

PAIN2GAIN: 50 YEARS OF GRACE

A 10-Day Devotional Journey from Pain to Purpose



“For to me, to live is Christ, and to die is gain.”
—Philippians† 1:21



PAIN2GAIN DEVOTIONAL

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This devotional is a work of personal experience, faith, and reflection. While it may reference health challenges and personal testimony, it is not intended to serve as medical advice. Readers are encouraged to seek professional medical guidance where necessary.

Scripture quotations are taken from the New King James Version (NKJV), unless otherwise stated.

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Disclaimer:

This book is designed to inspire, encourage, and strengthen your faith. The author shares personal experiences and spiritual insights that may not reflect every individual's journey. Your process is unique—but God's faithfulness remains constant.



DEDICATION

This devotional is first and foremost dedicated to **God**—the Author of my life, the Keeper of my soul, and the One who turned my pain into purpose.

To the God who saw me in seasons of weakness,
when my body failed me...
when the pain was unbearable...
when the future felt uncertain—
yet He never let me go.

Lord, this is all for You.

To my family,
who stood with me through silent battles,
whose love became strength when I had none—
thank you for believing in me when I could barely believe in myself.

To every warrior living with pain—
seen or unseen,
physical or emotional—
this is for you.

To the ones who have cried in secret,
praised in brokenness,
and held on to faith with trembling hands...

May you find, within these pages,
the truth I have come to know:

**Your pain is not wasted.
God is turning it into gain.**



INTRODUCTION

Welcome to Pain2Gain.

This is not just a devotional.

This is a journey.

A journey I have lived... and now invite you to walk with me.

There were days I didn't think I would make it.

Days my body was weak from pain.

Days my strength ran out.

Days I questioned, "God, why me?"

But somewhere in the middle of the pain,

I discovered something powerful:

Pain has a purpose.

What was meant to break me...

God used to build me.

What was meant to stop me...

God used to shape me.

What was meant to silence me...

God turned into a testimony.

This devotional is drawn from my **50-Day Praise Challenge**,

a sacred journey where I chose—intentionally—to praise God through pain,

through uncertainty,

through waiting,

and through healing.

And something remarkable happened...

My perspective changed.

My strength was renewed.

My pain began to produce purpose.

This 10-day devotional is a carefully selected pathway—
a condensed but powerful experience—
to help you:

- See your pain differently
- Encounter God deeply
- Rediscover your strength
- And step boldly into purpose

Each day, you will walk through:

- A Scripture to anchor your heart
- A real story from my journey
- A reflection to stir your spirit
- A prayer to guide your conversation with God

You don't need to have it all together to begin.

You just need a willing heart.

So whether you are:

- battling physical pain
- navigating emotional wounds
- or simply seeking deeper meaning in your struggles

This journey is for you.

Take it one day at a time.

Be honest.

Be open.

Be expectant.

Because I believe this with everything in me:

If God could turn my pain into purpose...

He can do the same for you.

Welcome to your Pain2Gain journey.



HOW TO USE THIS DEVOTIONAL

This is not a devotional to rush through.
This is a journey to walk through.

Pain2Gain is an experience.

For the next 10 days, you are invited to intentionally step into a process of healing, reflection, and transformation.

Here's how to get the most out of this journey:

1. Take It One Day at a Time

Each day is designed to build on the previous one.
Resist the urge to skip ahead.

Sit with each day.
Let it speak to you.
Let it work in you.

2. Start with Scripture

Every day begins with God's Word.

Don't just read it—
pause... reflect... personalize it.

Ask yourself:
What is God saying to me through this?

3. Engage the Story

These are not just stories—they are lived experiences.

As you read, place yourself in the moment.

Feel it.

Relate to it.

Allow it to stir something within you.

4. Reflect Deeply

This is where transformation begins.

Take a few minutes to:

- Think through the reflection
- Journal your thoughts (if possible)
- Be honest with yourself and with God

Growth happens in honesty.

5. Pray Intentionally

Each prayer is a guide—not a limitation.

Use it as a starting point, then speak from your heart.

God is not looking for perfect words—

He is looking for a surrendered heart.

6. Take the Action Step

Faith grows through action.

Each day will gently challenge you to:

- shift your mindset

- take a step forward
- or release something holding you back

Don't skip this part—it is key to your transformation.

