

Your Pain is A Gift

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OPENING PRAYER

Ask God to open your hearts and mind to receive from you. Would our pain lead us to you and would you begin to heal.

SCRIPTURE READINGS

Acts 9:4–9

Acts 9:20

2 Corinthians 1:3–5

Romans 5:2–5

James 1:2–4

1 Peter 5:7

KEY TAKE AWAYS

1. Pain Can Lead to God

- Pain forces us to evaluate where we truly are in our relationship with God. Where we let our pain lead determines whether it becomes our greatest gift or greatest poison.

2. Pain Produces Compassion

- When we allow God to comfort us, we gain the ability to comfort others. Our pain becomes a platform to help someone else in pain.

3. Pain Produces Growth

- There's a progression: Pain → Endurance → Character → Hope. Growth happens in the depths of pain when we bring it to God rather than the world.

QUESTIONS

Understanding Pain

1. Pastor Sean defined pain as "when something that you treasure or value is taken from you, broken, or lost." What resonates with you about this definition?
2. Where do you typically go when you're hurting? (Social media, work, relationships, substances, etc.) What has been the result?

Saul's Story

3. Read Acts 9:1-20 together. What stands for you about Saul's encounter with Jesus during his moment of pain and blindness?
4. Saul went three days without sight, food, or water. Have you ever had a season where God felt

silent or you felt "blind"? What was that like?

Personal Reflection

5. Pastor Sean asked, "Where do you let your pain lead?" Be honest with your group—where has your pain been leading you lately?
6. The Greek word for comfort (periklesis) means "to stand beside a person, encouraging and helping them in times of trouble." When have you experienced God's comfort in this way?

Compassion Through Pain

7. Read 2 Corinthians 1:3-5. How has your own pain equipped you to comfort or help someone else? If you can't think of an example, why might that be?
8. Pastor Sean admitted he used to "slap Bible verses" on people's pain rather than truly empathizing. How can we avoid this and truly sit with people in their pain?

Growth Through Suffering

9. Look at Romans 5:2-5 together. Discuss the progression: suffering → endurance → character → hope. Where are you in this progression right now?
10. James 1:2-4 says to "consider it pure joy" when facing trials. This seems counterintuitive. What do you think this really means?

PRACTICE

3 Ways to Let Your Pain Lead to God

Discuss each one and create action steps:

3 WAYS TO LET YOUR PAIN LEAD YOU TO GOD.

- ***Talk to God about it***
 - Process your pain with God.
 - Read God's word.
 - Ask him to show you where the root of your pain comes from.
 - Ask God to HEAL YOUR PAIN
- ***Talk to trusted Spirit Filled people about it.***
 - Have them help you process
 - It's easy for us to ignore our pain and put on a brave face but when we process our pain with safe people that growth happens.
 - Talk to a pastor or Christian counselor about your pain.
- ***Repent from unforgiveness***
 - It's in unforgiveness that your pain could be increased for the worse.
 - "God search my heart,"

CLOSING PRAYER

God, we pray that you would heal the pain in our lives. Mend our broken hearts. Stand with us and comfort us. Lead us to you!

