



How to Keep the Faith

Pain in the Process: A 5-Day Bible Reading Plan and Devotional Guide

DAY
01

Your Identity Is Not Your Injury

READING

Psalm 139:13-16

DEVOTIONAL

Pain has a way of rewriting how we see ourselves. When we are hurt, whether by circumstances or by people, we can begin to believe that our wound is our identity. But God formed you before you ever experienced a single moment of suffering. He knew you before the pain arrived, and He knows you still. The process you are walking through does not define who you are. God does. When voices around you speak discouragement or when your own thoughts begin to rehearse every hurt, return to this truth: you were known, named, and valued by God long before the pain began.

REFLECTION

What false identity has pain tried to place on you, and what does God's word say about who you truly are?

APPLICATION

Write down one lie the pain has told you about yourself. Beside it, write one truth from Scripture that corrects it. Return to that truth every time the lie resurfaces this week.

DAY
02

Bring It to God, Not the Grave

READING

Psalm 62:5-8

DEVOTIONAL

The psalmist does not instruct us to suppress our pain or perform spiritual strength we do not feel. He instructs us to pour out our hearts to God, because God is our refuge. David modeled this throughout the Psalms, crying out honestly, sometimes even asking God how long He would seem absent. That kind of raw honesty is not a lack of faith. It is faith in action. God is not frightened by your pain, and He does not require you to dress it up before bringing it to Him. What you bury does not disappear. It grows roots. Bring it to Jesus instead.

REFLECTION

Are there hurts you have buried rather than brought before God? What has grown in the soil of that silence?

APPLICATION

Set aside ten minutes today to speak honestly with God about one specific pain you have been carrying. Do not polish your words. Simply pour out your heart and trust that He is your refuge.

DAY
03

Bitterness or Blessing — The Choice Within the Pain

READING

Hebrews 12:14-15

DEVOTIONAL

The writer of Hebrews warns that a root of bitterness, if allowed to grow, will not only trouble you but defile many around you. Bitterness is deceptive because it often begins as something that feels justified. Someone wronged you. Someone caused real pain. But Joseph, sold into slavery by his own brothers, refused to allow their sin to become his bitterness. He later declared that what they meant for evil, God meant for good. The pain was real. The wrong was real. But Joseph chose a perspective anchored in God's sovereignty rather than his brothers' cruelty. That choice preserved not just him, but many others.

REFLECTION

Is there a situation in your life where someone else's sin has begun to take root as bitterness in your heart?

APPLICATION

Ask God today to reveal any bitterness that has taken root, however small. Confess it honestly, and ask Him to replace it with the perspective of His purpose rather than the weight of the offense.

DAY
04

Sufficient Grace for Insufficient Moments

READING

2 Corinthians 12:7-10

DEVOTIONAL

Paul asked God three times to remove his thorn. God said no, but He also said something that changed everything: "My grace is sufficient for you." Sometimes God changes the situation. Sometimes He changes us within the situation. Both are works of God, and both are powerful testimonies. When we demand only deliverance and refuse to receive grace, we miss what God is doing in the depths of our struggle. Paul learned to boast in his weakness because he discovered that God's power was most visible precisely where Paul had none of his own. Lean into grace. It is enough, even when nothing else is.

REFLECTION

Have you been waiting for God to remove something He may instead be using to refine you? How might you receive His grace in that place?

APPLICATION

The next time you bring a persistent burden to God and sense no immediate change, practice saying aloud, "Your grace is sufficient for me." Let that declaration become an act of trust rather than resignation.

DAY
05

Sunday Is Coming — Pain Is Not the Final Word

READING

Romans 8:18

DEVOTIONAL

The verse in Romans 8 reminds us that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed. Friday looked like defeat. Saturday felt like silence. But Sunday changed everything, and it could not have come without Friday. Whatever painful season you are walking through right now, it is not the end of your story. God has not finished writing. The tomb was borrowed because it was temporary. Your pain is real, but it is also temporary. Your hope is not simply that life will get easier. Your hope is anchored in a resurrection, in a Savior who walked through death and came out the other side. Sunday is coming.

REFLECTION

In what area of your life do you most need to hold onto the truth that this season is not the final chapter?

APPLICATION

Find someone in your church community who is walking through a painful season. Reach out to them this week, not to provide answers, but simply to be present. Remind them, through your presence, that they do not carry their pain alone and that Sunday is coming.