



## Rejoice

<https://wels.net/family-devotion/fd20240228/>

**Not only so, but we also rejoice in our sufferings.**

**Romans 5:3**

“Yippee! I get to go to the doctor today and get a shot!”

“Yes! I’m so excited. I get to go to the dentist and have a tooth pulled out.”

“Woohoo! Our teacher is going to give us a surprise test!”

All of those things sound silly, don’t they? Who would ever be happy about getting a painful shot? Who would celebrate going to the dentist? Who wants to take a surprise test?

In our reading for today, the apostle Paul said something that sounds just about as silly. “We... rejoice in our sufferings.” That doesn’t make sense. Why would we be happy about the things we suffer?

Paul explains. God promises to use the painful things in our lives for our good. Sometimes things that hurt are actually good for us. When the doctor gives you a shot, it’s to help you be healthy. When the dentist pulls a tooth, it’s so that your teeth will be straight. When your teacher gives you a test, it’s to help you learn.

At the time, it’s hard. It’s not fun. It can be painful, but in the end, it’s good for us.

God promises that if he allows something painful in our lives, he will make sure that it is for our good in one way or another. Like Paul says here, the painful things in our lives often teach us lessons. They teach us patience. They build character. They teach us to trust in God.

Because we know that they are good for us, Paul says that we can rejoice in our sufferings. That doesn’t mean you have to jump up and down shouting, “Yippee! Woohoo!” when you are sick or hurting. It’s okay to be sad. It’s okay to cry because it hurts.

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Rejoicing in your sufferings means that you can be happy even in the hard times because you know that it will all work out for your good. It means you can have peace, even in the middle of the storm. It means you can thank God even for the hard times because you know they are hidden blessings.

But that's hard to do. Pray that God helps you to trust that all the painful and hard things in your life will work out for your good. Ask him to help you rejoice, even in your sufferings.

### **Questions to Consider**

- To rejoice means to be happy and celebrate. What are some of the good things God gives you that you can rejoice about?
- What painful thing did Jesus have to go through, but God worked it out for the good of all people?
- The word justify is used a lot in these verses. Discuss with your family what that means. How does that impact you?
- What does it mean in verse 10 that we have been reconciled to God? How does that word impact you?
- Agree or disagree. Because Jesus won for us a place in heaven and God promises to make everything in our lives work out for our good, we have nothing to be sad about.
- Apply today's devotion. The next time you find yourself struggling, why should you remember to rejoice in your sufferings?