



# WHEN LIFE HURTS

PAIN, FAILURE & OVERCOMING DARKNESS

# Life is hard!

- We make mistakes... some of which we regret and wish we could take back.
- Sometimes wicked things happen to/against us we wish would disappear.
- Sometimes the burden of this pain seems unbearable.



# Living with pain is Harder

*When I kept silent, my bones grew old  
Through my groaning all the day long.  
For day and night Your hand was heavy  
upon me; My vitality was turned into  
the drought of summer.*

(Psalm 32:3–4).



# How do we deal with our pain

## Negative

- Silence
- Complain
- Keep to self

## Positive

- Pray. Jas. 5:13
- Call for elders. Jas. 5:14
- Spend time with others.

It is **HARD** to deal with our pains.... Because it hurts so much.  
But, we **DO NOT** have to live all alone in our pain...

# Sharing our Burdens



- The **church** is made up of **broken people** with a variety of **pains**... some held on – alone – for years.
- Those not hurting: **1 Thess. 5:14**
  - Comfort the fainthearted
  - Uphold the weak
  - Patient

# The “Franklin Family” Plea

- If you’re hurting please get to know anyone in our church family you can trust to confide in...  
**for the purpose of easing your burden.**
- If you’re in the position to share in the burden of a hurting person/believer...  
**ensure their confidence.**