



Life's Healing Choices

RECYCLING PAIN - THE SHARING CHOICE

Life's Healing Choices: The Beatitudes

Small Groups – Week 8

*I yield myself to God to be used to bring the good news to others,
both by my example and by my words.*

“Happy are those who are persecuted because they do what God requires.”
Matthew 5:10 (TEV)

Catching Up

1. Were you able to read chapter 7 in Life's Healing Choices? Share your thoughts on Regina's and Steve's stories
2. Would anyone like to quote a verse you memorised since our last meeting? Why did you choose this verse?

Key verse

“(God) 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.”
(2 Corinthians 1:4 ESV)

Recycling Pain - The Sharing Choice

Why God Allows Pain in Your Life

1. God has given you a _____.

You are free to choose right or wrong, but you are not free from the consequence of your choices. God gave you a free will because he wants you to love him and love has to be voluntary.

2. God uses pain to get your _____.

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

It's not until you get to the end of yourself that you get to the beginning of God.

3. God uses pain to teach you to _____.

You don't God is all you need until God is all you've got.

“We were really 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,”
2 Corinthians 1:8-9 (LB)

“My suffering was good for me, for it taught me to pay attention to your decrees.”
Psalm 119:71 (NLT)

4. God uses pain to give you a _____ to others.

“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.”
2 Corinthians 1:4 (NLT)

“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,”
1 Peter 3:15 (NIV)

Make a list of all the experiences you've had in life, whether positive or negative. Then ask yourself, 'What did I learn from that experience? How did God help me through that tough time?'. Then ask yourself, 'Who could best benefit from hearing my story?'

“If (someone) is overcome by some sin... humbly help him back onto the right path, remembering that next time it might be... you who is in the wrong. Share each other's troubles and problems, and so obey our Lord's command.”
Galatians 6:1-2 (LB)

“Happy are those who are persecuted because they do what God requires.” Matthew 5:10 (TEV)

Three Suggestions for Sharing Your Story

1. Be _____
2. Be _____
3. Don't _____

“Life is worth nothing to me unless I use it for finishing the work assigned to me by the Lord Jesus- the work of telling others the Good News about the wonderful Grace of God.”
Acts 20:24 (NLT)

There is no greater accomplishment in life than helping somebody else find the assurance of eternal life. So, share your story with someone who doesn't know Jesus.

Discovery Questions

1. Re read 2 Corinthians 1:4. Have you ever received comfort from another person who had gone through an experience like the one you were going through? Tell the group about it.

2. Do you know someone who is going through a tough experience that you have gone through in the past? How can you comfort and encourage them?

3. Re read 2 Corinthians 5:17. Reflecting back on our last eight sessions together, what evidence are you seeing of this truth in your life? What encouragement for the future can you draw from the change you've already experienced?

4. What is the most important lesson you've learnt through this study of Life's Healing Choices?

Living on Purpose: Ministry and Evangelism

God wants to touch other people through your life. Get creative as you think about the different ways God can use you to 'give people the same comfort God has given you'. Here are some suggestions:

- I. Start a Life's Healing Choices small group of your own for other people who need to hear this message.
- II. Look for opportunities to start or serve in a ministry in your local church, such as support groups for separated men and women, couples who have lost children, homeless ministry, outreach programmes or any other opportunity to share the comfort God has given you

Putting it into Practice

This week, make a list of painful experiences you've had in your life. Ask yourself 'What did you learn from this experience? How did God help me make it through that tough time?'. Then ask yourself 'Who could benefit from hearing my story?'. Write down your story and look for opportunities to share it with a person who is hurting the same way.

Prayer Direction

1. Thank God for the lessons you've learned, the progress you've made, and the friendships developed in your group.
2. Ask God to give you the strength and courage to continue to make life's healing choices

Diving Deeper

This week, read chapter 8 of Life's Healing Choices to complete the study. Talk to the people in your group about starting new small groups.

This book is available to purchase in various formats from Amazon UK

https://www.amazon.co.uk/Lifes-Healing-Choices-Revised-Updated-ebook/dp/B00AHEBEJU/ref=sr_1_12?dchild=1&keywords=lifes+healing+choices&qid=1587371910&s=digital-text&sr=1-12

My Notes

CCCWL website - www.cccwl.co.uk
(Please visit the Knowing Jesus Page)

CCCWL Prayer email - prayer@cccwl.co.uk
CCCWL Office email - office@cccwl.co.uk

Answer Key

1. God has given you a FREE WILL.
 2. God uses pain to get YOUR ATTENTION.
 3. God uses pain to teach you to DEPEND ON HIM.
 4. God uses pain to give you a MINISTRY.
1. Be HUMBLE.
 2. Be REAL.
 3. Don't LECTURE.