



## Week 2

### **‘God is Greater than our Pain and Hurt.’**

1. What are some of the pains, hurts or losses that you have experienced throughout life?
2. Read Psalm 34. David faced many hardships. Much of his life, he was a fugitive. He lived through many wars. At times it may have seemed as if God had abandoned him. Certainly, he could have become discouraged and embittered. But he made a conscious decision to be positive and to respond with praise (vs.1-3). There are times in our lives when we cannot control our environment. Things happen. People let us down. Those are things which we cannot control. While we are not responsible for the behaviour of others, we are responsible for our own attitude and responses.
  - I. What does it mean to bless the Lord ‘at all times’? Is this even possible?
  - II. What kind of fears may David have been facing at this time? How did he go about seeking the Lord? (vs.4-7)
  - III. How does one “taste and see” that the Lord is good (vs.8-10)? Can you share examples of times you have seen God’s goodness?
  - IV. What is the “secret” to a good and long life in this passage (vs.11-14)? How would you go about seeking peace?
  - V. How does the Lord comfort the broken hearted? How does he save the crushed in spirit (vs.15-22)? Has there been a time in your life when you have experienced this?
3. Pastor Ken suggested 4 things he has learnt from dealing with hurt and pain.
  - I. Don’t pull out of life. Examples of biblical characters who tried to withdraw or hide were Adam and Eve, Jonah and Elijah. How did God respond to each of these persons?
  - II. Disinfect the wound. See Ephesians 4:31-32 and 2 Corinthians 2:15-11. How might we go about learning to forgive others when we feel wronged?
  - III. Allow God to work in you during that time. How did Paul respond to the hardships that he was experiencing? See 2 Corinthians 6:3-13 and 2 Corinthians 1:3-11.
  - IV. Allow God to work through you. How might we become strong in our weaknesses? See 2 Corinthians 12:9.
4. There are many passages that speak of God as being ‘greater than’. [1 John 3:20, John 10:27-29, Psalm 135:5, 1 John 4:4, Job 33:12, Isaiah 29:16, Mark 1:7, John 3:31, Hebrews 1:4] In what ways have you found God to be ‘greater than’ in your own life?