

# Trouble Teaches

by Charles E. Cowman

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*Trouble is not something to be feared, but rather an opportunity to learn and grow in our faith.*

**Scripture:** Psalm 34:17, Psalm 46:1, Psalm 46:10, Romans 8:37, James 1:2

**Topics:** "Gods Sovereignty", "Spiritual Growth"

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## Description

Charles E. Cowman preaches about God being our refuge and strength, a present help in trouble, emphasizing that God's timing in helping us is perfect as He first adjusts us to the trouble and teaches us valuable lessons through it. Cowman highlights the importance of being calm and quiet in the midst of trouble, trusting that God is with us all day and all night until He delivers us. He explains that God uses trouble as opportunities to test His promises and claim His blessings, urging believers to see trials as challenges to receive a larger measure of Divine grace.

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## Transcript

"God is our refuge and strength, a very present help in trouble" (Ps. 46:1).

The question often comes, "Why didn't He help me sooner?" It is not His order. He must first adjust you to the trouble and cause you to learn your lesson from it. His promise is, "I will be with him in trouble; I will deliver him and honor him." He must be with you in the trouble first all day and all night. Then He will take you out of it. This will not come till you have stopped being restless and fretful about it and become calm and quiet. Then He will say, "It is enough."

God uses trouble to teach His children precious lessons. They are intended to educate us. When their good work is done, a glorious recompense will come to us through them. There is a sweet joy and a real value in them. He does not regard them as difficulties but as opportunities.

--Selected.

Not always OUT of our troublous times,

And the struggles fierce and grim,

But IN--deeper IN--to our one sure rest,

The place of our peace, in Him.

--Annie Johnson Flint

We once heard a simple old colored man say something that we have never forgotten: "When God tests you, it is a good time for you to test Him by putting His promises to the proof, and claiming from Him just as much as your trials have rendered necessary."

There are two ways of getting out of a trial. One is to simply try to get rid of the trial, and be thankful when it is over. The other is to recognize the trial as a challenge from God to claim a larger blessing than we have ever had, and to hail it with delight as an opportunity of obtaining a larger measure of Divine grace. Thus even the adversary becomes an auxiliary, and the things that seem to be against us turn out to be for the furtherance of our way. Surely, this is to be more than conquerors through Him who loved us.

--A. B. Simpson

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Source: <https://sermonindex.net/speakers/charles-e-cowman/trouble-teaches/>

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