When Life Hits with the Unexpected: When It Hurts

Genesis 3:1–13, 15

Notes

* “And I heard a loud voice from the throne saying, ‘See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.’” (Revelation 21:3-4)
* We want to believe that there’s nothing we can’t handle, that God won’t allow more in our lives than we can handle, but this line of thinking \_\_\_\_\_\_\_\_\_\_\_\_.
	+ “Many Christians believe wholeheartedly that anger, sadness, and fear are sins to be avoided. When we feel these emotions, we’re sure it’s an indication that something is wrong with our spiritual life. So what do we do? We inflate ourselves with a false confidence to make those feelings go away” (Peter Scazzero, Emotionally Healthy Spirituality, rev. ed. [Grand Rapids: Zondervan, 2017], 24).
* We live in a world that is not what God \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and it’s a place where we will experience hurts in life because of that.
* We can find \_\_\_\_\_\_\_\_\_\_\_\_ in the middle of even the worst of our experiences.
	+ “The Christian idea of suffering is dominated by the idea of grace. In Christ we have received forgiveness, love, and adoption into the family of God. These goods are undeserved and that frees us from the temptation to feel proud of our present suffering. But also it is the present enjoyment of those inestimable goods that makes suffering bearable” (Timothy Keller, Walking with God through Pain and Suffering [New York: Penguin Random House, 2013], 30).
* Looking for Grace: Write a list in the space below of the things that bring you pain — from the smallest to the largest – and in prayer, share these pain points to God, ask he would be present with you in them, and ask him to help you see His where His grace for you can be found in them.