

YOU
HAVE **PERMISSION**



To Engage Your Pain • Craig Smith • October 3, 2021

The cry for _____ from pain is as ancient as man...

*“Why is my pain unending and my wound grievous and incurable?
Will you be to me like a deceptive brook, like a spring that fails?”
(Jeremiah 15:18)*

 **What not to do with your pain...**

- _____ **it** – “Give beer to those who are perishing, wine to those who are in anguish; let them drink and forget their poverty and remember their misery no more.” **(Prov. 31:6-7)**
- _____ **it** – “Blessed are those who mourn, for they will be comforted.” **(Matt. 5:4)**

 **If life is only about _____, then you will find little meaning in _____** – “Therefore we do not lose heart... For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.” **(2 Cor. 4:16a, 17)**



Prayer/Care
Request



Connecting

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You have permission to engage your pain by...

- _____ ***in the darkness*** (_____) – “You have put me in the lowest pit, in the darkest depths... Are your wonders known in the place of darkness, or your righteous deeds in the land of oblivion?... You have taken my companions and loved ones from me; the darkness is my closest friend.” **(Psalm 88:6, 12, 18)**
- _____ ***in the light*** (_____) – “Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles...” **(2 Cor. 1:3-4)**
- _____ ***in the round*** (_____) – “...so that we can comfort those in any trouble with the comfort we ourselves have received from God.” **(2 Cor. 1:4b)**

Jesus suffered an infinite agony to secure our freedom from ultimate pain...

“My God, My God, why have you forsaken me?” **(Mark 15:34)**

...so Christ was sacrificed once to take away the sins of many people; and He will appear a second time, not to bear sin, but to bring salvation to those who are waiting for Him.

(Hebrews 9:28)