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E-mail:cedarministryintl@yahoo.com
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+234 8033113523, +234 8155744752 www.cedarministry.org
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11 Benefits of Life's Troubles

BY T. O. Banso

Nobody prays for or loves trouble. Nonetheless, trouble comes to people at different times. Someone's sins or mistakes, the mistakes or wickedness of others, the sheer operations of the devil, or the fact that we live in a broken world can cause trouble. If I were to pray that you would never have any trouble in life, don't say Amen, because I would be lying!

Psalm 27:5 says, **"For he will conceal me there when troubles come; he will hide me in his sanctuary. He will place me out of reach on a high rock" (NLT). Nahum 1:7** also assures us of God's protection in trouble: **"The LORD is good, a strong refuge when trouble comes. He is close to those who trust in him" (NLT).**

From these two scriptures, you can see these phrases: "when troubles come" and "when trouble comes." It is not a matter of "if" but "when." Troubles will come for diverse reasons. Whatever the cause, and as challenging as troubles are, they have some benefits. That is not to say one should desire trouble or pray for it. However, no matter how much you pray or how careful you are, some troubles will come.

According to the Topical Bible, "In the biblical context, 'trouble' refers to distress, affliction, or adversity that individuals or groups may experience. It encompasses a range of difficulties, including personal suffering, persecution, and divine judgment. The Bible presents trouble as a common aspect of human existence, often used by God to test, refine, or discipline His people."

2 Chronicles 15:3-4 says, **"For a long time Israel was without the true God, without a priest to teach them, and without the Law to instruct them. But whenever they were in trouble and turned to the LORD, the God of Israel, and sought him out, they found him" (NLT).** The people of Israel only turned to the LORD because the trouble from their rebellion forced them to do so. Trouble acted as a catalyst for their repentance. Of course, the cycle of rebellion, punishment, and return to God continued until they went into exile. You must never live your life like this.



Most people view trouble negatively, but you must extract the benefits from it.

Benefits of Life's Troubles

1. Troubles reveal your true character and the strength of your faith. Trouble brings out what is inside you. Under pressure, pretences give way, and what you truly are becomes obvious. If you have a bad attitude, it is revealed when you face life's challenges. The choices or decisions you make during trials expose who you really are.

Job's wife told him to curse God and die because of his trial. The trouble revealed the kind of woman she was. On the other hand, Job showed his true character by rejecting her counsel. He remained faithful to God **(Job 2:9-10).**

Troubles help you know the strength of your faith. You can confess God's Word when life is going well, but it is life's adversity that reveals the strength of your faith, whether weak or strong. **1 Peter 1:7a** says, **"These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold" (NLT).**

2. Troubles help you get closer to God and prepare you for eternity. Trouble makes people go closer to God, even if it is initially to find solutions to their troubles. This becomes the entry point into an eternal relationship with God for many. Also, life's troubles bring those who already have a relationship with God closer to Him. They seek His help and cry to Him for deliverance **(Psalms 107:6-7, 13, 19; 18:6; 118:5; 120:1; 2 Samuel 22:7).**

Job's friend, Elihu, said, **"Hard times and trouble are God's way of getting our attention!" (Job 36:15, CEV). Psalm 46:1** says God is our refuge and strength, a very present help in trouble. It is foolishness to be in trouble and not to get closer to God for deliverance **(Psalm 37:39-40).**

3. Troubles help you to cultivate perseverance and patience. Not all troubles are resolved quickly. Therefore, in the school of trouble, perseverance and patience are compulsory courses you take! The woman Jesus healed of the flow of blood didn't know she would be in that trouble for 12 years. She had spent all her livelihood on physicians and could not be healed by any of them until she met Jesus, who healed her **(Matthew 9:20-22; Mark 5:25-34; Luke 8:43-48).** Life's troubles teach us perseverance and patience.

