

Hot Topics

Deep Pain

Leader Guide

Theme: Life can be very hard and painful. In fact, Jesus said in John 16:33 “In this world you will have trouble.” But He also said that when the pain comes, “Take heart! I have overcome the world!” There is hope and healing with God’s indescribable comfort for all pain you may experience. There are also blessings when you honor God in your trials.

Note to Leader: This could be a very sensitive topic for some girls who may be struggling with an issue right now or are still searching for forgiveness for how they reacted during a previous struggle. Use your discretion as you proceed with the following questions. If a girl in your group approaches you with some destructive coping methods, remember that you are not a counselor. Have a plan to include parents and direct a girl to professional assistance.

The world is full of hurt, disappointments, and injustice. The death of a loved one, problems with family members, stress at school or at a job, a move to a new area, or some form of abuse can be overwhelming to deal with. Sometimes we might even resort to destructive behaviors in order to feel some relief. Let’s study a painful time like this in Job’s life.

Use these Scriptures in your discussion.

Read Job 1:13–22.

List the series of misfortunes that happened to Job

1. _____
2. _____
3. _____
4. _____

- Apply this to your own life — what would it be like to lose everything you have?
- How did Job respond to all of this bad news?
- Have you experienced a time in your life when it seemed like everything fell apart around you? How did you react?

We read chapter after chapter of the conversations Job had with his three friends who came to visit him during this difficult time. We get a glimpse into the anguish and desperation Job was experiencing.



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Read Job 7:4–16.

Divide up this passage and, in groups, rewrite what Job is saying in your own words.

- What is Job experiencing right now? Emotionally? Physically? Mentally? Spiritually?
- Think about a time when you experienced deep pain, loneliness, or depression. How did it affect you emotionally, physically, mentally, and spiritually?
- How do you cope with deep pain, loneliness, or depression? Do you shut down and withdraw? Do you turn to alcohol or other substances? Do you stop eating or overeat? Do you cut your body? Do you run to a relationship with a guy for comfort?
- What is it about your coping method that makes you feel better? Is the way you cope with your pain healthy or destructive?
- What are some healthy ways you can deal with your pain?

Job's friends were not supporting him very well during this time. Instead of praying with him and encouraging him, they were telling him that the bad things that were happening to him were happening because there was sin in Job's life. The greatest lesson to learn in the Book of Job is that bad things happen to good people as well as bad people. It is not necessarily an indication of sin.

Read Job 42:7–8.

- What are the people like that you turn to for comfort, guidance, and prayer in times when you need it the most?
- Have you had times in your life when you've turned to your friends and they have not been there for you or have not spoken truth into your life?
- As a Christian, your closest, core group of friends should be other Christians. What do you think of this statement?

If you are experiencing deep pain or depression it's important to surround yourself with people that will be there for you and encourage you. Make a list of family, friends, pastors, youth leaders, or counselors you know who you can talk to about what you're experiencing.



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Read Job 42:10–17.

- What did Job do to receive God’s blessing like that?
- What does this passage mean for those who love God but still experience painful things?

Read Psalm 34:17–19 and let this be an encouragement to you when you face difficulties.

Targeted areas: cutting, depression, alcohol and drug abuse, and other destructive methods used to cope with deep pain, loss, depression, or loneliness.

Prayer: Spend some time praying for healing. This may take some time for tears, hugs and listening. Playing worship music in the background or singing together may also help in the healing journey. Pray for strength to stay strong in Jesus when trials come, knowing that He has overcome it all.

Additional Resources:

Teenage Girls: Exploring Issues Adolescent Girls Face and Strategies to Help Them, by Ginny Olson
Help! My Kids Are Hurting: A Survival Guide to Working with Students in Pain, by Marv Penner

For more topical Bible studies for teen girls, visit www.myhealthychurch.com/teengirls

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For Student

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