

## HOW GOD CAN USE MY PAIN FOR MY GOOD

Where Is God When It Hurts?

Rick Warren

### HOW CAN GOD USE MY PAIN FOR GOOD?

#### 1. GOD USES PAIN TO \_\_\_\_\_

*"A person may plan his own journey, but the Lord directs his steps."*  
Proverbs 16:9 (GW)

*"God teaches people through suffering and uses distress to open their eyes."*  
Job 36:15 (TEV)

*"Now I am glad . . . not because it hurt you but because the pain turned you to God"* 2 Corinthians 7:9 (TLB)

*"it was the best thing that could have happened to me, for it taught me to pay attention to your laws."* Psalm 119:71-72 (TLB)

#### 2. GOD USES PAIN TO \_\_\_\_\_

*"Sometimes it takes a painful experience to make us change our ways."*  
Proverbs 20:30 (TEV)

*"God corrects all of His children, and if He doesn't correct you, then you don't really belong to Him . . . God corrects us for our own good, because He wants us to be holy, as He is."* Hebrews 12:8-10 (CEV)

*"Consider yourself fortunate God all-powerful chooses to correct you."*  
Job 5:17 (CEV)

(Prodigal son) *"He spent everything he had . . . and was hungry . . . At last he came to his senses and said . . . I'll get up and go to my father"*  
Luke 15:14-18 (TEV)

*"Let God train you, for he is doing what any loving father does for his children. Whoever heard of a child who was never corrected?"* Hebrews 12:7 (TLB)

#### 3. GOD USES PAIN TO \_\_\_\_\_

*"You (God) inspect them every morning and test them every minute."*  
Job 7:18 (TEV)

*"The Lord searches our hearts and examines our deepest motives so He can give to each person his right reward, according to his deeds—how he has lived."*  
Jeremiah 17:10 (TLB)

*"I have tested you in the furnace of affliction."* Isaiah 48:10 (NIV)

*"tests and challenges come at you from all sides. (And) You know that under pressure, your faith life is forced into the open and shows its true colors."*  
James 1:2-3 (The Message)

(Israelites) *"God led you through the wilderness for forty years, humbling you and testing you to find out how you would respond, and whether or not you would really obey him."* Deuteronomy 8:2 (TLB)

#### 4. GOD USES PAIN TO \_\_\_\_\_

*"God will save you from hidden traps."* Psalm 91:3 (NCV)

*"God has led you away from danger, giving you freedom."* Job 36:16 (NLT)

Joseph: *"You intended to harm me, but God intended it for good."* Genesis 50:20

*"Jesus replied, 'You don't realize now what I am doing, but later you will understand.'" John 13:7 (NIV)*

#### 5. GOD USES PAIN TO \_\_\_\_\_

*"For when the way is rough, your patience has a chance to grow. So let it grow, and don't try to squirm out of your problems . . . then you will be ready for anything, strong in character, full and complete."* James 1:4 (TLB)

*"So don't try to get out of anything prematurely. Let it do its work so you become mature and well developed."* James 1:4 (The Message)

*"(This happened) so we might learn to trust, not in ourselves, but in God"*  
1 Corinthians 1:9 (PHILLIPS)

*"Has all your painful experience brought you nowhere?"* Galatians 3:4 (PHILLIPS)

*"If you are suffering according to God's will, keep on doing what is right and trust yourself to the God who made you, for he will never fail you."* 1 Peter 4:19 (TLB)

*Next Step*

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## HOW CAN I BENEFIT FROM MY PAIN?

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*"So what do people get for all of their hard work and struggles on Earth? Their lives are filled with pain, and their work is filled with grief. Even at night their minds don't rest. It doesn't make sense at all!" Ecclesiastes 2:22-23*

*"We know that IN all things God works for the good of those who love him, who have been called according to his purpose." Romans 8:28 (NIV)*

*"Have you gone through all of this for nothing? Is it all really for nothing?" Galatians 3:4 (CEV)*

### 5 WAYS TO BENEFIT FROM ANY KIND OF PAIN

#### 1. USE MY PAIN TO \_\_\_\_\_

*"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 Corinthians 1:8-10 (TLB)*

*"I am glad . . . not because it (your troubles) hurt you but because the pain turned you to God." 2 Corinthians 7:9 (TLB)*

#### 2. USE MY PAIN TO \_\_\_\_\_

*"By helping each other with your troubles, you truly obey the law of Christ." Galatians 6:2 (NCV)*

#### 3. USE MY PAIN TO \_\_\_\_\_

*"Sometimes it takes a painful experience to make us change our ways." Proverbs 20:30 (TEV)*

