

# Encourage U



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## Part 4: Don't Waste Your Pain

### How to Get Through Your Pain

#### 1. When the heat is on, God controls \_\_\_\_\_

The Bible tells us that God is not only in control of our lives, He's even in control of the enemy. Remember the story of Job? Satan had to ask for permission from God before he could test Job. The good news is ... **The enemy may turn on the furnace, but God has His hand on the thermostat.**

God controls how much heat, how much pain, how much adversity we'll face. He knows what we can handle. If it's going to harm us, rather than help us, He dials it back.

Like the honey bees on the space shuttle *Columbia*, you weren't meant to float effortlessly through life.

2. Use your pain as \_\_\_\_\_

Keep moving forward. Go out and find somebody you can help.  
**You are uniquely qualified. You have something to give others.**

You can be a comfort to those who are going through what you've been through. That's why the Bible says, **"God comforts us in all our troubles so we can comfort others."** (2 Corinthians 1:4)

Consider Candy Lightner (MADD) and Olympian Lolo Jones.

3. Do it for \_\_\_\_\_

There are times when we're pregnant, but we don't know it. All we feel is the pain. *This is uncomfortable. Why is this happening to me?* **The pain is a sign that you're about to give birth to something new.**

Here's the key to getting through it: Don't focus on the pain. Focus on the fact that a new level is coming. The Bible says, **"Jesus endured the pain of the cross, looking forward to the joy that was set before Him."** (Hebrews 12:2)

Be a champion! Craig and Samantha started the Champions Club for children with special needs.