

Christ showed us how to suffer well and made it clear that suffering is not optional for those who follow Him.

What painful experiences has God used to shape your life?

It might be the pain of a broken relationship, or of broken health, or of broken dreams. It might be pain that you've experienced in the past, that you are experiencing now, or that you will experience in the future. But at some point every resident of this broken planet experiences pain... sometimes extreme pain.

My family and I went through several years of extreme pain. We have now come through all of that pain into a season of great joy.

We all suffer. But we get to choose whether our suffering shapes us in a redemptive way or a destructive way.

I'm here to tell you that pain can actually become a gift... a gift that reveals and refines our habits, our relationships, our beliefs, and our view of God.

As wave after wave of pain crashed into our life, I became good friends with Job. So today we're going to consider four lessons from the Book of Job.



**DON'T
WASTE
THE
PAIN**

**LEARNING
TO GROW
THROUGH
SUFFERING**

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1. PAIN REVEALS AND REFINES THE HABITS OF OUR HEARTS.

Job 1:1

¹In the land of Uz there lived a man whose name was Job. This man was blameless and upright; he feared God and shunned evil.

Job 1:5

⁵When a period of feasting had run its course, Job would send and have them purified. Early in the morning he would sacrifice a burnt offering for each of them, thinking, "Perhaps my children have sinned and cursed God in their hearts." This was Job's regular custom.

Job 1:20-21

²⁰At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship

²¹and said: "Naked I came from my mother's womb, and naked I will depart. The LORD gave and the LORD has taken away; may the name of the LORD be praised."

What habits do you think prepare us to weather the storms of life?

2. PAIN REVEALS AND REFINES OUR RELATIONSHIPS.

Job 2:9

⁹ His wife said to him, "Are you still holding on to your integrity? Curse God and die!"

Job 2:11-13

¹¹ When Job's three friends, Eliphaz the Temanite, Bildad the Shuhite and Zophar the Naamathite, heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him. ¹² When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads. ¹³ Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.

*How have you seen relationships grow stronger or weaker
when family or friends are in pain?*

3. PAIN REVEALS AND REFINES OUR CORE BELIEFS.

Job 13:15

¹⁵ Though he slay me, yet will I hope in him; I will surely defend my ways to his face.

Job 32:1

¹ So these three men stopped answering Job, because he was righteous in his own eyes.

*How have you observed core beliefs being revealed or refined
when you or people you love have been in pain?*

4. PAIN REVEALS AND REFINES OUR VIEW OF GOD HIMSELF.

Job 42:3

³ Surely I spoke of things I did not understand, things too wonderful for me to know.

Job 42:5

⁵ My ears had heard of you but now my eyes have seen you.

How has your view of God matured through the hard experiences of your life?

We invite you to continue learning how to grow through suffering at www.dontwastethepain.com.