

CHANGING HOW I THINK ABOUT PAIN – Ecc1 2:22-23

SERIES: RETHINKING YOUR LIFE

²² What do people get from all of their hard work and struggles under the sun? ²³ Their entire life is filled with pain, and their work is unbearable. Even at night their minds don't rest. Even this is pointless. *Ecclesiastes 2:22-23 (GW)*

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. *Romans 8:28 (NIV)*

⁴ Have you suffered so much for nothing—if it really was for nothing? *Galatians 3:4 (NIV)*

FIVE WAYS TO USE PAIN FOR GOOD IN YOUR LIFE

1. USE PAIN TO _____ TO GOD AND _____ HIM MORE

⁸ I think you ought to know, dear brothers, about the hard time we went through in Asia. We were really crushed and overwhelmed, and feared we would never live through it. ⁹ We felt we were doomed to die 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, for he can even raise the dead. ¹⁰ And he did help us and saved us from a terrible death; yes, and we expect him to do it again and again. *2 Corinthians 1:8-10 (TLB)*

⁹ Now I am glad I sent it, not because it hurt you but because the pain turned you to God.. *2 Corinthians 7:9a (TLB)*

2. USE PAIN TO DRAW CLOSER TO _____ IN FELLOWSHIP

² By helping each other with your troubles, you truly obey the law of Christ. *Galatians 6:2 (NCV)*

3. USE PAIN TO _____ LIKE JESUS

³⁰ Sometimes it takes a painful experience to make us change our ways. *Proverbs 20:30 (TEV)*

⁸ Although he was a son, he learned obedience through what he suffered. ⁹ And being made perfect, he became the source of eternal salvation to all who obey him, *Hebrews 5:8-9 (ESV)*

¹¹ For see what earnestness this godly grief has produced in you, but also what eagerness to clear yourselves, what indignation, what fear, what longing, what zeal, what punishment! At every point you have proved yourselves innocent in the matter. *2 Corinthians 7:11 (ESV)*

PAUL'S TESTIMONY OF PAIN:

2 CORINTHIANS 11:23-28; 2 CORINTHIANS 4:8-10

¹⁶ For this reason we never become discouraged. Even though our physical being is gradually decaying, yet our spiritual being is renewed day after day. ¹⁷ And this small and temporary trouble we suffer will bring us a tremendous and eternal glory, much greater than the trouble. ¹⁸ For we fix our attention, not on things that are seen, but on things that are unseen. What can be seen lasts only for a time, but what cannot be seen lasts forever. **2**
Corinthians 4:16-18 (TEV)

4. USE PAIN TO BE _____ IN SERVING OTHERS

⁴ He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. ⁵ For the more we suffer for Christ, the more God will shower us with his comfort through Christ. ⁶ Even when we are weighed down with troubles, it is for your comfort and salvation! For when we ourselves are comforted, we will certainly comfort you. Then you can patiently endure the same things we suffer. *2 Corinthians 1:4-6 (NLT2)*

5. USE PAIN TO _____ TO THE _____

¹² Now I want you to know *and* continue to rest assured, brethren, that what [has happened] to me [this imprisonment] has actually only served to advance *and* give a renewed impetus to the [spreading of the] good news (the Gospel). *Philippians 1:12 (AMP)*

⁴ In fact, in everything we do we try to show that we are true ministers of God. We patiently endure suffering and hardship and trouble of every kind. *2 Corinthians 6:4 (TLB)*

DON'T WASTE YOUR PAIN:

- Get alone and write down the 3 or 4 most painful moments in your life.
- Do you know anyone going through similar pain?
- Pray for them and ask God to show you how you can minister to them.
- Pray for God to provide an opening for you to invite them to church or small group / Bible study.

