



VALLEY REAL LIFE

Purpose of Pain | Week 4

Last Week

Has this series helped you deal with any specific pain you've struggled with up till now?

Opener

Does it help you in your walk with God knowing that you should expect some kind of pain from time to time?

Questions

Have you ever experienced pain at such a level, that it impacted your faith negatively? Have you ever felt as if God wasn't with you during a trial? What did you do to renew your faith?

As a Christian, have you ever caught yourself thinking "Why?" and your reason for asking was because as a Christian, you felt it was unfair?

Do you consider your faith as something of value? Has there been a time when after a painful ordeal, you realized the importance your faith played as you went through it?

Have you thought about how to practice gratitude in your life as something to help you when the painful times come? Any thoughts or examples on how best to do this?

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

1 Thessalians 5:16-18 (NIV)

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

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

Next Steps:

Is there any pain you would like prayers for?