James 1:2-4 reminds us, **"Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing" (NLT).** The book of Romans also shows a relationship between trouble and perseverance. **"And not only *that,* but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope" (Romans 5:3-4, NKJV).**

4. Troubles teach you humility. When things are going well for some people, they tend to be proud, look down on others, or quickly judge or condemn them. They pride themselves on their achievements and successes and see themselves as having superior wisdom or knowledge. But everything changes when life's troubles come, making all this unimportant. When what has been working stops working, they now see themselves at the same level as others, if not lower. Those going through life's troubles are no longer proud but sober and humble. Trouble keeps you from being proud, as seen in Paul's case **(2 Corinthians 12:7-9)**

Hannah said, **"Stop acting so proud and haughty! Don't speak with such arrogance! For the LORD is a God who knows what you have done; he will judge your actions" (1 Samuel 2:3, NLT).** The number one enemy of the proud is God! **(1 Peter 5:5, James 4:6).**

5. Troubles bring you to repentance and confession. In times of trouble, many people look within to see if their sins are responsible for their troubles. David said, **"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life" (Psalm 139:23-24, NLT).**

Some people will even try to 'exhume' past sins they've long repented of, and God has forgiven them. They'll confess forgiven sins again and ask for forgiveness afresh, in case the sins are the cause of their troubles! People ask God for mercy and deliverance from their troubles. Indeed, sin is the cause of some troubles, and they must repent of it for forgiveness and deliverance. **"When God saw what they had done and how they had put a stop to their evil ways, he changed his mind and did not carry out the destruction he had threatened" (Jonah 3:10, NLT).**

In **Luke 15,** suffering and extreme hunger made the prodigal son repent and return home. However, troubles can produce false or temporary repentance in others, such as Pharaoh **(Exodus 8:8-15; 25-32; 9:27-35; 10:16-20)** and Saul **(1 Samuel 15:24-25).**

6. Troubles bring out the best in you and strengthen you. Troubles stretch you, so that you either cave in or stand strong. During life's troubles, people dig into their innermost being for resources to deal with their situation. While doing that, they may discover strength, abilities, talents, etc., they never knew they possessed, or they've neglected, which they are compelled by circumstances to harness and deploy.

Trouble impacts your life in a way that the experience makes you strong enough to face future challenges. **1 Peter 5:10** says, **"But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle *you*" (NKJV).**

David was strengthened by his previous troubles with the bear and the lion and drew on that experience to defeat the Philistine champion **(1 Samuel 17).** His trouble wasn't a waste! Your current trouble won't be a waste in Jesus' name. You will overcome and be strengthened!

7. Troubles refine you and help you make some changes in life. When you pass through the furnace of trouble, it gets rid of some things from your life, including things that may not necessarily be sins but are not helpful or beneficial. Sometimes, troubles make you take some

life-changing decisions. **"Sometimes it takes a painful experience to make us change our ways" (Proverbs 20:30, GNT).** The psalmist declares in **Psalm 119:67, "Before I was afflicted I went astray, but now I keep Your word" (NKJV).** Also, he confesses in **verse 71**, **"*It is* good for me that I have been afflicted, that I may learn Your statutes" (NKJV).**

Troubles correct your perspective on life, helping you focus on Heaven's priorities and eternity rather than life's frivolities or vanities. When you go through some life's troubles and survive them, some things that mattered to you before won't anymore.

After trouble refined Nebuchadnezzar, he spoke humbly, not proudly **(Daniel 4:34-35).** Manasseh was one of the worst kings in Judah and Israel put together; he did evil in the LORD's sight **(2 Chronicles 33:1-7).** Therefore, God sent the Assyrian armies who took Manasseh prisoner, put a ring through his nose, bound him in bronze chains, and led him away to Babylon. He cried out humbly to God for help while in deep distress in Babylon, and He listened to him and restored him to his throne **(2 Chronicles 33:12-13).** Trouble refined Manasseh, and he ruled differently **(2 Chronicles 33:14-17).** Trouble changes people to become better.

