

Pain

THE VITALS OF A DISCIPLE

1 Timothy 4:16 Keep a close watch on how you live and on your teaching. Stay true to what is right for the sake of your own salvation and the salvation of those who hear you. (NLT)

Doctor Will _____

What is my spiritual pain? _____

How can we evaluate these vitals?

S _____

O _____

A _____

P _____

S _____

Do I have an _____ desire to spend time with God?

- How much time do I spend with God?
- Has that time increased over the last year?

Do I have a _____ for deeper truths found in the Bible?

- Am I searching to know God more?
- Am I seeking wisdom and learning spiritual principles?

Do I have a _____ to learn and teach others?

- Am I actively seeking to grow in my faith?
- Am I helping others grow in their faith?

Do I see a _____ in grace and forgiveness?

- Am I holding onto resentment, grudges, and anger?
- Am I living in peace, love, and with hope?

Do I have a _____ to obey God's commands?

- Am I submitting to God's direction?
- Am I becoming more obedient to God's Word?

Do I see _____ of spiritual growth?

- Am I seeing fruit in my life?
- Do others close to me see fruit in my life?

O _____

James 1:21 So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls. **22** But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. **23** For if you listen to the word and don't obey, it is like glancing at your face in a mirror. **24** You see yourself, walk away, and forget what you look like. **25** But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it. **26** If you claim to be religious but don't control your tongue, you are fooling yourself, and your religion is worthless. (NLT)

1 John 2:3 And we can be sure that we know him if we obey his commandments. **4** If someone claims, "I know God," but doesn't obey God's commandments, that person is a liar and is not living in the truth. **5** But those who obey God's word truly show how completely they love him. That is how we know we are living in

him. **6** Those who say they live in God should live their lives as Jesus did. (NLT)

Questions

- P - Provocation
- Q - Quality
- R - Region
- S - Severity
- T - Timing

Physical _____

Health _____

Instruction

- Remorse: μεταμέλομαι; (Greek - Word [met-am-el'-lom-ahel]); regret, change his mind, feel remorse, felt remorse, regretted.

Matthew 27:3 When Judas, who had betrayed him, realized that Jesus had been condemned to die, he was filled with remorse. So he took the thirty pieces of silver back to the leading priests and the elders. (NLT)

- Repent: μετανοέω; (Greek - metanoeó [met-an-o-eh'-o]); repent; think differently afterward; reconsider (morally, feel compunction); to change one's mind or purpose.

Acts 2:38 Peter replied, "Each of you must repent of your sins and turn to God, and be baptized in the name of Jesus Christ for

the forgiveness of your sins. Then you will receive the gift of the Holy Spirit. (NLT)

Acts 3:19 Now repent of your sins and turn to God, so that your sins may be wiped away. (NLT)

Acts 26:20 I preached first to those in Damascus, then in Jerusalem and throughout all Judea, and also to the Gentiles, that all must repent of their sins and turn to God—and prove they have changed by the good things they do. (NLT)

Luke 3:8 "Prove by the way you live that you have repented of your sins and turned to God. Don't just say to each other, 'We're safe, for we are descendants of Abraham.' That means nothing, for I tell you, God can create children of Abraham from these very stones. **9** Even now the ax of God's judgment is poised, ready to sever the roots of the trees. Yes, every tree that does not produce good fruit will be chopped down and thrown into the fire." (NLT)

A _____

Behaviors

- P - Provocation: what triggers pain or makes it better?
 - Triggered by a person, topic, wound, past, conviction, rebellion
- Q - Quality: What does the pain feel like (sharp, dull, throbbing)
 - Insecurity, Disappointment, Shame, Blame, Fear, Denial, Anger, Justice
- R - Region: Where is the pain located? Does it spread?
 - Thoughts, dreams, actions, behaviors, mental, emotional, physical
- S - Severity: How intense is the pain?

