

# HOW TO GET THROUGH WHAT YOU'RE GOING THROUGH

## Session 1: How We're Getting Through

### PARTS 1-2

*"Praise be to the God and Father of our Lord Jesus Christ, the Father of all compassion and the God of all comfort, who comforts us in all our troubles so that we can comfort others with the same comfort that we've received from God.*

*For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows. If we're distressed, it's for your salvation; and if we're comforted, it's for your comfort...*

*OUR HOPE for you IS FIRM, BECAUSE WE KNOW that just as you've shared in our sufferings, so also you will share in our comfort.*

*We don't want you to be uninformed, brothers and sisters, about the hardships we've suffered... We were under great pressure, far beyond our ability to endure, so that we despaired even of life itself. Indeed, in our hearts we felt the sentence of death.*

*But this happened that we might not rely on ourselves but on God, who raises the dead. He HAS delivered us... and we've set our hope on him that he WILL CONTINUE to deliver us, as you help us by your prayers. Then many will give thanks to God for the gracious favor granted to us in answer to your many prayers."*

2 CORINTHIANS 1:3-11

**WHAT YOU \_\_\_\_\_ IS WHAT GETS YOU THROUGH.**

1. **Life doesn't make sense, but we can have PEACE BECAUSE WE KNOW**

### **GOD PROMISES:**

*"When you go through deep waters, I will be with you! When you pass through rivers of difficulty, you will not drown! When you walk through the fire, you will not be burned up; it will NOT consume you!"*

ISAIAH 43:2

*"I will never leave you and I will NEVER abandon you."*

**HEBREWS 13:5**

*"Can a mother forget the baby at her breast or the child she has born? Even if that were possible, I will never forget you! Look, I have engraved you on the palms of my hands!"*

**ISAIAH 49:15**

## **2. Everything on earth is broken, but we can have JOY BECAUSE WE KNOW**

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*"The earth suffers for the sins of its people, for they have twisted the instructions of God, violated his laws, and broken his covenant. Therefore... the earth has broken down and has utterly collapsed. Everything is lost, abandoned, and confused."*

**ISAIAH 24:5 +19**

*"BUT WE KNOW that in all things God works for the GOOD of those who love him, and have been called according to his purpose."*

**ROMANS 8:28**

*"We can have JOY even in our troubles BECAUSE WE KNOW that these troubles produce endurance. And endurance produces character; and character produces hope. And this hope will not disappoint us, because God has poured his love to fill our hearts."*

**ROMANS 5:3-5**

## **3. Life is a battle, but we can have HOPE BECAUSE WE KNOW**

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*"We often suffer, but we're never crushed. Even when we don't know what to do, we never give up. In times of trouble, God is with us, and when we are knocked down, we get up again... BECAUSE WE KNOW God raised the Lord back to life. And just as he raised Jesus, he will also raise us back to life, and will bring us into his presence together."*

**2 CORINTHIANS 4:8-9, 14**

*"Our bodies are buried in brokenness, but they will be raised in glory. They are buried in weakness but they will be raised in strength!"*

**1 CORINTHIANS 15:43**

*"So we don't focus on the troubles we see right now; instead we look forward to what we don't see yet. For the troubles we see now are*

*temporary, but the joys to come will last forever.”*

**2 CORINTHIANS 4:18**

*“Then God will wipe every tear from their eyes. And there will be no more death or mourning or crying or pain, for the old order of things will pass away.”*

**REVELATION 21:4**

# HOW TO GET THROUGH WHAT YOU'RE GOING THROUGH

## Session 2: When Your World Collapses

### PART 1

*“People can never predict when hard times might come. Like fish in a net or birds in a snare, people are often caught by sudden tragedy.”*

ECCLESIASTES 9:12

### HOW TO HELP A FRIEND

*“By helping each other with your troubles, you truly obey the law of Christ.”*

GALATIANS 6:2

1. \_\_\_\_\_

*“When Job’s three friends...heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him.”*

