

9. Psalms 119: 65-72

- a. Principle #9: Rule #5: *Suffering builds Character. No pain, no gain.*
- b. Practice # 9: Discipline is necessary for our development.
- c. Explanation: God disciplines those He loves. If He did not He says in Hebrews 12 He would not be a loving father. James the first chapter describes how our character is shaped, refined, and developed through the crises and trials of life. Romans the fifth chapter describes how we grow as we persevere through pain. We all want to be pain free, but we all want to grow and develop character. There is no growth without pain. In all the disciplines in life there is always pain with growth in order to develop. God loves us enough not to allow us to stay where we are or stay stuck in not growing. He wants us to grow in His love. Therefore we will experience pain.
- d. Application: Where have I grown this week? Where was life painful? What did I learn and how did I develop through my pain?

e. Signature _____ date _____