

**Facing the Pain of Life:
Look Up**

GETTING STARTED

ICE BREAKER: What are you doing to delay aging and death?

KEY THOUGHT: *Your content is more important than your container*

GETTING THE POINT

Read 2 Corinthians 4:7-15

1. What are the jars of clay mentioned in verse 7? What is the treasure? (see verses 4-6)
2. How does the fragile nature of the container magnify the value of the contents?
3. What kinds of pain are listed in verses 9-10?
4. How is Christ's life revealed in Paul's body?

Read 2 Corinthians 4:16-18

5. List the contrasts you see in these three verses.
6. In what way are we outwardly wasting away? In what way is our inner self being renewed?
7. In verse 18, what action are we to take so that we might live past our pain?

GETTING DEEPER

Read 1 Corinthians 15:17-20, 53-55

1. What hope does Christ's resurrection give to us?
2. What evidence do you hold onto that Christ rose from the dead?

GETTING PERSONAL

1. Does your view of life tend to be more short-term or long-term?
2. What are the advantages of taking the long-term view?
3. What pressures are you experiencing right now that don't feel "light" or "momentary"?
4. Are you discouraged by seeing that Paul suffers even though he is diligently serving the Lord?
Why or why not?
5. How does taking the long-term view help you persevere in serving others?
6. What practical step can you take to "look at what is unseen" rather than what is seen?

PRAYER