

## Condensed Milk

*"...like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation...."* 1 Peter 2:2

### **Job: The Word on Suffering -- Part 14** (Based on Job 3:1-26)

In the first three chapters of Job we see that even spiritually grounded people can feel depressed because of their sufferings. And from Job's suffering we also learn a few lessons for when we suffer.

The first thing we learn is that it is okay, even important, to express my pain openly. We are not supposed to milk it in order to get attention or pity. We are not to use it as an excuse for self-indulgence. But it is good to find someone to whom we can express our pain. Job talked out loud to his friends. Even more significantly, Jesus did as well.

We tend to hide our pains, perhaps not even admitting them to ourselves. We think of it as an admission of weakness or a denial of trust in God's sufficiency. Interestingly, we don't do that with physical pain. If I hit my thumb with a hammer I don't try to trust the pain away. No, I cry out with pain and even explain the reason for my anguish to those around me. Nobody thinks I'm not trusting God if I'm overwhelmed by the pain of a crushed thumb.

Emotional and spiritual pains are just as real as physical pain. We can trust God even while we cry out from the pain. It is not a lack of trusting God to be overwhelmed by the pain of a crushed heart or spirit.

All of us at some time have our hearts or spirits crushed by life's circumstances. We should admit to ourselves that it hurts. And then we should not be too proud to admit to others that it hurts.