JOB 2:11

2. \_\_\_\_\_

*“Then they saw him from a distance...they began to weep aloud, and they tore their robes and sprinkled dust on their heads. Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.”*

JOB 2:12-13

3. \_\_\_\_\_

*“Whenever you possibly can, DO GOOD to those who need it.”*

PROVERBS 3:27

## SURVIVING A CATASTROPHE

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*“Call to me in your day of trouble; and I shall rescue you, and you will honor Me.”*

**PSALM 50:15**

*“Get up, cry out in the night. Cry all through the night. Pour out your heart like water in prayer to the Lord. Lift up your hands in prayer to him.”*

**LAMENTATIONS 2:19**

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*“A friend loves at ALL times, and a brother is born for adversity.”*

**PROVERBS 17:17**

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*“Two can accomplish more than twice as much as one... and if one falls down, the other can pull him up; but if a man falls when he is alone, he’s in trouble!... One person standing alone can be attacked and defeated, but two can stand back-to-back and conquer; and having three is even better, for a triple-braided cord is not easily broken.”*

**ECCLESIASTES 4:9-12 (LB)**

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*“Blessed are those who trust in the Lord and have made the Lord their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they go right on producing delicious fruit.”*

**JEREMIAH 17:7-8 (NLT)**

*“Just as you trusted Christ to save you, trust him, too, for each day’s problems; live in vital union with him. Let your roots grow down into him and draw up nourishment from him. See that you go on growing in the Lord, and become strong and vigorous in the truth...”*

**COL. 2:6-7 (LB)**



# HOW TO GET THROUGH WHAT YOU'RE GOING THROUGH

## Session 3: Getting Through Life's Losses

PARTS 1-2

### WHAT I'VE LEARNED ABOUT GRIEF

1. **LOSS IS UNAVOIDABLE BUT** \_\_\_\_\_

There is no LIFE without change

There is no CHANGE without loss

There is no LOSS without pain, but grief is a CHOICE

2. \_\_\_\_\_

*"When Jesus saw Lazarus' sister sobbing, and saw how all those with her were crying also, his heart was touched, and he was deeply moved... Then Jesus started crying. 'See how much he loved Lazarus!' they said."*

JOHN 11:33-36

### UNHEALTHY REACTIONS

**REPRESSION:** Unconsciously trying to block out painful thoughts

**SUPPRESSION:** Consciously trying to block painful thoughts

3. \_\_\_\_\_

*"The Lord is close to the brokenhearted and saves those who are crushed in spirit."*

PSALM 34:18

4. \_\_\_\_\_

*"Carry each other's burdens, and in this way you will fulfill the law of Christ."*

GALATIANS 6:2

*"When others are happy, be happy with them. If they are sad, share their sorrow."*

ROMANS 12:15

5.

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*"There is a time for everything, and a season for every activity under heaven...  
a time to weep and a time to laugh, a time to mourn and a time to dance."*

ECCL. 3:1, 4

## STEPS TO MOVING FORWARD

1.

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*Jesus said "Blessed are those who mourn, for they will be comforted."*

MATT. 5:4

Why don't we let ourselves grieve? \_\_\_\_\_

*"Even though I walk through the valley of the shadow of death, I will fear no evil,  
for you are with me."*

PSALM 23:4

2.

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3.

