

**DON'T WASTE YOUR PAIN!**  
**Getting Healthy Again**  
**Part 8 of 8**

*"God comforts us in all our troubles so that we can comfort others. When others are troubled, we will be able to give them the same comfort God has given us. So, when we are weighed down with troubles, it is for your benefit... so that we can be an encouragement to you." 2 Cor. 1:4+6 (NLT)*

THE LAST STEP: Yield myself to God be used to bring this Good News to others, by both my example and my words.

**YOUR EXPERIENCES WILL HELP OTHERS  
IF YOU'LL SHARE 4 THINGS**

**1. HOW \_\_\_\_\_**

*"Sometimes it takes a painful situation to make us change our ways." Pr. 20:30 (GN)*

*"I am glad ... not because it hurt you but because the pain turned you to God..."*  
2 Cor. 7:9 (LB)

**THE KEY: BE REAL**

• **BE OPEN WITH MY \_\_\_\_\_**  
*"We have spoken frankly to you; we have opened our hearts wide." 2 Cor. 6:11 (GN)*

• **BE HUMBLE ABOUT MY \_\_\_\_\_**  
*"Each of us must bear the faults and burdens of his own. For none of us is perfect!"*  
Gal. 6:5 (LB)

• **BE FRANK ABOUT MY \_\_\_\_\_**  
*"Christ Jesus came into the world to save sinners—of whom I am the worst."*  
1 Tim. 1:15 (NIV)

• **BE HONEST ABOUT MY \_\_\_\_\_**  
*"I have the desire to do what is right, but I cannot carry it out... I keep on doing the evil I don't want to do." Rom. 7:18b-19 (NIV)*

• **BE CANDID ABOUT MY \_\_\_\_\_**  
*"I do admit that I have fears – that when I come you'll disappoint me and I'll disappoint you, and in frustration with each other everything will fall to pieces..." 2 Cor. 12:20 (Mes)*

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**2. WHAT \_\_\_\_\_**

• **I LEARNED \_\_\_\_\_**

*"We were crushed and overwhelmed...and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us... and He did help us!" 2 Cor. 1:8-10 (LB)*

• **I LEARNED \_\_\_\_\_**

*"... it was the best thing that could have happened to me, for it taught me to pay attention to Your laws!" Pr. 119:71 (LB)*

• **I LEARNED \_\_\_\_\_**

*"Remember that in God's plan men and women need each other." 1 Cor. 11:11 (LB)*

*"Two people are better than one...If one falls down, the other can help him up. But it is bad for the person who is alone and falls, because no one is there to help." Eccl. 4:9-10 (NCV)*

**3. HOW GOD \_\_\_\_\_**

*"We know that God causes everything to work together for the good of those who love God..." Rom. 8:28 (NLT)*

*"(They) intended it to harm me, but God intended it for good." Gen. 50:20 (NIV)*

**4. HOW JESUS \_\_\_\_\_**

*"Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have." 1 Peter 3:15a (NIV)*

*"When you call to Me, I will answer you. I will be with you when you are in trouble. I will save you and honor you." Ps. 91:15 (GW)*