

Lessons from the Land of Quarantine | Week 01

The Pain Jar | May 21 & 24, 2020

What is the issue anyway?

1. Have you ever felt like you are in a state of Limbo? Describe the circumstances around that time.
2. How has the COVID-19 Pandemic destabilized you? How has it made you feel lost, stuck or confused?

Liminal Space: The _____ between the past and the future, an unstable present.

The threshold where _____, _____ and _____ have crumbled but the new has not yet emerged.

Our _____ instinct is to fix, control or understand pain, faith offers a better path through the mystery of pain.

What wisdom does Scripture offer?

The _____, the _____ and the _____ are biblical metaphors for the mystery of pain and suffering.

Psalms 23:4 (New Living Translation, Anchor Verse)

Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.

Matthew 16:24-26 (The Message Translation)

Then Jesus went to work on his disciples. "Anyone who intends to come with me has to let me lead. You're not in the driver's seat; I am. Don't run from suffering; embrace it. Follow me and I'll show you how. Self-help is no help at all. Self-sacrifice is the way, my way, to finding yourself, your true self. What kind of deal is it to get everything you want but lose yourself? What could you ever trade your soul for?"

How does this relate to Monday morning?

Hold the pain and suffering until it _____ you, or you will _____ it.

Hold the pain and suffering until you have learned what it has to _____ you, or you will _____ it.

Create a _____ jar for your family to hold your tears and suffering.

Ask questions that transform _____ suffering into _____ suffering. (Replace 'why' and 'who' with 'what' and 'how'.)

Why does this even matter?

1. Sacred suffering creates wounded _____.

NEXT STEPS (What is God inviting you into today?)

1. Create a pain jar and use it to hold your suffering until you have been transformed by it.
2. Start listening and asking, "What lessons can I learn from the land of quarantine?"

