

**“Many are the afflictions  
of the righteous”  
(Psalm 34:19).**



**M**ANY ARE THE AFFLICTIONS OF WHOM?—Even the righteous suffer afflictions, “but the Lord delivers them out of them all.” The Lord allows such things as sickness, troubles, and problems to test and strengthen our faith, and to help us get even greater victories out of seeming defeat. Sometimes “bad” things happen just to keep us close to the Lord. Sometimes they happen to draw us closer to each other. Sometimes they happen to keep us humble. Sometimes they happen to make us pray. So even troubles and tribulations are good for us if we let them accomplish God’s purpose.

It’s important to remember that whatever God does, He does it in love. “All things work together for good to those who love God” (Romans 8:28). God is not going to let anything happen to you, His child who loves Him, except what is for your ultimate good. So even though “many are the afflictions of the righteous,” the Lord is going to deliver you out of them all, no matter how many or what. A-L-L, all! Not just some or a few or most or many, but *all* of them! So the next time you’re afflicted with sickness or other troubles, expect God to deliver you, just as He has promised to in His Word.