



Life Lesson Notes

“The Truth About Your Pain”

Series – Exposing the Myths that Make us Miserable – 3 of 6

Myth: *“If I ignore my pain, it will go away.”*

Truth: Pain is a _____ God uses for _____ in my life.

“Jesus replied, ‘You don’t realize now what I am doing, but later you will understand.’” (John 17:7 NIV)

How God uses my pain for good

1. God uses pain to _____ me.

“Sometimes it takes a painful experience to make us change our ways.”
(Proverbs 20:30 GN)

“He had spent everything he had...and was hungry...At last he came to his senses and said... ‘I will get up and go to my father.’” (Lk.15:14-18 GN)

2. God uses pain to _____ me.

“The punishment You gave me was the best thing that could have happened to me, for it taught me to pay attention to Your laws.” (Psalm 119:17 LB)

“Let God train you, for He is doing what any loving father does for his children. Whoever heard of a child who was never corrected?”
(Hebrews 12:7 LB)

3. God uses pain to _____ me.

“I have tested you in the furnace of affliction.” (Isaiah 48:10 NIV)

“...tests and challenges come at you from all sides. You know that under pressure, your faith life is forced into the open and shows its true colors.” (James 1:2-3 Message)

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“God led you through the wilderness for forty years, humbling you and testing you to find out how you would respond, and whether or not you would really obey Him.” (Deut. 8:2 LB)

4. God uses pain to _____ me.

“You intended to harm me, but God intended it for good...” (Genesis 50:20 NIV)

† There is no _____ without _____.

Joseph’s two sons: Manasseh: God made me _____.
Ephraim: _____ / _____.

5. God uses pain to _____ me.

“For when the way is rough, your patience has a chance to grow. So let it grow, and don’t try to squirm out of your problems...then you will be ready for anything, strong in character, full and complete.” (James 1:4 LB)

† Pain is the _____ of growth.

- The problem is that most of us want the _____ without the _____.

† The very thing that _____ you the most, God uses to _____ you.

“This happened...so we might learn to trust, not in ourselves, but in God.” (1Corinthians 1:9 Ph)

“Has all your painful experience brought you nowhere?” (Gal. 3:4 Ph)

“Now I am glad...not because it hurt you but because the pain turned you to God...” (2Corinthians 7:9 LB)

“If you are suffering according to God’s will, keep on doing what is right and trust yourself to the God who made you, for He will never fail you.” (1Peter 4:19 LB)

**“Encouraging non-Christians to become Christians,
and Christians to become more like Christ.”**