

## THE GIFT OF DISCOMFORT

### SCRIPTURAL REFERENCE

Psalm 34:1-10

### ADDITIONAL STUDY

Genesis 50:14-20, Roman 8:28, & Proverbs 24:16a (NLT)

### CONFESSION

In Jesus name I declare: "Whatever life throws at me will only be used to my advantage. My setbacks will be used as a platform for my set up. All things are working out for my good. I receive wisdom to use every discomfort as an opportunity to birth great things in life. Amen!"

This poor man cried out, and the LORD heard him, and saved him out of all his troubles. - **Psalm 34:6**

You might be familiar with this proverbial phrase: "If life gives you lemons, make lemonades." Life comes with its ups and downs, and its twists and turns. Sometimes we pass through untold hardship and unimaginable discomfort; all of which shouldn't be strange to us because Jesus categorically told us about the troubles that come with living in this world (John 16:33).

As humans, we would rather avoid discomfort – anything that makes us uneasy. However, if properly channeled, discomfort can become a pathway to progress; it can be the setback that eventually leads to our set up in life.

Most of the psalms were written by David during his years of hardship and discomfort; e.g. at the point he wrote our reference psalm, Saul was after his life and he had to feign madness before an enemy king. Although David wrote these psalms from his unpleasant experiences; today, they are mostly used as soothing balms for those passing through various trials in life. Like lemons, David's experiences were meant to leave a sour taste in his mouth, instead they pushed him to create a mark on earth that can't be erased - talk about the gift of discomfort!

No doubt, if David were alive today and royalties were paid to him for citation of the psalms he wrote, he would have made Forbes list for The World's Richest Men. So, don't allow the uneasiness you are currently going through right now break your resolve; rather, use it as an opportunity to birth something worthwhile in your life.

Let the hardship of joblessness push you to become more creative, bringing out the entrepreneur in you. Let the uneasiness of trekking spur you to save more judiciously to buy a car. Let the pain in your body make you desperately search out scriptures that will empower you to walk in divine health. Let your emotional trauma push you to write world's bestsellers. In all, let the discomfort you face daily propel you to seek God's help, because He can deliver you from every trouble.

Jill Scott an American multi award winning artist who used her discomfort as a platform (gift) to birth many great things in her career said, "Heartbreak was the impetus to me writing poems and music in the first place. Over the years, I had my heart broken so badly that if I didn't find a way to get all the pain out, I was going to lose my mind. I was crazy! I was so hurt that I had to write."

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