



GUIDED BIBLE STUDY

Peace in the Pain

Speaker: John Condon

Message Title: "Peace in the Pain"

Main Passage: 1 Peter 5:6–11

Other Passages: Isaiah 41:10; Philippians 4:6–7; Matthew 11:28–30; Romans 8:18

Highlighted Scriptures

1 Peter 5:7 (NKJV)

"Casting all your care upon Him, for He cares for you."

Isaiah 41:10 (NIV)

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Philippians 4:6–7 (NIV)

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Summary

John shares a powerful personal testimony during the Thunder Canyon devotional. While undergoing an extremely painful MRI procedure, he experienced overwhelming physical pain and fear. Alone in the tube and unable to find relief, he cried out, “Jesus, help me!”—and immediately felt the supernatural peace of God come over him.

He uses this moment to connect with 1 Peter 5, reminding the group that God calls us to cast our cares on Him because He truly cares. He challenges us to remain humble under God’s mighty hand, even in suffering, and to stay alert and resist the enemy’s lies.

John also reminds everyone that others are enduring even greater pain—and that God is faithful through it all. He ends by encouraging the group to participate by recording their own testimonies or reflections to help strengthen the community.

Discussion Questions

- 1. Have you ever cried out to Jesus during a painful or fearful moment? What happened?**
- 2. What does it mean to “cast your cares” on God practically? What does that look like in your life right now?**
- 3. How have you experienced the “peace that surpasses understanding” in your walk with Christ?**
- 4. In what ways do you struggle with fear or anxiety, and which Scripture from today speaks directly to that?**
- 5. What helps you stay grounded in truth when facing trials or discomfort?**
- 6. How might God be calling you to share your testimony to encourage others?**

Reflection Challenge

This week, write down one area of your life where you need peace. Then:

- Find a verse from this study that speaks to it**
- Speak that verse aloud each day**
- When anxious thoughts arise, respond with prayer using that verse**

At the end of the week, journal how God met you in your moment of need.



Prayer Prompt

Father, I thank You that You are near to me in my pain. Thank You for inviting me to cast my cares on You. Teach me to trust You in discomfort, fear, and uncertainty. Fill me with Your peace that passes all understanding. Help me to encourage others and remain alert and faithful. In Jesus' name, Amen.