

HOW CAN I BENEFIT FROM MY PAIN?

Where Is God When It Hurts? – Part 2

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“So what do people get for all of their hard work and struggles on Earth? Their lives are filled with pain, and their work is filled with grief. Even at night their minds don't rest. It doesn't make sense at all!”
- Ecclesiastes 2:22-23

“We know that IN all things God works for the good of those who love him, who have been called according to his purpose.”
- Romans 8:28 (NIV)

“Have you gone through all of this for nothing? Is it all really for nothing?”
- Galatians 3:4 (CEV)

5 WAYS TO BENEFIT FROM ANY KIND OF PAIN

1. USE MY PAIN TO _____ TO GOD IN WORSHIP

“We were crushed and overwhelmed... and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us... and he did help us!”
- 2 Corinthians 1:8-10 (LB)

“I am glad... not because it (your troubles) hurt you but because the pain turned you to God.”
- 2 Corinthians 7:9 (LB)

2. USE MY PAIN TO DRAW CLOSER TO OTHERS IN _____

“By helping each other with your troubles, you truly obey the law of Christ.”
- Galatians 6:2 (NCV)

3. USE MY PAIN TO GROW MORE LIKE _____ IN DISCIPLESHIP

“Sometimes it takes a painful experience to make us change our ways.”
- Proverbs 20:30 (TEV)

“So even though Jesus was God's Son, he learned obedience from the things he suffered.”
- Hebrews 5:8 (NLT)

“Suffering made Jesus perfect, and now he can save forever all who obey him.”
- Hebrews 5:9 (CEV)

“Now, isn't it wonderful all the ways in which this distress has goaded you closer to God? You're more alive, more concerned, more sensitive, more reverent, more human, more passionate, more responsible. Looked at from any angle, you've come out of this with purity of heart.”
- 2 Corinthians 7:11 (MSG)

Paul's Testimony of Pain:

2 Corinthians 11:23-28 and 2 Corinthians 4:8-10

“FOR THIS REASON we never become discouraged. Even though our physical being is gradually decaying, our spiritual being is renewed day after day. And these temporary troubles we suffer will bring us a tremendous and eternal glory, much greater than the trouble. For we fix our attention, not on things that are seen, but on things that are unseen. What can be seen lasts only for a time, but what cannot be seen lasts forever.”
- 2 Corinthians 4:16-18 (TEV)

4. USE MY PAIN TO BE MORE SENSITIVE IN _____ OTHERS

“God comforts us in all our troubles so that we can comfort others. Then, when others are troubled, we will be able to give them the same comfort God has given us. You can be sure that the more we suffer for Christ, the more God will shower us with his comfort through Christ. So when we are weighed down with troubles, it is for your benefit and salvation! For when God comforts us, it is so that we, in turn, can be an encouragement to you. Then you can patiently endure the same things we suffer.”
- 2 Corinthians 1:4-6 (NLT)

5. USE MY PAIN TO _____ TO THE WORLD

(Paul in Prison) “I want you to know, dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News.”

- Philippians 1:12 (NLT)

“In everything we do we try to show that we are true servants of God. We patiently endure suffering and hardship and trouble of every kind.” - 2 Corinthians 6:4 (LB)

Homework: Don't waste your pain!

1. In a quiet place, write down the 4 most painful moments in your life.
2. Using part 1 of this series “How God Can Use Pain in My Life” (5 Ways) and this part 2 on “How Can I Benefit From My Pain?” (5 Choices) Use these 10 factors as a checklist to write down how you've used pain to grow and the lessons you learned. Share it with the next generation.

我能如何從痛苦中得到益處？

傷痛時，上帝在哪裏？— 第二部
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“人們一生中所有的辛勞和憂慮又能使他們得到甚麼呢？他們辛勞的日子充滿痛苦和憂傷，就是在夜裏，他們的心也不得安寧。這一切都沒有意義。”

- 傳道書 2:22-23 (新普及譯本)

“我們知道上帝使萬事一同效力，讓那些愛上帝，又按他旨意蒙召的人得益處。”

- 羅馬書 8:28 (新普及譯本)

“你們受苦如此之多，都是徒然的麼？難道果真是徒然的麼？”

- 加拉太書 3:4 (和合本)

從任何痛苦中得到益處的五種方式

1. 使用我的痛苦來在敬拜中更_____上帝

“那苦難已經超過我們可以承受的限度，完全把我們壓垮，我們以為自己活不下去了…但這反倒讓我們學會不再倚靠自己，而是單單倚靠使死人復活的上帝。他也確實救我們…”

