



VALLEY REAL LIFE

Purpose of Pain | Week 3

Last Week

What's been your greatest takeaway so far from this series?

Opener

What has been your deepest source of pain?

Questions

Have you ever experienced using one of the three (Worry, Wrecked, or Work) to work through pain? What kind of results did you have?

Do you feel a greater sense of purpose hearing that we can give the comfort God has shown to us to others? Any examples/stories of this someone can share?

Has it been hard for you to use Worship to get through your pain? If this is something you're good at, what type of worship do you find works best?

Have you ever felt so helpless in your pain, but then someone saved you? Do you feel like you have someone who you can share with?

Apply SOAP (Scripture, Observation, Application, Prayer) to:

Isaiah 43:1-3 (NIV)

But now, this is what the Lord says – he who created you, Jacob, he who formed you, Israel; “Do not fear, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze, For I am The Lord your God...”

- Read the verses out loud together
- Share your observations
- Discuss Application
- Close in Prayer

Next Steps:

Do you have pain that you need to surrender to God? Can we help pray for you about this?