

Psalm 34:19 (NKJV):

“Many are the afflictions of the righteous, but the Lord delivers him out of them all.”

Does the Righteous Suffer?

A common question many believers ask is, *“If I’m walking in righteousness, why am I going through so much suffering?”* The Bible does not shy away from this reality. The answer is clearly yes, even the righteous suffer. In fact, Scripture teaches that suffering is often part of the journey of faith, not a sign of God’s absence.

Jesus Himself said,

“In the world you will have tribulation; but be of good cheer, I have overcome the world.”

John 16:33 (NKJV)

Suffering is not always the result of sin. Sometimes it is the direct consequence of living righteously in a fallen world, where spiritual opposition, human injustice, and divine refining often intersect.

Joseph: A Righteous Man in Chains

Joseph is one of the clearest examples in Scripture. He was a man of integrity, obedience, and moral purity. He refused to lie to his father like his brothers did and maintained his character even when no one was watching. Despite this, Joseph was betrayed by his brothers, thrown into a pit, sold into slavery (Genesis 37), falsely accused by Potiphar's wife, and imprisoned (Genesis 39).

But the Lord was with him.

Though his suffering began at 17, Joseph's vindication came years later, when he stood before Pharaoh at 30 (Genesis 41:46). Full restoration and healing followed as he saw God's greater plan unfold not just for himself, but for an entire nation.

Genesis 50:20 (NKJV):



“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.”

Job: The Righteous Man Tested

Job’s life presents another profound example. In one day, he lost all his livestock, servants, and children (Job 1). Soon after, he was afflicted with painful boils (Job 2), and even his wife said, “*Curse God and die!*” (Job 2:9).

Yet Job never lost his faith. He questioned, he wept, but he never abandoned God.

Job 13:15 (NKJV):

“Though He slay me, yet will I trust Him.”

Eventually, the Lord restored Job giving him twice as much as he had before (Job 42:10). Job’s story teaches us that suffering is not

always punishment it can be a divine test that brings about spiritual maturity and deeper intimacy with God.

Jesus Christ: The Ultimate Example

The greatest example of righteous suffering is our Lord and Savior Jesus Christ. He was sinless, blameless, and yet endured unimaginable suffering betrayal, mockery, flogging, and crucifixion.

Isaiah 53:5 (NKJV):

“But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed.”

Christ was spat upon (Matthew 26:67), stripped naked, and crucified a form of execution reserved for the vilest criminals. He suffered not because of His sin, but because of ours. And through His suffering, He brought salvation to the world.

If the Son of God was not exempt from suffering, we too must expect to share in His sufferings as His followers.

Romans 8:17 (NKJV):

“If indeed we suffer with Him, that we may also be glorified together.”

Encouragement for the Suffering Believer

If you're suffering today especially because of your faith be encouraged. God is not blind to your pain, and He has not forgotten you. Suffering is temporary; God's deliverance is sure.

2 Corinthians 4:17 (NKJV):

“For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory.”

Even when the process is long days, weeks, months, or even years God promises to deliver the righteous from all their afflictions. Not some. All.

Fix Your Eyes on Jesus

When you grow weary, remember the example of Christ.

Hebrews 12:2-3 (NKJV):

“Looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame... For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.”

If God raised Jesus from the dead and exalted Him to the highest place (Philippians 2:9), He can and will raise you from whatever trial you're in.

Final Call: Give Your Life to Christ

If you haven't yet surrendered your life to Jesus Christ, now is the time. Before the day of His return the day of the Rapture comes, call on His name and be saved.

Romans 10:13 (NKJV):

“For whoever calls on the name of the Lord shall be saved.”

May the Lord bless you.

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