



## The Way - Pain & Suffering

### Icebreaker:

1. What is your favorite way to spend the weekend?
2. What is your favorite breakfast food?

### Summary:

Jesus told us in this world we would experience pain and suffering. But HOW do you become more like Jesus when this life you thought you were guaranteed, that you thought you were promised, the way you thought this life would be is harshly interrupted by something tragic, heartbreaking and soul crushing? Jesus modeled practices for his close friends, his disciples, to open their pain to God. To trust him, give it to him, and to follow His way of transformation in the midst of our pain.

### Engage the Bible:

Below are verses on pain and suffering. As a group select all or a few of the passages to read aloud. Discuss what stuck out to you the most in those passages.

- John 16:33
- Romans 5:3-5
- James 1:2-4
- Acts 5:40-42
- Exodus 3:7
- Isaiah 53:4-6
- 1 Peter 1:6-7

### Small Group Questions:

- Can you tell one story of a painful experience you've been through that you have seen God use it for good?
- How have you experienced God in times of pain and suffering? Has that changed in your spiritual journey?
- Which of the three responses to emotional pain are you most inclined toward: deny, detach, or drug? Can you give an example?
- Have you had an experience of intentionally opening your pain and suffering to God?
- What did God produce in your formation through that experience?