

## USING YOUR PAIN TO HELP OTHERS

Where Is God When It Hurts?  
Rick Warren

*"God comforts us in all our troubles so that we can comfort others. When others are troubled, we will be able to give them the same comfort God has given us. So, when we are weighed down with troubles, it is for your benefit . . . so that we can be an encouragement to you." 2 Corinthians 1:4, 6 (NLT)*

### YOUR PAINFUL EXPERIENCES WILL NOT BE WASTED IF YOU'LL SHARE FOUR THINGS

#### 1. SHARE \_\_\_\_\_

*"Hard times and trouble are God's way of getting our attention!" Job 36:15 (CEV)*

*"God gets them to listen through their pain." Job 36:15 (NCV)*

*"I am glad . . . not because it hurt you but because the pain turned you to God." 2 Corinthians 7:9 (TLB)*

#### WHEN SHARING ABOUT YOUR PAIN

- **BE OPEN ABOUT** \_\_\_\_\_

*"We have spoken frankly to you; we have opened our hearts wide." 2 Corinthians 6:11 (GNT)*

- **BE HUMBLE ABOUT** \_\_\_\_\_

*"Each of us must bear the faults and burdens of his own. For none of us is perfect!" Galatians 6:5 (TLB)*

- **BE FRANK ABOUT** \_\_\_\_\_

Paul: *"Christ Jesus came into the world to save sinners—of whom I am the worst." 1 Timothy 1:15 (NIV)*

- **BE HONEST ABOUT** \_\_\_\_\_

*"I have the desire to do what is right, but I cannot carry it out . . . I keep on doing the evil I don't want to do." Romans 7:18-19*

- **BE CANDID ABOUT** \_\_\_\_\_

*"I do admit that I have fears that when I come you'll disappoint me and I'll disappoint you, and in frustration with each other everything will fall to pieces." 2 Corinthians 12:20 (The Message)*

#### 2. SHARE \_\_\_\_\_

*"God teaches people through suffering and uses distress to open their eyes." Job 36:15 (GNT)*

*"Sometimes it takes a painful situation to make us change our ways." Proverbs 20:30 (GNT)*

- **I LEARNED TO** \_\_\_\_\_

*"We were really crushed and overwhelmed . . . and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us . . . and he did help us." 2 Corinthians 1:8-10 (TLB)*

- **I LEARNED** \_\_\_\_\_

*"I used to wander off . . . but now I closely follow your Word." Psalm 119:67 (NLT)*

*"It was the best thing that could have happened to me, for it taught me to pay attention to your laws." Psalm 119:71 (TLB)*

- **I LEARNED** \_\_\_\_\_

*"Carry each other's burdens, and in this way you will fulfill the law of Christ." Galatians 6:2 (NIV)*

#### 3. SHARE HOW GOD \_\_\_\_\_

*"I want you to know, dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News." Philippians 1:12 (NLT)*

*"We know that God causes everything to work together for the good of those who love God." Romans 8:28 (NLT)*

*"[They] intended it to harm me, but God intended it for good." Genesis 50:20*

#### 4. SHARE HOW JESUS \_\_\_\_\_

*"Brothers and sisters, we want you to know about the trouble we suffered in Asia. We had great burdens there that were beyond our own strength. We even gave up hope of living. Truly, in our own hearts we believed we would die. But this happened so that we would not trust in ourselves but in God, who raises people from the dead. God saved us from great dangers of death, and he will continue to save us. We have put our HOPE in him, and he will save us again." 2 Corinthians 1:8-10 (NCV)*

GOD: *"When you call to me, I will answer you. I will be with you when you are in trouble. I will save you and honor you." Psalm 91:15 (GW)*

*Next Step*

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