

Welcome!!
To Week #3

**SOURCES OF PAIN & SUFFERING,
INDIVIDUAL CARE-GIVING
& WITH OTHERS**



BASIC HUMAN NEEDS

• **To Be Loved** (By God and by another person)

- **To Love** (God, self and others)
- **To Have purpose and meaning for life**

2 LEGITIMATE LONGINGS & 7 DESIRES OF EVERY HEART

- A pleasant, painless existence
- A state of equilibrium, balance and order

The 7 desires of every heart were all fulfilled in Eden in a perfect state of well-being before the desires were even known or identified.

(Concept drawn from "Seven Desires of Every Heart", by Mark & Debra Laaser)

1. To be **Heard and Understood**: Listened to
2. To be **Affirmed**: Approved of who we are and what we do.
3. To be **Blessed**: Special because of who we are; loved for who we are.
4. To be **Safe**: Free from fear and anxiety. Free to explore the world.
5. To be **Touched**: Attributes to well-being.
6. To be **Chosen**: Selected, chosen for a special relationship. Accepted, desired.
7. To be **Included**: Belonging; Broader than chosen we long to belong, to be in community.

REASONS FOR PAIN & SUFFERING (An inescapable reality of life on earth.)

- Logical by-product of a fallen world
- Natural results of our personal violation of God's laws & principles
- Results of others violating God's ways
- Direct judgment by God for our sinful choices
- Satan
- Result of striving to live a holy life (battle inside with flesh, the world, Satan)
- God using difficulty to test us

PAIN & SUFFERING REMINDERS

- Reminds us of our frailty and vulnerability

- Reminds us of the uncertainty of life
- Reminds us we are not in control
- Reminds us of our dependency
- Reminds us this is not a great place to be

**Pain and suffering should not be ignored,
explained away, covered-up, or neutralized.**

- It needs to be admitted to by the person.
- It needs to be faced, assessed and the cause identified.
- It needs to be dealt with in godly ways.

HUMAN STRATEGIES TO DEAL WITH PAIN & SUFFERING

A. SELF-PROTECTION

1. Deny it
2. Medicate it chemically or behaviorally
3. Organize life in an attempt to avoid pain at all cost

B. "USING" TO DEAL WITH PAIN & SUFFERING

1. Use things in the physical world.
2. Use others
3. Look our bodies
4. Use "a higher power" of our own design

DEALING WITH PAIN & SUFFERING PATHWAY #1: Working from the "Outside In"

IF WE SIMPLY:

1. **Use things**, things change.
2. **Use others**, people will fall short of our expectations or demands.
3. **Look to self**, frustration will quickly set in when we can't control the environment, others of self.
4. **"Use God" without really knowing who God is**, disillusionment will result when He doesn't do what we want.

DEALING WITH PAIN & SUPPERING PATHWAY #2: Working from the "Inside out"

1. **GOD:** We develop a personal relationship with God through Jesus Christ.
2. **SELF:** We take responsibility for the choices we make in response to life situations.
3. **OTHERS:** We look to others for godly counsel, mentoring, support, and encouragement.
4. **THINGS:** We use things sparingly, not as solutions, but simply as tools that may give us some relief.

To be heard:

*We can be confident that God hears us and gives us anything we ask for that is according to His will.
(1 John 5:14-15 , Hebrews 4:16)*

To be Affirmed:

All of God's promises are "Yes" and He has given us His Holy Spirit as a seal of guarantee that He will keep all His promises, especially the promise of our eternal inheritance.
(2 Corinthians 1:20-22, Ephesians 1:11-14)

To be Blessed:

We are blessed by being forgiven of our sins, adopted into the family of God, in Christ blessed with every spiritual blessing, and by having His grace lavished on us.
(Romans 4:7-8, Ephesians 1:3-10)

To be Safe:

