

GOODNESS GOSPEL OUTREACH

THE PAIN NOBODY SEES

An Apostolic Fire Sermon

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Primary Scriptures: Psalm 34:18; 2 Corinthians 4:8-9; 1 Kings 19:1-18

Supporting Scriptures: Genesis 16:13; Psalm 42:5; Matthew 11:28; Hebrews 4:15-16; John 11:35; Isaiah 43:2

“The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.” — Psalm 34:18

SERMON DESCRIPTION

There is a kind of pain that does not appear on the face. It does not require a bandage, and sometimes nobody around you knows that you are fighting to remain standing. Some people are smiling while their hearts are bleeding. Some are serving while secretly exhausted. Some encourage others while they themselves need encouragement. Some pray for everyone but struggle to find words for their own pain.

The Pain Nobody Sees is a biblical message about hidden wounds, silent battles, emotional exhaustion, disappointment, rejection, loneliness and the burdens people carry behind their public appearance. Through the lives of Elijah, Hagar, David and Jesus, this message reveals that God sees what people cannot see.

1. NOT EVERY SMILE MEANS EVERYTHING IS WELL

We live in a generation where people have learned how to present themselves. A person can post, "God is good!" while crying privately. Someone can preach about faith and still be fighting discouragement. Someone can encourage others while desperately needing encouragement themselves.

We sometimes judge people's condition by their appearance. But God does not merely look at the appearance. 1 Samuel 16:7 reminds us that while human beings look at the outward appearance, the Lord looks at the heart.

Some battles are invisible. Some tears are internal. Some wounds are hidden beneath years of silence.

Some people don't need condemnation. They need restoration. Some don't need another person telling them, "Be strong." They need someone to remind them: "You don't have to pretend before God."

2. HAGAR: GOD SEES THE PERSON OTHERS OVERLOOKED

Hagar was rejected, displaced and found herself in the wilderness. Genesis 16:6–13 records her encounter with God. After God spoke to her, Hagar called Him "Thou God seest me." — Genesis 16:13

She discovered something powerful: God saw her when people did not. She was in a wilderness, but she was not invisible. She was rejected, but she was not forgotten. She was displaced, but she was not abandoned.

People may not see your pain, but God does.

3. ELIJAH: EVEN GREAT PEOPLE CAN BECOME EXHAUSTED

In 1 Kings 18, Elijah stood publicly in a dramatic confrontation on Mount Carmel. Fire fell and the people witnessed the manifestation of God's power. Yet immediately afterward, something changed.

In 1 Kings 19:4, Elijah went into the wilderness and prayed that he might die. The man who had just stood publicly in one of the greatest moments of his prophetic ministry was now privately overwhelmed.

Public victory did not automatically eliminate private exhaustion.

You can have a testimony and still need restoration. You can experience God's power and still become tired. You can be used by God and still require care.

Notice God's response: He gave Elijah rest and nourishment before continuing to deal with him. Sometimes what looks like spiritual weakness is also human exhaustion.

Biblical spirituality does not require pretending that human beings have no limits.

4. GOD DOES NOT DESPISE THE BROKENHEARTED

Psalm 34:18 says, “The LORD is nigh unto them that are of a broken heart.” God does not merely remember the brokenhearted; He draws near to them.

Your brokenness does not repel God. Your tears do not frighten God. Your questions do not make God abandon you. Your weakness does not make Him lose interest in you.

God understands the language of the heart.

5. DAVID KNEW WHAT IT MEANT TO HURT IN SILENCE

David was a worshipper, warrior and king. Yet Psalm 42:5 says, “Why art thou cast down, O my soul? and why art thou disquieted in me?”

David could lead people publicly while wrestling privately. He asked questions. He cried. He lamented. He remembered. And he returned to hope: “Hope thou in God.”

Biblical lament can move from pain → honesty → remembrance → faith → hope. God does not require you to lie about your pain in order to demonstrate faith.

6. JESUS ALSO ENTERED A PLACE OF DEEP SORROW

In Gethsemane, Jesus said in Matthew 26:38, “My soul is exceeding sorrowful, even unto death.” Jesus knew what it meant to carry overwhelming sorrow. He prayed and submitted Himself to the Father.

Hebrews 4:15 tells us that we have a High Priest who can sympathize with our weaknesses. Jesus understands betrayal, rejection, loneliness, tears and the burden of obedience.

You can come boldly to the throne of grace—not because you have everything together, but because mercy is available.