*"So even though Jesus was God's Son, he learned obedience from the things he suffered." Hebrews 5:8 (NLT)*

*"Suffering made Jesus perfect, and now he can save forever all who obey him." Hebrews 5:9 (CEV)*

*"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 Corinthians 7:11 (The Message)*

### Paul's Testimony of Pain: 2 Corinthians 11:23-28 and 2 Corinthians 4:8-10

*"FOR THIS REASON we never become discouraged. Even though our physical being is gradually decaying, 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 Corinthians 4:16-18 (TEV)*

#### 4. USE MY PAIN TO \_\_\_\_\_

*"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 Corinthians 1:4-6 (NLT)*

#### 5. USE MY PAIN TO \_\_\_\_\_

*Paul in Prison: "I want you to know, dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News." Philippians 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 Corinthians 6:4 (TLB)*

### Homework: Don't waste your pain!

1. In a quiet place, write down the 4 *most painful* moments in your life.
2. Using part 1 of this series "How God Can Use Pain in My Life" (5 Ways) and this part 2 on "How Can I Benefit from My Pain?" (5 Choices)

Use these 10 factors as a checklist to write down how you've used pain to grow and the lessons you learned. Share it with the next generation.

*Next Step*

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## USING YOUR PAIN TO HELP OTHERS

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### YOUR PAINFUL EXPERIENCES WILL NOT BE WASTED IF YOU'LL SHARE FOUR THINGS

#### 1. SHARE \_\_\_\_\_

*"Hard times and trouble are God's way of getting our attention!"* Job 36:15 (CEV)

*"God gets them to listen through their pain."* Job 36:15 (NCV)

*"I am glad . . . not because it hurt you but because the pain turned you to God."*  
2 Corinthians 7:9 (TLB)

#### WHEN SHARING ABOUT YOUR PAIN

- **BE OPEN ABOUT** \_\_\_\_\_  
*"We have spoken frankly to you; we have opened our hearts wide."*  
2 Corinthians 6:11 (TEV)
- **BE HUMBLE ABOUT** \_\_\_\_\_  
*"Each of us must bear the faults and burdens of his own. For none of us is perfect!"* Galatians 6:5 (TLB)
- **BE FRANK ABOUT** \_\_\_\_\_  
Paul: *"Christ Jesus came into the world to save sinners—of whom I am the worst."* 1 Timothy 1:15 (NIV)
- **BE HONEST ABOUT** \_\_\_\_\_  
*"I have the desire to do what is right, but I cannot carry it out . . . I keep on doing the evil I don't want to do."* Romans 7:18–19
- **BE CANDID ABOUT** \_\_\_\_\_  
*"I do admit that I have fears that when I come you'll disappoint me and I'll disappoint you, and in frustration with each other everything will fall to pieces"*  
2 Corinthians 12:20 (The Message)

#### 2. SHARE \_\_\_\_\_

*"God teaches people through suffering and uses distress to open their eyes."*  
Job 36:15 (TEV)

*"Sometimes it takes a painful situation to make us change our ways."*  
Proverbs 20:30 (TEV)

• **I LEARNED** \_\_\_\_\_  
*"We were really 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 Corinthians 1:8-10 (TLB)

• **I LEARNED** \_\_\_\_\_  
*"I used to wander off...but now I closely follow your Word."* Psalm 119:67 (NLT)  
*"it was the best thing that could have happened to me, for it taught me to pay attention to your laws."* Psalm 119:71 (TLB)

• **I LEARNED** \_\_\_\_\_  
*"Carry each other's burdens, and in this way you will fulfill the law of Christ."*  
Galatians 6:2 (NIV)

#### 3. SHARE HOW GOD \_\_\_\_\_

*"I want you to know, dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News."* Philippians 1:12 (NLT)

*"We know that God causes everything to work together for the good of those who love God"* Romans 8:28 (NLT)

*"[They] intended it to harm me, but God intended it for good."* Genesis 50:20

#### 4. SHARE HOW JESUS \_\_\_\_\_

*"Brothers and sisters, we want you to know about the trouble we suffered in Asia. We had great burdens there that were beyond our own strength. We even gave up hope of living. Truly, in our own hearts we believed we would die. But this happened so that we would not trust in ourselves but in God, who raises people from the dead. God saved us from great dangers of death, and he will continue to save us. We have put our HOPE in him, and he will save us again."*  
2 Corinthians 1:8–10 (NCV)

GOD: *"When you call to me, I will answer you. I will be with you when you are in trouble. I will save you and honor you."* Psalm 91:15 (GW)

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