* 1. You recognize that discipline is not judgment.
  2. It helps you “struggle against sin.”
* Before I was afflicted I went astray,  
      but now I keep your word. (Psalm 119:67)
* It is good for me that I was afflicted,  
      that I might learn your statutes. (Psalm 119:71)

1. It is making you stronger and not more weary.
2. You see the intersection of exhortation and encouragement.

*And have you forgotten the exhortation that addresses you as sons?*

Exhortation or encouragement?

ESV/NASB exhortation

NIV/NLT: encouragement

1. You feel love and care from your heavenly Father.
2. You are becoming more holy and fruitful.

John 15:1—“I am the true vine, and my Father is the gardener. 2 He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful.

**C.S. Lewis,**[**The Problem of Pain**](https://www.goodreads.com/work/quotes/2976220)

“If tribulation is a necessary element in redemption, we must anticipate that it will never cease till God sees the world to be either redeemed or no further redeemable.”

“The real problem is not why some pious, humble, believing people suffer, but why some do not.”