

## Getting Out of Your Own Way

Part 5

Pain Happens

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Adam ate the apple and our teeth still ache.  
—Hungarian Proverb

*Psalm 90:9-12 (NCV)*

*9 All our days pass while you are angry. Our years end with a moan. 10 Our lifetime is seventy years or, if we are strong, eighty years. But the years are full of hard work and pain. They pass quickly, and then we are gone. 11 Who knows the full power of your anger? Your anger is as great as our fear of you should be. 12 Teach us how short our lives really are so that we may be wise.*

LIFE - PAIN = HAPPINESS

### LESSONS ON PAIN

#### THERE CAN BE...

##### 1. \_\_\_\_\_ IN PAIN

*Jeremiah 12:13 (NKJV)*

*13 They have sown wheat but reaped thorns; They have put themselves to pain but do not profit. But be ashamed of your harvest Because of the fierce anger of the LORD."*

God whispers to us in our pleasures,  
speaks in our consciences,  
but shouts in our pains;  
it is his megaphone  
to rouse a deaf world.  
—C. S. Lewis

- Can pain coexist with a happy and blessed life?
- Is there room for pain at times in our life?
- What about spiritual pain?
- Must all pain be cured instantly?
- Should a pill diminish the consequence of sin?

Proverbs 23:35 (GW)

35 "They strike me, but I feel no pain. They beat me, but I'm not aware of it. Whenever I wake up, I'm going to look for another drink."

## 2. \_\_\_\_\_ IN PAIN

1 Peter 4:1 (NLT)

1 So then, since Christ suffered physical pain, you must arm yourselves with the same attitude he had, and be ready to suffer, too. For if you have suffered physically for Christ, you have finished with sin.

Psalms 119:67 (NCV)

67 Before I suffered, I did wrong, but now I obey your word.

PAIN IS INEVITABLE, BUT SUFFERING IS A CHOICE.

It has been said that suffering is the result of pain being resisted.

Suffering = Pain x Resistance

—Shinzen Young, neuroscience research consultant

## 3. \_\_\_\_\_ IN PAIN

John 16:21 (NCV)

21 When a woman gives birth to a baby, she has pain, because her time has come. But when her baby is born, she forgets the pain, because she is so happy that a child has been born into the world.

1 Peter 4:1 (NLT)

1 So then, since Christ suffered physical pain, you must arm yourselves with the same attitude he had, and be ready to suffer, too. For if you have suffered physically for Christ, you have finished with sin.

God feels pain!

Psalms 78:41 (NCV)

41 Again and again they tested God and brought pain to the Holy One of Israel.

God will eliminate all pain!

Revelation 21:4 (NKJV)

4 And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away."

ANSWERS:

1. PROFIT 2. PURPOSE 3. PRAISE