



### Part 3: Submit

Out of nowhere life can throw us a curve ball, and we find ourselves in a situation we didn't ask for and never wanted. As a result, we may face heartache, pain, and suffering. How do we deal with the suffering we experience?

**Bottom Line:** How we respond to suffering is more important than why we are suffering.

### Discussion Questions:

1. When life doesn't work out like we planned it can develop character in us. It can also help us realize that life isn't all about our happiness, but that there is a larger mystery in what God is doing. Describe a time when you learned that life wasn't all about you.
2. When something negative happens and takes you by surprise, how do you generally react?
3. **Read Numbers 20:1-12 and Deuteronomy 34:1-6, 10-12.** God called Moses to deliver the Israelites out of slavery and bring them to the promised land, yet because of his own actions, Moses was kept from entering into the promise land. What do you learn about God from these events? How do you think Moses felt about how his life concluded?
4. What has been the greatest source of pain or suffering you have experienced? How have you responded to these events and realities?
5. Viktor Frankl, a survivor of a Nazi prison camp, wrote, *"Suffering in and of itself is meaningless; we give our suffering meaning by the way in which we respond to it. Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation. You cannot control what happens to you in life, but you can always control what you will feel and do about what happens to you."* What stands out to you about his statement? How have you found this to be true in your own experience?
6. We don't want to minimize the pain that we experience during difficult times of grief or loss. These times can be incredibly difficult. Brainstorm what positive things could potentially result from our trials. Know that this is not a time to dismiss or play down the pain that we experience but instead courageously explore what other possible responses we might choose to help us get through what we are going through. What are other things trials can produce? How have you seen the trials in your own life produce positive things for yourself or others?
7. What has been the most helpful thought/idea from the message this week? How has that thought/idea helped you? How can the group pray for or encourage you this week?

\*If time doesn't allow for you to discuss all of these questions, use only the ones you feel would be most helpful for your group.