

# GETTING THROUGH THE TOUGH STUFF: IT'S ALWAYS SOMETHING!

## GETTING THROUGH THE TOUGH STUFF OF PAIN

MATTHEW 26:36-46



### The Heart of the Matter

Do you remember going to bed as a child and feeling pain in your legs? You may have thought some terrible disease had invaded and that the pain was the initial symptom of some form of paralysis. Of course, it was nothing as dramatic as that. The pains you felt were “growing pains.” Instead of some dreaded disease, the unpleasant, unwelcome, and unappreciated pain was normal and healthy—a reminder that you were growing. And what was true then, during your childhood, is also true today: pain, though never sought out, is an essential and beneficial part of our emotional and spiritual growth.



### Discovering the Way

#### 1. Coming to an Understanding of Pain

Before getting a handle on pain, we need to understand pain as it related to Jesus's life and then as it relates to our lives.

#### 2. Focusing on the Ordeal at Gethsemane and Golgotha (Matthew 26-27)

Knowing that great suffering was one day His to endure, Jesus often referred to this time as “the hour” and once as “the cup.” He would suffer relational pain, internal pain, physical pain, and ultimate pain.



### Starting Your Journey

Christ offers four encouragements in our pain. First, relationally, no one stays closer than Christ. Second, internally, no one can bring healing deeper than Christ. Third, physically, no one comforts better than Christ. Fourth, ultimately, no one sees the benefits of our pain clearer than Christ.



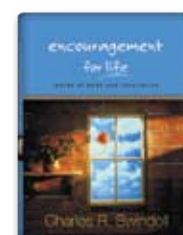
### Tools for Digging Deeper



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