



**How to Trust God Through Tough Times:
Navigating Through Life's Pain**
North Lake Presbyterian Church
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“...a man of sorrows and acquainted with grief.” Isaiah 53:3

Coming to An Understanding of Pain

- **As It Relates to Jesus' Life**

Isaiah 53:3-5, 7, and 10-11

Hebrews 5:7, “*He was oppressed and afflicted*”

- **As It Relates to Our Lives**

Hebrews 5:8 “...*he learned obedience from what he suffered*”

James 1:2-4, “*Consider it pure joy when you face trials of many kinds.*”

Phillip Yancey, “Where Is God When I Hurt.”

C.S. Lewis: “Pain has a way of turning us back to the Savior.”

1. Relational Pain

Matthew 26:36-38 – No place more alone but our own

Gethsemane

2. Internal Pain - Don't try to fix people's feelings (Video –

Newhart)

3. Physical Pain

4. The Ultimate Pain – Separation from God

My God, My God why have you forsaken me. Matthew

27:45-46

Getting Through Times of Pain

1. Relationally - No one stays closer than Jesus
2. Internally – No one heals deeper than Jesus
3. Physically – No one comforts better than Jesus
4. Ultimately – No one sees the benefits of our pain clearer than Jesus

Questions for Classes and Small Groups

READ: Matthew 27:45-66 – The Death of Jesus

1. What is the saddest funeral you ever experienced – one where a friend, family members or national figure was taken suddenly? How did you feel?
2. Why does Jesus cry out in verse 46? What is the significance of this for Jesus? For you?
3. What do the sympathizers see? Hear?, Feel, Do?
4. What is the significance of each of the supernatural events accompanying Jesus death? What effect did they have on the centurion?
5. What might the disciples believe about Jesus now?
6. In asking for the body of Jesus, what risks is Joseph taking with Pilate and the Sandhedrin?
7. By posting the guards at the tomb, do the leaders really believe Jesus will rise again? Or do they think that the disciples will steal the body? Or do they fear someone else? Why? What would it cost the Roman guards if Jesus “escaped?”
8. Why was Jesus separated from the Father when he was on the cross? For whose sins did he go to the cross?
9. How do you explain the necessity of Jesus death to a non-Christian?
10. Is Jesus death for you more a dispassionate fact or an emotional experience? Why?

TRUSTING GOD IN LIFE'S CHANGES

Trusting God In Difficult Times Pt. 1

11. How have you tried to guard against God breaking through in your life?
Why? What happened?

Next Week: HOW TO TRUST GOD THROUGH TOUGH TIMES

Trusting God through Times of TEMPTATION?

Matthew 4:1-11

