



## **Bigger than our pain - Week 4**

**Welcome** - Check in with each other, think of a fun way to do that!!

**Word** - This week we are looking at pain....which comes in all different shapes and sizes.

- What have you found particularly painful during this season?
- Remember don't compare, 'pain is what the patient says it is'!!!*

When pain comes we often ask big questions, God are you there, do you care, can you do anything about it?

- What is your sense in our world right now about what questions people are asking?

**Read Mark 14 v.32-36...**

- What kind of pain did Jesus experience in the garden?
- What does that reveal about Jesus?
- How does that help us when we experience pain?

**Read Hebrews 4 v.14-15...**

- Why are these verses important when we think about a God who is bigger than our pain?
- What have you learned about dealing with your own pain?
- What have you learned about helping others deal with their pain?
- Share a time when God met you and strengthened you in your pain, what happened?

On Sunday the song Breath of heaven was used.....spend some time praying for each other, for our church and our wider community that the breath of heaven would not only hold us together but bring life, healing and comfort during this time.