

Sermon Series - ***A Grateful “Hot Spot” in My Heart, part 3***

Message Summary: As we tackle a very tough topic; “To be thankful in pain”. There is the pain of loss / the pain of sickness / the pain of fear / the pain of finances / the pain of broken relationships / the pain of overwhelming stress / the pain of parenting / the pain of betrayal / the pain of abuse / the pain of shame and regret / pain of addiction. I pray that God gives each one of you something that you need today. For me, this is part of the weekly miracle every Sunday. So...how can we have a grateful “Hot Spot” during pain? Let me give you 4 ways from the Word of God.

A Grateful “Hot Spot” During Pain

1. Resist comparing your pain to others. 2 Corinthians 11:23-28

A. Choose to see pain through the infinite value of knowing Jesus.

Philippians 3:7-8

B. Comparing pain only makes your pain worse.

C. Comparing pain can minimize it and create denial.

2. Believe in God’s sovereign purposes. Romans 8:28

A. God has a redemptive narrative with my pain. Genesis 50:20

3. Resist isolation.

A. Isolation distorts reality.

B. Isolation hinders God’s encouragement through others.

4. Choose to lean into Jesus.

A. Pain is the conduit where we experience Jesus being enough.

B. Seven Reasons why there is suffer & pain: (footnote)

1. Stupidity – 1 Peter 2:20
2. Truth & Righteousness – 1 Peter 3:14
3. Sin – 1 Corinthians 11:31
4. Past Sins – Galatians 6:7
5. Purpose of God – Book of Job
6. Faith – Hebrews 11
7. Discipline – Hebrews 12:6

LifeGroup Questions: *All Groups on Holiday Break*

BEGIN IT- (5min) Praise & pray that God leads the study.

OPEN IT – (10min) Share the struggle of being thankful in pain. How hard is this? Is it even possible?

EXPLORE IT- (60min) Review Sunday's sermon outline and add addition notes people made about the message.

1. Discuss how we have a tendency to compare our pain and hardships to others.
2. What are some of the negative results of comparing our pain with others?
3. How can we trust God's sovereign purpose in pain?
4. Why is isolation so damaging when we're in pain?

APPLY IT- (15min) How do you lean into Jesus and experience Him as enough when we're in pain? Share your own journey with this. (Nov.5 to Nov.25 – Express gratitude for a different item each day.)