

Pains and Gains - Week 2

Know Pain, Know Gain

Pain is a **REALITY**

1 Peter 4:12-13 (CSB)

¹² Dear friends, don't be surprised when the fiery ordeal comes among you to test you, as if something unusual were happening to you.

TYPES OF PAIN

- **Inconvenient Pain**

- **Messed up world pain**

John 16:33 (CSB)

You will have suffering in this world.

“If you have a God powerful enough to be mad at because of evil (because you think he could do something about it), then you have a God great enough to have reasons that you can't fully understand.” – Tim Keller

- **Stupid decision pain**

Job 4:8 (CSB)

⁸ In my experience, those who plow injustice and those who sow trouble reap the same.

- **Enemy driven pain**

Ephesians 6:12 (CSB)

¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of this darkness, against evil, spiritual forces in the heavens.

Question: What is the pain in your life?

IDENTIFY YOUR PAIN.

STEP INTO THE PAIN, DON'T ESCAPE IT

Isaiah 61:1 (CSB)

¹ The Spirit of the Lord God is on me,
because the Lord has anointed me
to bring good news to the poor.
He has sent me to heal (*bind up*) the brokenhearted,
to proclaim liberty to the captives
and freedom to the prisoners;

HEAL/Bind Up - Hebrew: Chabash (khä·vash'): wrap around, bandage, envelope, compress, to stop

SEE THE BIG PICTURE IN PAIN

James 1:2-4 (CSB)

² **CONSIDER IT A GREAT JOY**, my brothers and sisters, whenever you experience various trials, ³ because you know that the testing of your faith produces endurance. ⁴ And let endurance have its full effect, so that you may be mature and complete, lacking nothing.

Romans 8:28 (CSB)

²⁸ We know that all things work together for the good of those who love God, who are called according to his purpose.

DISCUSSION QUESTIONS

- What type of pain are you struggling with? “Messed up world pain”, “Stupid decision pain” or “Enemy driven pain”?
- How do you typically escape or medicate the pain in your life?
- James says that God uses pain to make us mature and complete in Christ. What area in your life is God maturing and completing through the pain you are experiencing?
- In your past experiences with pain, can you see the bigger picture?