



**Praise in the Pain**  
**Participant Guide – May 24, 2020**

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. (Philippians 4:4-5 NIV)

**ICE BREAKER**

What is the greatest pain you've experienced so far in your life? (Could be physical, emotional, mental, spiritual, relational, etc.)

**DISCUSSION QUESTIONS**

1) Paul's words in Philippians 4:4 can seem somewhat ironic since he was writing them while in prison. Andrew gave us three reasons Paul was able to praise God (and encourage us as well) in the midst of pain. What were they? What does it look like to apply them in our life?

2) Many times, God's greatest work occurs in our darkest moments. How have you seen this play true in your life or someone close to you?

3) Paul was very quick to point out in verse 5 that our gentleness needs to be evident to all. If we're all honest, this can be really tough when tensions are running high and tempers are short. How can you be sure to be gentle to those around you this week?

4) Andrew shared that God never promises to change our circumstance, but that He will always use it to change us. How might God be using your current circumstance to grow your faith?

**PERSONAL REFLECTION**

1) How can you personally begin to see your pain through the right perspective this week?

2) Who can you reach out to this week to support (and sit with) in the midst of their pain?