

# Finish Strong

## Embrace The Pain (Week 3)

### LifeNotes

## TALK IT OVER

### Main Idea

**We will finish strong when we embrace the noble pain of God's refining power.**

### Key Scriptures

There is a way which seems right to a person, but its end is the way of death. Proverbs 14:12

As Jesus was starting out on his way to Jerusalem, a man came running up to him, kelt down, and asked, "Good Teacher, what must I do to inherit eternal life?" Mark 10:17

"Teacher," the man replied, "I've obeyed all these commandments since I was young." Looking at the man, Jesus felt genuine love for him. "There is still one thing you haven't done," he told him. "Go and sell all your possessions and give the money to the poor, and you will have treasure in heaven. Then come, follow me." At this the man's face fell, and he went away sad, for he had many possessions. Mark 10:20-22

**We choose pointless hurts while pushing back on noble pains.**

### Noble pain is:

- God's grace.  
2 Corinthians 12:7-10

- The process that brings purpose.  
Matthew 16:24-25

### Start talking.

- Describe some times when you accepted pointless hurts over noble pains.
- Read Proverbs 14:22. Joel mentioned that, "pointless hurts leave stains that last." How have you seen that proven true?

### Start thinking.

- Read Mark 10:17. Why was this man's question so important? What might we infer about his "way of life" from his question?
- Read Mark 10:20-22. What do we learn about the man based on his response?
- Why does it matter the detail, "Jesus felt genuine love for him."? What does that reveal about the character of Jesus?

- What pain was Jesus inviting the man to trust him with?

### Start sharing.

- Read 2 Corinthians 12:7-10. Why did God give pain to Paul? What was Paul's initial reaction? What did Paul learn from the pain?
- Is there a pain from your past you now see was God's grace?
- Read Matthew 16:24-25. Why did Jesus choose the image of a cross? How does that inform our understanding of pain in our lives?

### Start doing.

- What pain might God be using in your life to refine you for his purposes?
- How can you embrace that pain rather than pushing it away?

### Closing prayer.

Jesus, thank you for always looking at us through the eyes of love. Give us the courage, and wisdom to reject pointless hurts while embracing noble pains. Help us to trust and praise you through the process.