BIBLE STUDY WORKSHEET

Purpose After Pain

God can bring meaning from what hurt you without calling the harm good.

Prepared by Vanessa

"Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God."
2 Corinthians 1:4 (KJV)

OPENING PRAYER

God of compassion, meet me in every place that still hurts. Do not let pain have the final word. Heal what needs healing, protect what needs protection, and show me how to use my life with wisdom, freedom, and love. Amen.

Name _____ Date _____

PURPOSE OF THIS STUDY

This study helps women honor the reality of pain while discovering how healed wisdom, compassion, boundaries, and testimony can serve others. Purpose never requires unsafe disclosure or returning to harm.

What I hope God will show me through this study:

Scripture Foundation

1. 2 Corinthians 1:4

Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.

Observation:

2. Psalm 34:18

Read this passage slowly. What does it reveal about God, about us, and about a faithful response?

Observation:

3. Mark 5:19

Read this passage slowly. What does it reveal about God, about us, and about a faithful response?

Observation:

4. Ephesians 2:10

Read this passage slowly. What does it reveal about God, about us, and about a faithful response?

Observation:

BIBLE STUDY WORKSHEET

Teaching and Truth

1. Pain is not proof of failure

Suffering can affect trust, energy, relationships, and confidence. Healing is rarely a straight line. Needing time, support, or boundaries does not disqualify us from purpose.

Read and reflect: Psalm 34:18

2. Testimony with wisdom

A testimony belongs to the survivor. Sharing can bring connection and hope, but no one owes every detail to every audience. Wise testimony considers safety, readiness, motive, and impact.

Read and reflect: Mark 5:19

3. Purpose is larger than a platform

Purpose can look like raising children differently, creating a safe home, making amends, serving quietly, mentoring one person, building a business with integrity, or telling the truth at the right time.

Read and reflect: Ephesians 2:10

TRUTH TO REMEMBER

What happened to me was not good, but God is still good. My healing can grow wisdom, compassion, boundaries, and purpose. I decide when and how my story is shared.

Which teaching point speaks most directly to your current season?

Personal Reflection

1. What strength or wisdom has grown through your healing?

2. Where do you still need privacy, support, or protection?

3. Who might benefit from a safe part of your testimony?

4. What does purpose look like outside of public recognition?

5. What next step feels both courageous and wise?

Faith in Action

Choose at least one practice for the coming week.

[ ] Write two versions of your testimony: private and shareable.

[ ] Identify details that are not safe or necessary to disclose.

[ ] Choose one small act of service connected to your healed wisdom.

[ ] Ask a trusted person to help you check your readiness before sharing publicly.

My specific next step:

GROUP DISCUSSION

1. How can testimony honor God without glorifying harm?

2. What boundaries protect both the speaker and the listener?

3. How can a group respond when someone's story includes current danger?

Prayer, Commitment, and Notes

CLOSING PRAYER

Father, bring beauty from ashes without minimizing what was lost. Use our healed places with wisdom and protect every tender place still being restored. Let our lives point to Your grace. Amen.

SPEAK THIS TRUTH

What happened to me was not good, but God is still good. My healing can grow wisdom, compassion, boundaries, and purpose. I decide when and how my story is shared.

My prayer and commitment:

Group notes and prayer requests: