

Pastor Morris Mureithi



Living Sermons

**THE 4 PAINS EVERY BELIEVER
MUST SURVIVE**

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The 4 Pains Every Believer Must Survive

Preacher: Pastor Morris Mureithi

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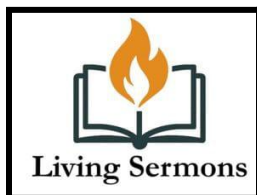
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For Kingdom impact worldwide.



Foreword

As Chief Editor of LivingSermons.com, I am pleased to present this message by Pastor Morris Mureithi, *The 4 Pains Every Believer Must Survive*.

This is not a comfortable sermon—but it is a necessary one.

In a time where many equate faith with uninterrupted comfort and constant triumph, this message brings us back to the reality of Scripture: that even the most devoted believer will walk through seasons of disappointment, loss, rejection, and betrayal. These are not exceptions to the Christian journey; they are part of the refining path through which God matures His people.

What makes this sermon especially compelling is not merely its honesty about pain, but its Christ-centred framing of it. The life of Jesus is presented not only as our salvation, but also as our pattern. He did not avoid suffering—He passed through it without becoming bitter, withdrawn, or spiritually diminished. That is the model set before every believer.

This message gently but firmly challenges the reader to reconsider how they interpret pain. Not as evidence of abandonment, but often as the hidden place of divine shaping. Not as the end of faith, but as the environment where faith is deepened.

As you read, you will find both conviction and comfort. Conviction, because many of us have mishandled pain in ways that have affected our walk with God. Comfort, because this sermon reminds us that Jesus Himself has walked this road and remains present with us in every season of it.

— *Wisdom Epsi*
Chief Editor, LivingSermons.com

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Publisher's Note

This book is a faithful transcript of a live sermon delivered by the preacher under the inspiration and unction of the Holy Spirit. Every effort has been made to preserve the preacher's exact words, tone, flow, and spiritual authority, while carefully proofreading and formatting the message into a clear and readable ebook format.

The message you are about to read was originally ministered in a live congregational setting. As such, it carries the weight, urgency, and atmosphere of that sacred gathering. Minor grammatical and structural adjustments have been made solely to enhance readability, without altering the substance, intent, or power of the original delivery.

The live sermon from which this message was transcribed can be accessed here: [Official YouTube Channel](#)

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Our commitment is excellence without dilution.

Our standard is reverence for the Word of God.

Our daily goal is to transform powerful live sermons into polished PDF and ebook editions for the edification of the Body of Christ.

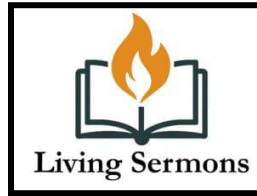
It is our prayer that as you read, the same grace, conviction, clarity, and impartation present in the live service will minister to you afresh.

— *Livingsermons.com*

A Spirit-led Publishing Stewardship

Main Message

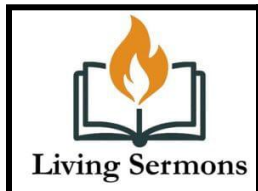
Begins Here:



Preface

This message brings the believer into one of the most honest and necessary conversations in the Christian journey: pain.

Not the kind of pain caused by sin, but the kind that comes simply from living, loving, trusting, and walking with God in a broken world. Jesus did not only call us to salvation—He also demonstrated how to endure suffering without losing heart. This sermon is a guide through that truth.



The Reality of Pain in the Believer's Journey

Today we are going to talk about something a little sensitive—the four pains every believer must survive. Many people come to faith believing Christianity is mainly about avoiding sin or making it to heaven. That is true, but it is not the full picture.

If you read the gospel carefully, Jesus was doing something more. He was not only preaching and performing miracles—He was training people to survive life without losing their hearts.

Because here is what many believers are not prepared for: You can be genuinely saved, genuinely called, genuinely gifted—and still be deeply wounded. Not by sin necessarily, but by pain. And these four pains are not rare or extreme. They are common. They are inevitable. They will find every single one of us at some point. How you respond will determine whether you finish what God started in you.

