

Growing in Gratitude
“How To Be Thankful In Pain”

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Pastor Dale Satrum

Part 2



1. **Resist** _____ **your pain to others**

II Cor. 11:23-28 “...I have worked much harder, been in prison more frequently, been flogged more severely, and been exposed to death again and again. Five times I received from the Jews the forty lashes minus one. Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea, I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false believers. I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked. Besides everything else, I face daily the pressure of my concern for all the churches.” (NLT)

Phil. 3:7-8 “I once thought these things were valuable, but now I consider them worthless because of what Christ has done. Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord.” (NLT)

- Choose to see pain through the infinite value of _____
Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord
- Comparing pain only makes your pain _____
- Comparing pain can _____ it and create denial

2. **Believe in God’s sovereign** _____

Rom. 8:28 “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” (NIV)

- Pain cannot rob you of _____ for your life
- God has a redemptive _____ with my pain

Gen. 50:20 “You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.” (NLT)

3. **Resist** _____

- Isolation distorts _____
I Kings 19:4 “Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, LORD,” he said. “Take my life, for I am

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no better than my ancestors who have already died.” (NLT)

I Kings 19:9-10 “But the LORD said to him, “What are you doing here, Elijah?” Elijah replied, “I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.” (NLT)

- Isolation blocks God’s encouragement _____

4. Choose to _____ to Jesus

- Pain is the conduit where we experience Jesus being _____
II Cor. 1:3-4 “Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.” (NIV)

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Discussion Questions:

1. Discuss how pain is the common denominator for humanity.
2. How difficult is it not to compare our pain to others? How does this hinder our ability to be thankful in the midst of painful circumstances?
3. Why is believing in God’s sovereign purposes so important when trying to be thankful in pain? How does Rom. 8:28 teach us some valuable truths? What does Gen. 50:20 teach us?
4. Why is relationally isolating ourselves from others while we’re in pain not a good idea? Has God ever sent you an answer through another person and yet you rejected this help?
5. How do we lean in to Jesus and experience Him being enough? If some of you have had experiences like this please share with the group. How can others move in this direction?

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