

## **NIP/TUCK**

### *Pain-Suction*

Romans 5:12 Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all men, because all sinned (NIV)

2 Samuel 12:13-14 Then David said to Nathan, "I have sinned against the LORD." Nathan replied, "The LORD has taken away your sin. You are not going to die.

<sup>14</sup> But because by doing this you have made the enemies of the LORD show utter contempt, the son born to you will die." (NIV)

### **4 Principles For Pain-Suction**

#### **1. Pour your heart out to God**

2 Samuel 12:16-18 David pleaded with God for the child. He fasted and went into his house and spent the nights lying on the ground. <sup>17</sup> The elders of his household stood beside him to get him up from the ground, but he refused, and he would not eat any food with them. <sup>18</sup> On the seventh day the child died. David's servants were afraid to tell him that the child was dead, for they thought, "While the child was still living, we spoke to David but he would not listen to us. How can we tell him the child is dead? He may do something desperate." (NIV)

Ecclesiastes 3:4 a time to weep and a time to laugh, a time to mourn and a time to dance, (NIV)

#### **2. Rise above your pain**

2 Samuel 12:19-20 David noticed that his servants were whispering among themselves and he realized the child was dead. "Is the child dead?" he asked. "Yes," they replied, "he is dead." <sup>20</sup> Then David got up from the ground. After he had washed, put on lotions and changed his clothes, he went into the house of the LORD and worshiped. Then he went to his own house, and at his request they served him food, and he ate. (NIV)

#### **3. Continue to worship God**

2 Samuel 12:20 Then David got up from the ground. After he had washed, put on lotions and changed his clothes, he went into the house of the LORD and worshiped. Then he went to his own house, and at his request they served him food, and he ate. (NIV)

Psalms 147:3 He heals the brokenhearted and binds up their wounds. (NIV)

Luke 4:18 “The Spirit of the Lord is upon me; he has appointed me to preach Good News to the poor; he has sent me to heal the brokenhearted and to announce that captives shall be released and the blind shall see, that the downtrodden shall be freed from their oppressors, and that God is ready to give blessings to all who come to him.” (TLB)

Job 1:21 And he said: “Naked I came from my mother’s womb, And naked shall I return there. The LORD gave, and the LORD has taken away; Blessed be the name of the LORD.” (NKJV)

4. Turn your setback into a comeback

2 Samuel 12:21-24 His servants asked him, “Why are you acting this way? While the child was alive, you fasted and wept, but now that the child is dead, you get up and eat!” <sup>22</sup> He answered, “While the child was still alive, I fasted and wept. I thought, ‘Who knows? The LORD may be gracious to me and let the child live.’ <sup>23</sup> But now that he is dead, why should I fast? Can I bring him back again? I will go to him, but he will not return to me.” <sup>24</sup> Then David comforted his wife Bathsheba, and he went to her and lay with her. She gave birth to a son, and they named him Solomon. The LORD loved him; (NIV)

### **CG Questions**

1. Why is pain a part of our world and lives?
2. Why is seeking God so important to overcome the pain in our lives?
3. Why is grieving and mourning an important part of overcoming pain?
4. Why do some people run from God instead of to God when they experience pain?
5. How do we move past pain so that we can experience God’s best for our lives?