- Passing, long-lasting, earth-shattering, breath-taking
- T - Timing: When does the pain occur, and how long does it last?
 - Visual, audible, mental, minutes, hours, days, weeks

Galatians 5:19 When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, **20** idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, **21** envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God. **22** But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, **23** gentleness, and self-control. There is no law against these things! *(NLT)*

_____ Of Repentance

- _____ of one's own guilt, sinfulness, and helplessness.

Psalms 51:4 Against you, and you alone, have I sinned; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just. **5** For I was born a sinner—yes, from the moment my mother conceived me. **6** But you desire honesty from the womb, teaching me wisdom even there. **7** Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. **8** Oh, give me back my joy again; you have broken me—now let me rejoice. **9** Don't keep looking at my sins. Remove the stain of my guilt. **10** Create in me a clean heart, O God. Renew a loyal spirit within me. *(NLT)*

Psalms 109:21 But deal well with me, O Sovereign Lord, for the sake of your own reputation! Rescue me because you are so

faithful and good. **22** For I am poor and needy, and my heart is full of pain. *(NLT)*

- _____ or takes hold of God's mercy in Jesus Christ.

Psalms 51:1 Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. *(NLT)*

Psalms 130:4 But you offer forgiveness, that we might learn to fear you. *(NLT)*

James 2:13 There will be no mercy for those who have not shown mercy to others. But if you have been merciful, God will be merciful when he judges you. *(NLT)*

- Change of _____ regarding sin.

2 Corinthians 7:10 For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death. *(NLT)*

- _____ v radical and persistent pursuit of holy living.

2 Timothy 2:20 In a wealthy home some utensils are made of gold and silver, and some are made of wood and clay. The expensive utensils are used for special occasions, and the cheap ones are for everyday use. **21** If you keep yourself pure, you will

be a special utensil for honorable use. Your life will be clean, and you will be ready for the Master to use you for every good work. **22** Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts. *(NLT)*

1 Peter 1:16 For the Scriptures say, "You must be holy because I am holy." *(NLT)*

2 Corinthians 5:17 This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! *(NLT)*

To Repentance

Ecclesiastes 7:20 Not a single person on earth is always good and never sins. *(NLT)*

1 John 1:8 If we claim we have no sin, we are only fooling ourselves and not living in the truth. **9** But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. *(NLT)*

Romans 6:23 For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord. *(NLT)*

1 John 2:2 He himself is the sacrifice that atones for our sins—and not only our sins but the sins of all the world. *(NLT)*

Romans 6:23 For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord. *(NLT)*

Romans 10:9 If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be

saved. **10** For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved. *(NLT)*

Psalms 103:8 The Lord is compassionate and merciful, slow to get angry and filled with unfailing love. **9** He will not constantly accuse us, nor remain angry forever. **10** He does not punish us for all our sins; he does not deal harshly with us, as we deserve. **11** For his unfailing love toward those who fear him is as great as the height of the heavens above the earth. **12** He has removed our sins as far from us as the east is from the west. *(NLT)*

Ephesians 4:32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. *(NLT)*

Forgiveness

Matthew 6:12 "If you forgive those who sin against you, your heavenly Father will forgive you. **15** But if you refuse to forgive others, your Father will not forgive your sins." *(NLT)*

Proverbs 25:28 A person without self-control is like a city with broken-down walls. *(NLT)*

2 Corinthians 11:17 Such boasting is not from the Lord, but I am acting like a fool. **18** And since others boast about their human achievements, I will, too. **19** After all, you think you are so wise, but you enjoy putting up with fools! **20** You put up with it when someone enslaves you, takes everything you have, takes advantage of you, takes control of everything, and slaps you in the face. **21** I'm ashamed to say that we've been too "weak" to do that! *(NLT)*

Romans 6:12 Do not let sin control the way you live; do not give in to sinful desires. **13** Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. (NLT)

