

Practicing The Way Of Jesus



Apprenticing under Jesus
=
practicing a way of life.

BE

BECOME

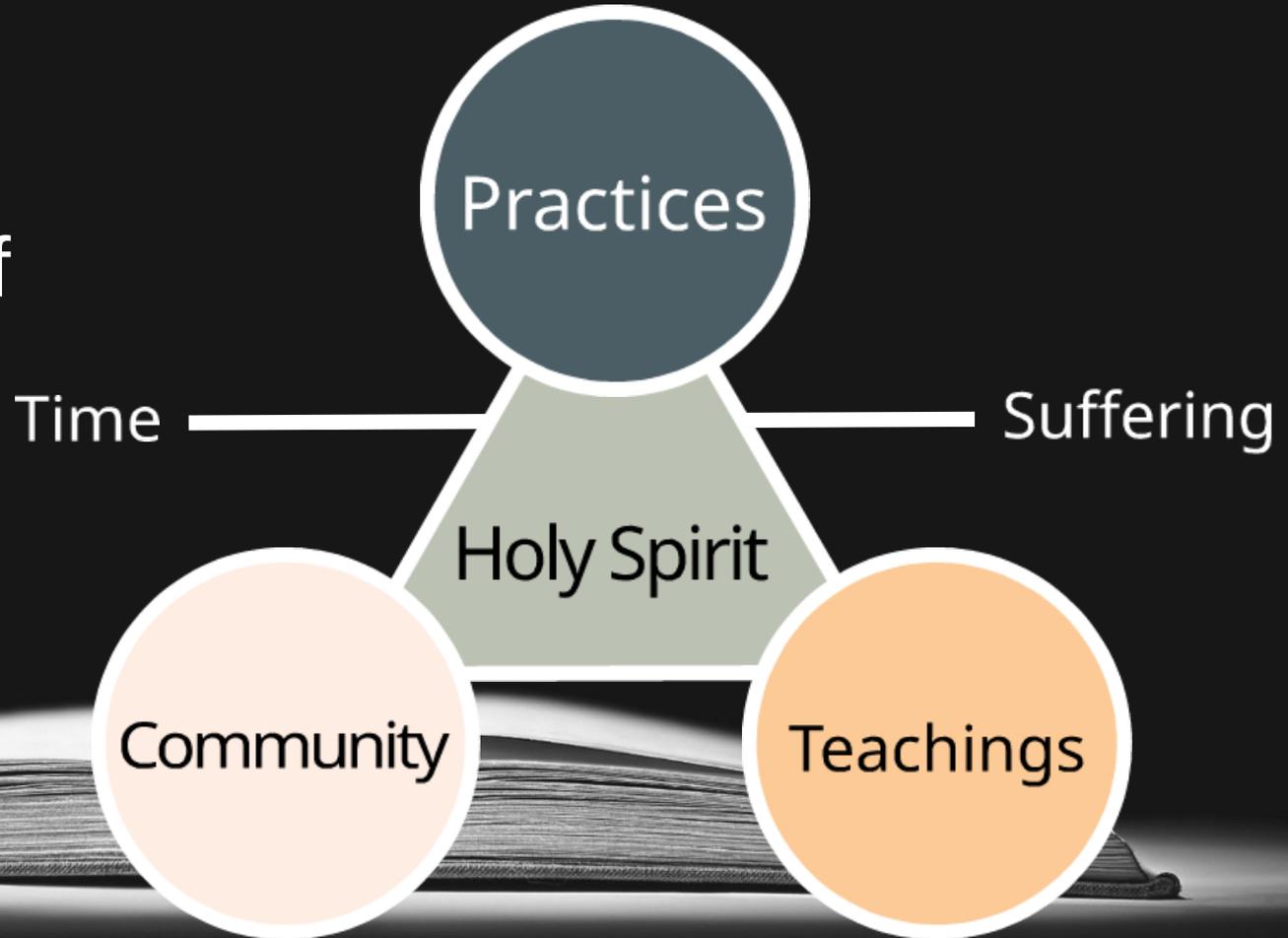
DO



What Transforms Me?

Be **transformed**
by the renewing of
your mind

Romans 12:2



The Practices

Sabbath

Solitude

Community

Prayer

Generosity

Service

Fasting

Scripture

Witness



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5 – Meeting God in Pain & Suffering



Meeting God in Pain & Suffering

In this world you will have trouble.

John 16:33



Meeting God in Pain & Suffering

Denial:

“Whatever we refuse to face
in our inner lives has
the most power over us.”

Sigmund Freud



Meeting God in Pain & Suffering

Detachment:

When we cut off from emotional pain,
we are unable to truly experience
any emotions.



Meeting God in Pain & Suffering

Drug:

Our narcotic of choice becomes a distraction
from our pain and our God



Meeting God in Pain & Suffering

[Jesus] took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, “My soul is overwhelmed with sorrow to the point of death.

Matthew 26:37-38



Meeting God in Pain & Suffering

“we know that in *all* things God works
for the good of those who love him”

Romans 8:28



Meeting God in Pain & Suffering

Jesus models a way
through our pain *to* our God.



Meeting God in Pain & Suffering

- Notice your emotions,
- Name your emotions,
- Feel you emotions,
- Offer your feelings to God.



Questions for Reflection

- What pain/suffering have I been through that has been used for good in my formation?
- How have I experienced God in times of pain?
- Which response to emotional pain am I most inclined toward; deny, detach or drug?



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