

# The Benefits of Afflictions

*“Unless Your law had been my delight, I would then have perished in my affliction.”* Psalm 119:92



## Number 36 in the series “The Joy of Obeying God’s Word”

Beloved, over the years I have experienced a lot of benefits in my life as the result of affliction. I would like to share a few of those with you. My desire is to give you hope from God’s Word in the midst of your affliction.

Whether our afflictions are spiritual, physical, mental, emotional, or even financial, and maybe all of these, by GOD’S AMAZING GRACE and obedience to His Word, we can benefit from our affliction. Many years ago as a new believer in Christ, I suffered affliction as consequences of the sinful habits in my life. Psalm 119:67 reads, *“Before I was afflicted I went astray, but now I keep Your word.”* Psalm 119:71 reads, *“It is good for me that I have been afflicted, that I may learn Your statutes.”* Psalm 119:75 reads, *“I know, O Lord, that Your judgments are right, and that in faithfulness You have afflicted me.”*

In my life as a believer, God is my loving Father who afflicts me with His rod of correction, which is His Word. He does it for my good and for His glory. Hebrews 12:11 reads, *“Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.”* I receive a lot of benefits when Father God afflicts: 1) It keeps me from continuing to go astray and sin; 2) It teaches me God’s ways; 3) It trains me to obey the Lord and brings good fruit in my life for His glory. 2 Corinthians 12:8-10 taught me that

in the midst of afflictions, GOD’S AMAZING GRACE is sufficient for me. He promises me that His strength is made perfect in my weakness, and He will give me His power.

Oh beloved, these are not words of man. They are not empty promises. If I had never suffered affliction, I would have missed countless benefits and blessings from God. 2 Corinthians 1:3-4 reads, *“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.”* Beloved, as I have taught God’s Word in this country and internationally for years, I have experienced the power of the Holy Spirit change lives, as He used me to comfort countless others as He comforted me in my affliction. Believe me, there are heavenly benefits and blessings through suffering.

When people see what God has been doing and is doing through my life, it gives them hope. You do not have to perish in your afflictions, and you can learn the benefits and blessings that come as a result of them.

— Janice McBride

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*All scripture is taken from the New King James Version of the Bible.*

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