

Chronic Life Aches

What To Do When the Bad Stuff Keep Happening



1. Don't _____ (vv.1-4)

2. Seek _____ (vv.5-20)

3. Give _____ (vv.21-25)

Application Questions

These questions are provided for your further study and application of today's message. It is recommended that you take time this week to write out your response to each of these questions. This will help to drive home the point of today's message and will help you apply the principles to your life situation.

1. What is a painful circumstance in your life that has been either prolonged or recurring?

2. The title of Barbara Johnson's autobiographical work, *Pain is Inevitable, But Misery is Optional*, rightly reminds us that there is a choice that Christians face when God allows prolonged periods of difficulty in our lives. How well have you done in choosing to follow the directives of James 1:2 when you have encountered tough times that would not seem to go away? Describe your battle in this area.

Often our frustration and despair comes from a myopic view of our circumstances. When we fail to see our trials from the big perspective we tempted to lose hope. Assuming that David (at least in this chapter) kept the big picture in mind, what do you think he was having to focus on?

What would it mean from a New Testament perspective to keep your trials in the biggest perspective?

3. First Thessalonians 1:6 reveals that real joy amid serious trials is impossible without a real relationship with God. Are you confident that you have a genuine and vital relationship with God through Jesus Christ? Why are you sure or unsure about this? (If you are unsure, talk to a mature Christian about it as soon as possible.)

4. Severe and prolonged pain is often a motivation for compromise in our lives. In what ways have you taken a shortcut around God's will in pursuit of *relief*?

What were the results those choices?

5. It is easy to be cynical and lose sight of God's involvement in our lives when we are hurting. What current aspects of your life are undeniable signs of God's blessing and love toward you?