The Lord can cause us to dwell in safety to the point we can sleep at night, is a strong tower that we can run into and be safe, and He promises ultimately to bring us safely into His heavenly kingdom.
(Psalm 4:8, Proverbs 18:10, Proverbs 29:25, Timothy 4:18)

To be Touched:

We can be strong and courageous, free of fear because God promises to never leave or forsake us and because He describes Himself like a shepherd that gathers the lambs in His arm, carries them in his bosom, and gently leads the young.
(Deuteronomy 31:6, 8 – same thought, Joshua 1:5, 1 Chronicles 28:20, Hebrews 13:5 – Isaiah 40:11)

To be Chosen:

We are a chosen race, a royal priesthood, a holy nation, and a people of God's own possession, called out of darkness into his marvelous light.
(1 Peter 2:9)

To be Included:

Once we were not a people but now we are God's people, no longer strangers and aliens; fellow citizens, part of the body of Christ where no part is more or less important than any other part.
(1 Peter 2:10, Ephesians 2:18-22, 1 Cor. 12:15-16)

DOWN IN A HOLE

We see a brother or sister in a hole. Our heart goes out to them. We want to help.

We know lots of easy answers.
Everything you would expect.

- Pray more!
- Read your Bible!
- Have more faith!
- Read this book!
- Listen to this tape!
- Attend this seminar!

But we know the simple answers might just crush them.

So instead we crawl down in the hole.

Embrace the brother or sister – listening, caring.

And then try to help them find
the hope through faith in Jesus.

- Would you like to talk about it?
- Could I pray for you?

- Is there something I can do to help?
- Could I share some things that have really been helpful to me?
- Could I show you some things that have really been helpful to me?

1 Peter 3:15

¹⁵ ...Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect...

1 John 3:18

Dear children, let us not love with words or tongue but with actions and in truth.

Matthew 10:8

...Freely you received, freely give.

Exodus 18

⁸ Then Moses told his father-in-law all that the Lord had done to Pharaoh and to the Egyptians for Israel's sake, all the hardship that had come upon them in the way, and how the Lord had delivered them. ⁹ And Jethro rejoiced for all the good that the Lord had done to Israel, in that he had delivered them out of the hand of the Egyptians.

¹³ The next day Moses sat to judge the people, and the people stood around Moses from morning till evening.

¹⁴ When Moses' father-in-law saw all that he was doing for the people, he said, "What is this that you are doing for the people? Why do you sit alone, and all the people stand around you from morning till evening?"

¹⁵ And Moses said to his father-in-law, "Because the people come to me to inquire of God; ¹⁶ when they have a dispute, they come to me and I decide between one person and another, and I make them know the statutes of God and his laws."

¹⁷ Moses' father-in-law said to him, "What you are doing is not good. ¹⁸ You and the people with you will certainly wear yourselves out, for the thing is too heavy for you. You are not able to do it alone. ¹⁹ Now obey my voice; I will give you advice, and God be with you! You shall represent the people before God and bring their cases to God, ²⁰ and you shall warn them about the statutes and the laws, and make them know the way in which they must walk and what they must do.

²¹ Moreover, look for able men from all the people, men who fear God, who are trustworthy and hate a bribe, and place such men over the people as chiefs of thousands, of hundreds, of fifties, and of tens. ²² And let them judge the people at all times. Every great matter they shall bring to you, but any small matter they shall decide themselves. So it will be easier for you, and they will bear the burden with you.

²³ If you do this, God will direct you, you will be able to endure, and all this people also will go to their place in peace."

3 THINGS HAPPEN WITH "ONE ANOTHER" BASED CHURCHES

1. God will direct them because they are doing the work God's way.
2. Endurance of those serving will increase because the load is distributed between more people.
3. The church will be a place of hope because more people will have needs satisfied and, therefore, be more at peace, which opens the door to sharing the "gospel of peace" with those without hope and peace.

Ephesians 4:15-16

¹⁵ Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, ¹⁶ from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

**Reread the lesson this week a couple of times.
Write down the things that God speaks to you about.**