



God's Rx for Pain
Love Deeply
May 14, 2006

*Blessed be the God and Father of our Lord Jesus Christ,
the Father of mercies and God of all comfort, who
comforts us in all our affliction. 2 Corinthians 1:3, 4*

Life Lines for Suffering

1. Our greatest source of comfort is God Himself
2. Our suffering usually has divine purpose beyond ourselves
 - That we might be comforted by others
 - That we will be prepared to comfort others later

How to Help a Friend:

1. Understand that grief has stages; people grieve differently.
2. The best help is sometimes your presence and your tears.
3. You don't have to answer the "why" question.
4. Hope is often delivered through simple help.
5. Prayer is your most simple and powerful gift.

For your LIFE GROUP:

1. Do you have a friend close enough to walk "through the valley" with you?
2. Have you learned something about God's comfort through suffering that you could share with others?
3. Which principle from "how to help a friend" was most helpful for you?
4. Why is simple presence sometimes more meaningful than the "right answers"?
5. Read 2 Thessalonians 1:3, 4. What was Paul proud of?
6. What does 1 John 4:7-12 teach about "one another"?
7. Find five other "one another" passages in the New Testament.