



Helping Kids Understand Pain and Suffering God's Way

When Life Hurts but God Is Still Good

Raising Christ-Centered Kids | Faith | Pain and Suffering

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“And we know that for those who love God all things work together for good, for those who are called according to his purpose.” (Romans 8:28, *ESV*)

Key Takeaway

God makes every hard thing part of His good plan.

The Biblical Meaning of Pain and Suffering

Pain and suffering were never part of God's perfect creation. When sin entered the world, brokenness followed. Our hearts, bodies, and relationships all felt its weight. But God's story did not stop there. Even in suffering, He is still near and at work.

The Bible reminds us that pain has purpose in God's redemptive plan. “We rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope.” (Romans 5:3–4, *ESV*) Through Jesus, our suffering is not wasted. God uses hard things to shape our hearts, draw us closer to Him, and help us care for others who are hurting.

He also promises His presence in every trial. “When you pass through the waters, I will be with you.” (Isaiah 43:2, *ESV*) And one day, He will make all things new. “He will wipe away every tear from their eyes, and death shall be no more.” (Revelation 21:4, *ESV*) Pain may be part of life for now, but it will not last forever.



Parent Guide | Pain and Suffering

Understanding Pain and Suffering God's Way

When kids face something painful, like losing a friend, being sick, or feeling left out, they may wonder, "Why would God let this happen?" The truth is, God doesn't always stop our pain, but He never leaves us in it alone. "The LORD is near to the brokenhearted and saves the crushed in spirit." (Psalm 34:18, *ESV*)

God's presence changes how we walk through hard times. He listens when we cry and comforts us through His Word and His people. Sometimes His help looks like peace that quiets our hearts, or courage that helps us face another day.

God also uses our struggles to help our faith grow stronger. When we trust Him even when life hurts, we learn that His goodness never fades. Over time, we begin to see how He brings beauty from brokenness. Pain may stay for a season, but God's love stays forever.

Practical Steps: Helping Kids When Life Hurts

1. **Listen First** — Give your child room to share feelings without fixing them right away. Listening helps them feel safe and heard.
2. **Name the Feelings** — Help them put words to what they feel: sad, scared, angry, or confused. God welcomes every emotion.
3. **Pray Honestly Together** — Pray simple, truthful prayers: "God, this hurts. We don't understand, but we trust You."
4. **Look for God's Goodness** — Each day, ask, "Where did we see God's goodness today?" It trains hearts to notice hope even in hard times.
5. **Share Stories of Faith** — Tell Bible stories like Joseph, Job, or Paul and Silas in prison that show how God brings good from suffering.

Scripture for Parents and Kids

- "The LORD is near to the brokenhearted and saves the crushed in spirit." (Psalm 34:18, *ESV*)
- "When you pass through the waters, I will be with you." (Isaiah 43:2, *ESV*)
- "For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison." (2 Corinthians 4:17, *ESV*)

Encouragement for Parents

It's hard to see your child struggle and not have all the answers. You may wish you could take away their pain, but even in what you cannot fix, just you being with them matters most. Your calm faith and gentle prayers teach them what it looks like to trust God when life feels uncertain. God loves your child even more than you do. He can bring good and healing out of what feels hard and broken. Be patient with yourself and with them. The same God who carried His people through fire and storm is carrying your family now. What feels heavy today can become the very place God grows lasting faith tomorrow.

CTMP Corner: Kingdom Kids in Action

- **Connect:** Share a time when something hard in your life led to something good.
- **Teach:** God is always good, even when life hurts. He can bring hope from hard things.
- **Model:** Show trust in God by praying together when life feels uncertain.
- **Pray:** "God, thank You that You are with us when life hurts. Help us see Your goodness even in hard times."