



Part 5  
The Lie: Pain Should Be Avoided  
At All Costs

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### The Lie

Pain should be avoided at all costs

#### Two Sub-lies

- 1) God is the source of my pain
- 2) God is loving only when he takes away my pain

#### Job's Pain

When Job's three friends, Eliphaz the Temanite, Bildad the Shuhite and Zophar the Naamathite, heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him. When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads. – *Job 2:11-13*

#### Paul's Pain

Rather, as servants of God we commend ourselves in every way: in great endurance; in troubles, hardships and distresses; in beatings, imprisonments and riots; in hard work, sleepless nights and hunger...through glory and dishonor, bad report and good report; genuine, yet regarded as impostors; known, yet regarded as unknown; dying, and yet we live on; beaten, and yet not killed; sorrowful, yet always rejoicing; poor, yet making many rich; having nothing, and yet possessing everything. – *2 Corinthians 6:4-5 and 8-10*

#### Jesus' Pain

He withdrew about a stone's throw beyond them, knelt down and prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground. – *Luke 22:41-43*

#### Why Shouldn't I Avoid Pain?

##### 1) Pain is a great teacher of obedience and empathy

During the days of Jesus' life on earth, he offered up prayers and petitions with loud cries and tears to the one who could save him from death, and he was heard because of his reverent submission. Although he was a son, he learned obedience from what he suffered and, once made perfect, he became the source of eternal salvation for all who obey him... – *Hebrews 5:7-9*

##### 2) Pain builds character and confidence

Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us. – *Romans 5:3-5*

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### 3) Pain reveals the truth about my faith

In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. – *1 Peter 1:6-7*

### 4) Pain should elicit a strange response from believers: joy

Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything. – *James 1: 2-4*

#### **The Truth About Pain**

**Pain is a part of life but God knows our pain, feels our pain, and freely offers refuge from the pain in himself.**

#### **Next Steps**

Grief and Loss Workshop: Saturday, November 14; 9:00 AM – 1:00 PM

Baptism: all services next weekend; classes 1 hour prior to each service

Books: *The Problem of Pain*, by C.S. Lewis

*The Gift of Pain*, by Philip Yancey & Dr. Paul Brand

#### **Small Group Discussion Questions**



- 1) What is the greatest amount of physical pain you have ever experienced? What happened?
- 2) What happens inside of you when you witness pain in the life of someone you love?
- 3) What would you say to a person who said, "If God really loved us, He would stop all of the pain in the world?"
- 4) What lessons have you learned from pain?
- 5) Of the four reasons not to avoid pain listed above, which one is the most difficult for you to accept when you are in pain?
- 6) How can we pray for you tonight?