

## **Broken: How God Can Redeem My Pain**

### **Reflect**

1. What is a time you experienced physical pain?
2. What other types of pain are there in this world?
3. When you look at our community and world, where do you see pain?

### **Read Your Bible**

- Psalm 147:3
- 2 Corinthians 1:3-8

### **Apply God's Word to Your Life**

1. How is God named in verse 3 of 2 Corinthians, chapter 1?
2. What does it mean to share in Christ's sufferings? What does it mean that Christ shares in our suffering?
3. How does God bring comfort into this world?
4. According to Paul, where do we find hope in pain and suffering?
5. What are some of the examples of God "healing the brokenhearted" in our community? In our world?
6. How has God redeemed or healed pain in your life?

### **Conclusion**

Our lives are filled with joy, but also with pain in many forms. Pain can be physical, mental, relational, emotional, and even spiritual. Some of that pain is accidental and unavoidable. Some of it is a consequence of our sin. Suffering in this world is real.

Though we suffer in this world, the promise of God is that we find rest, comfort and healing in Him. Time and time again, the Bible reminds us that we are not alone in our suffering. Our God is a God who suffers with us and for our sake. Jesus suffered and died that we might live with hope. That hope goes beyond our suffering.

### **Pray**

God of all comfort, though this world is filled with pain, sorrow, and suffering, You come to us with a healing promise. In Christ Jesus, You suffered and died so that we might live. You are the God of all grace and comfort. May we find our rest in You today. In Jesus' name. Amen.