7. Be Open to Change

This journey may stretch you.

It may confront you.

It may heal parts of you didn't realize were broken.

Embrace it.

Final Thought

You don't have to be strong to start this journey.

You just have to be willing.

Show up each day...

and watch what God will do.

Your pain is not the end of your story.

It is the beginning of your transformation.



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PAIN₂GAIN DEVOTIONAL

DAY 1: WHEN PAIN HAS A VOICE

Scripture

*“The LORD is close to the brokenhearted; he rescues those whose spirits are crushed.” —
Psalm 34:18 (NLT)*

They said I might not live past 20...

But they didn't know the God who was writing my story.

Growing up with sickle cell, I learned very early that my life would be different.

While other children ran freely, played endlessly, and danced in the rain...
I had limits.

If I pushed too far, a crisis would come.
And when it came, everything stopped.

Days away from school.
Strength disappeared.
Life slowed down.

Sometimes I was in school today...
and out for the next few days—or even a week.

That was my normal.

But the physical pain wasn't the only battle.

There were whispers everywhere:
“She has sickle cell.”

It followed me—in school, in my neighborhood, in conversations I wasn't meant to hear.

That sentence carried more than information.
It carried stigma.
It carried limitation.
It carried expectation.

And in many ways, I was living it out:
Always recovering
Always catching up
Always trying to keep up with a life that didn't slow down for me

People feared for my future.
Some didn't expect me to live long.
Even doctors focused more on managing my condition than imagining my future.

But something about my story refused to fit into that box.

Because even in my weakness...

God was present.

Despite missing classes, I excelled in school.
Courses I barely attended... I still passed.
I never repeated a class because I failed.

Looking back now, I understand what I couldn't explain then:

God was covering what my health tried to take away.

Where I was weak, His strength showed up.

But everything truly shifted when I gave my life to Christ at the age of 10.

That moment changed how I saw everything.

I stopped seeing limitations.
I started seeing possibilities.

For the first time:
I believed in my future
I stopped living in fear
I stopped focusing on my condition

In fact, most days, I forgot I even had sickle cell—except during a crisis.

I stopped holding back.
I leaned in.

I participated.
I served.
I showed up.
I lived.

I stopped waiting for a perfect body to live a meaningful life.

Because I held on to this truth:

“I can do all things through Christ who strengthens me.”

And over time... something beautiful happened.

My pain began to change form.

It was no longer just something I endured—
it became something God used.

I found myself:
Encouraging others
Sharing my faith
Serving in medical missions
Bringing hope to communities

And I discovered something that would define my journey:

Purpose gave my pain meaning.

What once felt like a limitation...
became a calling.

Pain2Gain Reflection

Pain will try to speak over your life.

It will tell you:
“You can’t.”
“You won’t.”
“You’ll never become...”

But pain is not your author.

God is.

And His voice is greater than every limitation, every diagnosis, and every expectation placed on you.

What if your story is not defined by what you're going through...
but by what God is doing through it?

Prayer

Lord,

You see every part of my story—the pain, the struggle, the fear, and the questions.

Help me not to define my life by what I am going through,
but by who You are.

Silence every voice that contradicts Your truth in my life.
Remind me that You are present—even in my pain.

Give me the grace to trust You with my story,
and the strength to believe that my pain has purpose.

In Jesus' name, Amen.

Action Step

Write down one limitation your pain (or situation) has placed on you.

Now declare this truth over it:

“This is not the end of my story. God is still writing.



DAY 2: CHOOSING PRAISE IN THE MIDDLE OF PAIN

Scripture

“I will bless the Lord at all times; His praise shall continually be in my mouth.” — Psalm 34:1

**Praise is easy when life is good.
But can you still praise... when it's not?**

My 50-Day Praise Challenge didn't start from a place of comfort.

It started from pain.

I didn't feel like praising.
Nothing around me looked worthy of praise.
My situation hadn't changed.

But I made a decision—
not based on how I felt,
but based on who God is.

So I praised.

Through discomfort.
Through weakness.
Through uncertainty.

And slowly... something shifted.

Not just around me—but within me.

My perspective changed.
My heart softened.
My strength returned.

