

# “Pain”



## To the leader:

Open your group in prayer, and remember that this is only a guide. Feel free to discuss each of the provided questions in the notes, or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the Three Essential Questions at the end of the page.

On Sunday, Pastor Nick continued our “Rethinking Your Life” series by encouraging us to reconsider how we think about pain. When we go through a painful time in life, we are quick to play the victim and reach out for people to feel sorry for us. Our prayers are consumed with begging God to take it away when, in all actuality, there is great potential for comfort, encouragement and hope to come from it. We were encouraged to not look at life from the perspective of pain but from the perspective of purpose. Nick walked through 3 specific purposes for pain: to help others, increase faith and to share hope. What if pain is not an obstacle to being used but an opportunity to be used like never before?

*“I can bear any pain as long as it has meaning.”*

- Haruki Murakami

- ◆ Is it easy or hard for you to believe there is a purpose to your pain?
- ◆ Has there been a time of pain that you have been through recently where you have sense understood the purpose behind it?

## Let's review the points from the message Sunday:

1. **Help others (2 Corinthians 1:3-4)**
  - ◆ In what way have you been comforted through trouble from someone who had experienced a similar pain themselves?
  - ◆ What are some practical ways you can use your gifts and personal experiences to comfort people as they journey through pain?

## 2. Increase faith (2 Corinthians 12:10)

- ◆ In what way has your faith been strengthened through pain that you have experienced?
  - ◆ What are some steps you can take in order to draw closer to God in the midst of painful seasons?
- ## 3. Share hope (Philippians 1:12)
- ◆ What all would go into “wasting your pain”?
  - ◆ What are some examples you have experienced of people using their pain as a platform for encouragement and hope?
  - ◆ What platform has pain given you?

## Now what?

- ◆ In what way has this message/discussion changed your perspective on pain?
- ◆ What are you going to apply this week in order to not “waste your pain”?
- ◆ Who is someone that you are going to comfort with the comfort that you have received from God?

## Three Essential Questions

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you've learned today?*