

**FAMILY LIFE CHURCH OF THE VALLEY
LIFE GROUP - RIVERSIDE COUNTY**

TITLE: LIFE'S HEALING CHOICES

SESSION EIGHT: RECYCLING PAIN – THE SHARING CHOICE

KEY VERSE:{GOD} 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.

2 CORINTHIANS 1:4 (NLT)

I YIELD MYSELF TO GOD TO BE USED TO BRING THE GOOD NEWS TO OTHERS, BOTH BY MY EXAMPLE AND BY MY WORDS.

“Happy are those who are persecuted because they do what God requires.”

Matthew 5:10 (TEV)

God wants to use your experience to help other people. God never wastes a hurt.

Why God Allows Pain in Your Life

1. God has given you a _____.

You are free to choose right or wrong, but you are not free from the consequences of your Choices. God gave you a free will because he wants you to love him, and love has to be Voluntary.

2. God uses pain to get your _____.

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

Proverbs 20:30 (TEV)

It's not until you get the end of yourself that you get to the beginning of God.

3. God uses pain to teach you to _____.

You don't know God is all you need until God is all you've got.

We were really 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.

2 Corinthians 1:8-9 (LB)

LIFE'S HEALING CHOICES SESSION EIGHT (Cont.)

My suffering was good for me, for it taught me to pay attention to your decrees.

Psalm 119:71 (NLT)

4. God uses pain to give you a _____ to others.

[God] 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.

2 Corinthians 1:4 (NLT)

Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.

1 Peter 3:15 (NIV)

Make a list of all the experiences you've have in life, whether positive or negative. Then ask yourself, "Who could best benefit from hearing my story?"

If [someone] is overcome by some sin...humbly help him back onto the right path, remembering that next time it might be...you who is in the wrong. Share each other's troubles and problems, and so obey our Lord's command.

Galatians 6:1-2 (LB)

"Happy are those who are persecuted because they do what God requires."

Matthew 5:10 (TEV)

Three Suggestions for Sharing Your Story

1. Be _____.

2. Be _____.

3. Don't _____.

Life is worth nothing to me unless I use it for finishing the work assigned me by the Lord Jesus – the work of telling others the Good News about the wonderful grace of God.

Acts 20:24 (NLT)

There is no greater accomplishment in life than helping somebody else find the assurance of eternal life. So share your story with someone who doesn't know Jesus.

LIFE'S HEALING CHOICES SESSION EIGHT (Cont.)

DISCOVERY QUESTIONS

1. Our key verse says, “[God] 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.” (2 Corinthians 1:4 NLT). Have you ever received comfort from another person who gone through an experience like the one you were going through? Tell the group about it.

2. Do you know someone who is going through a tough experience that you have gone through in the past? How can you comfort and encourage them?

3. The Bible says, “Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17 NLT). Reflecting back on our last eight sessions together, what evidence are you seeing of this truth in your life? What encouragement for the future can you draw from the change you’ve already experienced?

4. What is the most important lesson you have learned through this study of Life’s Healing Choices?