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**A LAMENT:** a passionate expression of grief to God

An act of worship that can include complaining to God

### **Psalms of Lament**

Psalms 3-7, 9, 10, 12-14, 17, 22, 25-28, 31, 35, 36, 38, 39, 41-44, 51-61, 64, 70, 71, 74, 77, 79, 80, 82, 83, 85, 86, 88, 90, 94, 102, 109, 137, 139-143, 145

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*“The Lord is like a father to his children, tender and compassionate to those who honor him.  
For he understands how weak we are.”*

**PSALM 103:13-14**

Jesus: *“God has sent me to heal the brokenhearted...”*

**LUKE 4:18 (LB)**

# HOW TO GET THROUGH WHAT YOU'RE GOING THROUGH

## Session 4: **STRUGGLE**: When Life Makes No Sense

PARTS 1-2

**SHOCK – SORROW – STRUGGLE – SURRENDER – SANCTIFICATION – SERVICE**

*“Because you (sinned)... all your life you will struggle.”*

GEN. 3:17 (NLT)

### **LIFE IS A STRUGGLE**

Jacob's Example

- **WE STRUGGLE** \_\_\_\_\_

**Jacob struggled:**

with his brother	Gen 25:22, Hosea 12:3
with two wives	Gen. 30:1-24
with his in-laws	Gen. 31:1-2
with his 12 sons	Gen. 37-50

- **WE STRUGGLE** \_\_\_\_\_

*“I don't understand myself at all, for I really want to do what is right, but I don't do it. Instead, I do the very thing I hate... No matter which way I turn, I can't make myself do right. I want to, but I can't... But there is a law at work within me that is at war with my mind.”*

ROMANS 7:15-23 (NLT)

- **OUR REAL STRUGGLE** \_\_\_\_\_

### **JACOB'S WRESTLING MATCH**

*“Jacob sent his family across the Jabbok River but he stayed behind, alone. That night, a Man came and wrestled with him until daybreak. When the Man saw that he wasn't winning the struggle, he hit Jacob on the hip, and it was thrown out of joint. The Man said, ‘Let me go; daylight is coming.’ Jacob said, ‘I WON'T LET GO UNTIL YOU BLESS ME.’”*

*The Man asked ‘What is your name?’ Jacob,’ he replied. The Man said, ‘Your name will no longer be Jacob. You have STRUGGLED WITH GOD and with men, and you have WON; so your name will be ISRAEL.’*

**Jacob** = “deceiver/manipulator”

**Israel** = “struggled with God /Prince with God”

*Then God blessed him there. So Jacob called the place Peniel, saying, ‘It is because I saw God face to face, and yet my life was spared.’”*

**GENESIS 32:23-30**

## **HOW TO WRESTLE WITH GOD AND GET BLESSED**

**1.**

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### **Examples:**

Job – Job 13; 14-25

Heman – Psalm 88

Jeremiah – Jeremiah 12:1-4

*“I call to the Lord for help; I plead with him. I bring all my complaints to him; I tell him my troubles. When I’m ready to give up, he knows what I should do.”*

**PSALM 142:1-3 (TEV)**

**2.**

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### **Examples:**

Abraham – Genesis 18:22-32

Moses – Exodus 32:9-14

Hezekiah – 1 Kings 19:15-19

David – Psalm 143

Jehoshaphat – 2 Chronicles 20

**3.**

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*“Then Jacob prayed, ‘O God of my grandfather Abraham and my father, Isaac— you told me to return to my land and to my relatives, and you promised to treat me kindly. I am not worthy of all the faithfulness and unfailing love... but O Lord, please rescue me from my brother, Esau. I am afraid that he is coming to kill me... But you promised to treat me kindly and to multiply my descendants...”*

**GENESIS 32:9-12 (NLT)**

*“Though he slay me, yet I will trust in him.”*

**JOB 13:15**

*“Even though the fig trees have no blossoms, and there are no grapes on the vine; and even though the olive crop fails, and the fields lie empty and barren; and even though the flocks die in the fields, and the cattle barns are empty, yet I will still rejoice in the Lord! I will be joyful in the God of my salvation. The Sovereign Lord is my strength!”*

**HABAKKUK 3:17-19 (NLT)**

# HOW TO GET THROUGH WHAT YOU'RE GOING THROUGH

## Session 5: SURRENDER: The Path To Peace

### PARTS 1-2

#### REVIEW

##### IN SHOCK

- Cry out to God
- Let others help me

##### IN SORROW

- You go through it, not around it
- List the losses I've never grieved
- Identify what I've really lost
- Ask Jesus to heal my broken heart

