



Celebrate Recovery - Recycling My Pain

Sermon Date: October 19, 2014

Scripture: Matthew 5:3-12

Speaker: Pastor Mike Jacobson

Resources - Pastor Rick Warren
Saddleback Church

Opener: *If you had superpowers that would allow you to do anything, what would you like to do?*

Review the following: which ones really strike you?

R **alize** I'm not God; I admit I am powerless to control my tendency to do the wrong thing and my life is unmanageable.

"Happy are those who mourn, for they shall be comforted."

E **arnestly** believe that God exists, that I matter to Him, and that He has the power to help me recover.

"Happy are the meek."

C **onsciously** choose to commit all my life and will to Christ's care and control.

"Happy are the pure in heart."

O **penly** examine and confess my faults to myself, to God, and to someone I trust.

"Happy are those whose desire is to do what God requires."

V **oluntarily** submit to every change God wants to make in my life and humbly ask him to remove my character defects.

"Happy are the merciful." "Happy are the peacemakers."

E **valuate** all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others.

R **eserving** a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to do it.

Y **ield** myself to God to be used to bring the Good News to others by both my example and my words.

II. WHY GOD ALLOWED MY PAIN

Question? Why do you think God allows pain in our life?

Question? What is a free will? What are the pros and cons of having a free will?

Question? A paraphrase of Proverbs 20:30 reads "Sometimes it takes a painful situation to make us change our ways." Can you see where painful situations have brought about any good or change in your life?

Question? Read Psalms 119:71 explain it in your own words.

Question? God allows pain so we will depend on Him more. What does it mean to depend on God? What should we depend on Him for? Are there things we do not need to depend on Him for?

Question? Read 2 Corinthians 1:4. Another reason given for why we experience pain is because we are able to use that painful experience to help others. Does that make any sense...explain?

Question? When we study the life of Joseph it is clear he experienced a lot of painful things, and for the most part he had nothing to do with it. Does that seem fair? Why do bad things happen to good people? Read Genesis 50:20

III. HOW TO USE MY PAIN TO HELP OTHERS

Step 8 in this series reads: **Yield myself to God to be used to bring the Good News to others by both my example and my words.**

Question? The primary theme of this step involves recycling my pain. I.e. we need to be careful not to let a painful experience go to waste. What does it mean to recycle my pain?

Question? Read I Peter 3:15. What does that verse mean in light of recycling our painful experiences?

Question? Discuss the following verse: "If someone is overcome by some sin ... humbly help him back onto the right path, remembering that next time it might be you who is in the wrong. Galatians 6:1 (TLB)

Question? Rick Warren gave three approaches to recycling our pain and helping others. They are: 1. [Be humble](#). 2. [Be real](#). 3. [Don't lecture](#). Can you see where you have done it right and where you have done it wrong?

"But life is worth nothing unless I use it for doing the work assigned me by the Lord Jesus ... the work of telling others the Good News about God's mighty kindness and love." Acts 20:24 (TLB)

Prayer Needs: