

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 _____

“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 _____

“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