

NORTH HILLS NOTES

GETTING HEALTHY AGAIN: DON'T WASTE YOUR PAIN!

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"God comforts us in all our troubles so that we can comfort others. When others are troubled, we will be able to give them the same comfort God has given us. So, when we are weighed down with troubles, it is for your benefit... so that we can be an encouragement to you."

2 Corinthians 1:4-6 (NLT)

THE LAST STEP: Yield myself to God to be used to bring this Good News to others, by both my example and my words.

FOUR WAYS TO SHARE PAINFUL EXPERIENCES

1. HOW **PAIN GOT MY ATTENTION** ___

"Sometimes it takes a painful situation to make us change our ways."

Proverbs 20:30 (GN)

2. WHAT **LESSONS I'VE LEARNED** ___

• I LEARNED **TO DEPEND ON GOD** ___

"We were crushed and overwhelmed...and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us... and He did help us!"

2 Corinthians 1:8-10 (LB)

• I LEARNED **OBEY GOD'S WORD** ___

"... it was the best thing that could have happened to me, for it taught me to pay attention to Your laws!"

Proverbs 119:71 (LB)

• I LEARNED **I NEED OTHER PEOPLE** ___

"Remember that in God's plan men and women need each other."

1 Corinthians 11:11 (LB)

"Two people are better than one...If one falls down, the other can help him up. But it is bad for the person who is alone and falls, because no one is there to help."

Ecclesiastes 4:9-10 (NCV)

3. HOW GOD **IS BRINGING GOOD OUT OF BAD** ___

"We know that God causes everything to work together for the good of those who love God..."

Romans 8:28 (NLT)

"(They) intended it to harm me, but God intended it for good."

Genesis 50:20 (NIV)

4. HOW JESUS **GAVE ME HOPE TO CHANGE** ___

"Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have."

1 Peter 3:15a (NIV)

"When you call to Me, I will answer you. I will be with you when you are in trouble. I will save you and honor you."

Psalms 91:15 (GW)