

How to find joy in suffering

Rejoice and be glad, for great is your reward in heaven.

MATTHEW 5:12A

Written by Bill Perkins

Jesus never asks us to celebrate pain.
He asks us to look past it.
He endured the cross
not by focusing on the agony,
but by fixing His eyes
on the joy set before Him (Heb 12:2).

When suffering comes,
we don't stare at the wound.
We don't listen to the ache.
We lift our eyes
to the reward waiting for us—
a reward so great
that eye has not seen,
ear has not heard,
and the human heart
has never imagined
what God has prepared
for those who love Him (1 Cor 2:9).

While we know little
about heaven's details,
we know the one thing
that matters most:
we will see Jesus
in His glory (1 John 3:2).
And that alone
is enough to fill us with joy
as we look forward
to that reward.

You may not know this about Jesus—

every Beatitude
is a picture of Him.

He is the One
who lived the first half—
poor in spirit (Matt 11:29),
pure in heart (Heb 7:26),
merciful (Matt 9:13),
peacemaking (Eph 2:14–17),
persecuted for righteousness (Acts 3:14–15).

And He is the One
who gives the second half—
the kingdom (Matt 4:17),
the comfort (2 Cor 1:5),
the inheritance (Heb 1:2),
the mercy (Titus 3:5),
the vision of God (John 14:9),
the great reward in heaven (Matt 5:12).

So when Jesus says,
“Rejoice and be glad,”
He is not minimizing the pain.
He is magnifying the future.
He is calling us
to share His own perspective—
the joy that carried Him (Heb 12:2),
the glory that follows suffering (1 Pet 5:10),
the reward He Himself will bring (Rev 22:12).

Our suffering is not the end.
The reward is.

Where is Jesus inviting me
to look past the pain
and fix my eyes
on the joy set before me?

My hope is not in what hurts,
but in what God has prepared—
seeing Jesus in His glory (1 John 3:2).

Father, lift my eyes
from what is painful
to what is promised.

Let the joy set before Jesus
become the joy
that strengthens me.
In Jesus' name. Amen.