

# **HOW PAIN BOTH HURTS AND HELPS**

**SPIRITUAL TRANSFORMATION FROM THE INSIDE OUT SERIES**

APRIL 24, 2016

***Genesis 3:16 To the woman the Lord God said, "I will greatly increase your pains in childbearing; with pain you will give birth to children. Your desire will be for your husband, and he will rule over you." 17 To Adam he said, "Because you listened to your wife and ate from the tree about which I commanded you, 'You must not eat of it,' "Cursed is the ground because of you; through painful toil you will eat of it all the days of your life.***

***Romans 8:22 We know that the whole creation  
has been groaning as in the pains of childbirth  
right up to the present time.***

“Pain insists upon being attended to. God whispers to us in our pleasures, speaks in our consciences, but shouts in our pains. It is his megaphone to rouse a deaf world.”

CS Lewis

1. You are what you do in **RESPONSE TO PAIN** .

## **2. Making sense of suffering.**

Romans 8:23 Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies. 24 For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what he already has? 25 But if we hope for what we do not yet have, we wait for it patiently.

26 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. 27 And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. 28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

- Four types of pain
- Human longings
- **GOD SUFFERS TOO.**

**-Genesis 6:6** The LORD was grieved that he had made man on the earth, and his heart was filled with pain.

**-John 11:35** Jesus wept.

**-Ephesians 4:30** And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

### **3. Making USE OF SUFFERING.**

**-PRUNING**. John 15:1 Jesus taught us, "I am the true vine, and my Father is the gardener. 2 He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful.

## **- GROWING UP.**

Romans 5:1 Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, 2 through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God. 3 Not only so, but we also

rejoice in our sufferings, because we know that suffering produces perseverance; 4 perseverance, character; and character, hope. 5 And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

## **-SPIRITUAL FORMATION.**

2 Corinthians 12:7 To keep me from becoming conceited because of these surpassingly great revelations, there was given me a thorn in my flesh, a messenger of Satan, to torment me. 8 Three times I pleaded with the Lord to take it away from me. 9 But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness."

Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. 10 That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

**Galatians 4:19** My dear children, for whom I am again in the pains of childbirth until Christ is formed in you,

## **4. HOW ODD! GOD EVEN REDEEMS MY PAIN.**

**Acts 9:16** I (Jesus) will show him (Paul) how much he must suffer for my name.

**Hebrews 12:2** Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

**Romans 8:23** Not only so, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies. 24 For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what he already has? 25 But if we hope for what we do not yet have, we wait for it patiently.