Jesus Himself experienced all four. And the cross is not only about salvation—it is also a demonstration of how to absorb pain and still remain whole. This is not a message to glorify pain. It is to equip you to overcome it.

1. Disappointment

Disappointment is one of the quietest reasons people drift away from God. It does not usually happen through a dramatic fall. It happens slowly—when life does not unfold the way people expected. Faith gets worn down by delayed promises and unmet expectations.

We see this clearly in Scripture. In John 11:21, Martha said to Jesus:

“Lord, if thou hadst been here, my brother had not died.”

That statement carries both faith and disappointment in the same breath. Jesus did not correct her. He met her there. What she did not understand was that the delay was not indifference—it was design.

Jesus had already said:

“This sickness is not unto death, but for the glory of God.”

The gap between expectation and divine purpose is where disappointment lives. But God is not absent in that gap. He is working within it. Even on the road to Emmaus, the disciples said:

“We trusted that it had been he which should have redeemed Israel.”

Their expectation had died, so they were walking away—yet Jesus was walking beside them, unrecognised. This is the mystery of disappointment: God may seem hidden, but He is not absent.

Delay is not denial.

Sometimes disappointment is preparation for revelation. The danger is not the pain itself, but what you choose to do in the pain. Do not make permanent decisions from temporary emotions.

Disappointment reveals whether your faith is in God Himself or in the outcomes you expected from Him.

So we pray:

“Lord, even when I do not understand Your timing, I will trust Your heart.”

Let disappointment not become distance between you and God.

2. Loss

Loss is the pain that comes without warning—and stays the longest. The church does not always know how to sit with it. We move quickly from grief to encouragement, as though mourning is weakness. But Jesus Himself shows us another way. After John the Baptist was killed, Scripture says:

“He departed thence by ship into a desert place apart.” (Matthew 14:13)

Even Jesus withdrew to grieve. If the Son of God made space for sorrow, then grief is not spiritual failure. It is love responding to absence. One of the most profound statements in Scripture is simply:

“Jesus wept.” (John 11:35)

He knew He would raise Lazarus, yet He still wept. Not because He was defeated, but because He was moved by human pain. Loss is not always punishment. Sometimes it is transition. What leaves your life may have completed its assignment.

Job declared:

“The Lord gave, and the Lord hath taken away; blessed be the name of the Lord.” (Job 1:21)

That is not denial of pain—that is anchoring identity in God beyond pain. Loss will either harden you or deepen you.

The difference is whether you allow yourself to grieve properly or build emotional walls. Do not rush healing. Some things must be mourned before they are released.

So we pray:

“Lord, receive every area of loss and restore what only You can restore.”

3. Rejection

Rejection is different because it touches identity. Disappointment is about what did not happen. Loss is about what was taken. But rejection feels personal. It speaks to worth, belonging, and acceptance.

Yet Jesus Himself experienced it:

“He came unto his own, and his own received him not.” (John 1:11)

Even His own people rejected Him.

Mark 6:4 says:

“A prophet is not without honour, but in his own country...”

Familiarity did not produce honour—it produced limitation. Some environments simply cannot receive what God has placed in you. Rejection is not always about value. Sometimes it is about alignment. Closed doors are often divine protection from misplaced environments.

The danger of rejection is performance—trying to earn acceptance everywhere you go. But no amount of performance can produce the approval of people who were never assigned to affirm you.

Scripture shows a pattern:

Joseph was rejected by his brothers.

David was overlooked by his father.

Esther began as an orphan.

Rejection often precedes redirection.

So we pray:

“Lord, heal every rejection wound. Let my identity remain anchored in You.”

4. Betrayal

Betrayal is the deepest pain because it requires trust to exist. Strangers cannot betray you. Only those close to you can. Jesus experienced this fully. Judas sold Him. Peter denied Him. The disciples fled. The crowds turned. And yet Jesus remained steady.

