



Part  
3

## Why Pain and Suffering?

This past weekend Pastor Wayne continued the series, *Explore God*. We have joined 150 churches in the Bay Area to look at some of the biggest questions people have. Over these weeks, we invite you to journey with someone at work, your family, or find a place to do it alone or with a friend. Let's grow and do life together during this series.

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. *1 Corinthians 13:13 NLT*

1. The question we looked at this weekend is why does God allow pain and suffering? Pain is a part of life and God has a way of getting us through it. People suffer sometimes because of choices that they have made and sometimes it just happens to them. Some of the best lessons in life we learn in the painful times. Share about a painful experience that you have had in your own life. Read Psalm 34:17-18; Romans 8:28; 2 Corinthians 4:16-18; and 1 Peter 5:10.
2. It's easy to get distracted by the cares of the world, but God wants us to focus on the good things He has for us. They are far better than the things you can see. If you are in the middle of tough times today, look to God and thank Him for being by your side. Focus on the ultimate goal not the pain.
3. Do you feel helpless and hopeless about your present challenges? Jesus is the source of hope you need to persevere through the hardest things in life (read Romans 15:13). Can you think of any positive things that can come out of our suffering? God allows us to make our own choices and that can lead to painful experiences. He doesn't leave us but is seeking to heal us and bring us to himself. We cannot experience true love without free-will. Aren't you glad that your troubles and trials are only temporary?
4. Nancy shared how to overcome the cultural lies like life's goal is to be happy and that we are punished if we do bad by unlearning, rethinking, and returning to the truth. The last part of her message was about finding God in our pain and suffering.

Close in prayer