- 哥林多後書 1:8-10 (新普及譯本)

“我很高興…不是因為它使你們傷心，而是因為那痛苦使你們悔悟和改變。”

- 哥林多後書 7:9 (新普及譯本)

2. 使用我的痛苦來在_____中更靠近別人

“你們要分擔彼此的重擔，這樣做就是服從基督的律法了。”

- 加拉太書 6:2 (新普及譯本)

3. 使用我的痛苦來在門徒訓練中成長得更像_____

“有時候，痛苦的遭遇才能讓我們改變。”

- 箴言 20:30 (意譯)

“儘管耶穌是上帝的兒子，他還是從所受的苦難中學會了順服。”

- 希伯來書 5:8 (新普及譯本)

“他既然得以完全，就為一切順從他的人成了永遠救恩的根源。”

- 希伯來書 5:9 (新漢語譯本)

“這豈不是很美妙嗎？這患難各方各面地鞭策你靠近上帝。你變得更有活力、更關心人、更加敏銳、更加敬畏、更有人性、更有熱誠、更有責任感。從任何角度看來，你都從當中得着純潔的心。”

- 哥林多後書 7:11 (信息版意譯)

保羅對痛苦的見證

哥林多後書 11:23-28 和哥林多後書 4:8-10

“我比他們…坐牢的次數更多，受的鞭打不計其數，還一次又一次面臨死亡的威脅。我曾五次被猶太人領袖鞭打三十九下，被棍子打了三次，被石頭打了一次，我曾三次遇到海難，一次還在海上漂流了一天一夜。我多次長途跋涉，遭遇來自江河、盜賊、…以及外族人的危險，也曾經歷了在城市、荒漠和海上的危險，還曾遭遇來自假信徒的危險。我整天辛苦操勞，度過許多個不眠之夜，又曾忍飢挨渴，常常沒有食物，還曾經因為缺少衣服，在寒冷中瑟瑟發抖。除此之外，為眾教會憂心的擔子也天天壓在我身上。”

- 哥林多後書 11:23-28 (新普及譯本)

“儘管我們被四面八方的磨難壓迫，卻沒有被壓垮；困惑迷惘，卻不致絕望；遭人追逼，卻不被上帝丟棄；被人打倒，卻不致死亡。在苦難中，我們身上一直帶着耶穌的死，好讓耶穌的生命也彰顯在我們身上。”

- 哥林多後書 4:8-10 (新普及譯本)

“因此，我們絕不氣餒。縱然我們的身體日漸衰殘，我們的心靈卻日日更新。我們目前的苦難輕微而短暫，但它們帶給我們的榮耀卻是無法衡量並且永遠長存！所以，我們不要只關注眼前所見的苦難；相反，我們要注視那看不見的事物。因為我們看得見的很快就會消逝，我們看不見的卻會永遠長存。”

- 哥林多後書 4:16-18 (新普及譯本)

4. 使用我的痛苦來在_____人時更加敏銳

“每逢我們遇到苦難，他都安慰我們，好讓我們也能夠安慰別人。在別人遇到苦難時，我們能夠用上帝給我們的安慰去安慰他們。我們為基督受苦越多，上帝藉着基督傾注在我們身上的安慰也越多。甚至可以說，我們受苦難纏累，就是為了讓你們得到安慰和拯救！因為我們一旦得到安慰，就一定會安慰你們。這樣，你們便能耐心地忍受我們所受的苦難。”

- 哥林多後書 1:4-6 (新普及譯本)

5. 使用我的痛苦來向世界作_____

“親愛的弟兄姊妹，我希望你們知道，我在這裏所遭遇的一切，已經使福音傳播開了。”

- 腓立比書 1:12 (新普及譯本)

“我們在所做的每一件事上，都表明自己是上帝真正的僕役。我們耐心地忍受各種困苦，患難，災禍。”

- 哥林多後書 6:4 (新普及譯本)

功課：不要浪費你的痛苦

1. 在一個安靜的地方，寫下你生命中最痛苦的四個時刻。
2. 用這系列的第一部，「上帝能如何使用痛苦為我帶來益處」（五個方式）以及這第二部，「我能如何從痛苦中得到益處？」（五個方式）用這十個因素作清單，寫出你自己是如何使用從痛苦來成長，以及你所學到的功課。與下一代分享。