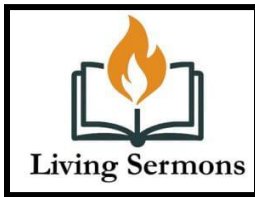
He even said to Judas:

“Friend, wherefore art thou come?” (Matthew 26:50)

And before that moment, He washed Judas’ feet. That is not weakness—that is spiritual maturity. Betrayal reveals people, but it also reveals who you are becoming. Joseph was betrayed and sold into Egypt—but that betrayal positioned him for the palace.

David was betrayed repeatedly—but those seasons refined him. Jesus was betrayed, crucified, and buried—but resurrection followed. Betrayal is not good. But God can still build destiny through it. The danger is bitterness—becoming closed, guarded, and distant. Guard your heart without hardening it. They are not the same.

So we pray: “Lord, heal every betrayal wound and restore my capacity to love again.”



Conclusion: The Healing Of The Heart

Every believer will walk through these four pains—often more than once. Disappointment. Loss. Rejection. Betrayal. But the gospel does not exempt us from pain. It transforms how we walk through it. Jesus walked through all four and remained whole. His love was not reduced. His heart was not hardened. His calling was not stopped.

That is the miracle. Many people do not lose destiny because of sin—but because pain changed them. So bring every wound to God.

The disappointment not processed.

The loss not healed.

The rejection buried.

The betrayal still lingering.

He already knows. And He did not lose His heart in suffering—neither will you.

Final Prayer

Father, I come to You as I am.

Heal me from disappointment.

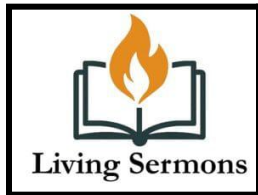
Heal me from loss.

Heal me from rejection.

Heal me from betrayal.

Let none of these pains change who I am. I remain faithful. I remain loving. I remain obedient. I will finish what You have started in me.

In Jesus' name. Amen.



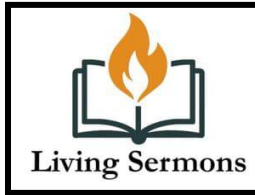
About the Speaker

Pastor Morris Mureithi is a teacher of God’s Word with a distinct emphasis on inner transformation, spiritual authenticity, and a life fully yielded to the leadership of the Holy Spirit. His ministry is marked by clarity, depth, and a sincere pursuit of truth—calling believers beyond surface-level Christianity into a genuine, experiential walk with Christ.

With a teaching style that is both thoughtful and piercing, Pastor Morris addresses the often-overlooked realities of the Christian life, particularly the tension between the flesh and the Spirit. His messages are not merely informational; they are deeply introspective, designed to awaken conviction, stir hunger for God, and lead listeners into lasting transformation.

He carries a burden to see believers grounded in truth, free from performance-driven spirituality, and anchored in the revelation of Christ’s worth. Through his teachings, many are challenged to move past routine and into real encounters with God—where true change takes place.

Pastor Morris Mureithi continues to minister with a focus on raising believers who are spiritually discerning, inwardly aligned with God’s purposes, and committed to a life of daily surrender.



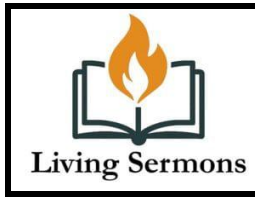
About Living Sermons

Living Sermons is a Spirit-led publishing platform dedicated to transforming timeless messages of God’s servants into books that can reach and impact lives across the world. Our mission is simple: to preserve the wisdom, revelation, and anointing carried in the preached Word and make it accessible in formats that can be studied, shared, and revisited for generations. By turning sermons into high-quality Christian books and eBooks, we extend the life and influence of each message far beyond the pulpit.

At Living Sermons, we believe that the preached Word is living and powerful (Hebrews 4:12). Every sermon carries truth that can instruct, comfort, rebuke, inspire, and transform. Our role is to faithfully capture these words, polish them for clarity and readability, and present them in a way that maintains the preacher’s unique voice and anointing.

Through our work, messages that might otherwise be heard once are preserved as lasting resources for teaching, devotion, discipleship, and evangelism. These books are designed not just for reading but for equipping believers, strengthening families, and advancing the Kingdom of God.

Living Sermons—*the preached Word in lasting form.*



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