

D Group Lesson: Pain Management – Debilitating Health Issues

Big Idea: God may not always remove our pain, but He is always faithful to renew our strength—by removing it, strengthening us through it, or sustaining us in it.

Sermon by Jason Reitenour (Preached 4.19.26)

HOOK (Engage the Heart)

Start with this question:

- Think about a time you were in physical or emotional pain. What was your first reaction—did you want relief, answers, or control?

Share the opening story (gas station burritos) briefly and ask:

- Why do we often prefer immediate relief over wisdom or change?

Transition:

Pain isn't just physical—it challenges what we believe about God. Many people ask:

- “Why does God allow sickness?”
- “If God is good, why doesn't He heal?”

Key Question for the group:

👉 *What guides your life more—your expectations of how life should go, or God's promises?*

LOOK (Examine the Word)

Read Isaiah 40:31

“But those who hope in the LORD will renew their strength...”

Explain:

- “Renew” means **exchange**—God replaces our strength with His.

Three Ways God Renews Our Strength

1. Sometimes God Removes the Pain

Text: Mark 5:1–20 (Demon-possessed man)

- Jesus heals instantly and completely.

- This shows God’s power to **remove suffering miraculously**.

Truth:

God *can* heal instantly—but He doesn’t promise to do it every time.

Discuss:

- Have you ever seen or heard of a situation where God brought sudden healing or change?
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2. Sometimes God Strengthens Us Through the Pain

Text: Mark 5:21–43 (Jairus’ daughter)

- Jairus faces delay, doubt, and loss.
- Jesus says: *“Don’t be afraid, just believe.”*

Truth:

God doesn’t always remove the trial—but He walks with us through it and builds our faith.

Key idea:

Running the race isn’t about speed—it’s about endurance.

Discuss:

- Why is it hard to trust God during long, painful seasons?
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3. Sometimes God Sustains Us in the Pain

Text: Isaiah 40:31 (“they will walk and not faint”)

- This is daily dependence—just enough strength for today.

Truth:

Sometimes God allows ongoing pain to:

- Refocus us on what truly matters
- Draw us closer to Him
- Use our lives as a testimony to others

Supporting Scripture:

2 Corinthians 4:10 – Our lives reveal Jesus, even in suffering.

Discuss:

- What might God be teaching or showing through ongoing pain?
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LOOK (Apply the Truth – What Do I Do Now?)

This is where the lesson becomes personal.

1. Reset Your Expectations

- Stop assuming: “If I’m good, life should be easy.”
- Start trusting: “God is good, even when life isn’t.”

👉 Ask yourself:

- Where have my expectations of God been wrong?
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2. Identify Your Current Season

Which one are you in right now?

- God removing something?
- God strengthening you through something?
- God sustaining you in something?

👉 Action:

Name it honestly before God.

3. Choose Faith Over Fear

Like Jairus:

- The world says: “Give up.”
- Jesus says: “Only believe.”

👉 Action:

- Replace one fear this week with a specific truth from Scripture.
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4. Don't Go Through Pain Alone

- We are meant to run with others.
- The body of Christ exists to support one another.

👉 Action:

- Share your struggle with at least one trusted person this week.
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5. Let Your Pain Point Others to Christ

- Your response to suffering is a testimony.
- People are watching how you walk through pain.

👉 Ask:

- Do people see me... or Christ in me?
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Closing Challenge

God's faithfulness is not measured by whether He removes your pain.

It is revealed in this truth:

- He is always with you.
- He is always working.
- He is always enough.

Final Question for Reflection:

👉 *Will you trust God's promises, even when they don't match your expectations?*

Prayer Prompt

- Ask God to help you trust Him in your current season
- Ask for strength, not just relief
- Ask Him to use your life—even your pain—for His purpose