

1. Our painful experiences can be caused by our own choices.

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*"Don't be misled—you cannot mock the justice of God. You will always harvest what you plant. <sup>8</sup>Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit. Galatians 6:7-8 (NLT=New Living Translation)*

2. Catastrophic painful events in our lives \_\_\_\_\_  
the result of our personal sin.

*"About this time Jesus was informed that Pilate had murdered some people from Galilee as they were offering sacrifices at the Temple. <sup>2</sup>"Do you think those Galileans were worse sinners than all the other people from Galilee?" Jesus asked. "Is that why they suffered? <sup>3</sup>Not at all! And you will perish, too, unless you repent of your sins and turn to God. <sup>4</sup>And what about the eighteen people who died when the tower in Siloam fell on them? Were they the worst sinners in Jerusalem? <sup>5</sup>No, and I tell you again that unless you repent, you will perish, too." Luke 13:1-5 (NLT)*

a. Painful things can happen to us because of the \_\_\_\_\_.

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*"If you forgive those who sin against you, your heavenly Father will forgive you. <sup>15</sup>But if you refuse to forgive others, your Father will not forgive your sins. Matthew 6:14-15 NLT*

b. Painful things can happen to us because of the \_\_\_\_\_ of God.

*"My child, don't reject the Lord's discipline, and don't be upset when he corrects you. <sup>12</sup>For the Lord corrects those he loves, just as a father corrects a child in whom he delights." Proverbs 3:11-12 (NLT)*

3. The broken and sinful world we live in is \_\_\_\_\_  
and death. It's impossible to not be affected.

*"For we know that all creation has been groaning as in the pains of childbirth right up to the present time." Romans 8:22 (NLT)*

4. God's \_\_\_\_\_ can give our pain meaning.

*"Yet God, in his grace, freely makes us right in his sight. He did this through Christ Jesus when he freed us from the penalty for our sins." Romans 3:24 NLT*

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### **Discussion Questions:**

1. Have you ever seen God show up in your suffering? What did that look like? Maybe you are still waiting for Him to show up - Describe your journey through this. What would you say to someone who is waiting for God to show up in their pain?
2. Are there barriers to your relationship with God because of something you've suffered though? Describe that situation.
3. Can anything good come from pain and suffering? What kinds of things help during this time? How can we let God redeem our pain? What does it look like?

