*Heaven-Sent Promises in the Midst of Our Earth-bound Pain*

“Everybody hurts. Sometimes.” That is the truth of this sin-filled life. We are not alone, though. While grief may be a companion in this life, Christ is still the treasure of our hearts.

 Talk About It?

Grief does not travel alone. It is accompanied by many confusing feelings; feelings we might even have towards God. People who suffer are encouraged to find the strength to talk about it. This seems like the last thing someone in pain would want to do, but it is essential to healing. Today, we discuss how we can first talk about our pain or suffering with our Savior.

**Focus Verse**

**The LORD is near to the brokenhearted and saves the crushed in spirit.**

 **Psalm 34:18**

**I Don’t Feel Like Talking!**

*Discuss:* A friend says: “Pray? Why bother? I don’t pray anymore because God can’t possibly understand what I’m going through.” How would you respond?

*Discuss:* Sometimes people don’t want to heal because they are afraid to lose control over the pain.

**THINGS TO REMEMBER WHEN TALKING TO GOD**

1. **Even When You are Angry, God Proves He Is Faithful**

God hears our complaints and invites us to come to him with our burdens. He even wants our anger, jealousy, bitterness, guilt, shame, and doubts. When we entrust those darker things to God, we express our faith in him even there. He will not abandon us in our dark, weak moments.

1. **Even When It is Hard to Accept, God’s Will Is Done**

Things are going to happen that we do not expect nor even want. Even if things never change, we still need to move forward. “your will be done” is a simple phrase that Jesus gives us. It helps us move through our pain because words are easy to remember and focus on when everything else is out of control.

1. **When at A Loss for Words, Pray the Bible**

The Bible offers words of reflection and direction in our struggles. The Bible often offers the words we can’t express. This shows us that the Lord is not leaving us alone, abandoned, or unheard by him.

**When to Listen as God Speaks**

When we are amid pain or difficulty, we are often encouraged to focus on the moment and not dwell on the past. That is survival mode. While trying to sustain faith with the Word of God and learning to navigate suffering at the same time, it is important that we look to the past to see how God has led his people through trial and pain.

**Genesis 3:15.**

15And I will put enmity between you and the woman, and between your offspring and hers; he will crush your head, and you will strike his heel."

**Luke 22:42.**

"Father, if you are willing, take this cup from me; yet not my will, but yours be done."

How is Genesis 3 the answer to Jesus’ prayer?

Why is Jesus’ prayer necessary if he knew his Father’s will?

When and where in life are Jesus’ words “not my will, but yours be done” made our own?

**Personal Reflection**

Identify a time in life when you had a difficult time talking to God.

Recall an event from our history that shows you that God has been present and active for you during grief or pain?