

# CHANGING HOW I THINK ABOUT PAIN

Rethinking Your Life – Part 10

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“So what do people get for all of their hard work and struggles here on earth? Their entire life is filled with pain, and their work is unbearable. Even at night their minds don’t rest. It all seems so pointless!”  
Ecclesiastes 2:22-23 (GW)

“We know that *IN all things God works for the good of those who love him, who have been called according to his purpose.*”  
Romans 8:28 (NIV)

“Have you gone through all of this for nothing? Is it all really for nothing?”  
Galatians 3:4 (CEV)

“Suffering made Jesus perfect, and now he can save forever all who obey him.”  
Hebrews 5:9 (CEV)

“Now, isn’t it wonderful all the ways in which this distress has goaded you closer to God? You’re more alive, more concerned, more sensitive, more reverent, more human, more passionate, more responsible. Looked at from any angle, you’ve come out of this with purity of heart.”  
2 Cor. 7:11 (The Message)

Paul’s Testimony of Pain: 2 Cor.11:23-28 and 2 Cor.4:8-10

“FOR THIS REASON we never become discouraged. Even though our physical being is gradually decaying, yet our spiritual being is renewed day after day. And these temporary troubles we suffer will bring us a tremendous and eternal glory, much greater than the trouble. For we fix our attention, not on things that are seen, but on things that are unseen. What can be seen lasts only for a time, but what cannot be seen lasts forever.” 2 Cor. 4:16-18 (TEV)

## 5 WAYS TO USE YOUR PAIN FOR GOOD IN YOUR LIFE

### 1. USE PAIN \_\_\_\_\_

“We were 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 (LB)

“I am glad . . . not because it (your troubles) hurt you but because the pain turned you to God.”  
2 Corinthians 7:9 (LB)

### 2. USE PAIN \_\_\_\_\_

“By helping each other with your troubles, you truly obey the law of Christ.”  
Galatians 6:2

### 3. USE PAIN \_\_\_\_\_ (Discipleship)

“Sometimes it takes a painful experience to make us change our ways.”  
Proverbs 20:30 (TEV)

“So even though Jesus was God’s Son, he learned obedience from the things he suffered.”  
Hebrews 5:8 (NLT)

### 4. USE PAIN \_\_\_\_\_

“God comforts us in all our troubles so that we can comfort others. Then, when others are troubled, we will be able to give them the same comfort God has given us. You can be sure that the more we suffer for Christ, the more God will shower us with his comfort through Christ. So when we are weighed down with troubles, it is for your benefit and salvation! For when God comforts us, it is so that we, in turn, can be an encouragement to you. Then you can patiently endure the same things we suffer.”  
2 Corinthians 1:4-6 (NLT)

### 5. USE PAIN \_\_\_\_\_

(Paul in Prison) “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)

“In everything we do we try to show that we are true servants of God. We patiently endure suffering and hardship and trouble of every kind.”  
2 Corinthians 6:4 (LB)

**Homework: Don’t waste your pain!**

1. Get alone & write down the 4 **most painful** moments in your life.
2. Write down names of people **going through these pains now**.
3. Invite these people to come with you to hear next Sunday’s message: **Resilience: Recovering from Trauma & Pain** (Not Sat)