

Group Questions – Week 2: Pain and Gain

03/15/26 – Pastor Kirby

Getting to Know Me Questions:

- What sport would you compete in if you were in the Olympics?
- If you could live anywhere in the world for a year, where would it be and why?

Into the Bible Questions:

- What's something from this week's teaching that you learned, stood out, was interesting?
- Last week you were encouraged to identify your biggest stressor and find ways to help carry the load for each other. Were you able to find ways to do this? Discuss.
- What do you do to help you relax and/or release stress?
- We named 3 types of pain and were asked to identify ours. What type of pain are you struggling with? Are you able/willing to share with your group?
 - "Messed up world pain"
 - "Stupid decision pain"
 - "Enemy driven pain"
- How do you typically escape or medicate the pain in your life?
- Respond/react to this quote from the late Tim Keller: "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."
- **READ:** Isaiah 61:1
- The Hebrew word for "Bind Up" means to bind, to wrap, to bandage. How does this entire verse or the imagery of bandaging the brokenhearted help you know the heart of God?
- 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?
- Have you been able to see the bigger picture from some of your past pains? Willing to share?

Application Questions:

- Pastor Kirby challenged us to 'Step into the pain, don't escape it'. Is there a pain you need to step into?
- If you're in a harmful situation, please get help! We can help resource you and find help and hope.