



The Power of Pain *Thriving Under Pressure*

"Sooner or later, the world breaks everyone, and those who are broken are strongest in the broken places." Ernest Hemingway

Romans 5:3-5: ...we know that suffering produces perseverance;
⁴ perseverance, character; and character, hope. ⁵ And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit...

God uses pain to....

_____ **our lives.**

"The first thing in all progress is to leave something behind." George MacDonald

_____ **our lives.**

Hebrews 12:11: No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those **who have been trained** by it.

_____ **our lives.**

Psalm 46:1,2,4: God is our refuge and strength, an ever-present help in trouble.
² Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea...¹ ⁴ There is a **river** whose streams make glad the city of God...

John 3:30 (NKJV): "He must increase, but I *must* decrease."