

ADULTING
EPISODE 3
GROWING THROUGH PAIN

2 Peter 3:18 You must grow in the grace and knowledge of our Lord and Savior Jesus Christ.
All glory to him, both now and forever! Amen.

5 ways I can grow through my pain:

1. I can use it to draw closer to God.

2 Corinthians 1:8–9 ...We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead.

2. I can use it to draw closer to others.

2 Timothy 2:3 Endure suffering along with me, as a good soldier of Christ Jesus.
Isaiah 53:3 He was despised and rejected— a man of sorrows, acquainted with deepest grief.

3. I can use it to grow more like Jesus.

2 Corinthians 7:10–11 (The Message) Distress that drives us to God does that. It turns us around. It gets us back in the way of salvation. We never regret that kind of pain. But those who let distress drive them away from God are full of regrets, end up on a deathbed of regrets. And now, isn't it wonderful all the ways in which this distress has goaded you closer to God? You're more alive, more concerned, more sensitive, more reverent, more human, more passionate, more responsible. Looked at from any angle, you've come out of this with purity of heart.

4. I can use it to help others.

2 Corinthians 1:4–6 He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. For the more we suffer for Christ, the more God will shower us with his comfort through Christ. Even when we are weighed down with troubles, it is for your comfort and salvation! For when we ourselves are comforted, we will certainly comfort you. Then you can patiently endure the same things we suffer.

5. I can use it to witness to the world.

Philippians 1:12 And I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News.