

# LEARNING TO HELP OTHERS THROUGH MY PERSONAL PAIN

2 Corinthians 1:4 & 6 – [4] “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. [6] So, when we are weighed down with troubles, it is for your benefit...so that we can be an encouragement to you.” (New Living)

## FOUR ELEMENTS IN SHARING YOUR PAIN

### 1. I CAN HELP OTHER PEOPLE WHEN I SHARE HOW PAIN GOT MY ATTENTION

C.S. Lewis (AD 1898-1963, British writer. One of his books, *The Problem of Pain* was published in 1940): “God whisper to us in our pleasure but He shouts to us in our pain: it is his megaphone to a deaf world.”

Job 36:15 [Job’s friend Elihu] – *“Hard times and trouble are God’s way of getting our attention!”* (Contemporary English Version)

Job 36:15b – *“God gets them to listen through their pain.”* (New Century)

Luke 15:16-17a & 20a – [16] *“The young man became so hungry that even the pods he was feeding the pigs looked good to him. [17a] When he finally came to his senses... [20a] he decided to return home to his father.”* (New Living)

When you share your pain...

[1] Be open about my feelings:

2 Corinthians 6:11– *“We have spoken frankly to you; we have opened our hearts wide.”* (Good News)

[2] Be humble about my faults:

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

[3] Be straightforward about my failures:

1 Timothy 1:15-16 – [15]“*Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners--of whom I am the worst.* [16a] *But for that very reason I was shown mercy so that in me, Christ Jesus might display his generous grace as an example for others to realize that they, too, can believe in him and receive eternal life.*” (NIV & New Living)

[4] Be honest about my frustrations:

Romans 7:18 – “*I know that nothing good lives me, that is, my old sinful nature. I want to do what is right, but I can’t.*” (New Living)

[5] be candid about my fears:

2 Corinthians 12:20 – “*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—quarrels, jealousy, flaring tempers, taking sides, angry words, vicious rumors and swelled heads.*” (Message)

## 2. I CAN HELP OTHER PEOPLE WHEN I SHARE WHAT I’VE LEARNED FROM MY PAIN

Job 36:15 [Elihu speaking to his friend Job] – “*God teaches people through suffering and uses distress to open their eyes.*” (Good News)

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

Three things God want us to learn from pain:

[1] I learn to depend more on God for the things beyond my control:

2 Corinthians 1:8b-10 – [8b] “*We were really crushed and overwhelmed, and feared we would never live through it.* [9] *We felt we were doomed to die 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, for he can even raise the dead.* [10] *And he did help us and saved us from a terrible death; yes, and we expect him to do it again and again.*” (Living)

[2] I learn to trust and obey God’s Word:

Psalms 119:67 – “*Before I was afflicted I went astray, but now I obey your word.*” (NIV)

Psalm 119:71 – *“My suffering was good for me, for it taught me to pay attention to your laws.”* (New Living)

[3] I learn I need other people:

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

3. I CAN HELP OTHER PEOPLE WHEN I SHARE HOW GOD IS BRINGING GOOD OUT OF MY PAIN

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

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

4. I CAN HELP OTHER PEOPLE WHEN I SHARE HOW JESUS GIVES ME HOPE IN SPITE OF MY PAIN

1 Peter 3:15 – *“But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.”* (NIV)

Prayer:

Father, I thank You for loving me enough to get my attention through pain. I ask You to bring good out of the bad. Help me learn the lessons I need to learn. I want to follow Your Word, trust Your promises and obey Your teachings so I can become as Christlike as possible. Use me to help other people. Please give me the hope I need when I feel hopeless and give me the hope I need to raise the hopes of others. In Jesus’ name. Amen.

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