

DEALING WITH PAIN

We are all tempted to create a different picture of who we really are; maybe it's because we're trying to escape or cover our failure, mask pain, or because we're consumed by comparison with others. For all these reasons and more, we often create an "illusion" to those around us, hiding the present reality. In this series, we seek to help students find the freedom that comes with establishing their identity in Christ. Specifically, we will walk through ways we find our identity in other things and how that plays out when faced with failure, pain, and comparison.



1

Let's quickly recap what we talked about this weekend. Who was at Wake and wants to share what Jacob taught about in our series, "The Illusion"?

6

What do you think about the saying: "Hurt people, hurt people"? How can your pain, if not dealt with healthily, cause you to want to hurt others?
-Allow students to share briefly and appropriately if applicable.

2

One thing we discussed this weekend is why pain exists. If someone were to ask you why there is pain and suffering in the world, how would you respond?

7

Read Psalm 42:3-5. Rather than masking his pain, what does the author do? Has there ever been a time when you have acknowledged your pain or hurt to the Lord?

3

Read Gen. 3:16-19. What does God do after Adam and Eve sinned? What is the purpose of God's discipline?
-God provides consequences for Adam and Eve. They experience pain because of their sin, but the pain is intended to remind them that God's way is best and draw them back to Him.

8

Read Psalm 42:5 again. After the author acknowledges his pain, what does he do? Do you believe you can trust God's plan even when things are tough?
-The Author informs his heart of what is true. He reminds himself that God is good and trustworthy even when he cannot fully see his plan perfectly.

4

Read Prov. 18:1. If you mask your pain or try to "fake it till you make it", how might that lead you to isolation? What is dangerous about isolation?
-We seek our own desires, and we "break out against all sound judgment".

9

Read Galatians 6:2. How can this group help bear one another's burdens? Does anyone have anything they would like this group to help them bear?

5

Sometimes we try to escape from our pain by running to other things. What do you run to in order to try and numb or suppress your hurts?
-Social Media, Sports, Grades, Over-eating, Other's acceptance, etc.

10

Read Genesis 3:15. In the moment all pain entered the world, what does God promise to do in this verse? How does this provide HOPE to us in our pain? (Read Revelation 21:3-4)
-God promises that Jesus will crush the head of Satan to make a way for us to be fully restored with Him in Heaven.