



Pray Your Pain Away: Lessons from the Prayer of Jabez

Part 3: PAIN-FREE

1 Chronicles 4:9-10

By: Rev. Sur del Rosario

Date: September 20, 2015

Who would not want a life free of pain? Even if we know that pain is a 'gift' from God and that each one will experience pain in life, we eagerly want to be free from pain.

Jabez, at the time of struggling with his own pains, prayed to God: "Let your hand be with me, and keep me from harm so that I will be free from pain." Jabez wanted a pain-free life.

But is it really possible that we can be pain-free? The truth is we can never avoid pain. However, we can always look to the Lord in prayer to help us face our pains. A pain-free life doesn't really mean that we won't be in pain; it means we can be delivered from pain. And God, being all-powerful, can:

- Secure us with His powerful presence
- Heal us from our present pain
- Make us whole so we will not cause others pain

These three realities are also the reasons why we can expect from God a pain-free life. Let us look into these truths today.

PRAYING TO GOD FOR A PAIN-FREE LIFE

PRAYING TO GOD TO SECURE US WITH HIS POWERFUL PRESENCE

Let your hand be with me, and keep me from harm so that I will be free from pain."

- The hand of God is an expression for the presence of God.
- Jabez asked of God: "let your presence be with me at all times". Jabez determined to pursue the hand of God believing He alone is the SOURCE of all blessings, that his hand is able to keep us from harm, that he can take away pain
- Praying to God is believing that His powerful presence can make us secure
 - o GOD'S PRESENCE GIVES US REST: And He said, "My Presence will go with you, and I will give you rest." ~ Exodus 33: 14
 - o GOD'S PRESENCE BRINGS FULLNESS OF JOY: You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore. Psalm 16: 11
 - o GOD'S PRESENCE BRINGS REFRESHING: Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord. ~ Acts 3: 19
 - o GOD'S PRESENCE DISPLAYS HIS POWER:
 - ☒ The mountains melt like wax at the presence of the LORD, at the presence of the Lord of the whole earth. ~ Psalm 97: 5
 - ☒ The earth shook; the heavens also dropped rain at the presence of God; Sinai itself was moved at the presence of God, the God of Israel. ~ Psalm 68: 8

- o GOD'S HAND UPHOLDS US: Psalms 18:35 You have also given me the shield of Your salvation, And Your right hand upholds me; And Your gentleness makes me great.
- o GOD'S PRESENCE GIVES US VICTORY: 2 Chronicles 20:15 and he said, "Listen, all Judah and the inhabitants of Jerusalem and King Jehoshaphat: thus says the LORD to you, 'Do not fear or be dismayed because of this great multitude, for the battle is not yours but God's.

PRAYING TO GOD TO HEAL US FROM OUR PRESENT PAIN

"...Keep me from harm"

- prayer shows the extent of determination or desperation we have for God and His work
- In prayer, we can ask God to shield us from all evil intentions
 - o Part of the Lord's prayer:
 - ☒ And lead us not into temptation, but deliver us from the evil one.'
 - In prayer, we can ask God to bring healing into our body and soul
 - o He said, "If you listen carefully to the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you." (Exodus 15:26)
 - o 19 Then they cried to the LORD in their trouble, and he saved them from their distress. 20 He sent forth his word and healed them; he rescued them from the grave. 21 Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. (psalm 107:19-21)
 - o Isaiah 53:4-5 Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed.
- Pain-free does not really mean we can never be inflicted with pain. However, God can heal us and take our pain away.

PRAYING TO GOD TO MAKE US WHOLE SO WE WILL NOT CAUSE OTHERS PAIN

"...so that I will be free from pain."

"...let Your hand be with me, and keep me from harm, so that I will not cause any pain."

- Other versions interpret it as "so that I will not cause any pain"
- Pain-free life includes the idea that we ought not to cause others pain
 - o We need to ask God to help us not cause others pain with our words and actions.
 - If we are truly pain-free, we would not want others to be in pain. If God makes us whole from our wounds, we will not hurt others with our pointed or rugged edges.

Like Jabez, we must pray to God to keep us free from pain. Let us trust:

- Secure us with His powerful presence
- Heal us from our present pain
- Make us whole so we will not cause others pain

QUESTIONS FOR DISCUSSIONS:

1. Have you ever wished that your life would be free from pain? What particular pain do you want to get rid of?
2. Reflect: Jabez determined to pursue the hand of God believing He alone is the SOURCE of all blessings, that his hand is able to keep us from harm, that he can take away pain
3. Reflect: Praying to God is believing that His powerful presence can make us secure
4. What truths about the presence of God (see notes above) do you need to be reminded about?
5. Reflect: prayer shows the extent of determination or desperation we have for God and His work
6. Reflect: Pain-free does not really mean we can never be inflicted with pain. However, God can heal us and take our pain away.
7. Reflect: Pain-free life includes the idea that we ought not to cause others pain. We need to ask God to help us not cause others pain with our words and actions.
8. Reflect: If we are truly pain-free, we would not want others to be in pain. If God makes us whole from our wounds, we will not hurt others with our pointed or rugged edges.
9. What is God telling you through this message? What application should you do in order to show your obedience to God in this area?