I learned this:

**Praise is not a reaction.
It is a weapon.**

Pain2Gain Reflection

What if your breakthrough is on the other side of your praise?

Not when things get better—
but right in the middle of where you are.

Praise shifts focus:

- from pain → to purpose
- from fear → to faith

Prayer

Father,
teach me to praise You beyond my feelings.

Even when I don't understand,
even when it hurts,
even when nothing seems to be changing—

I choose to bless You.

Let my praise rise above my pain,
and let it transform my heart.

In Jesus' name, Amen.

Action Step

Start a **personal praise list** today.

Write down 5 things you can thank God for—
even in this season.



DAY 3: STRENGTH WHEN YOU FEEL WEAK

Scripture

“My grace is sufficient for you, for My strength is made perfect in weakness.” — 2 Corinthians 12:9

**The moment you feel weakest...
may actually be the moment God is strongest in you.**

There were days my body could not carry me.

Days when even getting up felt like a battle.
Days when strength felt like a distant memory.

I didn't feel strong.
I didn't look strong.
And I definitely didn't believe I was strong.

But God never asked me to be.

Instead, He offered me something greater—
His strength.

Not the kind I could manufacture...
but the kind I could depend on.

And in my weakest moments,
I discovered a strength that didn't come from me.

A strength that held me...
when I couldn't hold myself.

Pain2Gain Reflection

We often pray for strength—
but avoid the weakness that produces it.

What if your weakness is not a limitation...
but an invitation?

An invitation to depend on God fully.

Prayer

Lord,

I feel weak... and I don't want to pretend otherwise.

But I thank You that I don't have to rely on my own strength.

Be my strength where I am weak.

Carry me where I cannot stand.

Sustain me through this season.

Let Your grace be enough for me.

In Jesus' name, Amen.

Action Step

Identify one area where you feel weak.

Instead of avoiding it,

surrender it to God today in prayer—and trust Him in it.



DAY 4: TRUSTING GOD IN UNCERTAINTY

Scripture

*“Trust in the Lord with all your heart, and lean not on your own understanding.” —
Proverbs 3:5*

**It's easy to trust God when you understand what He's doing.
But can you trust Him when you don't?**

There were seasons in my life where nothing made sense.

The pain would come unexpectedly.

Plans would be interrupted.

Strength would disappear without warning.

I couldn't predict my body.

I couldn't control the outcomes.

And I definitely couldn't explain why things were happening the way they were.

Uncertainty became my reality.

And if I'm honest, that was one of the hardest parts.

Not knowing when the next crisis would come...

Not knowing how long it would last...

Not knowing if things would ever get easier.

But in that uncertainty, God began to teach me something deeper than control:

Trust.

Not the kind that depends on understanding...

but the kind that rests in who He is.

I learned to trust Him:

When I had strength—and when I didn't

When things made sense—and when they didn't

When the future looked clear—and when it didn't

Because even when I didn't know what was ahead...
God did.

Pain2Gain Reflection

Uncertainty can feel like instability...
but it can also become a place of surrender.

What are you trying to understand that God is asking you to trust?

Prayer

Lord,
I don't always understand what You are doing.

But today, I choose to trust You.

Even when the path is unclear,
even when the outcome is uncertain—
help me rest in the truth that You are in control.

Teach me to trust You fully.

In Jesus' name, Amen.

Action Step

Identify one area of your life where you are struggling with uncertainty.

Surrender it to God today—intentionally release control in prayer.



DAY 5: FINDING PURPOSE IN THE PROCESS

Scripture

“And we know that all things work together for good to those who love God...” — Romans 8:28

What if nothing you’ve been through is wasted?

For a long time, pain felt like interruption.

Something that slowed me down.

Something that took from me.

Something that stood in the way of the life I imagined.

But over time, my perspective began to change.

I started to see patterns.

The same pain I endured...

became the language through which I could understand others.

The same struggles that once isolated me...

became bridges that connected me to people in need.

I found myself encouraging others who were hurting.

Speaking hope into lives that felt broken.

Serving in spaces I once felt too weak to enter.

And then it clicked:

This was not just pain...

this was preparation.

God wasn’t wasting my experiences—

He was using them.

Pain2Gain Reflection

Sometimes we pray for God to remove the process...
when He is actually working through it.

What if your current struggle is preparing you for your calling?

