

Life

#2: Help! I'm in pain

How To Experience God In Painful Times

1. Process your pain _____

a) Acknowledge that _____

Psalm 38:17 *For I am about to fall, and my pain is ever with me.*

b) Give yourself _____

Ecclesiastes 3:4 *A time to weep and a time to laugh*

c) Accept grief _____

John 11:35 *Jesus wept.*

2. Let pain move _____

*Expect God to use pain _____

Hebrews 12:10-11 *Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness. No discipline seems pleasant at the time, but painful.*

*Ask God _____

Hebrews 12:7 *Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father?*

* Look for God to _____

Psalm 34:18 *The Lord is close to the brokenhearted; he rescues those who are crushed in spirit.*

Psalm 30:11 *You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy.*

The American Way of Handling Pain

1. Bury your feelings – Don't cry Johnny
2. Replace your loss – We'll get you a new dog on Saturday
3. Grieve alone – Just go in your room and have a good cry alone
4. "Time heals" – People get trapped in sadness
5. Suck it up and live with regret – There's nothing you can do
6. Settle for superficiality – Don't let people close - they can hurt you

Stages of Grief

- *Shock and denial
- *Pain and guilt
- *Anger and bargaining
- *Depression, loneliness, reflection
- *Acceptance and hope

Goal when grieving your losses

- T = To accept the reality of the loss
- E = Experience the pain of the loss
- A = Adjust to the new environment without the lost object
- R = Reinvest in the new reality