

# Myth Busting

Myths about pain

Part 2

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## 1. Myth #1: My Pain is Always the Result of My Sin

*Luke 13:1-3 "About this time Jesus was informed that Pilate had murdered some people from Galilee as they were offering sacrifices at the Temple. <sup>2</sup> "Do you think those Galileans were worse sinners than all the other people from Galilee?" Jesus asked. "Is that why they suffered?"*

*<sup>3</sup> Not at all!"*

*(NLT=New Living Translation)*

- Sometimes our own \_\_\_\_\_ can create pain.  
*Proverbs 10:21 "The words of the godly encourage many, but fools are destroyed by their lack of common sense." (NLT)*

Sometimes we can be \_\_\_\_\_ by God

*Hebrews 12:6 "For the LORD disciplines those he loves..." (NLT)*

- Sometimes our pain is caused by the sinful actions of \_\_\_\_\_
- Sometimes our pain can be caused by spiritual \_\_\_\_\_  
*Ephesians 6:16 "In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil." (NLT)*
- Sometimes our pain is the result of simply living in a broken, fallen \_\_\_\_\_
- God has enough grace, mercy and forgiveness for our struggle with sin

## 2. Myth #2: God Has a Reason for Everything Including My Pain

*James 1:13 "Don't let anyone under pressure to give in to evil say, "God is trying to trip me up." God is impervious to evil, and puts evil in no one's way." (Message)*

- What God \_\_\_\_\_
- What God \_\_\_\_\_

## 3. Myth #3: All Pain Eventually Works Out for My Good

*Romans 8:28 "And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them." (NLT)*

- Condition #1: To those who \_\_\_\_\_ God.  
*Psalms 73:21-26 "Then I realized that my heart was bitter, and I was all torn up inside.<sup>22</sup> I was so foolish and ignorant—I must have seemed like a senseless animal to you.<sup>23</sup> Yet I still belong to you; you hold my right hand.<sup>24</sup> You guide me with your counsel, leading me to a glorious destiny.<sup>25</sup> **Whom have I in heaven but you? I desire you more than anything on earth.**  
<sup>26</sup> My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever." (NLT)*
- Condition #2: Called according to His \_\_\_\_\_ for them.

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### Discussion Questions:

1. Have you ever had pain create spiritual confusion in your relationship with God? Share some of your spiritual stories with this topic.
2. Discuss how easy it is to draw conclusions about our pain that creates barriers in our relationship with God.
3. Discuss why pain is not always the result of our sin.
4. Discuss the cliché Christians often use in tragedy and pain that "God always has a plan." Talk about the difference between what God PLANS and what God ALLOWS. Does making this distinction help in some way trying to comprehend pain?
5. There is no way to bring harmony to the issues of why God allows certain horrific things to happen. How do you follow Jesus despite this confusion?
6. Discuss why all pain does not work out for our good. Talk about the 2 conditions of Romans 8:28. Read Psalms 73 together. Do these verses help you with the struggle?

