DONT WASTE YOUR PAIN

**John 16:33**: Before going to the stake, Messiah told His disciples: “These things I have spoken unto you that in Me you might have peace. In this world you will have tribulation, but be of good cheer/be of good courage: I have overcome the world.”

Life in this world is filled with suffering and pain of all types. We work so hard to avoid it, but it is part of life, especially as we grow older. Now the world is in “a full-court press” by the dark kingdom. They see that humanity in general is being weakened in mind, emotions, and in will. They are closing in to take over. As the walls of their press/pressure move in on us, we must take a deep breath, then with faith and rising joy in our spirit, make our move to do what we can to win the game – to overcome, to endure, and end up in victory.

Pain in mind, emotions, and body are part of being human. It is unavoidable unless you go along with the transhumanist attempts to make us part machine, and we nearly are incorruptible. If you choose to remain human, then pain is part of your existence. To everything there is a conclusion. For those who abide in Yahuwah and Yahushua, **Revelation 21:1-7** tells us that in the Kingdom of heaven there will be “no more pain.” Yahuwah will wipe all tears from our eyes.

Until then, as we move through time on this earth, what can we do to redeem pain so that Yahuwah turns it into something that transports us into another state of being in preparation for eternity? Most everyone wastes their pain and their suffering, whether in mind, emotions, or body, and the pain, even after it leaves, continues on as memories that haunt us, depress, oppress, and drag us down. The carnal mind of some people likes to dwell on their suffering. They talk about it, they whine and complain. They love the attention - to have others feel sorry for them.

The things of this life all have a purpose when we give ourselves 100% to the Spirit of Yahuwah to transform us into His image and likeness. Our pain and suffering can turn to a testimony of the greatness and goodness of Yahuwah and Yahushua, whether through healing or not. In this transformation, that only He can do from the inside, we can rise to another dimension of being and overcome all so that we stand before the Master with faith, peace, joy, and love, knowing we obeyed Him and thus are ready to take our place in His Kingdom.

This article was inspired by a letter from a subscriber who has been on my website list for long time. Though we’ve never met in person, Phyllis has blessed me greatly in many ways. Here I quote from her hand-written testimony of Neville Johnson in a letter she sent me recently.

“In his book, *Destiny and the Eternal Purposes of God*, Neville Johnson wrote: “Many years ago I was carrying a shotgun and at the same time climbing over a fence. The shotgun was cocked and I as being careful, when suddenly without warning, the fence gave way. I instinctively held the gun high as I fell, landing on the base of my spine. Pain shot up my spine like a hot flame, and I was in great agony. A disc in my spine was pressing against the sciatic nerve. The pain was unbelievable, as I lay in bed squirming to get into a position that alleviated some of the agony. After a few days of this, a phrase that I had heard somewhere came constantly to my mind `don’t waste your pain.’ Along with that, a scripture from Colossians kept surfacing through the pian and establishing itself firmly in my thoughts – **Colossians 1:24**. I meditated on that Scripture for a while trying to connect it to my painful circumstances. After a while, it seemed a veil lifted, and to a degree I understood what this Scripture meant.”

He told Abba he didn’t want to waste this pain. “After this the Master was standing at my bedside and tears rolling down His cheeks. I asked `What’s the matter.’ He looked at me and said: `Very few of my children ever think of my needs.’ The Master’s tears were tears of gratitude that the effect on me was as such that could not be described. I was undone. The pain in my back continued and even worsened for a few weeks, but I now knew that I was not wasting my pain.

Shortly after this, He healed me. Does Abba have needs? Yes. He has need of friends. He has need of fellowship He needs us to pray so that He can respond to our prayer. He has a need of us to seek Him because only then can we find Him.”

His testimony reminded me of the pain attacks I had on and off for six years in the lower right side of my body at the top of my right leg, with definite patterns to them. I finally realized it was not normal; it was demonic. Our heavenly Father moves in patterns so that we know what is of Him and what is not. Being only able to counterfeit, the forces of darkness also move in patterns.

