

# DAY 16 - BRINGING PAIN BEFORE GOD



## Core Value: Prayer

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### Romans 5:3–5 (CSB)

“We also rejoice in our afflictions, because we know that affliction produces endurance, endurance produces proven character, and proven character produces hope. This hope will not disappoint us...”

### 2 Corinthians 4:8–9 (CSB)

“We are afflicted in every way but not crushed; we are perplexed but not in despair; we are persecuted but not abandoned; we are struck down but not destroyed.”

### Psalms 62:8 (CSB)

“Trust in him at all times, you people; pour out your hearts before him. God is our refuge.”

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## Prayer is where suffering is named honestly—and hope begins to form.

One of the most common spiritual mistakes believers make is suffering in silence. Not silence toward others—but silence toward God. We assume faith requires composure, restraint, or resolution. Scripture tells a different story.

Paul does not pretend affliction is light or simple. In 2 Corinthians 4, he uses a series of honest contrasts: *afflicted*, *perplexed*, *persecuted*, *struck down*. These are not sanitized words. They describe real pressure, confusion, and pain. Yet Paul insists that none of these experiences define the final outcome.

What keeps suffering from becoming despair is not denial—it is **dependence**. And prayer is the place where dependence is practiced.

Psalms 62 invites us to *pour out our hearts before God*. That phrase assumes intensity. Pouring is not measured or tidy. It is honest. Scripture gives us permission to bring confusion, fear, grief, and exhaustion into God’s presence without filtering them first.

Prayer does not instantly remove suffering, but it prevents suffering from isolating us. When pain remains unspoken, it grows heavier. When pain is brought before God, it becomes shared—and God’s presence reframes it.

Romans 5 reminds us that affliction produces endurance only when it is held in trust. Prayer is how we stay connected to God while the process unfolds. It is how hope begins to take shape—not because circumstances change, but because we are reminded that we are not abandoned.

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## Core Value Practice — Prayer

### Practice honest prayer, not polished prayer.

Today’s practice focuses on truthfulness rather than resolution.

## Practice Steps

1. Find a quiet space.
  2. Read Psalm 62:8 aloud.
  3. Without editing yourself, speak honestly to God about:
    - What hurts
    - What confuses you
    - What feels heavy right now
  4. If words fail, sit silently and let God meet you there.
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## Reflection Questions

1. What emotions do you find hardest to bring to God in prayer?
  2. How have you seen silence or avoidance intensify pain in the past?
  3. What difference might it make to consistently bring suffering before God rather than managing it alone?
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## Daily Action Challenge: Name the pain.

Today, write one sentence or pray one honest phrase beginning with:

“God, this is what hurts right now...”

Return to that sentence in prayer whenever discouragement resurfaces.

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## Guided Prayer

God,  
You already know what I am carrying, but You invite me to bring it to You anyway. Teach me not to hide my pain or minimize my struggle. Help me trust that You can handle my honesty and that You meet me in my weakness. When I feel pressed but not crushed, confused but not abandoned, remind me that You are near and that hope is still forming.  
Amen.