

Week 7: Facing Pain and Suffering

Intro Question Small Groups (30 min)

1. These can either be random groups or your set small groups.
2. Over the last few weeks, our weekly exercise has invited us to be more present with our feelings and pains.
 - a. What has this experience been like?
 - b. What are you realizing about the way you experience and respond to pain?
 - c. What are you learning about how to respond well to pain?

James 1:2-18 (30 min)

1. First, listen to the Streetlights Audio Version: Just try to take in the whole passage without getting stuck on certain points. Then we'll come back to focus on one key portion specifically.
 - a. What stood out to you?
2. Second, read verses 2-4: 2 Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. 3 For you know that when your faith is tested, your endurance has a chance to grow. 4 So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.
 - a. What is encouraging to you?
 - b. Is anything hard to understand, believe, or receive?
 - c. What do you learn about facing pain and troubles?
 - i. You might have people share this in the chat if you're on Zoom.
 - d. Take a minute on your own to think about what people have shared and ask God, what might be your word for me today?

Small Groups (30 min)

1. What do you feel like God is saying to you about facing pain and suffering?

2. As you think about some of the hard things you're facing right now, what might this mean?
3. What might it look like to practically walk into this word this week?
4. Close by praying for each other.
 - a. You might take some time to wait on God to see if he has any words of encouragement for each other

Weekly Practice

1. Reflect on 2 Samuel 12:7-23:
 - a. What was so painful about the situation for David?
 - b. How might you respond to something like this?
 - c. How did David respond?
 - d. What do you learn about facing and/or responding to pain?
2. Personal Reflection:
 - a. As you think about some of the hard situations you're facing right now, or even the ones God has brought to mind over these last few weeks, what are some of the ways you are responding right now (whether in healthy or unhealthy ways)?
 - b. Ask God to help you see how you might engage or respond in some healthier ways moving forward.