

## USING YOUR PAIN TO HELP OTHERS

Where Is God When It Hurts? – Part 3

Rick Warren

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“God comforts us in all our troubles so that we can comfort others. When others are troubled, we will be able to give them the same comfort God has given us. So, when we are weighed down with troubles, it is for your benefit . . . so that we can be an encouragement to you.”  
2 Corinthians 1:4, 6 (NLT)

### YOUR PAINFUL EXPERIENCES WILL NOT BE WASTED IF YOU’LL SHARE FOUR THINGS

#### 1. SHARE HOW PAIN GOT MY \_\_\_\_\_

“Hard times and trouble are God’s way of getting our attention!”

Job 36:15 (CEV)

“God gets them to listen through their pain.”

Job 36:15b (NCV)

“I am glad . . . not because it hurt you but because the pain turned you to God.”

2 Corinthians 7:9 (TLB)

### WHEN SHARING ABOUT YOUR PAIN

#### BE OPEN ABOUT MY \_\_\_\_\_

“We have spoken frankly to you; we have opened our hearts wide.”

2 Corinthians 6:11b (TEV)

#### BE HUMBLE ABOUT YOUR FAULTS

“Each of us must bear the faults and burdens of his own. For none of us is perfect!”

Galatians 6:5 (TLB)

#### BE FRANK ABOUT MY FAILURES

Paul: “Christ Jesus came into the world to save sinners—of whom I am the worst.”

1 Timothy 1:15b (NIV)

#### BE HONEST ABOUT YOUR FRUSTRATIONS

“I have the desire to do what is right, but I cannot carry it out . . . I keep on doing the evil I don’t want to do.”

Romans 7:18–19

#### BE CANDID ABOUT FEARS

“I do admit that I have fears that when I come you’ll disappoint me and I’ll disappoint you, and in frustration with each other everything will fall to pieces . . .”

2 Corinthians 12:20 (MES)

## SADDLEBACK NOTES

**2. SHARE WHAT I LEARNED FROM MY \_\_\_\_\_**  
“God teaches people through suffering and uses distress to open their eyes.”  
Job 36:15 (TEV)

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

- **I LEARNED TO DEPEND MORE ON GOD**

“We were really 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 1:8b–10 (TLB)

- **I LEARNED TO TRUST AND OBEY GOD’S WORD**

“I used to wander off . . . but now I closely follow your Word.”  
Psalm 119:67 (NLT)

“ . . . it was the best thing that could have happened to me, for it taught me to pay attention to your laws.”  
Psalm 119:71 (TLB)

- **I LEARNED I NEED OTHER PEOPLE**

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

Galatians 6:2 (NIV)

#### 3. SHARE HOW GOD IS BRINGING \_\_\_\_\_ OUT OF MY PAIN

“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)

“We know that God causes everything to work together for the good of those who love God . . .”  
Romans 8:28 (NLT)

“THEY intended it to harm me, but God intended it for good.”  
Genesis 50:20

#### 5. SHARE HOW JESUS GAVE ME \_\_\_\_\_ IN MY PAIN

“Brothers and sisters, we want you to know about the trouble we suffered in Asia. We had great burdens there that were beyond our own strength. We even gave up hope of living. Truly, in our own hearts we believed we would die. But this happened so that we would not trust in ourselves but in God, who raises people from the dead. God saved us from great dangers of death, and he will continue to save us. We have put our HOPE in him, and he will save us again.”  
2 Corinthians 1:8–10 (NCV)

GOD: “When you call to me, I will answer you. I will be with you when you are in trouble. I will save you and honor you.”

Psalm 91:15 (GW)

1. attention 2. feelings 3. pain 4. good 5. hope

## 用自己的痛苦來幫助別人

傷痛時，上帝在哪裏？－第三部  
華理克牧師

4-5 December 2021

「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。…當我們受苦難纏累，是為了你們的益處。…以致我們成為你們的鼓勵。」 哥林多後書 1:4,6 (新普及譯本/NLT 意譯)

**若你與人分享這四件事，  
你的痛苦經歷將不會白費**

### 1. 分享痛苦怎樣引起我的\_\_\_\_\_

「他要通過患難讓他們留意。」 約伯記 36:15 下(新普及譯本)

「上帝藉痛苦使他們聆聽。」 約伯記 36:15 (現中修訂版)

「現在我很高興…不是因為它使你們傷心，而是因為那痛苦使你們轉向上帝…」  
哥林多後書 7:9 (新普及譯本/意譯)

### 當你分享自己的痛苦

#### 對自己的\_\_\_\_\_要坦率

「我們對你們坦誠直言，向你們敞開心扉。」 哥林多後書 6:11 下(新普及譯本)

#### 對自己的過失要謙卑

「我們各人都必須擔當自己的過失和擔子，因為我們都不完美。」  
加拉太書 6:5 (Living Bible 意譯)

#### 對自己的失敗要坦白

「基督耶穌降世，為要拯救罪人。…我就是罪人中最壞的那一個。」  
提摩太前書 1:15 (新普及譯本)

#### 對自己的沮喪要誠實

「因為立志行善由得我，行出來卻由不得我。…我不願意作的惡，我倒去作了。」  
羅馬書 7:18-19 (新譯本)

#### 對自己的恐懼要坦承

「保羅說，『其實我擔心，恐怕我來到的時候，你們讓我失望，我也讓你們失望。我們因對彼此失望而令一切到崩解。…』」  
哥林多後書 12:20 (Message 意譯)

### 2. 分享我從\_\_\_\_\_中所學到的

「上帝以苦難教訓人，以禍患開啟人的眼睛。」 約伯記 36:15 (現中修訂版)

「有時候，痛苦的遭遇才能讓我們改變。」 箴言 20:30 (TEV 意譯)

- **我學會更加倚靠上帝**

「我們被壓垮了、被淹沒。…我們看到自己無力幫助自己。但是，這是好的，因為我們便把一切都交在上帝的的手中，只有他能拯救我們。他確實幫助了我們。」 哥林多後書 1:8-10 (Living Bible 意譯)

- **我學會信靠和遵從上帝的話語**

「我們各人都必須擔當自己的過失和擔子，因為我們都不完美。」  
詩篇 119:67 (新普及譯本)

「我受的苦難於我有益，因苦難教導我留心你的律例。」  
詩篇 119:71 (新普及譯本)

- **我明白到自己需要別人**

「基督耶穌降世，為要拯救罪人。…我就是罪人中最壞的那一個。」  
加拉太書 6:2 (新譯本)

### 3. 分享上帝怎麼樣從我的痛苦中帶來\_\_\_\_\_

「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 (現中修訂版/NCV 意譯)

「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)

「你從前你們故意害我，上帝卻對這事有美好的旨意。」  
創世記 50:20 (新普及譯本)

### 4. 我要分享耶穌如何在我的痛苦中給予\_\_\_\_\_

「親愛的弟兄姊妹，『我們認為你們有必要知道我們在亞西亞省所經歷的苦難。那苦難已經超過我們可以承受的限度，…我們以為自己活不下去了。事實上，我們已經作了必死的打算。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』“他會拯救我們脫離這極大的死亡威脅。…而且還會拯救我們，我們也指望他將來仍然會拯救我們。』」  
哥林多後書 1:8-10

上帝：「他求告我，我必應允他；他在患難中，我必與他同在；我必拯救他，使他得尊榮。」  
詩篇 91:15 (新譯本)

1. 注意 2. 感受 3. 痛苦 4. 益處 5. 盼望