

HEALING THE PAST GOD'S WAY
CHAPTER 10 TEACHING NOTES
THE PROBLEM OF PAIN

MEMORY VERSE:

Trust in the LORD with all your heart,
and do not lean on your own understanding.
In all your ways acknowledge him,
and he will make straight your paths.
Proverbs 3:5 & 6

There are two goals for this lesson. The first one is to communicate how sin entered this world and with it pain. As you work through THE FALL, emphasize God's sovereignty and goodness. Nothing happened apart from God's purpose and plan. The FALL of man was necessary for us to have the freedom to choose a relationship with God. In fact, Ephesians 1 teaches us that God planned for our restoration prior to our FALL.

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption as sons through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace, with which he has blessed us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, which he lavished upon us, in all wisdom and insight making known to us the mystery of his will, according to his purpose, which he set forth in Christ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, so that we who were the first to hope in Christ might be to the praise of his glory. In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory. Ephesians 1:3 - 14

Once you walk through the purpose of the FALL, you can explore how God uses suffering to glorify Himself, to sanctify us and to bless others (see the following page for Scriptures to use in teaching those points).

The second goal is to give the individual the tools he or she will need to experience God on a deeper level. Spiritual disciplines are not an end in and of themselves, but they can be used as tools to teach us more about God. Teaching the women (or men) to "feed themselves" through the disciplines of meditation, prayer, fellowship and worship can help them learn to focus their eyes, their resources and their need on God who is the source of all good things.

THE ORIGIN OF SUFFERING: THE FALL - Genesis 3

SATAN'S ROLE (vs. 1 – 5): LIAR

MAN'S ROLE (vs. 2 – 13): SINNERS

GOD'S ROLE (vs. 8 – 21): JUDGE AND SAVIOR

THE RESTORATION: Ephesians 1:3 - 14

THE PURPOSE OF SUFFERING:

GOD'S GLORY: Isaiah 61:1 - 3

SANCTIFICATION OF SINNERS: 2 Peter 1:3 – 11

COMMON CAUSE, TO BE A BLESSING TO OTHERS: 2 Corinthians 1:3 -7

THE NATURE OF SUFFERING:

PAIN IS FOR A SEASON; GLORY IS FOR ALL TIME: 2 Corinthians 4:7 – 10; 17 – 18

UNIQUE EXPRESSION OF A COMMON EXPERIENCE: 1 Peter 4:1 - 19

MY RESPONSE TO SUFFERING:

SUBMIT - NOT MY WILL, BUT GOD'S WILL: Romans 9:22 – 24; Job 1:20 – 21

REMAIN - I CHOOSE HOW I RESPOND TO SUFFERING: Hebrews 2:10; Matthew 26:39

PROFIT - ENDURANCE AND PEACE FORGED IN THE FIRE: Hebrews 12:11; James 1:3 & 4; Daniel 3