

DON'T WASTE YOUR PAIN
THE ROAD TO FREEDOM- Part 7
September 6, 2009
II CORINTHIANS 1: 3-7

Step 8: Yield myself to God to be used to bring this Good News to others, by both my example and my words.

God Will Use My Experiences If I Share...

1. HOW PAIN GOT MY ATTENTION.

*"Sometimes it takes a painful experience to make us change our ways."
Proverbs 20: 30 (GN)*

*"I am glad... not because it hurt you but because the pain turned you to God..."
II Corinthians 7: 9 (LB)*

THE KEY: BE REAL

■ **BE OPEN WITH MY FEELINGS**

*"We have spoken frankly to you: we have opened our hearts wide."
II Corinthians. 6:11 (GN)*

■ **BE HUMBLE WITH MY FAULTS**

"Each of you must bear the faults and burdens of his own. For none of us is perfect!" Galatians 6: 5 (LB)

■ **BE FRANK ABOUT MY FAILURES**

*"Christ Jesus came into the world to save sinners—of whom I am the worst."
I Timothy 1: 15 (NIV)*

■ **BE HONEST ABOUT MY FRUSTRATIONS**

"I have the desire to do what is right, but I cannot carry it out... I keep on doing the evil I don't want to do." Romans 7: 18b-19 (NIV)

2. WHAT LESSONS I'VE LEARNED.

■ **I LEARNED TO 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 TO WALK WITH OTHERS**

“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 to harm me, but God intended it for good.” Genesis 50:20 (NIV)

4. HOW JESUS GAVE ME THE 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.” I Peter 3: 15a (NIV)