##### IN STRUGGLE

- Learn to lament in the Biblical way
  - Complain: Tell God what I think is unfair or painful
  - Appeal to God's nature
  - Remind God of what he has said (promises)
  - Express my total trust in God

*"Everything written in the Scriptures was written to teach us,  
in order that we might have hope..."*

ROM.15:4 (TEV)

##### SURRENDER

David's Loss of a Child – 2 Samuel 12:16-24

*"David begged God to spare the child. He went without food and lay all night on the bare ground. The leaders of the nation pleaded with him to get up and eat with them, but he refused. Then on the seventh day the baby died. David's advisers were afraid to tell him. 'He was so broken up about the baby being sick,' they said. 'What will he do to himself when we tell him the child is dead?' But when David saw them whispering, he realized what had happened. 'Is the baby dead?' he asked. 'Yes,' they replied."*

2 SAM. 12:16-19 (NLT)

## STEPS OF SURRENDER

1.

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*“David said, ‘I fasted and wept while the child was alive, for I thought perhaps the Lord would be gracious and let the child live. But why should I fast when he is dead? Can I bring him back again?’”*

2 SAM. 12:22-23 (NLT)

2.

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*“I will go to him one day, but he cannot return to me.”*

2 SAM. 12:23B

3.

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*“Then David got up from the ground, washed himself, put on lotions, and changed his clothes.”*

2 SAM. 12:20A

4.

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*“Then he went to the Tabernacle and worshiped the Lord.”*

2 SAM. 12:20B

*“I tried to understand all this, but it was too hard for me to see until I went to the Temple of God. Then I understood...”*

PSALM 73:16-17(NCV)

5.

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*“After that, he returned to the palace and ate.”*

2 SAM. 12:20C

6.

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*“Then David comforted Bathsheba, his wife, and slept with her. She became pregnant and gave birth to a son, and they named him Solomon.”*

2 SAM. 12:24

*“We know what real love is because Christ gave up his life for us. So we also ought to give up our lives for our brothers and sisters.”*

1 JOHN 3:16 (NLT)



# HOW TO GET THROUGH WHAT YOU'RE GOING THROUGH

## Session 6: Never Waste Your Pain

### PARTS 1-2

*"Have you gone through all of this for nothing? Is it all really for nothing?"*

GAL. 3:4 (CEV)

### PAIN CAN BE USED FOR A GOOD PURPOSE

#### 1. I CAN USE MY PAIN \_\_\_\_\_

*"We were crushed and overwhelmed...and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us...and he did help us!"*

2 COR. 1:8-10 (LB)

*"I am glad...not because it hurt you but because the pain turned you to God."*

2 COR. 7:9 (LB)

#### 2. I CAN USE MY PAIN \_\_\_\_\_

*"By helping each other with your troubles, you truly obey the law of Christ."*

GAL. 6:2

#### 3. I CAN USE MY PAIN \_\_\_\_\_

*"Now, isn't it wonderful all the ways in which this distress has goaded you closer to God? You're more alive, more concerned, more sensitive, more reverent, more human, more passionate, more responsible. Looked at from any angle, you've come out of this with purity of heart."*

2 COR. 7:11 (MSG)

*"For this reason we never become discouraged. Even though our physical being is gradually decaying, yet our spiritual being is renewed day after day. And these temporary troubles we suffer will bring us a tremendous and eternal glory, much greater than the trouble. For we fix our attention, not on things that are seen, but on things that are unseen. What can be seen lasts only for a time, but what cannot be seen lasts forever."*

2 COR. 4:16-18 (TEV)



#### 4. I CAN USE MY PAIN

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*“God comforts us in all our troubles so that we can comfort others. Then, when others are troubled, we will be able to give them the same comfort God has given us. You can be sure that the more we suffer for Christ, the more God will shower us with his comfort through Christ. So when we are weighed down with troubles, it is for your benefit and salvation! For when God comforts us, it is so that we, in turn, can be an encouragement to you. Then you can patiently endure the same things we suffer.”*

