

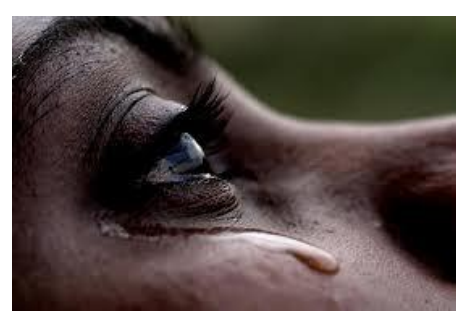
## Understand Pain and Suffering

The world around us is filled with troubles, suffering, and pain. As with most things in life, when these trials come it brings a lot of questions. Why do bad things happen to good people?

Why did someone last July bring a weapon into a theatre and begin shooting? Why did children lose their lives in the Newtown Connecticut School shooting? Why was there a bombing in the marathon... what about 9/11?

### **Biblical examples of Pain and Suffering.**

- It is important to note when pain and suffering began. Genesis 3 tells us that when sin entered the world, so did suffering. There is pain in the world because of sin.
- David: 2 Samuel 12:11 and following describe suffering that takes place due to David's sin
- God's people were in slavery in Egypt (exodus)
- Job lost friends, family members, structures he owned, livestock, and became very ill. –He did nothing to “deserve” it.
- Joseph



## Normal Responses to suffering

We have pain and suffering all around us today. There are some things that we read about in scripture that we don't see much of today, and may be hard to relate to, but pain is not one of them. We have all been there, we can all relate. What are some common worldly responses to pain and suffering?

- Blame God
- Blame others
- Blame ourselves (What did I do to deserve this?)
- Battle deep depression
- Withdraw from friends and family
- Turn to drugs, alcohol, or sexual promiscuity to fill the “void.”

# Families of Faith

## Christian Response to suffering

- We prepare for the storm:  
James 1:2-3 tells us trials are coming. We must prepare by building ourselves and our walk with God so that we can stand the storms
- We praise God:
  - Psalm 121:1-2
  - Psalm 42:5-6
  - Job 13:15
- Remember that we don't belong here:
  - Jesus is preparing our eternal home John 14
  - What kind of an impact would it have on your children if each time you go through a trial, you talk about how much you want to be in heaven?
- We refocus our lives back on our Father:
  - Think of Peter, his trials, then his refocusing, and his preaching.



## Discussion!

1. How do you typically respond when going through a trial?
2. What do you think is meant in James chapter 1 about “counting it all joy” during trials?
3. What benefits come through trials?
4. Do bad things happen to all people?
5. What are some examples that stand out in your mind of Christians who have a great attitude while facing tremendous trials?
6. As you search the scripture, and find Jesus Himself dealing with trials of all kinds, what does He do? (pray)

***“This world is full of deadly things, among the deadliest lies spiritual apathy”- unknown***