



Mike Mozingo—Lead Pastor
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YOU ARE NOT ALONE IN YOUR PAIN

We all experience pain in life at some point and it can leave you feeling alone and isolated.

God is with you in your suffering and many times carrying you.

- Relationship pain (death of a loved one)
- Physical pain (health challenges)
- Emotional pain (rejection)
- Spiritual pain (attacks from the enemy)
- Financial pain (bad stewardship or hardship)

GOD IS NEAR THE BROKENHEARTED.

¹⁸ *The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.* Psalm 34:18 NLT

- In our most painful times God is there.
- He rescues us from loneliness.

JESUS OFFERS US REST IN THE MIDST OF OUR PAIN.

²⁸ *Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰ For my yoke is easy to bear, and the burden I give you is light."*

Matthew 11:28-30 NLT

- Jesus offers rest for the weary.
- This rest is not the absence of pain, but a peace and rest for your soul that transcends our circumstances.
- Through faith in Jesus, we can have a confident hope.

GOD USES OUR PAIN TO COMFORT OTHERS.

³ *All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. ⁴ He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.* 2 Corinthians 1:3-4 NLT

- God never wastes a hurt.
- The comfort we receive from God in our struggles enables us to offer that same comfort to others who are hurting.
- Our faith in God's presence becomes part of our ministry to others.

JESUS IS OUR ULTIMATE SOURCE OF HOPE IN OUR PAIN.

³¹ *Jesus asked, "Do you finally believe?" ³² But the time is coming—indeed it's here now—when you will be scattered, each one going his own way, leaving me alone. Yet I am not alone because the Father is with me. ³³ I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."* John 16:31-33 NLT

- Jesus doesn't promise a life without pain or struggles.
- Jesus assures us there will be storms and struggles.
- Jesus said in him we will find peace.
- Jesus has defeated sin, death, and the grave.

GOD PROMISES TO HEAL OUR PAIN IN HIS TIME.

¹ *Then I saw a new heaven and a new earth, for the old heaven and the old earth had disappeared. And the sea was also gone. ² And I saw the holy city, the new Jerusalem, coming down from God out of heaven like a bride beautifully dressed for her husband. ³ I heard a loud shout from the throne, saying, "Look, God's home is now among his people! He will live with them, and they will be his people. God himself will be with them. ⁴ He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever."* Revelation 21:1-4 NLT

- We live in a fallen broken world and pain is part of it.
- God is making all things new!
- You are not alone!