

# Life Week 2026 Devotion - Day 6

## *Can God Use My Hurt for My Good* by Rev. Todd Peperkorn



**"My heart and my flesh fail me, but God is the rock  
of my heart and my portion forever" (Psalm 73:26).**

It is hard to imagine that God does good things through bad things. Bad things are, well, bad. When we hurt, when we suffer, when we grieve and are sorrowful, all these things are signs that point us to the reality that things are not right in the world, and that God is still at work making them right. It may be dark thoughts, it may be the illness of the mind that never goes away, it may be regret. Whatever it is that grieves you, it weighs you down so that you can hardly even stand.

But how can God use "my hurt" for "my good"? Is God a big meanie, a heavenly masochist who delights in the suffering of His people? Far from it. Suffering is when God reveals who He really is.

Every time we suffer, we are faced with two paths. One path is the way of isolation. This is the path Satan wants for us. He wants you to be far away from your family, your Father who loves you, and your Brother Jesus who died for you. So, when you are faced with suffering, his goal is to draw you away from the flock. Like an animal that is wounded, there is one part of us that just wants to go lie down and die. That is when the wolves come. And those wolves are relentless.

But God does not abandon us when things are hard. Far from it! It is when you are alone and most vulnerable that God comes to you with the balm of His Gospel. He gets into the muck with you, holds you close, and says, "Don't listen to your heart. Listen to Me. I will never let you go."

Don't let the devil, the world, or even your own heart deceive you. God is your rock. He will never let you down. You are never, never alone.

*God, be my rock and my salvation. Surround me with people who love me and embrace me with Your steadfast love. Help me to see that my heart does not need to be alone. It needs You, and it needs to know that You come to me in Your Word and Spirit. Send Your Son so that I may trust in You forevermore. Through Jesus Christ, our Lord. Amen.*



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