



Jabez: From Pain to a Transformed Life

WORSHIP (15 MINS)

11-17-2024

Venue: Home gatherings

Sing one or two songs or play a song from You Tube.

Venue: Public place (school, café, park, etc.) or **Via Online**,

Testimonies: **"What is your "high" or "your "low" this past week?"**

Ask someone to do the opening prayer:

WELCOME (15 MINS)

Welcome guests/first-time visitors.

Memory Verses for the week: **1 Chronicles 4:9-11 NKJV**

Quotes: **"God will not waste your pain; He will use it to strengthen your faith and bring glory to His name."** — Unknown

"God never allows pain without a purpose." — Jerry Bridges

WORD(30-45 MINS) Text:1 Chronicles 4:9-11 NKJV

Intro: In the OT, there is a young man who, despite the traumas, the pains, the regrets he had in his life, dared to pray to God to use him powerfully and mightily. Despite of his undesirable situations in his life, this young man "cried out to God, prayed a daring and extra dangerous prayer! His prayers were not just flowery words to tickle the ears of God, no, he meant every word! And the most beautiful thing when He prayed to God? God granted, God answered his prayers! How did Jabez's life got transformed?

Main Text: Read 1 Chronicles 4:9-11 NKJV

1. Jabez decided to change – v.9 "Now Jabez was more honorable than his brothers, and his mother called his name Jabez, saying, "Because I bore him in pain."

Despite being given a name associated with pain (as "Jabez" sounds like the Hebrew word for "pain"), he made a deliberate decision to rise above it. Rather than resigning himself to fate, he embraced a path of intentional faith, firmly believing that his life could still be transformed for the better.

Q: How many of us have regrets (maybe even bitterness) growing up in life and how did we get to overcome those situations?

Q: How many of us probably at least once blame ourselves for mistakes, for wrong decisions we made in the past, things that have happened that we wished they didn't happen?

Q: How can we apply the lesson of Jabez to areas in our own lives where we feel stuck or defined by past pain, past mistakes or failures?

Q: In what ways can pain help us trust God through our difficult situations?

2. Jabez prayed to God who can transform his life -v.10a "And Jabez called on the God of Israel saying, "Oh, that You would bless me indeed..."

Jabez didn't just choose to pray, he cried out to Yahweh, the true and living God, believing that only God could transform his life. Jabez boldly asked God for supernatural change in his own life. His faith in God, was the foundation of his prayer. Jabez understood that God's desire was to bless, and he trusted God to grant his request.

Q: In what way can we trust God (like Jabez) to do great things for us?

Q: Is it always easy to believe that God wants to hear our prayers and bless us?

Q: How can we get to know God better, like Jabez, so we trust Him more?

How did Jabez's faith help him ask for big changes? How does our faith affect our prayers?

Q: How can we apply the lesson of Jabez to areas in our own lives where we feel stuck or defined by past pain?

Application: The 1st step toward transformation is making a decision to CHANGE and by placing our faith in God, who alone can bring about deep and lasting transformation in our lives. -True transformation becomes possible only when we surrender our lives to Christ as our Lord and Savior.

Leader's Tips:

- S - Sensitivity. No one should feel left out.
- P - Participation is encouraged.
- A - Acknowledge. Make guests feel welcomed.
- C - Confidentiality. What is shared stays in the group.
- E - Encouragement. Be a blessing to one another.

3.He prayed to be blessed and be a blessing - read 1 Chron. 4:10

Jabez, prayed earnestly for God's blessing, not just for himself but also to become a blessing to others. His prayer, focused on changing his life through God's blessing so he could touch those around him. In asking God to "enlarge his territory," Jabez asked God for greater influence and responsibility to make a bigger impact for God.

Q: Why do you think Jabez ask for God's blessing?

Q: How can we move on from the cycle of pain in our lives and start helping others?

Q: What does it mean to ask God for more opportunities, and how can that help us make a bigger difference in the lives of others for God?

George Foreman, once a troubled youth, but after achieving fame in boxing, he became a born-again Christian in 1977, which led him to pastor and establish a community center. In the 1990s, he returned to boxing with a renewed purpose, inspiring others. His success with the George Foreman Grill further solidified his reputation as a symbol of faith and personal transformation likened to the biblical story of Jabez.

Reflection: What about you? What kind of pain or bitterness is holding you down and keeping you from God's great purpose for you to make a difference in the lives of others? Today is the time to be like Jabez, intentionally change and put our faith in Christ and ask Him to bless us and make us a blessing.

Conclusion:

We cannot change the past, no matter how painful or filled with mistakes, but we can move forward. God has the power to transform our past, including our failures and even our wrong decisions, and use them for His glory. What the devil meant for harm, God can turn around for our good. As Romans 8:28 says, "All things work together for good to those who love God and are called according to His purpose."

What is your take-away from this lesson?

WORK: The Challenge (15 mins.)

P- Pray for one another. Ask "what can I pray for you?"

R- Remind to invite a friend on the next gathering.

A- Apply the message during the week.

Y- Yearn to share your faith with someone during the week.