

Prayer Ministry Small Group Study Guide

Lesson 3. Exercise: Purpose of Pain

The first exercise is to conduct a pain audit. Use the table below to record your findings. In the first column write a description of the pain, such as “stomach pain.” In the middle column denote the type of pain, such as “chronic” or “sharp.” The third column will be used for the second exercise.

Make a list of different pains you have experienced in the physical realm. Circle any pain you are currently experiencing.

Physical Pain	Type of pain	Source of conflict

Make a list of pains you have experienced in the emotional realm. Circle any current emotional pain you are experiencing.

Emotional Pain	Type of pain	Source of conflict

Make a list of pain experienced in the spiritual realm. Identify any current spiritual pain you are experiencing.

Spiritual Pain	Type of pain	Source of conflict

The second exercise is to interrogate the pain. Pray the following simple prayer and spend some time listening for God to reveal truth.

Lord, please reveal to me the pain that You have been using to get my attention. ... Now that I have identified this pain, please help me understand the source of that pain. What is the conflict at the root of this pain? ... What must happen to resolve this conflict? ... Lord, I choose to obey and take the necessary steps to be reconciled to You.

Share testimonies of new truth learned, as you are led by the Spirit.

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Sharing: Purpose of Pain

This exercise is designed to build compassion and increase communication capability regarding pain. It is played like the board game Apples to Apples™.

To begin, each person will write a pain on a slip of paper. For example: migraines, arthritis, cancer, depression, allergies, divorce, grieving, etc. This becomes the "draw pile."

Take turns being the reader. The reader draws a slip of paper and expresses that pain as if sharing with a friend or intercessor. For instance, if the paper says "migraines" the reader might say "Last week I had another of my terrible migraine headaches. What do you think that is about?"

Each person in the group then writes a brief description of a possible source or cause of that pain.

The reader collects these suggestions and reads them aloud, one by one. Then the reader picks the answer he likes best, giving a short explanation for his choice.

When each of the pains has been paired up with an answer, brainstorm the possible prayer strategies to resolve that pain.

Caring: Purpose of Pain

Place a chair in the middle of the room and invite anyone with a discovered pain to sit there to receive prayer. As the Holy Spirit leads, lay hands on and pray for that person.