**Stormproof – How to Handle Pain**

8/17/25 – HS Class

Review from last week: "Stormproof" means resistant to damage or destruction from storms. It implies the ability to withstand the storms of life that come our way! Over the next month we will look at how to deal with certain storms in our life such as… Disappointment, Pain, & Temptation. The answers will overlap but always come back to the same source – God’s Word!

**“How to Handle Pain with God”**

**Class Objective:**

To help students understand that pain is part of the human experience, but God offers comfort, purpose, and hope even in our deepest pain.

1. **Introduction**

* "What types of pain do people experience?"
* "How do people normally deal with pain?"
* Types of Pain:
	+ Physical pain
	+ Emotional pain (loss, rejection, loneliness)
	+ Spiritual pain (guilt, doubt, silence from God)
* Transition Thought:
* The Bible doesn’t ignore pain- it speaks to it. How we can respond to pain through a biblical lens.

**2. Biblical Truths About Pain**

🔹 Pain is part of life in a fallen world.

* Genesis 3:16–19 – Pain entered the world after sin.
* John 16:33 – “In this world you will have trouble…”

🔹 God understands our pain.

* Hebrews 4:15 – Jesus sympathizes with our weaknesses.
* Isaiah 53:3–5 – “Man of sorrows, acquainted with grief.”

🔹 Pain can have a purpose.

* Romans 5:3–5 – Suffering produces perseverance, character, and hope.
* 2 Corinthians 4:16–18 – Temporary pain vs. eternal glory.

**3. Biblical Examples of Pain**

| Person | Pain Experienced | Response |
| --- | --- | --- |
| Job | Loss of family, health, and wealth | Cried out, questioned, remained faithful (Job 1:21; 13:15) |
| Hannah | Deep sorrow from infertility | Prayed earnestly and persistently (1 Samuel 1:10–11) |
| David | Emotional pain, betrayal | Wrote Psalms expressing pain and hope (Psalm 6, 13, 22) |
| Jesus | Physical and spiritual agony | Submitted to the Father’s will (Luke 22:42; Matt. 27:46) |

**4. How to Handle Pain Biblically**

✅ 1. Bring your pain to God - Psalm 62:8 – “Pour out your heart before Him.” (Don't bottle it up)

✅ 2. Be honest, but stay anchored in faith - Psalm 13 – David is raw but ends in trust.

✅ 3. Trust that God is with you - Isaiah 41:10 – "Fear not... I will uphold you."

✅ 4. Look for purpose in the pain – James 1:2–4 – Pain tests faith and develops maturity.

✅ 5. Surround yourself with godly community - Galatians 6:2 – “Bear one another’s burdens.”

✅ 6. Fix your eyes on Jesus - Hebrews 12:2–3 – Look to the One who endured the cross.

**5. Encouraging Promises in Pain**

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| --- | --- |
| Psalm 34:18 | “The Lord is close to the brokenhearted.” |
| 2 Corinthians 12:9 | “My grace is sufficient for you.” |
| Revelation 21:4 | No more pain in the new creation. |
| Romans 8:18 | Future glory outweighs present suffering. |

**6. Discussion Questions (for groups or class interaction)**

1. What kind of pain is hardest for you to deal with?
2. Why do you think God allows pain if He loves us?
3. What have you learned about God through your own painful experiences?
4. How can we support someone going through deep pain?

7. **Conclusion**

* Main Point: Pain is real and unavoidable, but God is not distant — He meets us in it, walks through it with us, and brings purpose out of it.
* Closing Encouragement: Don’t waste your pain — let it draw you closer to Christ.