

Rock Solid

How do I cope with pain in life?

TWO solutions to your pain/sorrow/grief

World's solution – NUMB it!

Christian's solution – OVERPOWER it!

GOOD and BAD life experiences and emotions coexist at the same time! **Jesus and Mary and Martha** John 11:14-38

Three EMOTIONS of Jesus

He was GLAD vs. 14-15

He was TROUBLED vs. 33, 38

He was GRIEVING vs. 35

Three EMOTIONS of Mary and Martha

They were ANGRY vs. 21, 32

They were TRUSTING vs. 22

They were FAITHFUL vs. 27

How is coexisting with pain/sorrow/grief part of God's PLAN?

It brings INTIMACY with Jesus Isaiah 53:2-3; Philipians 3:10

It is a SHAPING tool Romans 5:3-4

It helps us FULFILL our mission Hebrews 12:2-3

How do I live with pain/sorrow/grief?

Put SORROW/PAIN/ ANGER/GRIEF in its proper place

Don't put too LITTLE value on your suffering

Don't put too MUCH value on your suffering

Put JESUS in His proper place

Press into Him and His COUNTERMEASURES Gal 5:22-23

Don't put too LITTLE value on His power

How can I tell how I'm doing?

Does this suffering lead to a CRISIS of faith? John 11:21, 32, 36-37

Does my pain weaken my TRUST in God?

If yes, I'm overinvesting in my COMFORT

Does my trust in God ALLEVIATE my pain?

If yes, my God is my STRENGTH

Life Group Discussion Questions – September 4, 2022

2 Peter 1:3-4 "...seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust."

DISCOVER

1. How do you balance joy and pain? Are they entirely opposite of each other? What does this say about your faith?
2. In what ways does our culture deal with pain and suffering? Is this unique to our society? When we don't easily see the results of longsuffering (i.e. no drug or alcohol use), what are some other less-obvious indicators that might alert us that someone we know is struggling with emotional pain such as grief?
3. Is it possible for a believer to live in this world without a sense for grief? Have you ever known someone who always seemed to be able to "keep it together?" What are some possible underlying issues with this?

EXPLORE

1. What Bible characters can you recall that had to deal with grief? How did they prevail into joy?
2. "The more I am sorrowful, the more I can understand Jesus." Does this statement ring true with you? Why or why not?
3. List some of the ways that would identify Jesus as a Man of sorrows. (see Isaiah 52:13-53:12) Would you say Jesus was a sad or morose person? If He wasn't a gloomy man, then how do we know that He rejoiced in His sufferings? (see Hebrews 12:2 and 2 Peter 1:3-4) How does this apply to your life?
4. Read John 11:1-44. Where do we see that Jesus was a Man of sorrows? What does it mean that Jesus was "deeply moved in spirit and was troubled"? (v. 33) Are these two separate responses? Explain.

EXPERIENCE

1. A believing friend of yours has just lost their spouse of 50 years. By their outward expression of grief (not necessarily by their words), you sense that they have lost the most important thing in their life. They might even say about their loved one, "They were my life!" In what meaningful and loving ways can you gather around them? Are there somethings you could share with them later-on in the process (as opposed to things that would've not been received early-on)? How committed would you be to them if they trek on a long and arduous grief journey?
2. Discuss with your group: "How should we live with unabated pain or death?"

PRAY

Pray...Our Gracious God and Father, when we grieve, our hearts ache because of the inevitable loss of a loved one. Help us to rise above the sorrow, filling-up our broken hearts with Your immeasurable love and peace. Grant us a deeper understanding of You. Build our faith in the middle of the storm and guide us out of the darkness into Your glorious day. Amen.