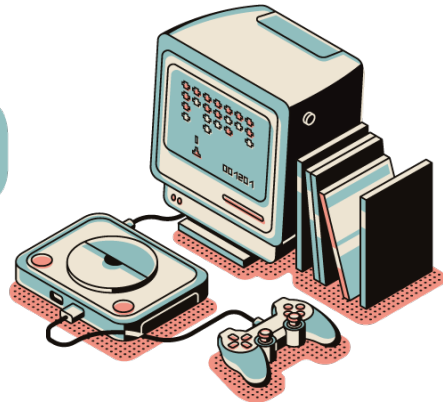


LEVEL UP

5 Ways to Take Your Faith to the Next Level



Part 4: Embracing the Pain

INTRODUCTION

As much as we don't like it, the pivotal circumstances in our life are often painful. But it is through pain that we grow and change the most. Our faith is not built by an easy life – this is true for us, just like it was true for the disciples who originally followed Jesus. How can we allow our pain not to detract from our faith, but help level up our faith?

LET'S TALK ABOUT IT

1. The phrase “no pain, no gain” has been around for a long time. Do you think it's true? Why or why not?
2. How do you typically deal with pain? Do you tend to numb it or engage with it?
3. Have you watched someone go through a painful situation and come out with more strength than they had before this happened to them?
4. What is one pivotal circumstance that has been a catalyst for change in your life? Briefly describe the circumstances and share how it impacted your life.
5. Jeff says that understanding how big God is allows us to move to the next step in healing and to trust that all our pain is for our ultimate good. How can you personally keep this idea in the forefront of your mind?

THIS WEEK

“Christianity began with the worst possible thing happening to the best possible person for the best possible outcome.” How does this help you frame the current pain that you are experiencing? Remember, God is no stranger to pain Himself and He desires to meet you in your pivotal circumstance.

“Our present sufferings are not worth comparing to the glory that will be revealed in us”

Romans 8:18