2 COR. 1:4-6 (NLT)

#### 5. I CAN USE MY PAIN

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*“I want you to know, dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News.”*

PHIL. 1:12 (NLT)

*“In everything we do we try to show that we are true servants of God. We patiently endure suffering and hardship and trouble of every kind.”*

2 COR. 6:4 (LB)

## HELPING OTHERS

# HOW TO GET THROUGH WHAT YOU'RE GOING THROUGH

## Session 7: How To Get Through What You're Going Through

### PARTS 1-2

*“All praise to the God and Father of our Lord Jesus Christ. He is the source of every mercy and the God who comforts us. He comforts us in all our troubles so that we can comfort others. When others are troubled, we will be able to give them the same comfort God has given us. You can be sure that the more we suffer for Christ, the more God will shower us with his comfort through Christ. So when we are weighed down with troubles, it is for your benefit and salvation! For when God comforts us, it is so that we, in turn, can be an encouragement to you. Then you can patiently endure the same things we suffer. We are confident that as you share in suffering, you will also share God’s comfort.*

*I think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. We were crushed and completely overwhelmed, and we feared we would never live through it. In fact, we expected to die. But as a result, we learned to not rely on ourselves, but on God who can raise the dead. And he did deliver us from mortal danger. And we are confident that he will continue to deliver us. He will rescue us because you are helping by praying for us. As a result, many others will give thanks to God because so many people’s prayers for our safety have been answered.”*

2 COR. 1:3-11 (NLT)

### PAIN CAN BE USED FOR A GOOD PURPOSE

1. \_\_\_\_\_

A. \_\_\_\_\_

*“We were crushed and completely overwhelmed, and we thought we would never live through it. In fact, we expected to die. But as a result, we learned to not rely on ourselves, but on God who can raise the dead!”*

2 COR. 1:8-9

B. \_\_\_\_\_

*“God comforts us in all our troubles so that we can comfort others.”*

2 COR. 1:4

*“When we are weighed down with troubles, it is for your benefit and salvation!  
For when God comforts us, it is so that we, in turn, can be an encouragement to you!  
Then YOU can patiently endure the same things we suffer.”*

2 COR. 1:6

### **THIS IS CALLED: REDEMPITIVE SUFFERING**

C. \_\_\_\_\_

*“He will rescue us because YOU are helping by praying for us. As a result, many others will  
give thanks to God because so many people’s prayers for our safety have been answered.”*

2 COR. 1:11

### **4 LEVELS OF SMALL GROUP RELATIONSHIPS**

1. The Fellowship of Sharing Together
2. The Fellowship of Studying Together
3. The Fellowship of Serving Together
4. The Fellowship of Suffering Together (deepest)

2. \_\_\_\_\_

*“I think you ought to know, dear brothers and sisters, about the trouble we went through in  
the province of Asia. We were crushed and completely overwhelmed, and WE FEARED we  
would never live through it. In fact, we expected to die. But as a result, we learned to not  
rely on ourselves....”*

2 COR. 1:8-9

3. \_\_\_\_\_

*“ALL PRAISE to the God and Father of our Lord Jesus Christ.  
He is the source of every mercy and the God who comforts us!”*

2 COR. 1:3

4. \_\_\_\_\_

*“God will rescue us because you are helping by praying for us.”*

2 COR. 1:11A

5.

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*“And we are CONFIDENT that he WILL continue to deliver us.”*

**2 COR. 1:10**

*“So then faith comes from hearing the Word of God.”*

**ROMANS 10:17**

6.

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*“Everything that was written in the past was written to teach us.*

*The Scriptures give us endurance and encouragement so that we can have hope!”*

**ROMANS 15:4**