

HOW TO GROW SPIRITUALLY THROUGH PAINFUL MOMENTS

24 Sept - Ron Aulbach

2 Corinthians 1:8-10

LIFE

Building life giving relationships

WELCOME: Spend 15 - 20 minutes catching up with your group members and sharing prayer requests. Take some time to pray over each other. If possible try to have a quiet time in Galatians 3:4, 2 Corinthians 1:8-10, 2 Timothy 4:9-13.

SHARE: Share a time that you experienced pain that made you grow.

GOD

Growing more like Jesus together

ENGAGE THE MESSAGE:

1. **Read Galatians 3:4**
2. What is the purpose of pain? Who is to blame for your pain?
3. What is your pain response?
4. **Read 2 Corinthians 1:8-10**
5. How do we pull God closer in the middle of pain?
6. How can we pull closer to others in our pain? What does our culture/world tell us to do when we have pain?
7. Is my pain making me bitter or better?

OTHERS

Loving God and loving others

OTHERS: When you feel pain how can you help others?