

A  CENTRAL SERIES
ASSEMBLY

GRITTY SPIRITUALITY

WHY WASTE YOUR PAIN?

GRIT • TY

Adjective

1. courageously persistent;

- *a GRITTY pioneer woman*

2. tough, uncompromising realism

- *a GRITTY novel*

2 CORINTHIANS 1:3–7

³ Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴ who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

2 CORINTHIANS 1:3–7

⁵ For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. ⁶ If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer.

2 CORINTHIANS 1:3–7

⁷ And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort.

THREE WAYS TO TURN YOUR PAIN AROUND

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- **Don't let your pain lie to you**

- **God doesn't care**

2 CORINTHIANS 1:3,4

³ Praise be to the God and Father of our Lord Jesus Christ, the Father of **compassion** and the God of all **comfort**, ⁴ who comforts us in all our troubles...

- **God doesn't care**
- **I'm all alone**

- **God doesn't care**
- **I'm all alone**
- **No one understands**

- **God doesn't care**
- **I'm all alone**
- **No one understands**
- **I deserve this**

- **God doesn't care**
- **I'm all alone**
- **No one understands**
- **I deserve this**
- **I'll never stop hurting**

- **God doesn't care**
- **I'm all alone**
- **No one understands**
- **I deserve this**
- **I'll never stop hurting**
- **There's no hope**

2 CORINTHIANS 1:7

⁷ And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort.

ROMANS 8:28

²⁸ And we know that in **all things God works** for the good of those who love him, who have been called according to his purpose.

THREE WAYS TO TURN YOUR PAIN AROUND

- Don't let your pain lie to you
- Let your pain shape you without defining you

2 CORINTHIANS 1:8-9

⁸ We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.

2 CORINTHIANS 1:8-9

⁹ Indeed, we felt we had received the sentence of death. **But this happened that we might not rely on ourselves but on God, who raises the dead.**

THREE WAYS TO TURN YOUR PAIN AROUND

- Don't let your pain lie to you
- Let your pain shape you without defining you
- Turn your personal pain into empathy for others

2 CORINTHIANS 1:3-4

³ Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴ who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

HEBREWS 4:15-16

¹⁵ For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶ Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.