

**NEVER WASTE YOUR PAIN**  
**How to Get Through the Hard Stuff – Part 4**  
*May 10, 2020*

*Have you really gone through all of this for nothing? Is it all really for nothing? – Gal. 3:4 CEV*

**USE YOUR PAIN FOR GOOD PURPOSES**

**1. Use it to draw closer to God.**

*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 Cor. 1:8-10 LB*

*I am glad...not because it hurt you but because the pain turned you to God. – 2 Cor. 7:9 LB*

**2. Use it to draw closer to other people.**

*By helping each other with your troubles, you truly obey the law of Christ. – Gal. 6:2 NCV*

**3. Use it to become more like Jesus.**

*Sometimes it takes a painful experience to make us change our ways. – Prov. 20:30*

*Jesus is God's own Son, but still he had to suffer before he could learn what it really means to obey God. Suffering made Jesus perfect.... – Heb. 5:8-9 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 MSG*

- What is the difference between overcomers and those who are overcome by circumstances? RESILIENCE!

*I have been in prison more often. I have been hurt more in beatings. I have been near death many times. Five times the Jews have given me their punishment of thirty-nine lashes with a whip. Three different times I was beaten with rods. One time I was almost stoned to death. Three times I was in ships that wrecked, and one of those times I spent a night and a day in the sea.... I have done hard and tiring work, and many times I did not sleep. I have been hungry and thirsty, and many times I have been without food. I have been cold and without clothes. Besides all this, there is on me every day the load of my concern for all the churches. – 2 Cor. 11:23-28 NCV*

*We have troubles all around us, but we are not defeated. We often do not know what to do, but we don't give up. We are persecuted, but God does not leave us. We are hurt sometimes,*

**but we are not destroyed. Sowe constantly experience the death of Jesus in our bodies, but this is so that the life of Jesus can also be seen in our bodies.** – 2 Cor. 4:8-10 ERV

***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. 4:16-19 TEV

#### **4. Use it to help other people who are in pain.**

***He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. For the more we suffer for Christ, the more God will shower us with his comfort through Christ. Even when we are weighed down with troubles, it is for your comfort and salvation! For when we ourselves are comforted, we will certainly comfort you.*** – 2 Cor. 1:4-6 NLT

#### **5. Use it as a witness to the world.**

***I want you to know, dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News.*** – Phil. 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 Cor. 6:4 LB