



# Thursday Thought

by Pastor Myron D. Atkinson

## 5-12-16 Excruciating Pain

**Verse for the week: Isaiah 53:5 (NLT) But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed.**

There is a saying in exercising that's used to encourage people not to quit, even when they are hurting. The phrase is: "**No pain, no gain**". Recently this term took on new meaning as I began to experience excruciating pain in my side. I knew immediately it was a kidney stone because I've experienced this before. I had never heard of a kidney stone the first time I encountered one at the age of 22. Kidney stones are small, hard mineral deposits that form inside your kidneys. (Too bad these minerals aren't diamonds; I could be wealthy). Sometimes they leave your kidneys and cause terrible pain. Anyone who knows me knows that I DO NOT like pain. Actually I don't know too many people who do, but some can tolerate it better than others. I would say I have a low tolerance to pain. Kidney stones cause pain when they are moving. So in a weird way, some degree of pain is good because that means you are on your way to freedom!

In thinking of excruciating pain, I think of the movie "**The Passion of the Christ.**" This movie is based on the historical event of Jesus Christ's crucifixion. What I feel in having a kidney stone is nothing compared to what Jesus experienced in the last 24 hours of His life. In fact, as graphic as the movie was, it doesn't share how horrific it was. The Romans had perfected torture. **Hebrews 12:2 (NLT)** says, "**Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.**" What!!!! "*Because of the joy awaiting him...*" It's in a very small way like me knowing that the pain isn't all bad because the stone is moving its way out. Jesus knew that through His death we would find forgiveness of our sins and a restored relationship with God. **Romans 5:10a (NLT)** says, "**For since our friendship with God was restored by the death of his Son...**" Jesus continues to experience joy when we confess our sins (Luke 15:10) and choose to follow His example (I Peter 2:21). Unlike my kidney stones, His death had purpose and that purpose was to bring us life!

**Question to ponder:** Life is short and eternity is forever. Have you asked God for forgiveness?