

## WHY YOU AREN'T SLEEPING

### *The Pain • April 17/18, 2010*

#### ICEBREAKER:

*Take some time to get to know each other with some open sharing:*

- How have you seen God work in someone else's life this week?
- How have you seen God work in your life this week?

#### INTRODUCTION:

What was one particular point from this weekend's sermon that caught your attention or challenged you more than the others?

Why is there pain and suffering in our world?

Does knowing the "why" of pain make you feel any better? Why or why not?

#### QUESTIONS FOR DISCUSSION:

1. In the story of Job, God gives Satan permission to take away Job's wealth, his ten children, and his health. As a group, read Job 1-2.

• What questions does this story raise as to who God is and how God operates?

2. As Job's story unfolds, he deals with the pain of loss and battles through the confusion and sense of God's abandonment. Read through the following verses and discuss Job's positive and negative responses to his pain and God. How can his responses shine some light on how we should face suffering?

- Job 1:18-22
- Job 2:7-10
- Job 27:1-7
- Job 29:1-6
- Job 42:1-6

3. How does God's response to Job's questions in Job 38:1-7 and Job 40:6-14 help you understand God's perspective on pain?

4. God never answered Job's "why" questions. We know why Job suffered from Job 1. How do you respond to this question: Is there any comfort when there are no answers to the "why"?

5. The Bible gives us a window into the lives of people who experienced great pain. Read the following Scriptures and take a look at how each person responded to their situation. Discuss what they learned or taught as a result of their pain.

Paul:	2 Corinthians 11:16-23
David:	Psalms 27:1-14
Jesus:	Luke 9:21-27
Peter:	1 Peter 4:12-19

#### WHAT WILL YOU DO?

1. Based on Paul's perspective in 2 Corinthians 1:3-11, how should you face pain and suffering? Which part of these verses is most encouraging to you? Which part is most challenging?

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

3. How will you act differently in light of our discussion of pain and suffering from God's perspective?

4. Psalm 77 is a good example of an honest prayer in the midst of a tough situation. Use this prayer as a guide for you as you write out your own "psalm" about a tough season in your life or a painful situation. Honestly express your thoughts and emotions to God. (Include a list of things God has done for you that helps maintain your trust in Him.)

#### THINK ABOUT IT (Something to chew on or memorize)

Psalm 34:18 (NLT) *The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.*