

Trusting God With Our Pain
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⁶ *I am worn out from sobbing.
All night I flood my bed with weeping,
drenching it with my tears. Psalm 6:6 (NLT)*

I. Accept That Pain Is _____.

A. _____ gets a pain free ride at life

John 16:33 "I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world." (NLT)

II Cor. 4:8-9 "We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed." (NLT)

B. Pain can separate or unite, divide or join our hearts, relationships, and lives.

Ps. 69:1-3 "Save me, O God, for the floodwaters are up to my neck. Deeper and deeper I sink into the mire; I can't find a foothold. I am in deep water, and the floods overwhelm me. I am exhausted from crying for help..." (NLT)

II. Trust That _____ How You Feel.

A. This belief causes me to turn to _____.

Heb. 4:14-16 "So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. ¹⁵ This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. ¹⁶ So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most." (NLT)

B. This belief gives me a _____ for His pain

Is. 53:10-11 But it was the LORD's good plan to crush him and cause him grief...When he sees all that is accomplished by his anguish, he will be satisfied. And because of his experience, my righteous servant will make it possible for many to be counted righteous, for he will bear all their sins." (NLT)

III. Allow Pain To _____ Not Defeat You

A. Pain is God's spiritual _____ process.

Rom. 5:3-5 "We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love." (NLT)

B. Our response in pain _____.

1 Peter 4:19 "So if you are suffering in a manner that pleases God, keep on doing what is right, and trust your lives to the God who created you, for he will never fail you." (NLT)

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