

INSOMNIA

Why is This Happening to Me?

WARM UP

What is the most painful injury you've personally experienced?

SET IT UP

Sometimes, we can find ourselves in a pain so deep that tears won't stop and words won't come. In those times, it feels as if God is nowhere to be found. So is God absent? Does he even care? What can we do when we feel helpless and hopeless? Let's talk about it.

CHAT IT UP

- 1. If you could have one of your questions answered by God, what would you ask? And, what is your reason for this question?**
2. Many of us have experienced heartache and deep pain that we wish could have been avoided. Let's read about one family's difficult experience. **Read John 11:1-7.**
3. Jesus loved Lazarus. Yet when he heard he was sick, he waited two days before even going to visit him. **What was the reason for Jesus' delay?** (Answer: So Jesus could demonstrate God's power and presence through this difficult circumstance.)
4. Eventually Lazarus dies and his sisters, Mary and Martha, question God's love. Read verses 21 and 32. **When facing a painful season or circumstance, do you tend to believe that God is absent, uncaring or both?**
5. **According to verse 35, what was Jesus' response when he visited Lazarus' grave?** (Answer: He wept). **How does Jesus' response surprise you?**
6. In his message, Mark said, "the presence of pain does not prove the absence of love." **How is this truth highlighted in this passage?** (Answer: God's love was present in the middle of this pain. Jesus—God in the flesh, shows his love by his devastation over the loss of his friend and the pain of those left behind).
7. **Read verses 38-43? Do you believe that God can take broken and hopeless situations and bring hope? Describe a time where you've personally experienced this.**

WRAP IT UP

When you find yourself in those painful and unwanted life circumstances that come your way, remember the presence of pain does not prove the absence of love. Like a good parent, God doesn't shield us from pain but he is always present with us in our pain.

LEADER TIPS

- Lead the way by modeling vulnerability. Your group will open up when you show that you are real and have a story. When appropriate, share a real life struggle or unanswered question you have.