

## Facing the Pain of Life: Comfort in Suffering

### GETTING STARTED

ICE BREAKER: What is your favorite comfort food?

KEY THOUGHT: *God provides comfort, not escape*

### GETTING THE POINT

Read 2 Corinthians 1:3-7

1. How many times does the word “comfort” appear in these verses? What does this repetition suggest?
2. What kind of Father is God, according to verse 3?
3. How is God able to meet our need when our sufferings increase (verse 5)?

Read 2 Corinthians 1:8-11

4. How would you describe Paul’s suffering in verses 8-9?
5. What did Paul learn as a result of his suffering (verse 9b)?
6. Where did Paul’s confidence (expressed in verse 10) come from?

### GETTING DEEPER

Read 1 Kings 19:1-7

1. What brought Elijah to the point of wanting to die in verse 4?
2. What could Elijah have done better in this scenario? What did he do right?
3. What do we learn about God’s provision in suffering?

### GETTING PERSONAL

1. Who or what is your “go-to” when you need comfort?
2. When have you felt like giving up? How did you handle it?
3. How could you begin to use times of suffering in your life to draw nearer to God?
4. What feels “dead” in your life that you can bring to the God Who raises the dead?
5. What is your level of confidence that God can deliver you from the suffering in your life?
6. How has the “rain” of suffering caused your spiritual roots to grow deeper?
7. What might you do this week to experience God’s comfort: read Psalms, sit in stillness, or journal your thoughts/prayers? Or something else?

### PRAYER