

LESSON 4

HOW DO WE HANDLE THE PAIN?

Discussion Questions

1. Read Isaiah 53:3–10. What does this passage teach us about the different ways that Christ suffered on the cross? What clues do you have regarding how he coped with his pain?
2. Reflect on a time when you had to endure physical pain. What helped you endure it? What seemed to make it worse?
3. In talking about his battle with pain, Wangerin advises, “Talk about it; objectify it to others.” What do you think he means? How might this be helpful?
4. In talking about pain in regards to death, Wangerin observes, “Pain is less than the event. Consider it in the fullness of life [as life] begins to eke out.” See Philippians 1:20–23.
5. Examine the role of the Holy Spirit in the midst of human suffering and weakness. See John 14:25–27, 16:12–15, Romans 8:26–27.

Exercise

Have the group read the Twenty-third Psalm in as many translations as possible. Then divide the class into groups and hand out note cards with the Twenty-third Psalm broken down into one- or two-verse segments. Have each group discuss how their verse(s) speak to the problem of pain and suffering. What promises are held out to us? How is the greatness of God seen in the midst of human suffering?

Journaling Verses

1 Corinthians 15: 54-57