Those pains were so great that I could hardly breathe. They always came when I was about to do something that brought me happiness, or during a trip in which I was going to serve the Master in some way. One day I was lying on my bed in my apartment in Tiberias, Israel. The pain came hard and fast, as usual. And as usual, I endured it until I could not handle it anymore and I began the usual crying out to Abba: “why?” At that point, I saw Him in a vision standing at the end of the bed with His arms folded, relating to me: “I cannot help you.” Then, I said to Him, “Do you mean that if I stop asking `why’ and giving in to the torment of the pain and begin to praise You just because You are Elohim and I am not, that You would heal me?” Why I said that, I do not know. But His answer was a firm “Yes.” I told the devil that if he came with the pain again, I’d begin praising Yahuwah and Yahushua.

Yahuwah healed me. I did not have the pain for a long time. Then one day, walking with a friend up the steps from the Marina on Lake Kinneret/Sea of Galilee, the pain came strong and hard. I stopped. I said to the “devil,” so, you want to test me. Right there in the midst of people coming and going on the steps, I began praising Yahushua and Yahushua for Their kindness to me. My friend understood – it was no shock to her. Instantly the pain left. It was several months later than I was downtown Tiberias again. I had gotten off the bus and was heading down to the open market. I was crossing a street. The knife-like pain came again. I sat down on a bench. I reminded the devil that I was going to praise Yahuwah and Yahushua. I began praising. Quickly the pain left, never to return.

The fallen ones test us as they did Iyob. I passed the test of Iyob one day in January of 2011. Please refer to: “The Test of Iyob.” The pain lesson went on until 2013, when it was finally over - there in Tiberias, Israel.

“When the enemy comes in like a flood the Spirit of Yahuwah lifts up a standard against him.” However, He can only “lift up a standard against him,” if we are at peace – resting in His Presence in faith and love, letting Him know we trust Him.

My left knee began twisting out of place when I was 10. My joints and vertebrae are very flexible, and the muscles don’t always hold them in place. I’ve lived a life of pain, falling, and tearing ligaments and tendons in knees and ankles, my back out of place, pinching nerves, all sort of things related to that. I grew bitter at God many times. “Why???” I continually asked with anger. Yet, I’ve had some incredible miracle-healings in my life - even a creative miracle, or else I would not be walking at all. I am thankful for my excellent over-all health! I am very grateful to Him for just being Himself. But I did not come to that conclusion easily. I did not find peace in suffering easily. It came as I began understanding His nature, His ways, and His thinking, and came to love Him as my Abba/Daddy.

Abba Yahuwah finally helped me understand the why of things in this world - the reason He says to always give thanks, always be in prayer, always rejoice, always allow joy to rule. Those things free Him to be able to help us.

His ways are surely not our ways, and His thoughts surely not our thoughts (**Isaiah 55**). I thank Abba every day from the depths of my heart that I can use my cane or my walker, drive my car, go shopping, do business, and carry one with life in so many good ways. I thank Him always for you! I thank Him for the life of traveling and ministry He has allowed me to have for so many years.

I realize that in this world many are blind, deaf, sickly, crippled, or mentally challenged. Many soldiers come back from wars maimed. Many suffer from cruelty and sadism, and others for their faith in “Jesus.” I understand that pain takes many forms – even pain in not being able to do what others can do – restrictions, feeling left out, the effects of poverty, the effects of betrayal and unloving spirits. Yes, I understand what Mr. Johnson is saying. I’m sure you do too!

Yahuwah is constantly testing us. He allows the fallen ones to test us for Him, even as He allowed Iyob to be tested by Satan and his friends.

We prolong the testing process when we complain, get angry at the pain, feel sorry for ourselves, get angry at God, get bitter, and full of hate. Our faith takes a nose dive and we think God is hard-hearted, even sadistic, to keep us in pain when all He has to do is think our healing and its done. I know, I hated God for many years, thinking He was the supreme sadist for leaving me in mental, emotional, and physical pain - until the day He showed me in a dream “if was your own hand.” Then I began to understand and to grow up. Then I learned to love my Abba/Daddy and know His love for me. He is preparing us for what He wants us to do BEFORE Messiah comes, as well as in the Kingdom and for eternity after He comes.

We so often ignorantly cause our own pain by making mental decisions on our own that cause us great hurt later on. Yahuwah gives us free will. So much of our pain inside, in our heart, is because of decisions we make based on our carnal emotions - without consulting Yahuwah, without taking time to allow Him to show us right and wrong. The best thing we can ever do after a true new birth and the infilling of His Spirit is to submit 100% to allow the Spirit of Yahuwah to control our lives. It is in relinquishing control of our lives to Him that makes us really free!!!

