

## APPLICATIONS FOR LIFE TRANSFORMATION

1. What has been a painful experience (social/emotional) of your work, school, relationships, past? Did you know Jesus also had painful experiences? (Social: abandonment, family & friend relationships. Emotional; sorrow, grief, weight of sin)
2. Now connect your painful experiences to Jesus' suffering on the cross for you. (write these out on paper, then burn the paper)
3. Sometimes God's will is to remain silent. This week as you are tempted to speak out—even for a legitimate injustice you are suffering at work, home, or school—1. Pray 2. Remain silent 3. Trust God to deal with the injustice in His time. (Write these injustices on a piece of paper, then burn the paper)
4. What satisfaction/comfort do you experience knowing Jesus suffered for you? (Write these things on a piece of paper & remind yourself daily)