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## Turning Pain Into Gain

*(You will change; how is up to you)*  
by Dr. David Foster

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**“Don't burn out; keep yourselves fueled and aflame.** Be alert servants of the Master, cheerfully expectant. **Don't quit in hard times; pray all the harder.** . . .” (Rom 12:12 The Msg)

### We Change Under 3 Conditions

We change as a result of **perspective**.

We change as a result of **pressure**.

We change as a result of **pain**.

### When change is painful . . .

We ask **why me?**

We ask **why now?**

We ask **what for?**

### 3 Purposes of Pain

God uses pain to **make me grow up**.

“Not only so, but we also rejoice in our sufferings, because we know that ***SUFFERING PRODUCES*** perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.” (Rom 5:3-5)

God uses pain to **force the true me out into the open**.

“Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, **your faith-life is forced into the open and shows its true colors**. So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way.” (James 1:2-4 The Msg)

God uses pain to **remind me who's on first**.

“Three different times I begged God to make me well again. Each time he said, ‘**No. But I am with you; that is all you need**. My power shows up best in weak people.’ Now I am glad to boast about how weak I am; ***I AM GLAD TO BE A LIVING DEMONSTRATION OF CHRIST'S POWER***, instead of showing off my own power and abilities. Since I know it is all for Christ's good, I am quite happy about ‘the thorn,’ and about insults and hardships, persecutions and difficulties; for when I am weak, then I am strong--**the less I have, the more I depend on him**.” (2 Cor 12:8-10)