

What do we do with our disappointments, pain and suffering?

Express Your Pain to God

- ◇ The Shunammite woman took her pain to the prophet, a representative of God in that culture.
- ◇ She brought her questions, her frustration and her disappointment to Elisha.
- ◇ David took his pain to God and even Jesus took his pain to the Father.
 - Jesus himself, has walked in our shoes and knows what we're feeling (Heb. 2:18, 4:15)

Don't Suffer Alone

- ◇ Reach out to Godly friends.
- ◇ Galatians 6:2
- ◇ Elisha didn't try to explain or rationalize, he walked with the woman 8 miles back to her home.
- ◇ Jesus doesn't exempt you from pain and suffering, but He gives you a family to belong to.
 - Jesus cried with his friends, he didn't preach a sermon (John 11:33-36)

Your Faith is Never Wasted

- ◇ God's governing every deposit of faith that you are placing in Him.
- ◇ Examples: Gen. 15:6, Romans 8:28, 2 Cor. 4:17-18, Romans 8:18

Nothing is Ever Over With God

- ◇ God has the final say. His perspective is higher, and his power is infinite.
- ◇ 1 Thessalonians 4:13-17

SCRIPTURES

2 Kings 4:8-37	Genesis 15:6
Psalms 22:1-2	Romans 8:28
Matthew 27:46	2 Corinthians
Hebrews 4:15	4:17-18
Hebrews 2:18	Romans 8:18
Psalms 34:18	Romans 5:3-5
Galatians 6:2	1 Thessalonians
John 11:33-36	4:13-17

QUOTES

"Satan will try and use your suffering and your disappointments to destroy your faith, but if we bring it to God, He will use it for good and for the purifying and strengthening of your faith."

- Pastor Ben Johnston

Small Group Questions

Connection

When was the last time you were disappointed by someone, how did you react/respond?

1. Reflect on any Biblical character that experienced disappointments.
 - a. What was the response?
 - b. What can we learn from their response?
2. What are some ways people respond to disappointments, pain and suffering?
3. Did you ever lose something/someone that was very important to you or was betrayed by someone you loved? How did you deal with that loss?
4. Who do you first run to when facing life difficulties? A friend, confidante or the Lord? How is that working for you?

GO

Galatians 6:2 "Carry each other's burdens and in this way you fulfill the law of Christ."

Who can you reach out to this week to help carry their burden? Make a call or send an email.



DIVE DEEPER

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