7. THE PAIN MAY BE HIDDEN FROM PEOPLE, BUT IT IS NOT HIDDEN FROM GOD

God sees your tears. Psalm 56:8 speaks of God keeping account of tears.

God hears your prayers. Psalm 34:17 says, “The righteous cry, and the LORD heareth.”

God knows your heart. Psalm 139:1–4 presents God as the One who searches and knows us.

God can restore what pain damaged. Psalm 147:3 says, “He healeth the broken in heart, and bindeth up their wounds.”

8. DO NOT BUILD YOUR IDENTITY AROUND YOUR WOUND

Your pain is real. But your pain is not your identity. You may have been rejected, but you are not rejection. You may have failed, but you are not failure. You may have experienced disappointment, but disappointment does not define your destiny.

The wound is part of your story; it is not the conclusion of your story.

Joseph was betrayed, David was pursued, Hagar was abandoned, Elijah became exhausted, and Peter failed Jesus—yet none of those experiences became the final definition of their lives.

9. WHAT SHOULD YOU DO WITH THE PAIN NOBODY SEES?

A. BRING IT TO GOD

Psalm 62:8 says, “Trust in him at all times; ye people, pour out your heart before him.” Tell God what hurts. Tell Him where you are confused. Tell Him what you fear.

B. STOP PRETENDING THAT YOU ARE INVINCIBLE

Even Elijah needed rest. Even David had moments of distress. Even Jesus wept. John 11:35 says, “Jesus wept.” Tears do not automatically mean unbelief.

C. ALLOW TRUSTED PEOPLE INTO YOUR STORY

Galatians 6:2 says, “Bear ye one another's burdens.” There are moments when you need a mature believer, pastor, trusted friend, or qualified professional. Seeking appropriate help is not a denial of faith; wisdom is also spiritual.

10. YOUR PAIN CAN BECOME A PLACE OF ENCOUNTER

God can meet you in painful places. The wilderness became a place where Hagar encountered God. The cave became a place where Elijah encountered God's voice. Gethsemane became the place where Jesus surrendered His will to the Father.

Do not glorify the wound. Let God receive the wound and produce redemption from the story. Let Him heal you, deepen your compassion, make you wiser and turn your testimony into encouragement for someone else.

Do not waste your pain.

APOSTOLIC DECLARATIONS

If you are able, lift your hands and declare:

- I will not die in the place of my pain.
- My pain will not become my identity.
- My wounds will not cancel my assignment.
- What people cannot see, God sees.
- What people cannot understand, God understands.
- The Lord is near to me.
- The Lord is healing my broken heart.
- The Lord is strengthening my weak places.
- I receive grace to continue.
- I receive wisdom to seek help where help is needed.
- I receive courage to confront what I have been hiding.
- I will not surrender my future because of my present pain.
- My tears will not be the end of my story.
- By the grace of God, I will arise again.

PRAYER OF RESTORATION

Father, in the name of Jesus Christ,

I bring before You every hidden pain. Every wound that has been concealed. Every disappointment that has been buried. Every rejection that still speaks. Every secret battle. Every silent tear. Every exhaustion. Every fear. Every grief. Every burden that Your children have carried alone.

Lord, let Your healing presence enter those places. Where there is brokenness, bring restoration. Where there is confusion, bring light. Where there is exhaustion, bring strength. Where there is grief, bring comfort. Where there is rejection, establish identity. Where there is fear, release courage. Where there is hopelessness, restore hope.

Give Your people grace to speak when they need help. Give them wisdom to recognize healthy support. Give them strength to continue. According to Psalm 34:18, draw near to the brokenhearted. According to Psalm 147:3, heal their wounds. According to Isaiah 43:2, let them know that when they pass through the waters, You are with them. And according to Hebrews 4:16, let them approach Your throne with confidence to receive mercy and grace.

In the name of Jesus Christ. Amen.

ALTAR CALL — COME OUT OF HIDING

If you have been carrying a pain nobody sees, today you don't have to carry it alone. You may have been strong for everybody, encouraged everybody and prayed for everybody—but today, let God minister to you.

Jesus said in Matthew 11:28: “Come unto me, all ye that labour and are heavy laden, and I will give you rest.”

The pain may be hidden from people—but it is not hidden from God.

And the God who sees you has not abandoned you.

Arise again. Heal again. Believe again. Pray again. Serve again. Live again. There is still purpose ahead of you.

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