Romans 7:4 So, my dear brothers and sisters, this is the point: You died to the power of the law when you died with Christ. And now you are united with the one who was raised from the dead. As a result, we can produce a harvest of good deeds for God. **5** When we were controlled by our old nature, sinful desires were at work within us, and the law aroused these evil desires that produced a harvest of sinful deeds, resulting in death. (NLT)

Romans 8:5 Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. **6** So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. **7** For the sinful nature is always hostile to God. It never did obey God's laws, and it never will. **8** That's why those who are still under the control of their sinful nature can never please God. **9** But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.) (NLT)

Luke 6:27 "But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. **28** Bless those who curse you. Pray for those who hurt you." (NLT)

2 Corinthians 2:5 I am not overstating it when I say that the man who caused all the trouble hurt all of you more than he hurt me. **6** Most of you opposed him, and that was punishment enough. **7** Now, however, it is time to forgive and comfort him. Otherwise he may be overcome by discouragement. **8** So I urge you now to reaffirm your love for him. **9** I wrote to you as I did to test you

and see if you would fully comply with my instructions. **10** When you forgive this man, I forgive him, too. And when I forgive whatever needs to be forgiven, I do so with Christ's authority for your benefit, **11** so that Satan will not outsmart us. For we are familiar with his evil schemes. (NLT)

**IS YOUR PAIN MOVING YOU
TOWARD GRIEF, _____,
ANGER, BITTERNESS,
_____, PAIN,
AND _____
OR TOWARDS _____?**

2 Peter 3:9 The Lord isn't really being slow about his promise, as some people think. No, he is being patient for your sake. He does not want anyone to be destroyed, but wants everyone to repent. (NLT)

P _____

_____ - **Confess My Sin**

- Ask God to forgive me.

Matthew 3:8 Prove by the way you live that you have repented of your sins and turned to God. (NLT)

_____ - **Repent From Hurt**

- Ask others to forgive me.

Matthew 5:23 "So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, **24** leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God." (NLT)

James 5:16 Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results. (NLT)

- Forgive Others

- Forgive others even if they don't ask.

Matthew 18:21 Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" **22** "No, not seven times," Jesus replied, "but seventy times seven!" **23** "Therefore, the Kingdom of Heaven can be compared to a king who decided to bring his accounts up to date with servants who had borrowed money from him. **24** In the process, one of his debtors was brought in who owed him millions of dollars. **25** He couldn't pay, so his master ordered that he be sold—along with his wife, his children, and everything he owned—to pay the debt. **26** "But the man fell down before his master and begged him, 'Please, be patient with me, and I will pay it all.' **27** Then his master was filled with pity for him, and he released him and forgave his debt. **28** "But when the man left the king, he went to a fellow servant who owed him a few thousand dollars. He grabbed him by the throat and demanded instant payment. **29** "His fellow servant fell down before him and begged for a little more time. 'Be patient with me, and I will pay it,' he pleaded. **30** But his creditor wouldn't wait. He had the man arrested and put in prison until the debt could be paid in full. **31** "When some of the other servants saw this, they were very upset. They went to the king and told him everything that had happened. **32** Then the king called in the man he had forgiven and said, 'You evil servant! I forgave you that tremendous debt because you

pleaded with me. **33** Shouldn't you have mercy on your fellow servant, just as I had mercy on you?' **34** Then the angry king sent the man to prison to be tortured until he had paid his entire debt. **35** "That's what my heavenly Father will do to you if you refuse to forgive your brothers and sisters from your heart." (NLT)

QUESTIONS

- Have I confessed my sin and received God's forgiveness?
- Is there anyone whom I have sinned against and from whom I need to ask forgiveness?
- Is there anyone who has sinned against me and asked for my forgiveness, but I have refused to forgive?
- Who are you still holding a grudge against?
- Who makes you cringe / walk the other way when you see them?
- Who do you wish would "get theirs?"
- If there is an unresolved issue, will I simply "let it go," or will I go talk to the offender about it? (Continuing to hold a grudge is not a biblical option!)
- Would I be willing to forgive if the offender asked me for forgiveness?