

crossroads

LIFE GROUPS

October 9, 2022

Life of Paul

God's Answer to Suffering and Pain

Discussions Questions

MEMORY VERSE: Hebrews 12:3

For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

Kicking It Off – In physical training we often hear the adage, “No pain—No gain.” This also applies to our spiritual training and growth as well. Read 1 Peter 1:6–7. Name a time you grew in your faith as the result of pain or suffering.

1. Read Philippians 4:4-8. Paul gives us a 4 point plan to combat suffering and pain: Rejoice (v4), Relax (v6), Request (v6), Reflect (v8). What are some practical ways you can do this? What keeps us from doing that and how can we fight against it?
2. Read Romans 12:9–21. Often our pain and suffering is brought on by someone who has hurt us. It's better to try to get back TO someone than to try to get back AT them. How does this passage tell us to do that?
3. Read Job 23:8–9. Have you ever felt like this? Are you perhaps feeling like this right now? Now read Hebrews 13:5-6 and Philippians 4:12–13. What does God promise and what should our response be?

Putting It into Action – Psalm 23 says, “Yea, though I walk through the valley of the shadow of death ...” We walk *through* – we are not to pitch a tent or build a home there. It is the *shadow* of death – we are meant to come through on the side (whether that be here or in heaven.) How can you walk with someone in your group this week who is walking through the shadow they are facing? Ask your group for help if you are the one walking through your own shadow?