

PRINCIPLE #4

HURTIN' FOR CERTAIN

God Redeems Suffering for Our Good and His Glory

PRE-GAME WARM UP

Read **Genesis 37** Joseph has dreams, becomes the favorite son, brothers get jealous, put him in a pit, and sell him as a slave.

Genesis 39:1-15 Becomes property. Accused of rape and ends up in prison. While in prison, he interprets a dream for Pharaoh and gets released

Genesis 41:39-43 Joseph is second in command of Egypt and in charge of all grain, a position of prominence 13 years after his dream. During the famine, he provides grain for all the people, including his brothers.

Genesis 45:1-7 Joseph proclaims himself to his brothers

1. How would you feel if you were in Joseph's shoes?
2. What do you learn about Joseph's inner character as you read about his life?
3. What are 1-3 circumstances in your own life, big or small, that have been challenging?
4. How do you tend to respond when something doesn't go your way?

PRINCIPLE #4

HURTIN' FOR CERTAIN

God Redeems Suffering for Our Good and His Glory

Ask: How do I deal with suffering?

Read: Genesis 37-50 "The Life of Joseph"

Theme: God redeems suffering for our good and His glory

Live It: God uses suffering in the context of sports medicine to make us more like Christ

Narrative on Joseph's life in **Genesis 37-50**

I. Reality: Life outside the garden is broken and inevitably involves

Suffering: the pain that you experience as a result of a trial

Pain: something you feel that hurts

Trial: something circumstantially difficult that happens to you

A. Satan is the author of brokenness and suffering

He has limited power, but his influence is great

His mission is to steal, kill, and destroy

He shouldn't be used as an excuse for your own poor choices

B. Suffering is complex and comes at us from many different directions

Personal choices

Others' choices

Different circumstances

The challenge is not to avoid or manage suffering, but to lean into God when we encounter it.

II. Response: Trusting God's _____ is the best response to suffering

Sovereignty: to reign or rule over all.

A. God's love and power anchor His followers even in the face of suffering

God promises to bring about "good" in every circumstance for those who love Him

God doesn't always allow us to understand why we suffer or how it will work out

God knows what He is doing even when we don't

B. How we respond to suffering reveals our trust in God's promises

Bitter or better?

Revenge or release?

Medicate or meditate?

Trusting God in the midst of suffering is a continual process that begins today and continues the rest of our earthly lives.

III. Redemption: God will _____ our suffering for our good and His glory

Redeem: To take something broken and through payment make it whole again

A. Suffering is a refining process that can produce growth in our lives

It will reveal character

It can bring about Christ-likeness and maturity

It can strengthen our faith for the next challenge

B. God's greatness is reflected

God uses the suffering and details of our individual lives to bring about His ultimate aims in history

God transforms the sin and suffering of our individual lives into something beautiful in His perfect timing

God uses the greatest suffering (the cross) to bring about the greatest good for all of humanity (the redemption of all things)

PRINCIPLE #4

HURTIN' FOR CERTAIN

God Redeems Suffering for Our Good and His Glory

LIVE IT

<i>BITTERNESS</i>	<i>REVENGE</i>	<i>MEDICATE</i>
<i>Self-Centered</i>	<i>Hurting Others</i>	<i>Abusing Alcohol</i>
<i>Entitled</i>	<i>Hurting Self</i>	<i>Abusing Sex</i>
<i>Complaining</i>	<i>Trash Talk</i>	<i>Social Media Addiction</i>
<i>Make Excuses</i>	<i>Hate Speech</i>	<i>Over Training</i>
<i>Pouting</i>	<i>Gossip</i>	<i>Overly Competitive</i>
<i>Constantly Judging</i>	<i>Passive Revenge</i>	<i>Eating Disorders</i>

What is your default response to personal suffering?

What could it look like to respond differently the next time you experience suffering whether in your career or life?

What did you learn about God's perspective on suffering?

What about embracing suffering through God's perspective is most difficult for you?

Ask God's Spirit to enable you to deal with suffering in a way that would honor and glorify Him.

PRINCIPLE #4

HURTIN' FOR CERTAIN

God Redeems Suffering for Our Good and His Glory

LAB REFLECTION TIME

What is the question we are asking for this Principle?

- How do I deal with pain?

What is the main point(s) of this Principle?

- Pain is guaranteed in life. It is God's instrument for developing our character and helping our athletes walk through it.

Discussion Questions

1. Can you think of a time you walked through suffering and saw God's hand through that?
2. Look at 1 Peter 1: 6-7 together in your group . . . what positive results do we see from a Christian who allows God to use suffering in his or her life to develop character?
 - a. Have you seen yourself grow through suffering and be faithful in the midst of it?
 - b. Have you been able to help athletes become better through suffering?
 - c. How can we respond to those who become bitter?
2. How do you encourage Christian athletes who are going through a serious injury?
 - a. What about athletes who are not Christians?
1. How do you personally deal with suffering in your life?
2. Thinking about what you have learned today, what are some of God's promises that you can comfort yourself, a colleague, or an injured athlete who is going through tough times?

**“We can't choose our trials, but
we can choose
our responses to them.”**