Why does He allow what He allows for His children, when it is hurting His children? Sadism? Cold attitude? No!!! I learned all that He does is out of love for us. Sometimes, He cannot help us because we are hard-headed, stubborn, rebellious, self-seeking, and self-controlled. We tie His hands. He only deals with us out of what He sees will mature us, and bring us final healing in His Kingdom.

If we were spoiled brats getting everything we wanted, or at least trying to, then how can we have time to know Him - to understand why He does what He does? Following this same thinking, why is it that believers in nations of severe persecution for their faith are so strong in their faith? Why do they go forth witnessing of the Savior when they know it will result in their being killed, perhaps by a family member, or shot by the police, or imprisoned, denied basic human rights, tortured, or beaten up and left for dead? Why do they have the nature of Yahuwah and Yahushua and are bold and strong and joyful – joyful – joyful? Why do they actually love their enemies? Why, when they meet for fellowship, do they not want to chit chat about the things of the world, but when with other believers all they want to talk about is their Savior, His blood shed for them, His resurrection, His return, what it means to know Him?

Before going to China the first time, I talked on the phone with a man from Open Doors ministry. He had just returned from China. He said he went there to teach the Bible to groups of believers who had no Bible. He said he sat on a straw mat and taught for hours. He was so tired that they brought him a pillow so he could sleep. He slept hard for about two hours. When he woke up, they were still there, waiting to hear more. In the affluent world of Greek-Roman culture, few today can sit and listen to, or read, more than a chapter of the Bible without being bored. Tell me, who understands the true new birth and who does not? [Refer to: “The True New Birth”/Mikvah of Eternal Salvation]

Why, after being in prison for 17 years (normal time for a pastor to spend in prison in China), 20 years (as Brother Samuel Lamb), or 23 years like Wang Ming Tao, do they not want to talk about their sufferings, but say “it was my schooling.” Schooling for what? – To continue on spreading the Good News and edify believers. Few have a Bible. If they do have a Bible, it is a New testament. They are Spirit-taught. They act on what the Master says.

They do not waste their time in prison. They witness to the Savior in prison. Why waste anything? Let us learn from the Spirit our lessons, and then go on to higher lessons, perhaps lessons that do not include physical, mental, or emotional pain. Amplified Bible, **Luke 21:19**: “By your [patient] endurance [empowered by the Holy Spirit] you will gain your souls.” NKJ: **Luke 21:19**: “By your patience possess your souls.”

[**Romans 5:3**](https://biblehub.com/romans/5-3.htm)**-4**: “Not only that, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.”  
 [**Hebrews 10:36**](https://biblehub.com/hebrews/10-36.htm): “You need to persevere, so that after you have done the will of God, you will receive what He has promised.”  
 [**James 1:3**](https://biblehub.com/james/1-3.htm)**-4**: “because you know that the testing of your faith develops perseverance. Allow perseverance to finish its work, so that you may be mature and complete, not lacking anything.

[**James 5:8**](https://biblehub.com/james/5-8.htm): You, too, be patient and strengthen your hearts, because the Lord's coming is near.  
 Remember that the word “tribulation” comes from the Latin word “tribulum,” meaning “pressure.” A “tribulum” is an ancient farm instrument that puts pressure on the grain to release the chaff from it, so that it can be gathered into the Master’s barns. (Read **Matthew 13**, slowly – let Abba teach you). Without the tribulum we would not be ready to enter the Kingdom. “It is through much tribulation that we must enter the of Elohim.” (**Acts 14:22**)

Think of life without trials and tribulations, without pain, without suffering - getting everything we want for ourselves. We would have no desire to know Yahuwah, or have faith in Yahushua. We would glory in our own power, our own abilities, our own godhood, our own strength. From the ESV, **II Corinthians 12:10**: “For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. **For when I am weak, then I am strong**.” When weak in body and mind/soul, our spirit puts on strength in Abba.

It is only when we submit to Him, that even our weakness becomes a means of our set-apartness and positioning for the Kingdom. Let us not waste the hard times, and give up our faith! He is training us for reigning by using life in this world under the rule of the “prince of this world” to prepare us for out eternal life.

