

May 3/4, 2025

"Where is God in My Pain?"

Pastor Brad Holmes



SPEND DAILY TIME WITH GOD AS YOU READ, THINK, PRAY + ACT.

2025 Focus: 50 Key Truths

Each Friday, explore a key truth about our Christian faith and how we can live in light of this truth.

Day 1 [Genesis 39:1-23](#) | Present in Our Pain

The Lord was with [Joseph]; he showed him kindness and granted him favor in the eyes of the prison warden. Genesis 39:21

The Bible doesn't shy away from pain but explains where the world's brokenness came from. In fact, stories of people experiencing pain fill the Bible. Yet a repeated theme emerges: God is present with people in their pain. Joseph experiences great suffering throughout his story in Genesis. The text reveals that "the Lord was with Joseph," too ([Genesis 39:2, 21](#)). God was with Joseph when he was sold into slavery by his brothers. God is also with Joseph when he is wrongfully accused and sent to prison. God is present in Joseph's pain.

We often question where God is during our painful experiences. This is why our "You Asked for It" series addressed this topic. Pastor Brad Holmes reminded us that God is present in our pain, just as he was with Joseph. When we are in pain, we should look for God's presence. Just like Joseph could see how God was with him in his painful situations, there are things for us to spot as well. It might be when someone drops off a meal, a sermon that speaks to the heart, a verse that comes to mind or a surgeon who knows exactly what to do. When we look for God's presence, we find it. He has not abandoned us in our pain.

TODAY: Start a gratitude list in your journal or phone and look for God's presence in your life. Try to write down three things you are grateful for each day. Express your gratitude to God, the giver of all good gifts.

Day 2 [Genesis 40:1-8](#) | Working in the Waiting

So he asked Pharaoh's officials who were in custody with him in his master's house, "Why do you look so sad today?" Genesis 40:7

Joseph sits in prison for years. This isn't even the worst thing that happened to him. His brothers sold him into slavery. Then he was wrongfully accused of attempted rape and imprisoned. It would be easy for Joseph to sulk and become self-focused. But the text says Joseph notices that his fellow inmates are sad. Joseph doesn't sit around and wait for his situation to be resolved before he cares for the people around him. He steps into their pain while he's still in prison. He helps them with something they are going through, using the gifts and wisdom God gives him.

Like Joseph, God gives us opportunities to minister to others during our pain. In the midst of our hurting, God equips us to be an instrument of care and hope to others. Sometimes, we can think our pain means we can't be used by God. But that's not the case at all. Joseph didn't let his situation stop him from caring for those around him. He saw their need and moved toward it. We can go and do likewise with God's help.

TODAY: Ask God to open your heart to caring for those around you. Even if you are in a difficult season, God still has ways he wants to use you. Ask God to help you see the needs around you and to give you the wisdom to know how to respond appropriately.

Day 3 [Genesis 50:15-26](#) | A Perspective for Our Past

You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. Genesis 50:20

A lot has happened to Joseph since he was in prison. God works through his life to elevate him to the second highest position in Egypt. In this role, he coordinates a national effort to feed people during a famine. His brothers, who sold him into slavery years ago, come to Egypt to buy grain. Instead of seeking revenge, Joseph takes care of them. He understands how God used the pain his brothers caused to save many lives. He sees that God can work through pain for good.

It's often difficult for us to have Joseph's perspective during seasons of pain. [Romans 8:28-29](#) reminds us of the same truth: God can work through all things for good, often with the goal of us growing in the character of Jesus. Many of us can look back at difficult moments and see how God used them to shape our character if we leaned into him. It's all about perspective. We can focus on the pain and become bitter, or we can see how God sustained us and grow our trust in him.

TODAY: Reflect on your perspective of difficult seasons. Perhaps you need to confess some bitterness. It doesn't mean that what happened wasn't painful or that what someone did to you was okay. It's an acknowledgment that God can use the brokenness of the world to grow you. Think through how God has used difficult seasons in your life to grow both your trust in him and your character. Offer a prayer of thanks to God for working in your life. Listen to the [Beyond The Weekend Podcast](#) for more conversation about God's presence in our pain on.

Day 4 [Revelation 21:1-6](#) | The End of Pain

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. Revelation 21:4

Jesus knows pain and endures great suffering. Jesus experiences the brokenness of the world and then dies on the cross to defeat death and end suffering. Suffering came into the world with Adam and Eve's rebellion against God's good plan. Jesus, the second Adam, comes to reverse the curse. God takes on flesh to live the perfect life and gives himself up to rescue people from the grip of sin and offer them new life—the life he created them for. The Bible describes a day when Jesus will return to end all death, mourning, crying and pain.

Jesus is proof that God cares about our pain and suffering. There is no greater injustice than what happened on the cross. A perfect person, God-in-flesh, was executed for a crime he didn't commit. Jesus did it because his love for us was so great. He would endure the worst pain and suffering for us. This is a God we can trust. We can trust that he is with us in our pain and can wisely redeem our pain. We can live with hope that there will be a day without more pain.

TODAY: Tell God you trust him in your pain. Thank him for the work of Jesus on the cross and the promise of a day without pain. Join Ada Bible Worship as they sing "[It is Well](#)." As you worship, ask God to make the words real in your life. Let the powerful lyrics be a prayer from your heart, whether you are in a season of peace or sorrow.



Day 5 [Romans 6:23](#) | Question 17: Sin's Consequences

Question: What are the consequences of sin?

Answer: Sin leads to physical death, spiritual separation from God and eternal death if not redeemed.

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. Romans 6:23

In this sobering passage, Paul presents the stark contrast between sin's outcome and God's gift. The word "wages" is significant—it's what sin pays out, what people earn through rebellion against God. Death is comprehensive in this verse—encompassing physical death, spiritual death and ultimately eternal death. When Adam and Eve rebelled, all three forms of death entered the human experience. Before their sin, they could have lived forever in perfect harmony with God. After their fall, death became the inevitable outcome of humanity's broken relationship with the Creator (see [Genesis 3](#)).

The truth about sin's consequences helps us understand reality and our desperate need for salvation. We live in a world where physical death is unavoidable, spiritual alienation from God is our natural state and eternal separation awaits those who remain in rebellion. Understanding sin's wages helps us recognize why Jesus's work was necessary. Only through his substitutionary death could the penalty be paid. Jesus's death and resurrection also reveal the magnitude of God's grace. While we earned death through sin, Jesus paid for our sins and offers us life. The contrast between what we deserve and what God provides reveals the astonishing nature of salvation and gives us reasons for gratitude and worship.

TODAY: Reflect on the consequences of sin and the magnitude of God's gift of eternal life. Thank God that though you deserved death, he has offered life through Jesus. Consider how this understanding might change how you view temptation—seeing sin not as harmless pleasure but as rebellion that leads to death. Learn more about humanity and sin in our We Believe document [HERE](#).