



Week 3: Pain // Mark Clark // September 27, 2026

Reset is all about recognizing the things that are holding us back from the life Jesus has for us. We've talked about resetting our minds and our relationships—but what happens when what we're facing isn't something we can simply change? Pain, loss, disappointment, illness, and circumstances outside our control eventually find all of us. In John 9, Jesus encounters a man who had been blind from birth, and instead of providing a simple explanation for his suffering, Jesus offers a radically different way to see it.

Scripture: [John 9:1-7, 13-25 NIV](#)

Bottom Line: Pain doesn't have to be pointless, because God doesn't waste what hurts.

Digging In:

1. When you're going through something hard in life, what do other people say or do that actually helps you most? What tends not to help?
2. Read John 9:1-7 together. The disciples immediately want to know who's to blame for the man's blindness. Why do you think blaming someone can feel easier than simply acknowledging that suffering exists? Why do we have such a strong desire to find an explanation for hardship?
3. Jesus rejects the idea that the man's blindness was a direct punishment for either his or his parents' sin. Why is that an important clarification in terms of how we respond to our own suffering—or someone else's?
4. Jesus explains that the man's blindness happened so "the works of God might be displayed in him." Mark emphasizes Jesus isn't saying that God caused the man's blindness, but that God could take his situation and use it in a redemptive way. How does this distinction affect the way you hear Jesus' words?
5. [Romans 8:28](#) says that "in all things God works for the good of those who love him." What's the difference between saying "this painful thing is good" and "God can bring about good through this painful thing"? How do you feel about this?
6. Where in your life right now are you struggling to see how God could possibly bring anything good out of what you're experiencing? What would it look like to trust him there without pretending the situation itself is good?
7. Mark talks about displaying that Jesus is our greatest treasure not only when life is going well, but especially in how we walk through pain. What might your response to difficulty be displaying about what you trust and treasure most?

8. The man obeys Jesus by going to wash in the pool of Siloam, even though Jesus' instructions probably seemed strange. What does his response teach us about obedience even when we don't understand what God is doing?
9. Mark says when we're hurting, we can sometimes stop doing the very things that help us remain connected to God—praying, reading Scripture, gathering with the church, being generous, and so on. Which spiritual practices become harder for you when life gets difficult? Why?
10. Read John 9:13-25. At the end of the story, the healed man says, "One thing I do know. I was blind but now I see!" Where can you point to Jesus having changed something in you—even if there are still things about your life you don't understand?
11. The message ends with the reminder that if you've trusted Jesus, your circumstances can change without changing your status as a child of God. How could remembering who you are in Christ change the way you walk through something difficult right now?

Moving Forward:

This week, identify one difficult circumstance you wish you could change. Instead of forcing yourself to find a reason for it, try asking a different question: "God, how do you want to meet me, shape me, or work through me here?" Then choose one simple act of obedience. Pray even if prayer feels difficult. Open Scripture even if God feels distant. Show up to community even when you'd rather withdraw. Encourage someone else even while you're hurting. You don't need to see the entire purpose behind your pain to take the next faithful step.

Prayer Prompt:

Give everyone a quiet moment to think about one difficult thing they're carrying right now. No one needs to share it out loud. Then invite them to hold their hands open and silently pray:

God, I wouldn't have chosen this, but I trust you with it.

After a moment, pray together:

Jesus, meet us in the places that hurt. Give us strength to keep trusting and obeying you when we don't understand. Use even the things we wouldn't choose to make us more like you, and remind us that whatever changes around us, we are still your children. Amen.