I learned the hard way. But I learned. I was in Kampala, Uganda. My host family was out and the pastor had taken a friend of mine and was out preaching. I was sitting under a mosquito net with holes it. Roaches were coming in through the holes and all over me. I was in much pain with an ankle that I had injured when it turned out of place and tore lots of tendons and ligaments. I was in despair. I laid down. All of a sudden, I felt my spirit leave my body and begin to go downward into the bed. Immediately, I looked up and saw the “cloud of witnesses” of **Hebrews 12:1-2.** My spirit returned to my body. I saw a man, whom I knew was the Apostle Sha’ul - spirit-to-spirit recognition - come out of the cloud and kneel by my bed. He began explaining to me what he went through in the service of the Master as “par for the course,” from **II Corinthians 4, 6, and part of 11**. He said that in the service of the Master, things just happen. He was in the sea for 3 days one time, he said, and thought he would not live through it. When he finished his teaching, he went back into the cloud and the cloud disappeared. **Hebrews 11** is so real – without us, those who have gone before would not have the final salvation.

As soon as the cloud lifted, I felt strength pour into me – great strength into body, soul, and spirit. Just then, Pastor Bethuel Dongo came back with my friend – a high school teacher from Dallas. I hobbled into the other room to greet them. I told Pastor Dongo that I would preach the next day if he would get me a place below the raised platform. I had not gone with him because it was difficult to walk. The next day I went and preached. People came to be born again, including 4 young Muslim men.

Did Yahuwah heal my ankle? No! Within a few days, we went to visit a missionary from England in a near-by village. She was a nurse. She let me know how to strengthen my ankle so that it would heal faster. It healed, yet it formed calcium deposits that caused pain. My son took me to his chiropractor who broke up the calcium deposit so that I walked normally. I had two more serious injuries with it. Those healed in 6-8 weeks using essential oils. Life! “Sie la vi” … “such is life” just the way it is. In going from one place to another in the service of our Master, we have tests. Lots of tests! If we pass them with faith in our Father’s goodness, our faith grows stronger. If we flunk the test, there are more to come.

I have had many miraculous healings, dramatic healings, but then, there are times when we all just go through things and He works it out. And, if we allow Him, we come out stronger with more wisdom and knowledge and spiritual empowerment than ever before. Life’s challenges! Turn them into good!

How can we learn to suffer for Messiah’s Name’ sake if we cannot handle the suffering of this life in soul and body? Our suffering is not because Abba is sadistic, and likes to see us suffer. Far from it! If we cannot commit the suffering of this life to Him, how can we stand in the coming days and face martyrdom for His Name’s sake? If we whine and get “down in the dumps” over natural suffering in this world, what about facing beheading? Tens of thousands of guillotines await believers in America in FEMA camps, in military camps. I’ve written so much about the international laws in place for the beheading of all who believe Yahushua/Jesus is Deity and the only way to heaven. “You will be hated by all men for My Name’s sake,” Messiah told us of our day. Note that the “false flag” event of January 6th in Washington D.C. has set the stage for **Revelation 6:9-11, 7:9-17, 14:12-13, and 20:4, 6** to come down literally on the necks of Christians and born-again Messianics. In fact, there are 72 divisions of terrorists in America, so the U.S. government has listed. One of them is “Evangelical Christians.”

As we learn how Abba works to bring us into blamelessness so that we can enter the Kingdom of Light, now and forever, we see His wisdom, caring, and love.

So, choose your path! Choose the narrow way of **Matthew 7:12-13**. However, if you like complaining, feeling sorry for yourself, whining, being angry, blaming someone else for your situation – like I used to do - go ahead. It’s hell on earth! Nothing comes out of it but more hell. However, if you choose to continue on in praise, prayer, proclamation, joy, peace, faith, patience, long-suffering, gentleness, kindness, and humility – you will be preparing yourself for eternal life in the Kingdom. (**Galatians 5:22-24**) Humans naturally run from anything they consider “bad.” They don’t want to see it, hear it, or experience it. They live in fear that everything won’t turn out the way they want it to – so they try to control it. Folks, that is a dead-end street.

No, Yahuwah does NOT want to see us in pain or suffering in any way, but He knows the nature of humans. We bring a lot on ourselves. He uses all that comes our way to grow us up, to test our loyalty, our faith, our dependency on Him. Allow Him to be the Abba/Daddy that He wants to be. His Spirit is “the Comforter.” Let Him teach you through the Word, through speaking to your spirit, and through the circumstances of life. Let us learn victory in small things and graduate up, so that when the huge things come, we’ll not be overwhelmed.

In His love, Yedidah

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