

# **Grappling with Pain, Shame, and Despair**

## **➤ Intro**

- [1Thessalonians 5:18](#)
- [Romans 8:28](#)
- [1 Thessalonians 5:23](#)
- [James 1:2](#)
- [Genesis 2:7](#)

## **1. God has created us with a body, soul, and spirit**

- [Romans 1:20-23](#)
- [Matthew 11:28-29](#)
- [1 Peter 5:6-7](#)
- [Psalms 40:1-3](#)

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**2. There is a God-sized hole in my Spirit (heart) that can't be filled by anything other than God**

- [Ecclesiastes 12:13-14](#)

**3. Don't waste the pain!**

**4. Conclusion**