

What is chronic pain?

Why do we suffer
chronic pain?

Pain insists upon being attended to. God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is his megaphone to rouse a deaf world.

–C.S. Lewis

A suffering person might exclaim, “Why!” but the answer is rarely “Because,” but “Here I am.”

–T. C. Ham

Health is set before us as if it were the great thing to be desired above all other things. Is it so? I would venture to say that the greatest blessing God can give to any of us is health, with the exception of sickness. . . .

I have learned to kiss the wave that throws me against the Rock of Ages.

—Charles Spurgeon

Honestly, I'm amazed that the last 50 years feel like only "a little while." . . . As I look back over 50 years, I just see God at work. That's pretty exciting.

—Joni Eareckson Tada

How do we preach the
gospel to ourselves
when we are in pain?

The greatest sorrow and burden you can lay on the Father, the greatest unkindness you can do to him, is not to believe that he loves you.

—John Owen

Receive every inward and outward trouble, every disappointment, every trial, every uneasiness, every darkness and desolation with both your hands, as a blessed opportunity ... of dying to self, and entering into a fuller fellowship with your Savior. Look at no outward or inward trouble in any other view; reject every other thought about it; and you will find that the day of your distress will become the blessed day of your (spiritual) prosperity.

—William Law

When will my pain be
over?

That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.

–2 Corinthians 4:16-18, NLT