

## When HE Speaks When Life Hurts

**When life is hard, *listen* (Hebrews 5:7-9).** Though God often speaks through Scripture, promptings, open doors, and our desires, He also speaks through our *pain*. If we are willing to actively position ourselves to listen and receive from our Heavenly Father in the midst of our struggles, He loves to come and redeem our pain. As we listen, God crushes our sin, fear, and lack of faith. And as we listen, He begins to work in all things for our good, enabling us to learn and grow as we obey Him and trust His heart.

### GET THINGS STARTED

When life begins to be difficult for you, and you suffer pain or hurt, how do you initially respond? Would you say how you initially or typically respond in these kinds of situations is good or healthy? Why or why not?

### GO DEEPER

1. In Hebrews 5:8, Jesus learned obedience through what He suffered. What does this mean, and why is it significant for us (Hebrews 4:15)?
2. According to Philippians 4:12-13, Paul learned the secret of being content in all circumstances, whether good or bad. What is that secret? What does it look like to have contentment – or even joy – in the midst of pain and difficulty?

### MAKE IT PERSONAL

1. Beyond our COVID-19 season (which has been challenging for everyone on a number of levels), what difficulty or pain are you experiencing right now? What do you think God is speaking to you in the midst of that difficulty?
2. What do you think contentment or joy might look like for you in the middle of your pain, hurt, or struggle right now?
3. What does God want to accomplish in and through you because of what you are facing or walking through in this season?

### PRACTICE IT NOW

**Take time as a group to ask God to speak to you through your pain and struggles.** Take time to purposefully listen quietly (for 5-7 minutes, or more) to what He may be speaking and revealing to you. Once you have had time to listen, courageously share what you believe you heard from Him. What is He revealing about Himself, about you personally, and about the situation(s) you may be facing? What does He desire to accomplish? Is there a verse or passage from Scripture that comes to mind, or is there a prompting? Do you recognize a possible open door, or was a desire in you stirred?