## Why is there suffering in the world?

**ROMANS 5:3-4** 

Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, <sup>4</sup>and endurance produces character, and character produces hope.

Why can't things just be good all the time? Why does there have to be suffering? God wants you to grow strong to be like Him. That means He sometimes allows you to suffer.

Suffering means to hurt in your body or your feelings. Some people suffer from sickness and pain. Other people suffer because of sadness, anger or hurt feelings. There was no suffering in the world until the first people, Adam and Eve, sinned. Part of the result of that sin is that suffering would be in the world. Now everyone has times of suffering.

Sometimes God allows suffering to help you grow to be more like Him. Suffering can help you become more patient as you wait for God to work. Suffering can help you learn to have courage as you trust God to take care of you.

**God never lets you suffer alone.** He is always there to help you. One day God will take away all suffering from His children. Until then, trust Him to be with you. Let Him help you to be calm on the inside even while you are suffering. Let God use suffering in your life to help you grow strong.





Thank God for being good and wise. Thank Him for being with you in your suffering. Ask Him to help you trust Him.