

The Key: Be Real

- **Be open with my feelings .**

*"We have spoken frankly to you; we have opened our hearts wide."
-2 Corinthians 6:11 (GN)*

- **Be humble about my faults .**

*"Each of us must bear the faults and burdens of his own. For none of us is perfect!"
-Galatians 6:5 (LB)*

- **Be frank about my failures .**

*"Christ Jesus came into the world to save sinners--of whom I am the worst."
-1 Timothy 1:15 (NIV)*

- **Be candid about my fears .**

*"I do admit that I have fears - that when I come you'll disappoint me and I'll disappoint you, and in frustration with each other everything will fall to pieces..."
-2 Corinthians 12:20 (Message)*

2. Share the Lessons you've Learned.

- **I ~~learned~~ to depend on 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 Corinthians 1:8-10 (LB)*

- **I ~~learned~~ to obey God's Word**

"...it was the best thing that could have happened to me, for it taught me to pay attention to Your laws!" -Proverbs 119:71 (LB)

- **I ~~learned~~ that I need other people .**

*"Remember that in God's plan men and women need each other."
-1 Corinthians 11:11 (LB)*

*"Two people are better than one...if one falls down, the other can help him up. But it is bad for the person who is alone and falls, because no one is there to help."
-Ecclesiastes 4:9-10 (NCV)*

3. How God is bringing good out of bad.

"We know that God causes everything to work together for the good of those who love God...!" -Romans 8:28 (NLT)

"(They) intended it to harm me, but God intended it for good." -Genesis 50:20 (NIV)

4. How Jesus gave you hope to change.

"Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have." -1 Peter 3:15a (NIV)

"When you call to Me, I will answer you. I will be with you when you are in trouble. I will save you and honor you." -Psalm 91:15 (GW)

Small Group Discussion Questions:

- 1) Share a time when God used pain to get your attention.
- 2) As humans we like to hide our faults and painful experiences, but Pastor John mentioned that our pain can be used by God to help others. Describe a time when you shared a specific pain in your life in order to help someone else. How did it make you feel about your pain? Did it bring up hurts from the past or help you through them? In what ways were you able to see how God used your pain for His good? What did it feel like to be used by God in helping someone else?
- 3) When sharing your pain with another person, were you able to:
 - be open with your feelings?
 - be humble with your faults?
 - be frank about your failures?
 - be candid about your fears?Why or why not?
- 4) What can make sharing painful experiences in your life difficult? What gives you the strength to overcome these difficulties and/or fears?



Redeeming Notes

Series: **Getting Healthy Again**
Title: "Don't Waste Your Pain!" (part 8 of 8)

Pastor John Niewald November 18, 2007

"God comforts us in all our troubles so that we can comfort others. When others are troubled, we will be able to give them the same comfort God has given us. So, when we are weighed down with troubles, it is for your benefit...so that we can be an encouragement to you." -2 Corinthians 1:4-6 (NLT)

THE LAST STEP: Yield myself to God to be used to bring this Good News to others, by both my example and my words.

Your Experiences Will Help Others If You'll Share Four Things

1. How pain Got Your Attention

*"Sometimes it takes a painful situation to make us change our ways."
-Proverbs 20:30 (GN)*

*"I am glad...not because it hurt you but because the pain turned you to God..."
-2 Corinthians 7:9 (LB)*