

ANXIOUS FOR NOTHING

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Praying Through The Pain

“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:4-7

When We're In Pain We Should. . .

1. Go _____

1 Samuel 1:10-16, James 5:13, Hebrews 4:16

2. Go _____ that _____
are _____ than _____

Matthew 26:36-44, John 9:2-3, Isaiah 55:8-9, Romans 5:3-5

3. Go _____ that _____
is _____ for _____

2 Corinthians 12:7-10, Matthew 11:28

MY NEXT STEP IS TO . . .

- Trust Jesus as my Savior and Lord for the first time today
- Memorize Philippians 4:4-7
- Ask God to help me, when I'm in pain, to draw near to Him
- Get the most out of this series by attending my LIFE group this week
- Pray that God will use COVID-19 as an opportunity to draw many to Jesus

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Discussion Questions - Week #7

LIFE GROUPS

QUICK REVIEW

Thinking back to the sermon this weekend, "Praying through Pain", in a sentence or two, summarize the main point.

Looking at your notes, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

Is there any practical step you plan on taking this week in response to the message?

GETTING STARTED

▶ What's the most painful thing that you are glad you endured?

▶ In his book, *The Problem of Pain*, C.S. Lewis wrote, "God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is his megaphone to rouse a deaf world." How do you feel about Lewis' suggestion? Where have you experienced this to be true?

DIGGING DEEPER

1. Read James 1:2-4 & 12. How does knowing your pain can serve a higher purpose help you to endure it?

What is the difference between pain that leads to growth and pain that just hurts?

Can you think of a painful experience you've endured that has shaped you spiritually?

If so, how?

What do you think you could do to cultivate the response of joy in the face of your trials?

What do you think is the role of prayer in persevering?

2. Psalm 77 is good example of prayer in a painful situation. Read the psalm together and share what stands out to you.

How does the psalmist feel about the situation he faces?

Have you ever found yourself asking any of the questions the psalmist asks?

What choice does the psalmist make?

What does this psalm teach us about praying through painful situations that we encounter in life?

TAKING IT HOME

☞ What truth from the message this weekend must you keep before you this week?

PRAYER REQUESTS