Prayer

Father,
help me to see beyond my present pain.

Open my eyes to the purpose hidden within this process.

Give me the grace to trust that You are working—even when I don't see it.

Turn my pain into something meaningful.

In Jesus' name, Amen.

Action Step

Write down one difficult experience you've had.

Now ask yourself: *How can God use this to help someone else?*



DAY 6: WHEN GOD FEELS SILENT

Scripture

“Be still, and know that I am God.” — Psalm 46:10

What do you do when you pray... and hear nothing?

There were moments I prayed—and nothing seemed to change.

No instant healing.

No clear answers.

No visible shift.

Just silence.

And in that silence, questions grew louder.

“God, are You there?”

“Do You see me?”

“Do You care?”

But what I didn’t realize then...

was that silence does not mean absence.

God was still working—just not in ways I could immediately see.

In those quiet seasons, He was:

Strengthening my faith

Deepening my dependence

Building something within me that noise could not produce

I learned that sometimes,

God speaks the loudest... in stillness.

Pain2Gain Reflection

Silence can feel like abandonment...

but it can actually be an invitation to deeper intimacy.

What if God is closer than you think—even in the silence?

Prayer

Lord,

when I cannot hear You, help me to trust that You are still there.

Quiet my fears.

Still my heart.

Help me to rest in Your presence—even when I don't understand.

In Jesus' name, Amen.

Action Step

Take 5–10 minutes today to sit in quietness—no distractions.

Simply be still and invite God into that space.



DAY 7: HEALING BEYOND THE PHYSICAL

Scripture

“He heals the brokenhearted and binds up their wounds.” — Psalm 147:3

**Not all pain is visible...
but all pain matters to God.**

Living with physical pain taught me something unexpected:

There are wounds deeper than the body.

The emotional weight.

The silent fears.

The moments of feeling “different” or “less than.”

Those were the wounds no one saw.

And for a long time, I focused only on physical healing.

But God began to show me that true healing is holistic.

He wasn't just concerned about my body—

He cared about my heart.

He began healing:

My mindset

My identity

My fears

My insecurities

And I realized:

**Healing is not just about what leaves your body—
it's about what God restores within you.**

Pain2Gain Reflection

What internal wounds have you been ignoring?

God doesn't just want to heal what people can see—
He wants to heal what you've been carrying inside.

Prayer

Father,
Heal every hidden place in me.

Touch the wounds I've ignored,
the fears I've buried,
and the pain I've carried silently.

Make me whole—from the inside out.

In Jesus' name, Amen.

Action Step

Write down one emotional wound you've never addressed.

Bring it honestly before God in prayer today.



DAY 8: LETTING GO AND LETTING GOD

Scripture

“Casting all your care upon Him, for He cares for you.” — 1 Peter 5:7

Some things will not change... until you release them.

There were things I held onto tightly:

Fear of the next crisis
Frustration with my limitations
Questions about my future

I carried them like weights—thinking I had to manage everything.

But the more I held on...
the heavier it became.

Until I realized:

God was not asking me to carry it—
He was asking me to release it.

Letting go wasn't easy.
It meant surrender.
It meant trusting God with what I couldn't control.

But in letting go...
I found peace.

Pain2Gain Reflection

What are you holding onto that God is asking you to release?

You cannot receive peace...
if your hands are full of worry.

Prayer

Lord,

I release every burden I've been carrying.

Take my fears, my worries, my need for control.

Teach me to trust You fully and rest in Your care.

In Jesus' name, Amen.

Action Step

Write down what you're holding onto.

Then symbolically release it (tear the paper, pray over it, or surrender it aloud).



DAY 9: BECOMING THROUGH THE PAIN

Scripture

“Count it all joy when you fall into various trials...” — James 1:2

**Pain doesn't just hurt you...
it shapes you.**

Looking back, I realize something powerful:

I am not the same person I used to be.

Pain changed me.

But not in the way I feared.

It didn't break me—
it built me.

It made me:

Stronger

More compassionate

More dependent on God

More aware of purpose

I began to see that I wasn't just going through pain—

I was becoming through it.

Pain2Gain Reflection

Who are you becoming through what you're going through?

Pain is not just an experience—
it is a process of transformation.

Prayer

Father,

shape me through this process.

