

Sunday 15th September
Greater Than Our Pain
Lifegroup Notes

Welcome - What's a funny experience you've had that featured pain of some kind?

Worship - Find a song to play and use Is. 53 to reflect on the pain Jesus went through for us. Give thanks to God for what He has done for us in sending and giving Jesus.

Word - Tonight the theme is 'Greater than our pain'

- What's your pain threshold like?
- What's your first memory of pain?
- What are some of the things that constitute pain if we see it as 'grief and loss'?
- What are some of the questions people have when it comes to pain and God?

Consider the 3 questions Leon addressed...

'God are you there? Do you care? Can you do anything?'

- How do you feel God has answered these questions?
- What have you experienced in your own life?

GOING DEEPER - Read the following passages of scripture:

Rom. 8v.18 /2 Cor. 4v.16-18/James 1 v.2-4

- What do these teach us about what God can do through our pain and difficulties?

Works - Lets now turn this whole issue outwards....

Read 1 John 3 v. 16-18

- How can we help others who are in pain of various kinds?
- Look at some of the issues Leon spoke about and discuss them....

'don't avoid, don't outdo, don't use easy trite words

Finish by praying for any in the group and others you know who need to experience a God who is 'greater than our pain'

