

**What is Pain?** Sign that something is out of alignment.

**Pain can be:**

\*Physical \*Emotional \*Relational \*Spiritual

**Cause:**

\*Self \*Others \*Proximity \*Circumstance of life

**God's Response:** Matthew 8:14-17; James 1:2-8; Hebrews 2:18,11;  
Joshua 1:9

Familiar

Removes

Sustains

The alignment: Trust Job 42:5-6

**My next steps:** James 5:16; Romans 8:26-28; 31-39

Release

Receive

Reveal

*Many of our Life Groups use this insert as a discussion guide throughout the week. We encourage you to take that next step in your journey with Jesus and His church by joining one today!*

**[www.seekreallife.com/groups](http://www.seekreallife.com/groups)**

### **My Connection**

*Pet peeves are those little things people do that drive you crazy. What are one or two for you? (like a car blinker left on, doors left open, certain types of messages on answering machines, etc.)*

What is the most annoying thing to you about pain?

Which do you think is worse: physical or emotional pain? Why?

This Sunday Jeff spoke on how to win in, over, and through pain.. Was there something that caught your attention, challenged, or confused you? If so, share...

### **Digging In**

*We never know when life is going to take a major turn and those turns can be quite painful.*

Read Isaiah 55:6-11.

How does this passage help us live in light of the possibility that life may take a sudden turn for the worse?

Is there any frustration when reading it? If so, why?

What does Isaiah's writing cause you to be thankful for?

Read 2 Corinthians 1:3-11.

How is Paul's perspective contrary to how most of us would typically think when it comes to facing physical or emotional challenges?

What part of what Paul writes is most encouraging to you?

What about what he wrote is the most challenging?

If you are facing a great difficulty or time of suffering, what would you want someone to do (or not do) in their attempt to comfort or share in your suffering?

Read Psalm 77.

*This Psalm is a good example of an honest prayer in the midst of a tough situation. If you have time, use this prayer as a guide to write out your own "psalm" or short poem about a tough season in your life or a painful situation. Honestly express your thoughts and emotions to God. Make sure to include a list of the things God has done for you which will help you maintain your trust in Him.*

*Life Groups exist to promote spiritual maturity and personal growth through meaningful relationships with Jesus and each other through the study of God's Word (Romans 8:29 & Hebrews 10:24-25). Here's how we accomplish this in our community throughout the week:*

### **SHARE**

Each week we'll take time to share what is happening in our lives. At first this sharing will include planned "sharing questions." But after the first few weeks, it will become more informal and personal as we feel more comfortable.

### **STUDY**

Each week we'll study a section from God's Word that relates to the previous weekend's sermon or an appropriate personal growth topic. Our goal is to learn how to live out our Christianity in everyday life.

### **SUPPORT**

Each week we'll learn how to take care of one another as Christ commanded (John 15:9-13). This care can take many forms such as prayer, encouragement, listening, challenging one another and meeting real needs.

### **SERVE**

Spiritual growth is fostered not only by what we gain through the support and input of others, but also through service to others. The role each of us fills is important to the health of the church and for us to be the hands and feet of Jesus to the community in which we live (Ephesians 4:11-16).

Throughout the quarter, it is our hope that you can find and/or be affirmed in the ways God has designed you to serve and make a difference in God's kingdom!

***Spring Session of Life Groups—take that next step and sign up today!***

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