

## DISCUSSION GUIDE

### Hope From the Cross: Part Three

March 10 & 13, 2022



1. Has anyone experienced a pain-free life - free from physical or emotional pain?  
Read 1 Peter 4:12  
If we've all experienced pain, why does it always take us by surprise?
2. Think about your most painful life experiences... was it physical or emotional pain?  
Which is worse?
3. Read Psalms 88 - How does the writer express his pain? How is he feeling? Is there anything in the Psalm that suggests he's feeling angry, anxious, isolated or depressed?
4. Read 1 Kings 19:3-4 What did Elijah do in his pain?
5. Read 1 Samuel 1:1-16 What did Hannah do with her pain?  
How did God use her pain as a platform for his purposes?
6. What's your go-to behavior when you're in pain?
7. Has God ever used your pain as a platform for his purposes?  
How did it make you feel?
8. Think back to Hannah... do you think it was easy for her to go to the temple and offer sacrifices when she was in such emotional distress?
9. Read Matthew 11:28  
What do we get in exchange for drawing and staying near to the cross?
10. Read 1 John 1:6-10  
What don't we receive if we're constantly blaming someone else for our sins?  
Will Jesus invite us to join him in the kingdom if we don't seek forgiveness?

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