



Lesson 3-Turning your pain into praise| 05/01/2022| *“The gift that keeps on giving”*

“Turning Your Pain Into Praise”

“Nevertheless I tel you the Truth; it is expediant for you, that I go away; for if I go not away, the Comforter will not come unto you: but if I depart, I will send Him unto you.”

(St. John 16:7)

“I will not leave you comfortless: I will come to you”

(St. John 14:18)

“And Jabez was more honorable than his bretheren: and his mother called his name Jabez, Saying; Because I bare him with sorrow”

“And Jabez called on the God of Isreal, sayin. Oh that thou wouldest bless me indeed, and enlarge my coast, and that Thine hand might be with me, and that Thou wouldest keep me from evil, that it may not grieve me! An God granted him that which he requested

(I Chronicles 4:9-10)

“And the families of the scribes which dwelt at Jabez (I Chron 2:55)



“Your life issues do not determine who you are!”

“God is good all the time because God is God”

“You are a victor and not a victim”

“It’s not about you it’s all about God”



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The following is Re-cap for Lesson 3

The 3 P’s- Turning your pain into peace

- **Pain-** Something that causes stress; something that annoys; something that causes distress pain is inevitable in this life
- **Praise-** Sending Judah first
- **Peace-** A gift given by the Holy Spirit \

I.The Life Changing Word of the Holy Spirit

- Everything you read in the Bible is Holy Spirit inspired, the words you read are designed to equip you
- Jabez’s name meant pain; Can you imagine some calling you pain every time they call your name? ie. Hey “Pain” come out and play? Has anyone ever said to you; “You’re such a pain to be around?”
- Do you have a meaningful relationship with God? Is your relationship strong enough to consult God even when you’re going through pain?
- Jabez was a man of sorrow acquainted with grief; are you a woman of sorrow? Are you acquainted with grief?
- When pain hits will you be able to praise in the midst of grief?
- Can you call out to God while in pain?

II. Pain Does not define you!

- Your pain does not have to stop you!
- Jabez is a model for blessing others while in pain: He asked for God to enlarge his territory while going through his own problems.
- The pain you go through is not always for you! You enlarge so that you can bless others!
- Will
- Your value is in God not in your pain
- Your value is in God and not what people say about you
- Your value is in your ability to turn your pain into praise
- Life’s issues will cause you pain; but it does not have to stop you
- God’s word is comfort and will help you get through your pain if you allow it to use
- The Holy Spirit shows us that we can have peace in the midst of turmoil because it is the great comforter
- You can be strong in the Lord and not in yourself; that is the power you need to get through your circumstances



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- Your praise will lead you to a place of peace
- Rejoice only in the Lord and not in your circumstances
- In everything supplicate, pray, and praise
- The Holy Spirit is your gift!
- God never says you will not cry but you can be content right where you are because you know that all things work together for the good!
- Issues will change but God’s word never changes; you can be comforted in the midst of all your trials
- God wants to enlarge your territory, but you have to be willing to go through the pain and continue to send Judah first

The Sistar Giving Tree- (Adapted from Shel Silverstein’s giving tree)

Once there was a Sistar tree who loved a little girl

She would play with the little girl and make fun times the little girl would play with tree and sleep in its shade. Well, the girl grew older and started to get away from playing the Sistar tree said come and play with me; the girl said “I want to have fun and buy things” the Sistar tree said well come pick my apples and sell them in the city then you will be happy. The girl cut the apples and went away

Sometime had passed and the girl came back the Sistar tree said “ahh come and play with me” the girl then said “I don’t have time to play; I need to spend my money and find a place to stay” The Sistar tree said I don’t have money or a home to dwell the forest is my home. You can climb up and cut off my branches to make you a home.

So the girl took all the branches and built herself a house. Sometime had passed and then the girl came back to the Sistar tree; The tree was so happy to the girl she said “ahh come and play with me” The girl replied I am a sad old woman; I want to make a boat so that I can sail far away. The Sistar tree said, “You can take my trunk and make a boat; then you will be happy and free” The girl took the trunk and made a boat and sailed far away

After a long time, the girl came back to visit the tree; The Sistar tree said “I have nothing to give, my apples are all gone, my branches are too, my trunk is gone as well. All that is left is an old Winter-time Stump. The girl said I don’t want any of those I’m old and just want a place to sit.

The Sistar tree straighten herself up and said you can sit on my stump and then have joy!



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Spring, Summer, Harvest time Sistar the Wintertime Sistas invite you to partake and sit on their stumps. They have been where you are and want to provide; this Sistar is the gift that keeps on giving!