



## No Pain, No Gain

Ed Smith  
March 15, 2020

### ► Outline

*Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing, as though some strange thing were happening to you; but to the degree that you share the sufferings of Christ, keep on rejoicing, so that also at the revelation of His glory you may rejoice with exultation.*<sup>1</sup> **Peter 4:12-13 (NASB)**

### No Pain, No Gain

(John 15:1-2,16; Romans 5:3; 8:9; 10:10; 2 Corinthians 5:17; Colossians 1:9-10; 1 Thessalonians 5:16-18; Hebrews 12:11; James 1:2; 1 Peter 4:12-13; 5:6,10)

- **The effortless expression of the fruit of the Spirit is the true evidence of spiritual growth.**
- **The fruit is not a *TO-DO* list to accomplish.**

- **Much effort is often expended in an attempt to conform ourselves to the truth rather than our being transformed by it.**
- **Painful emotion is the warning system that God uses to point out the *branches* that need to be *pruned* so we may grow and bear fruit.**
- **Life difficulties and trials make up the primary *fire* that God uses to refine/purify our faith/belief.**
- **The primary task before us is not trying to live and look like Jesus, but rather to position ourselves to allow God to transform us into His image.**

**Learn more about Transformation Prayer at [transformationprayer.org](http://transformationprayer.org).**

**Resource Information:** Today's outline and discussion guide are available through the Brookwood Church app.



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### ► Discussion Guide

Use this guide by yourself or with friends to discover more about God and develop a deeper relationship with Him. To get connected in a Small Group, visit [brookwoodchurch.org/smallgroups](http://brookwoodchurch.org/smallgroups).

#### Conversation Starter

Describe a time you faced a challenge head-on, even though you were filled with fear.

#### Opening in Prayer

Begin with a few minutes of silence. Ask God to open your heart and mind so you can hear His voice. Ask Him to help you respond to what He shows you as you read, study and reflect on this week's lesson.

#### Personal Reflection/Group Discussion

Read [Romans 5:1-5](#).

1. What privileges do followers of Christ have (vs. 1-2)? List them here.
2. How can remembering these benefits help you endure difficulty?
3. What are various causes of pain and suffering?
4. How does the progression described in vs. 3-5 build from one point to the next? Describe a time when you've experienced this process in your own life. See also: [James 1:2-4](#).
5. Have you ever felt God's love deep in your heart? What are ways to experience God's love during times of difficulty and pain?
6. How do you usually respond to pain and suffering? What might that reveal to others about your view of God?

Read [1 Peter 4:12-19](#).

7. What does it mean to be *partners with Christ in His suffering*?  
See also: [Philippians 1:28-30](#); [3:10-11](#); [1 Peter 2:21](#).
8. List several good things that can result from pain and suffering.
9. Which words, phrases or truths from this week's teaching are most meaningful to you right now? Why?

The deepest things I've learned in my own life have come from the deepest suffering. And out of the deepest waters and the hottest fires have come the deepest things I know about God.

Elisabeth Elliot, *Suffering Is Never for Nothing*

#### Soul Training

Identify a difficulty or challenge you're currently facing. Name one thing God is revealing *to you* or shaping *in you* as you endure this trial. Say or write a prayer in response to what God is showing you.

#### Memory Verse

*Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing, as though some strange thing were happening to you; but to the degree that you share the sufferings of Christ, keep on rejoicing, so that also at the revelation of His glory you may rejoice with exultation.*

[1 Peter 4:12-13 \(NASB\)](#)

#### Daily Reading

Day 1: [John 15:1-5](#)

Day 4: [James 1:2-4](#)

Day 2: [1 Peter 5:8-11](#)

Day 5: [Philippians 3:8-11](#)

Day 3: [Romans 8:9](#)

#### Prepare for Next Sunday

Next Sunday, March 22, we'll begin a new series titled *Questions from Calvary*. To prepare, read [Mark 14:32-42](#).



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