



Why does a person have to embrace suffering, and not avoid it, in order to experience these other treasures? Why does facing our pain, head-on, feel counterintuitive to most folks?

*What does God want us to hear?* Based on the passages above, what are the factual “takeaways” that are meaningful to you?

### **WHAT DOES GOD WANT US TO DO?**

Pastor Matt said, *“Trials, suffering, and tragic events come to us all in this vale of tears known as human life. Suffering is undoubtedly the greatest challenge we face in this life. It is probably the greatest challenge to our faith. In fact, it is suffering that has the ability to shut down our faith. And for some of you, it is the thing that has tripped you up on your faith journey. For others, it is the reason why you haven’t put your faith in Jesus.”*

How can a follower of Christ feel *joy* and *sorrow* at the same time? How does one help us to understand the other?

In what sense is the experience of significant loss simply part of the human condition? How does the way we respond to those losses make all the difference when it comes to our emotional health?

If we are brutally honest about what happened, and fully grieve what we’ve lost, what’s likely to happen in our hearts? If we minimize what happened to us and just bury the pain, what’s likely to happen in our hearts?

*What does God want us to do?* Flowing out of our reading and interpretation, what action does this passage or the Spirit’s leading, nudging us toward?

### **WHAT DOES GOD WANT ME TO DO?**

Describe an experience of deep suffering where, looking back, you were able to see God at work through the trial.

If you came to the point of healthy resignation over the losses you experienced, how were you able to glean a sense of meaning and purpose through that challenging time – *even though you may still wish the tragedy had never happened?*

How do you know that you might need some help walking through this process? Seek out that help this week. Who might need your help in this?

*What does God want ME to do?* What is the personal application and action step that the Holy Spirit is calling you toward?