



Life's Healing Choices

Choice 8 – Recycling Pain

Speaker: BJ Chursinoff

"Blessed are those who are persecuted because of righteousness."
– Matthew 5:10a

"But he said to me, 'My grace is sufficient for you, for my power is perfected in weakness.' Therefore, I will most gladly boast all the more about my weaknesses, so that Christ's power may reside in me." – 2 Corinthians 12:9-10

WHY DOES GOD ALLOW PAIN?

1. God has given us a _____.

"God created man in his own image." – Genesis 1:27a

2. God often uses pain to get _____.

"I now rejoice, not because you were grieved, but because your grief led to repentance." – 2 Corinthians 7:9a

"As my life was fading away, I remembered the Lord, and my prayer came to you, to your holy temple." – Jonah 2:7

3. God uses pain to teach us to depend on Him.

"We were completely overwhelmed—beyond our strength—so that we even despaired of life itself. Indeed, we felt that we had received the sentence of death, so that we would not trust in ourselves but in God who raises the dead. He has delivered us from such a terrible death, and he will deliver us. We have put our hope in him that he will deliver us again." – 2 Corinthians 1:8b-10

"It was good for me to be afflicted so that I could learn your statutes." – Psalm 119:71

4. God allows pain to give us a ministry to _____.

"He [God] comforts us in all our affliction, so that we may be able to comfort those who are in any kind of affliction, through the comfort we ourselves receive from God." – 2 Corinthians 1:4

CHOICE 8 – Recycling Pain

Yield myself to God to be used to bring this Good News to others, both by my example and by my words.

"You planned evil against me; God planned it for good."
– Genesis 50:20a

HOW CAN WE USE OUR PAIN TO HELP OTHERS?

"But in your hearts regard Christ the Lord as holy, ready at any time to give a defense to anyone who asks you for a reason for the hope that is in you. Yet do this with gentleness and reverence."
– 1 Peter 3:15-16a

GREAT COMMISSION	LIFE'S HEALING CHOICES
Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit...	Choice #1: Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable. Choice #2: Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover. Choice #3: Consciously choose to commit all my life and will to Christ's care and control.
... teaching them to observe everything I have commanded you.	Choice #4: Openly examine and confess my faults to myself, to God, and to someone I trust. Choice #5: Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects. Choice #6: Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others. Choice #7: Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and gain the power to follow His will. Choice #8: Yield myself to God to be used to bring this Good News to others, both by my example and by my words.

"Why do you look at the splinter in your brother's eye **but don't notice the beam of wood in your own eye?** Or how can you say to your brother, 'Let me take the splinter out of your eye,' and look, **there's a beam of wood in your own eye?** Hypocrite! **First take the beam of wood out of your eye,** and then you will see clearly to take the splinter out of your brother's eye." – Matthew 7:3-5

"Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, **but only the one who does the will of my Father in heaven.**" – Matthew 7:21

"For if you forgive others their offenses, your heavenly Father will forgive you as well. But if you don't forgive others, your Father will not forgive your offenses." – Matthew 6:14-15

"So if you are offering your gift on the altar, and there you remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled with your brother or sister, and then come and offer your gift." – Matthew 5:23-24

"Therefore, **everyone who hears these words of mine and acts on them will be like a wise man who built his house on the rock.** The rain fell, the rivers rose, and the winds blew and pounded that house. Yet it didn't collapse, because its foundation was on the rock. But everyone who hears these words of mine and doesn't act on them will be like a foolish man who built his house on the sand. The rain fell, the rivers rose, the winds blew and pounded that house, and it collapsed. It collapsed with a great crash." – Matthew 7:24-29

"Brothers and sisters, if someone is overtaken in any wrongdoing, you who are spiritual, restore such a person with a gentle spirit, watching out for yourselves so that you also won't be tempted. Carry one another's burdens; in this way you will fulfill the law of Christ." – Galatians 6:1-2

"But I consider my life of no value to myself; my purpose is to finish my course and the ministry I received from the Lord Jesus, to testify to the gospel of God's grace." – Acts 20:24

Tell your story.

Be humble. Be real. Don't lecture.

MAKE THE CHOICE

Action 1: Pray about it

Ask God to lead you to somebody to share your story with, the Good News of how God made a difference in your life and how He can make the difference in theirs. You can begin each day with a prayer something like this:

"Dear God, help me be ready to share with someone today the victories You have given me. Help me find the right words and the right time to share my heart with someone who is hurting and doesn't know where to go or how to stop the pain. I pray that I can share the ways you freed me from my hurts, hang-ups, and habits. Let me do so with gentleness and respect. Thank You for letting me serve You today in this way. Amen."

Action 2: Write about it

If you prayed the prayer in the first action step, you need to prepare in advance to share your story. How do you get prepared to share your story? Review the three guidelines we presented earlier in the lesson under the heading "Tell Your Story." The following are some suggestions to help you get started:

1. Write about how you became a Christian. Who shared the gospel with you? What happened when you believed?
2. Make a brief list of all the experiences that have significantly impacted your life to this day – positive and negative. Write down the ones you caused and the ones you didn't. Looking back at your moral inventory, found in Choice 4, will help you remember these experiences.
3. Next, write out what you learned from each experience.
4. Write about how God helped you make it through the tough times.

Action 3: Share about it

After you have written out your story, your testimony, share it with your accountability partner. He or she can serve as a good sounding board. Your accountability partner has been with you from the start of your healing journey and knows you and your story. Your partner can help you review your story to ensure that you haven't left out any important events that would be helpful to others. Your accountability partner can also help you share your story in a way that is humble, real, and not lecturing.