

*Healing a Wounded Spirit*  
*Lesson 1 – God is in Control*  
[www.aubeacon.com](http://www.aubeacon.com)

**Introduction:** Those who build their lives upon God will not be disappointed.

- A. Any thoughtful person should acknowledge the uncertainty of life.
  - 1. God has designed that suffering be a part of our lives. (**Rom 5:3-4; Phil 1:29**)
  - 2. God uses suffering as a test and not as a temptation. He works to bring out good in us.
  - 3. A wise man will always let suffering draw him closer to God.
- B. Suffering does not always have easy answers.
  - 1. We can rightly acknowledge that God is in control and that God knows us personally and is with us. (**Mt 10:28-31**)
  - 2. We can still face personal issues that can cause us to ask in faith: “Why God?”
  - 3. We need to ask these questions now and deeply think about what God has revealed about this temporary life.

***I. God has given man free agency.***

- A. **Man has the power of choice. (Ecc 7:29; Josh 24:15)**
  - 1. God in His wisdom chose to make man with a free will. We are not robots.
  - 2. The ability to choose holds both great blessings and great dangers.
  - 3. For those who trust God the Bible tells us how to choose!
- B. **God has not foreordained all things. (Jer 32:35)**
  - 1. The very presence of evil should show us that God in making man with a free will allowed for the possibility of sin.
  - 2. God does not bring about sin! (**Jas 1:12-13**)
  - 3. God does however use sinful men in their craftiness to accomplish His will. (**1 Cor 2:6-8; 3:19-20; Rom 9:17-18**)
- C. **Satan and the sin he introduced is the source of all suffering.**
  - 1. God made this world free of sin and good. (**Gen 1:31**)
  - 2. After the introduction of sin both man and creation were changed. (**Gen 3:16-19**)
  - 3. Satan makes full use of man's vulnerability to capture them to his cause. (**Heb 2:14-15**)
  - 4. Those who are in fellowship with God have God's protection from Satan. (**1 Cor 10:13; Job 1:8-12**)

***II. There are several reasons for suffering.***

- A. **When physical law is violated.**
  - 1. God does not suspend physical law that man may avoid the consequences!
  - 2. Consider the rules surrounding: gravity, fire, water, darkness and light.  
(Ex. Smokers on a call-in program)
- B. **When spiritual law is violated.**

1. When we sin there is a just consequence in this world. **(Gal 6:7-8; 1 Pt 4:15)**
2. Consider the earthly consequences of fornication. It destroys relationships, cheapens life, separates from God and causes others to lose respect for you!

**C. When others make wrong choices.**

1. Sadly many suffer because of a choice of a family member. **(Josh 7:24-25)**
2. We suffer from the choice of Adam and Eve. **(Rom 5:12)**
3. While I may suffer the consequences of others actions, I do not bear their guilt! **(Ezk 18:2, 20)**

**D. When natural disasters occur.**

1. Both good and evil people suffer the effects of a natural calamity.
2. Birth defects and some diseases fall into this category.
3. We need to be careful about accessing blame! **(Jn 9:1-3)**

**III. God is in control**

**A. Some deny God's existence because of suffering.**

"Turner mentioned that he was raised in a God-fearing family and had a sister who was ill. Her illness progressed; she became critical. He prayed desperately the Lord would spare her life and make her well. She died. Then Ted told the audience that from then on he knew, even as a kid, there was no God up there. What kind of loving God would have allowed his sister to suffer and die?"

1. Why not carefully examine this question rather than emotionally writing off the existence of God?
2. Asaph the Psalmist was tempted to think like this until He turned His mind to how God works in this world! **(Ps 73:11-17)**
3. Do not let one tragedy lead to another. Please carefully consider what God Himself has revealed about life on this planet.

**B. God will always use suffering for His good. (Rom 8:28)**

1. What did Joseph learn about his suffering? **(Gen 50:19-20)**
2. We may never see the ways God uses tragedy in our lives. We must trust God!

**C. Suffering can allow us to be better acquainted with God.**

1. We need to see the brevity of life. **(Psa 90:12)**
2. Job in all of his suffering came to know God better. **(Job 42:5-6)**
3. Thank God for slowing you down and for the opportunity to consider Him.

**D. Suffering can cause us to develop greater spiritual qualities.**

1. We can learn the value of waiting on the Lord. **(Jas 1:2-3)**
2. We can have a stronger hope. **(Rom 8:18)**

**E. Suffering can increase our influence for the Lord.**

1. Many who suffer and quietly stand have a powerful influence. **(1 Pt 2:11-12; 4:12-16)**
2. Consider the godly wife caring for a critically ill husband for years.

**F. Suffering can allow us to help others in their suffering. (2 Cor 1:3-5)**

1. There are many who would gladly share wisdom with others if given a chance.
3. There is a great joy in helping others who are going down the paths you have trod.