In the midst of his pain, Job questioned God and wrestled with the reasons behind his suffering. In *Job 23:10*, he declares,

***“But we know the way that I take; when he has tested me, I will come forth as gold’.***

In the life of the apostle Paul, we see a vivid portrayal of what it means to persevere through pain. Despite facing imprisonment, beatings, and hardship, Paul remained unwavering in his faith and continued to spread the message of the gospel. In *2Corinthians 4:8-9*, he writes,

***“We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed’.***

The suffering of Job serves as a powerful reminder that even in the midst of unimaginable pain and loss, God is faithful. Job's story teaches us that it is possible to endure suffering with faith and trust in God's ultimate goodness and provision. **Romans 8:18** assures us,

*“For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us”.*

Precious friends, as we navigate the ups and downs of life, let us remember the words of **James 1:2-4** and the examples of Paul and Job. May we find joy in the midst of trials, knowing that our faith is being tested and strengthened through perseverance. Let us fix our eyes on Jesus, the ultimate example of endurance and faith, and run the race set before us with steadfast determination and unwavering trust in God's promises.

May we emerge stronger, more mature, and complete, lacking nothing, as we press on through the pain and obstacles in our lives.

As we go through the difficulties of life, may our heart be encouraged by the enduring faith and

perseverance of those who have gone before us. Let us remember that through our trials and tribulations, we are being refined and shaped into vessels of strength and resilience. Just as gold is purified through fire, so too are our souls refined through the fires of challenges and suffering.

In the midst of pain and adversity, may we hold fast to the promise of God and trust that he's working all things for our good. Let us not lose heart, but instead, fix our eyes on the eternal glory that awaits us. For as **2Corinthians 4:16-18** reminds us,

**“Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal”.**

Brothers and Sisters, as we continue to run the race set before us, may we draw strength from the examples of perseverance found in scriptures. Let us be encouraged by the stories of Paul, Job, and many others who endured great suffering and

remained faithful in their trials. Let us take heart in the truth that suffering is not in vain, but is producing in us a greater glory that far surpasses our temporary struggles.

Children of God, may we run with endurance, holding fast our faith, and trusting in the unfailing love and power of our God. May we emerge from our trials as refined gold, shining with the radiance of God's grace and strength. And may we find peace and joy in the assurance that God is with us every step of the journey, guiding us through the valleys and leading us to the mounting tops of victory. Amen.