Let this season produce growth, strength, and purpose in me.

Help me become who You have called me to be.

In Jesus' name, Amen.

Action Step

Write down one way that pain has changed you for the better.



DAY 10: FROM PAIN TO PURPOSE

Scripture

“But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.” — 1 Peter 5:10

Your pain was never the end of your story.

It was the beginning of your purpose.

If you had told me years ago that my pain would become purpose...
I might not have believed you.

Because when you're in it,
all you see is the struggle.

But now I see differently.

Every challenge...
Every setback...
Every moment of weakness...

God was using it all.

Not just to sustain me—
but to position me.

To serve.
To speak.
To impact lives.
To bring hope.

My pain was not pointless.
It was purposeful.

Pain2Gain Reflection

What if your greatest struggle...
is connected to your greatest assignment?

Prayer

Lord,
thank You for not wasting my pain.

Help me to walk boldly in the purpose You are calling me to.

Use my story for Your glory.

Let my life be a testimony of Your faithfulness.

In Jesus' name, Amen.

Action Step

Write a personal declaration:

“My pain has purpose. My life has meaning. God will use my story.”



FINAL REFLECTION & CLOSING PRAYER

Final Reflection: When Pain Becomes Gain

You've made it to the end of this 10-day journey.

But this is not the end of your story.

It is the beginning of a new perspective... a new strength... a new walk with God.

Pain is one of life's greatest mysteries.

It breaks you...

It stretches you...

It humbles you...

If there's one truth I want you to carry with you, it is this:

Pain can become gain.

When placed in God's hands, pain does not end in loss—it transforms into **gain**.

Your pain becomes:

- **Strength** you never knew you had
- **Faith** that cannot be shaken
- **Purpose** that impacts others
- **A testimony** that gives God glory

The truth is this: Pain alone does not produce gain—**faith does**.

As Scripture reminds us:

"But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him." — Hebrews 11:6

Faith is the bridge between your suffering and your breakthrough.

It is what helps you say:

- “God is still good” in the middle of pain
- “My story is not over” in the face of limitations
- “This will work for my good” even when nothing makes sense

If you truly desire to turn your pain into gain, **surrendering your life to God is the best place to start.**

Because real transformation does not begin with circumstances changing—
It begins with **your heart changing.**



A New Beginning

If you are ready to begin this journey, pray this simple but powerful prayer:

Closing Prayer: Salvation Prayer

Dear Lord Jesus,
Thank you for dying on the cross for me.
I repent of my sins.
Come into my life and make me your child.
Cleanse me from all unrighteousness
and become the Lord of my life.
Thank you Lord for saving me.
Amen.

Congratulations!

If you prayed this prayer sincerely, you are now saved.

Welcome to your new life—
A life where your pain will no longer define you,
but refine you.

A life of power to become... God's child and who He created you to be. (John 1: 12)

Final Charge to the Reader

As you close this book, remember:

- Your pain is not wasted
- Your story is not over
- Your life still carries purpose

Keep seeking God.

Keep believing.

Keep rising.

And one day, you will look back and say:

“What almost broke me... became what built me.”



About the Author



Martha Odumu is a passionate faith-driven storyteller, humanitarian, and transformational voice committed to bringing hope to people in pain.

As a key leader in a nonprofit organization serving underserved communities across Nigeria, Africa and the Developing World, Martha has dedicated her life to advancing **health, hope, and healing**. Through medical outreaches, advocacy, and community service, she has impacted thousands of lives—especially in rural and hard-to-reach areas.

Her journey is deeply personal.

Having walked through seasons of intense health challenges, Martha understands what it means to wrestle with pain—and rise through faith. Her life message, *Pain2Gain*, was birthed from real experiences of overcoming limitations, holding onto God, and discovering purpose beyond suffering.

Martha is also:

- A writer and blogger passionate about personal growth and faith
- A speaker who shares the message of Christ's love with boldness and compassion
- A Registered Nurse & Midwife of over 29 years, and a researcher.
- A mentor and encourager to many navigating life's difficult seasons

Through her words, she helps people:

- Find meaning in their struggles
- Build unshakable faith
- Turn their pain into purpose

Her mission is simple yet profound:

To help people experience God's love, rise above pain, and live lives full of purpose and impact.