

## DON'T WASTE YOUR SORROWS

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2 Cor 4:6-10 For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ. But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us. We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed; Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body.

2 Cor 4:16-17 For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory;

One of the biggest problems we face in life is understanding sorrow and suffering. Why must we suffer? Why do we have to go through some of the things we have to go through in life?

Paul said that "our light afflictions are but for a moment." Many times our afflictions don't seem light and the amount of time that we have to endure them seem a lot longer than a moment but if we don't waste our sorrows, they will produce a glory in us that will far exceed the pain.

Suffering is universal. We will all suffer in life. What we have to go through isn't what's important; the important issue is how we go through it. How will we allow it to affect us? Will we allow it to make us better or bitter?

"I walked a mile with pleasure; she chattered all the way, but left me none the wiser, for all she had to say. I walked a mile with sorrow; and never a word said she; but O, the things I learned from her, when sorrow walked with me."

Don't waste your sorrows. Sorrow will teach you things that you can't learn any other way.