

# Understanding Pain in the Bible

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## Exploring Emotional Honesty

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Answer the following questions based on the lesson about how the Bible portrays human suffering and emotional honesty.

1. What does Job say about coming into the world and leaving it?
  - A. He came with nothing and will leave with nothing
  - B. He came with riches and will leave with riches
  - C. He came with friends and will leave with friends
2. According to Psalm 34:18, Yahweh is near to those who have a \_\_\_\_ heart.
3. The Bible avoids discussing emotions and suffering.  
 True     False
4. Why is it important to be honest about our feelings according to the lesson?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. How did David express his emotions in the Psalms?
  - A. He hid his feelings
  - B. He wrote songs of lament
  - C. He ignored his pain
6. Job's statement 'Yahweh gave, and Yahweh has taken away' shows his \_\_\_\_ about life's challenges.
7. Emotional honesty is seen as a sign of weakness.  
 True     False
8. What do you think God thinks about our struggles based on the lesson?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. Which of the following is a key theme discussed in the lesson?
  - A. Hiding emotions is important
  - B. God understands our pain
  - C. Emotions should be ignored
10. Jesus showed his emotions by \_\_\_\_ when he heard about Lazarus' death.

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### Answer Key

1. He came with nothing and will leave with nothing    2. broken    3. False    4. Being honest about our feelings helps us connect with God and others. It allows us to process our emotions and find healing.    5. He wrote songs of lament    6. honesty    7. False    8. I believe God understands our struggles and cares for us. He wants us to be honest with Him about how we feel so that we can grow and heal.    9. God understands our pain    10. weeping