



Part 8– Recycling Pain

June 9, 2019

Romans 8:28 (ESV) – *We know that for those who love God all things work together for good, for those who are called according to his purpose.*

God wants to use what I want to _____ and _____.

Choices for healthy, productive, godly growth

1. Admitting need
2. Getting help
3. Letting go
4. Coming clean
5. Making changes
6. Repairing relationships
7. Maintaining momentum
8. _____ pain

Why does God allow pain in our lives?

1. God has given us _____.
2. God uses pain to get _____.

“Pain insists upon being attended to. God whispers to us in our pleasures, speaks in our

*conscience, but shouts in our pains: it is his megaphone to rouse a deaf world. (C.S. Lewis in, *The Problem of Pain*)*

3. God uses pain to teach us to _____.

My troubles turned out all for the best—they forced me to learn from your textbook.

(Psalm 119:71, *The Message*)

4. God wants to use our pain to _____ to others.

God is our merciful Father and the source of all comfort. 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. (2 Corinthians 1:3b-4)

How do you trust God with your pain?

1. Accept your _____.

Go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. (Matthew 28:19, NLT)

2. Tell your _____.

- a. Be _____ about it.
b. Be _____ about it.

Next Steps

Pray about it. Ask God to lead you to somebody who needs to hear your story and the good news of how God helped you and how he can help them too.

Write about it.

- Make a brief list of the experiences that have significantly affected your life—positive and negative. Which ones did you cause? Which ones were caused by others? Which ones were not caused by people (e.g. a house fire, etc.)?
- Write out what you learned from each experience.
- Write out how God helped you make it through or to recover.
- Combine the first three parts into your story and then write it out. (*Why? Thoughts disentangle themselves when they pass through the lips to the fingertips.*)

Share about it.

- After you've written your story, share it with a trusted friend.
- When God opens a door, share it with someone who needs to hear it.