

Word on Wednesday Bible Study
HOW CAN I BENEFIT FROM MY PAIN
WHERE IS GOD WHEN IT HURTS? – PART 2
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*What has a man from all the toil and striving of heart with which he toils beneath the sun? For all his days are full of sorrow, and his work is a vexation. Even in the night his heart does not rest. This also is vanity.” **Ecclesiastes 2:22-23 ESV***

*“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 (LB)

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

2. USE MY PAIN TO _____

“Bear one another’s burdens, and so fulfill the law of Christ.”

Galatians.6:2

3. USE MY PAIN TO _____

“Sometimes it takes a painful experience to make us change our ways.”

Proverbs 20:30 (TEV)

“Although he was a son, he learned obedience through what he suffered.”

Hebrews. 5:8 (ESV)

“And being made perfect, he became the source of eternal salvation to all who obey him,” **Hebrews 5:9**

“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 (MSG)

PAUL’S TESTIMONY OF PAIN:

2 Corinthians 11:23-28 and 2 Corinthians 4:8-10

“So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.” **2 Cor. 4:16-18 (ESV)**

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 (LB)***

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.