

## What to Do When My Pain Remains October 10-11, 2020

### Pain is Manageable When There is a Purpose for It

#### 6 Types of Personal Pain

##### Ecclesiastes 2:22-23 (GW)

Their entire life is filled with pain, and their work is unbearable. Even at night their minds don't rest. Even this is pointless.

- **Mental** – my mind is overwhelmed.
- **Emotional** – my heart is heavy.
- **Physical** – my body is broken.
- **Relational** – my loved one is disconnected.
- **Financial** – my bank account is busted.
- **Spiritual** – my soul is dry.

##### Romans 8:28 (NIV)

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

#### This Promise has 2 Qualifications

- I must be **saved**.
- I must put God's purposes as my primary concern and love God and others with a **selfless love**.

#### 5 Purposes for My Pain



**1** God allows pain to move me **closer** to **Him**.

##### 2 Corinthians 1:8-10 (LB)

*I think you ought to know, dear brothers, about the hard time we went through in Asia. We were really crushed and overwhelmed, and feared we would never live through it. We felt we were doomed to die and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us, for*

he can even raise the dead. And he did help us and saved us from a terrible death; yes, and we expect him to do it again and again.

##### 2 Corinthians 7:9 (MSG)

I know I distressed you greatly with my letter. Although I felt awful at the time, I don't feel at all bad now that I see how it turned out. The letter upset you, but only for a while. Now I'm glad—not that you were upset, but that you were jarred into turning things around. You let the distress bring you to God, not drive you from him. The result was all gain, no loss.



**2** God allows pain in my life so I can help **others recover**.

##### Galatians 6:1-3 (MSG)

Live creatively, friends. If someone falls into sin, forgivingly restore him, saving your critical comments for yourself. You might be needing forgiveness before the day's out. Stoop down and reach out to those who are oppressed. Share their burdens, and so complete Christ's law. If you think you are too good for that, you are badly deceived.

##### Acts 2:46 (NIV)

Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts,

#### 4 Degrees of Small Group Development

- 1<sup>st</sup> Degree – **Share** together – tell my story.
- 2<sup>nd</sup> Degree – **Study** together – get into the Word.
- 3<sup>rd</sup> Degree – **Serve** together – volunteer in our church.
- 4<sup>th</sup> Degree – **Suffer** together – carry each other's burdens.



**3** God allows pain to mold me into the **image of Jesus**.

##### Galatians 5:22-23 (NLT)

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

**Pain is my greatest opportunity to learn to act like Jesus.**

##### Proverbs 20:30 (GNT)

Sometimes it takes a painful experience to make us change our ways.

##### Hebrews 5:8-9 (TPT)

But even though he was a wonderful Son, he learned to listen and obey through all his sufferings. And after being proven perfect in this way he has now become the source of eternal salvation to all those who listen to him and obey.

### **2 Corinthians 7:10-11 (MSG)**

Distress that drives us to God does that. It turns us around. It gets us back in the way of salvation. We never regret that kind of pain. But those who let distress drive them away from God are full of regrets, end up on a deathbed of regrets. And now, isn't it wonderful all the ways in which this distress has goaded you closer to God? You're more alive, more concerned, more sensitive, more reverent, more human, more passionate, more responsible. Looked at from any angle, you've come out of this with purity of heart.



**4 God allows pain so I'll be more sensitive to others.**

### **2 Corinthians 1:4-6 (NLT)**

He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. For the more we suffer for Christ, the more God will shower us with his comfort through Christ. Even when we are weighed down with troubles, it is for your comfort and salvation! For when we ourselves are comforted, we will certainly comfort you. Then you can patiently endure the same things we suffer.



**5 God allows pain to make me a more effective witness of the gospel.**

### **Philippians 1:12 (NLT)**

And I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News.

### **2 Corinthians 6:4-7a (NLT)**

In everything we do, we show that we are true ministers of God. We patiently endure troubles and hardships and calamities of every kind. We have been beaten, been put in prison, faced angry mobs, worked to exhaustion, endured sleepless nights, and gone without food. We prove ourselves by our purity, our understanding, our patience, our kindness, by the Holy Spirit within us, and by our sincere love. We faithfully preach the truth. God's power is working in us...



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