

**Get Involved with Us as We Pursue Excellence, Value ALL
People, Fuel and Display Passion, Choose a Good Attitude at ALL
Times**

Playing Hurt: Abiding in God's Presence Through Pain & Silence

**1 Thes. 5:23 NKJV Isaiah 52:12 NLT Mat. 27:46 NKJV
Psalm 22:1- 2 NKJV**

1. **Last Week's Closing Call to Action:** This Week pray; "Father – do in me what you desire to do. Show me where I am hindering Jesus in living in me and living all that you have purposed me to be." Be conscious of living out God's purpose in our renewed lives.
2. **What Does It Mean to "Play Hurt"?**
 - a. Definition: In athletics, "playing hurt" means competing or training through acute physical pain or illness. In life, it refers to showing up and living faithful lives despite personal exhaustion, emotional suffering, or brokenness.
 - b. The Tripartite Human Being: Humans are composed of body, soul (mind, will, emotions), and spirit. We can experience brokenness across all three dimensions. What causes us to be injured or broken in our:
 - i. Physical Body
 - ii. Soul
 - iii. Spirit
 - c. **How does our pain and brokenness cause us to become isolated from God?**
 - d. **Have you ever experienced a time when physical or emotional burnout caused you to feel spiritually numb or separate from God?**
3. **Invisible Burdens & Isolation:** Much of our pain is hidden. We often pretend we are fine because we fear judgment or shame if we admit we feel distant from God. This fear leads to isolation and deepens our pain.
 - a. **Why are we often tempted to hide our pain and pretend we are doing fine spiritually and emotionally?**
 - b. **Has anyone felt judged when they admit feeling Isolation from God? Is there power and purpose in admitting that we sometimes feel isolated from God?**
4. **What is there to learn from the Bo Nix illustration.**
 - a. **What can we learn about hidden burdens?**
 - b. **What can we learn about praising and abiding in God through our pain?**
5. **Jesus never hid His pain or pretended to be unaffected by suffering. He experienced brokenness in every dimension of human existence:**

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- a. What burdens did Jesus bear that caused him to feel separation from God?
- b. How did Jesus handle this? Can we do the same as Jesus?
- c. How does knowing that Jesus openly expressed His raw emotional and spiritual pain give you permission to be honest with God?

6. ABIDING IN GOD'S PRESENCE & THE ROAD TO RESTORATION

- a. Definition of Abiding (*Meno*)
- b. To abide (*Greek: Meno*) means to remain, stay, or dwell permanently. It is an unbroken fellowship where God remains in the believer and the believer remains in God through the Holy Spirit. Abiding does not require feeling an emotional high; it means remaining rooted in Christ through the dark seasons.
- c. When Jesus quoted "*My God, My God, why have You forsaken Me?*" (*Psalm 22:1*), He was pointing His listeners to the entire 22nd Psalm, which outlines how to abide with God through suffering:

Section of Psalm 22	Reality Experienced	How to Abide in God
vv. 1–2	Admitting the Pain: Feeling unheard, empty, or isolated.	Raw Honesty: Express your felt pain freely without fear of condemnation. Spiritual silence is not divine absence.
vv. 3–5	Loss of Feelings: When God feels distant or absent.	Anchor in Character & History: Lean on God's holiness (v. 3) and remember His past faithfulness (vv. 4–5).
vv. 6–11	Shame & Opposition: Feeling public debasement or ridicule.	Reclaim Your Identity: Remember that God has known and held you from birth (vv. 9–10).
vv. 12–18	Utter Depletion: Intimidation ("Bulls of Bashan") and physical/emotional exhaustion.	Trust the Sufferer: Remember Jesus experienced physical bodily failure and holds you when you have no strength left.

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Section of Psalm 22	Reality Experienced	How to Abide in God
vv. 19–31	The Pivot & Victory: <i>"You have answered Me" (v. 21).</i>	Rest in the Finished Work: Trust that God hears your cries even before circumstances change (v. 24, 31).

7. God's Mending Process: Rather than throwing away broken pieces or hiding the scars, the Master Potter repairs us. As we abide in Him while playing hurt, God uses our broken places to display His glory and grace. Our healed scars become the very beauty of Christ made visible within us.

8. Practical Takeaways for Daily Life

- a. Acknowledge the Numbness: Do not confuse emotional exhaustion with divine abandonment.
- b. Practice Honest Lament: Talk to God openly about your pain instead of pulling away.
- c. Lean on the Body of Christ: Allow brothers and sisters in Christ to carry unseen burdens with you. How do each of these help us abide when we do not feel the presence of the Father or hear His voice?
 - i. **Anchoring in Truth**: what specific truths about His character or past faithfulness can you rely on?
 - ii. **Anchoring in Identity**: what truths about who we are can we rely on? us?
 - iii. **Anchoring in Trust and Faith**: how does anchoring in trust and faith in God's promises bring us closer to him in moments of silence?
 - iv. **Anchoring in Praise**: how does praise heal our hearts and bring us into the presence of the Father?
 - v. **Anchoring in proclamation**: Declaring the love of the Father publicly: how does declaring God publicly bring us closer to Him?
 - vi. **Anchoring in the example of Jesus**: how did Jesus handle separation from the Father and how do we do likewise?
- d. Understanding Kintsugi: How does viewing your scars and past trials **through the lens of Kintsugi** change your perspective on suffering?

9. Action Step: What is one area of pain or tiredness you need to bring out of isolation and surrender to God this week?