

## One Very Bad Day!

### John 18

#### How do we process our pain?

##### 1. We must forgive.

**Matthew 18**-Where do we find the courage to forgive? We must remember all that has been forgiven.

##### 2. We can choose to learn and grow.

###### What can I learn from or through my pain?

###### a. We can learn Humility.

**1 Peter 5:5-6**, God resists the proud...Peter knew this from experience.  
When Jesus meets us in our suffering our humility and dependence grows.

###### b. We can learn Gratitude.

Suffering increase gratitude. It is easy for us to take our blessing for granted.  
**Psalm 100:4, 1 Thessalonians 5:18**

###### c. We can learn Mercy

When we suffer, we are more merciful to those who suffer.

**Psalm 145:8-9**, "The Lord is gracious and full of compassion, slow to anger and great in mercy. The Lord is good to all, and His tender mercies are over all His works."

**Ephesians 2:4-5**, "But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ

###### d. We can learn to Love.

**Luke 7:36-50**

###### e. We can learn to Trust.

Before my suffering, I trust myself. In my pain I realize I need Jesus.

**1 Peter 5:6-7, 10-11, Hebrews 11:6**