

# Hope When It Hurts #1 – Shades of Pain

What does Christianity have to offer in times of sorrow?

- Not an escape from pain. (John 16:20, 33)
- Not a denial of the reality of pain. (1 Peter 4:12-13)

Two helps:

- 1) Honest \_\_\_\_\_ of the sources of our hurt.  
God comforts *all kinds* of affliction (2 Cor. 1:3-5):
  - The consequences of our own \_\_\_\_\_ choices.  
Proverbs 14:12
  - The wounds from \_\_\_\_\_ person's choices.  
Psalm 55:12-14
  - The \_\_\_\_\_ of a loved one.  
John 11:32-35
  - The consequences of living in a \_\_\_\_\_ world.  
Romans 8:18-21
- 2) A strong foundation for hope when it hurts.
  - God's empowering \_\_\_\_\_.  
Psalm 34:18
  - The \_\_\_\_\_ of other people.  
Galatians 6:2

## Small-Group Curriculum

### Getting Started:

- (1) What were the high point and the low point of your Christmas / New Year's break? How was your time with family and friends?  
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- (2) Have you signed up to Join the Journey with the Cityview family this year (cityview.jointhejourney.com)? What have you learned from your reading this week?  
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### Getting Deep:

- (1) Read 1 Peter 4:12-19. What are the different kinds of suffering that Peter mentions in this text? Why is one kind of suffering "blessed" by God and the other not? How is it possible to "rejoice" as we share in the sufferings of the Messiah?  
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- (2) Read 2 Corinthians 1:3-11. This series is called "hope when it hurts." The word "hope" is used twice in this reading from 2 Corinthians. What two hopes does Paul have in the midst of his ongoing afflictions?  
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- (3) Read Psalm 34:15-22. How does the Lord respond differently to the wicked and the righteous in the midst of adversity? What does God promise that He will do for His own people when they go through trials?  
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(4) Read Galatians 6:2 and James 5:16. What does it look like to "carry one another's burdens"? Why do you think most people are unwilling to be completely honest with others about the burdens they are carrying?

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**Getting Real:**

(1) When the Bible is so clear in teaching us to *expect* pain and suffering in this life, why do some people use its existence as a reason to *not* believe in God? How does suffering and pain impact your relationship with God?

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(2) Which of the four types of suffering mentioned in the sermon is most impacting you right now? How does identifying the source of your pain help you to clarify your response to that pain?

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(3) What would it look like for you to press closer to God during your current trials? Since the Holy Spirit is with you in your pain, how can we learn to lean into His power and presence every day?

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(4) Have you been honest with others about your current hurts and pain? If not, why not? Why is sharing your pain openly and honestly with other Christians essential to finding healing?

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