8. Troubles help you to distinguish true friends from fair-weather friends. You cannot know your true friends when things are going well for you. Troubles reveal genuine friends. **Proverbs 19:4** says, **"Wealth makes many 'friends'; poverty drives them away" (NLT).** According to **Proverbs 14:20**, **"The poor are despised even by their neighbors, while the rich have many 'friends'" (NLT).** Some friends of the rich are only interested in their riches, not in the rich themselves. Hard times will reveal they are not true friends. **"A friend is always loyal, and a brother is born to help in time of need" (Proverbs 17:17, NLT).**

Real friends are glued to their friends regardless of their condition, but fair-weather friends desert them because their goal is what they can get from them. They can even secretly join wicked people to ensure their 'friends' don't get out of their troubles. **"There are 'friends' who destroy each other, but a real friend sticks closer than a brother" (Proverbs 18:24, NLT).**

9. Troubles make you appreciate people better. God didn't create anyone to go through life alone. When you're in trouble, you're forced to reach out to others for help. However, don't be surprised if some people desert you in your trouble, as all Jesus' disciples deserted Him and fled, too **(Matthew 26:56).**

Troubles make people appreciate faithful and trusted people who stand with them. This is evident in Paul's writing while in Roman prison. He referred to those who stood with him, turned away from him, ministered to him, or did him much harm **(2 Timothy 1:15-18; 4:9-16).** In **2 Timothy 4:21,** Paul told Timothy, **"Do your utmost to come before winter. Eubulus greets you, as well as Pudens, Linus, Claudia, and all the brethren" (NKJV).**

The excruciating impact of loneliness in times of trouble is greater than the adversity itself. So, a good company is a great encouragement! You tend to value such a company more than ever before.

10. Troubles equip you to help others in trouble. Trouble teaches you lessons you can only learn through such experience and enables you to comfort or minister to others in similar situations. The trouble you passed through enables you to help others facing the same or similar troubles. **"He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us" (2 Corinthians 1:4, NLT).** In that way, good comes out of your trouble! You are able to help or carry others' burdens **(Galatians 6:2).**

11. Troubles can become God's opportunity to fulfil His purpose in your life. God will work all things, including trouble, together for your good **(Romans 8:28).** Joseph's life's troubles—the conspiracy of his brothers against him—turned out for his good; he became the prime minister in Egypt. Joseph told his self-indicted brothers, **"But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive" (Genesis 50:20 NKJV).**

Until David killed Goliath in **1 Samuel 17**, Israel didn't know David. David's defeat of Goliath turned him into a national figure, and indeed a global name today, even outside Christianity.

Conclusion: Every problem has an end date. As a child of God, whenever you face life's troubles, don't be afraid. Have faith in God. Don't face troubles in your own strength. Stand on God's promises to be with you in every situation, including trouble, and to preserve you **(Isaiah 43:1-3).** Don't give up, for the troubles you see will soon be over, but the joys to come will last forever **(2 Corinthians 4:16-18).**

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Take Action!

If you are not born again, you need to give your life to Jesus now. I urge you to take the following steps: ***Admit that you are a sinner and you cannot save yourself and repent of your sins. *Confess Jesus as your Lord and Saviour. *Renounce your past way of life – your relationship with the devil and his works. *Invite Jesus into your life. *As a mark of seriousness to mature in the faith, start attending a Bible-believing and Bible-teaching church.** There they will teach you how to grow in the Kingdom of God.

Kindly say this prayer now: ***O Lord God, I come unto You today. I know I am a sinner and I cannot save myself. I believe that Jesus is the Son of God who died on the cross to save me and God raised Him on the third day. I repent of my sins and confess Jesus as my Lord and Saviour. I surrender my life to Jesus now and invite Him into my heart. By this prayer, I know I am saved. Thank You, Jesus, for saving me and making me a child of God.***

I believe you have said this prayer from your heart. Congratulations! You will need to join a Bible-believing and Bible-teaching church in your area where they will teach you how to live your new life in Christ Jesus. I pray that you flourish like a palm tree and grow like a cedar of Lebanon. May you grow into Christ in all things and become all God wants you to be. I will be glad to hear from you. The Lord be with you.

T. O. Banso heads Cedar Ministry Int'l Abuja, Nigeria.
P.O. Box 6542, G.P.O Garki, Abuja.
www.cedarministry.org;
cedarministryintl@yahoo.com
+234 815 574 4752
+234 803 311 3523

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