



# RCCG OCEANIA

Relationships

## GOD'S PURPOSE IN PAINFUL RELATIONSHIPS

### AT A GLANCE

#### BIG IDEA

Painful relationships, especially with narcissists, are not meant to torment but to transform. Through these experiences, God reveals unaddressed wounds, refines your identity, and prepares you for a greater purpose. By understanding this divine purpose, you can reclaim your self-worth and set healthy boundaries.

#### PRIMARY PASSAGES

Exodus 9:16

John 13:27

Romans 8:28

2 Corinthians 12:9

## KEY TAKEAWAYS

- God allows difficult relationships to uncover and heal deep wounds.
- Painful love experiences refine your identity and prepare you for a greater purpose.
- Contrast in relationships helps clarify your vision and redefine your standards.
- God uses narcissists to activate your purpose and spiritual growth.
- Setting and protecting personal boundaries is essential for healing.

## INTRODUCTION

Relationships can be a source of great joy and profound pain. When faced with challenging relationships, particularly with individuals who exhibit narcissistic traits, it can be difficult to see the purpose behind the pain. However, these experiences are often used by God to reveal hidden wounds, refine our identity, and prepare us for a greater purpose. By understanding God's purpose in these painful relationships, we can find healing and growth.

## SCRIPTURE READING

- **Exodus 9:16** — Illustrates how God used Pharaoh to fulfill His purpose through Moses.
- **John 13:27** — Shows how Judas's betrayal was part of God's plan for Jesus.
- **Romans 8:28** — Affirms that God works all things for the good of those who love Him.
- **2 Corinthians 12:9** — Highlights how God's strength is made perfect in weakness.

## KEY POINTS

**1. REVEALING AND HEALING WOUNDS** — God allows painful relationships to reveal and heal unaddressed wounds. These experiences are not meant to torment but to transform, helping you identify areas that need healing. Just as God used Pharaoh to fulfill His purpose through Moses, He can use difficult people in your life to bring about healing and growth. Recognizing these wounds is the first step towards healing.

- Reflect on past relationships and identify any unhealed wounds.
- Seek God's guidance in prayer for healing and understanding.
- Consider speaking with a trusted spiritual advisor for support.
- Journal about your experiences to gain clarity and insight.

Scripture: Exodus 9:16      Romans 8:28

**2. REFINING IDENTITY AND PURPOSE** — Painful love experiences refine your identity and prepare you for a greater purpose. Through these trials, you gain a deeper understanding of who you are and what you are called to do. Just as Judas's betrayal was part of God's plan for Jesus, challenging relationships can be part of God's plan to refine your character and clarify your purpose.

- Identify aspects of your identity that have been refined through difficult relationships.
- Pray for wisdom and clarity regarding your purpose.
- Write down your strengths and how they have been developed through trials.
- Seek opportunities to use your refined identity in service to others.

Scripture: John 13:27      Romans 8:28

**3. CLARIFYING VISION THROUGH CONTRAST** — Contrast in relationships clarifies vision and redefines standards. By experiencing what you don't want, you gain clarity on what you truly value. This process helps you set healthier boundaries and make better choices in future relationships. God's strength is made perfect in weakness, and through these contrasts, your vision becomes clearer.

- Reflect on what you have learned about your values through past relationships.
- Set clear boundaries based on your clarified vision.
- Communicate your values and boundaries to those around you.
- Evaluate current relationships to ensure they align with your values.

Scripture: 2 Corinthians 12:9

## KEY POINTS (CONT.)

**4. ACTIVATING PURPOSE AND GROWTH** — God uses narcissists to activate your purpose and spiritual growth. Their presence, though challenging, is permitted by God to push you towards your destiny. Just as God used Pharaoh and Judas to fulfill His purposes, He can use difficult individuals in your life to propel you forward in your spiritual journey.

- Identify how challenging relationships have contributed to your growth.
- Thank God for the lessons learned through difficult people.
- Seek God's guidance on how to use these experiences for His glory.
- Share your testimony of growth with others to encourage them.

Scripture: Exodus 9:16      John 13:27

## GROUP DISCUSSION

Tip: Use these questions to guide the group from seeing → understanding → applying.

### OBSERVATION

- What are some examples of painful relationships in the Bible?
- How did God use Pharaoh in Moses's life?
- What role did Judas play in Jesus's journey?
- How does God demonstrate His strength in our weaknesses?

## **INTERPRETATION**

- Why does God allow difficult relationships in our lives?
- How can painful experiences refine our identity?
- What does it mean for God's strength to be made perfect in weakness?
- How can contrast in relationships help clarify our vision?

## **APPLICATION**

- How can you identify unhealed wounds from past relationships?
- What steps can you take to refine your identity through trials?
- How can you set healthier boundaries based on your clarified vision?
- In what ways can you use your experiences with difficult people for spiritual growth?

## **PRAYER FOCUS**

- Seek God's guidance in healing past wounds
- Pray for wisdom in setting healthy boundaries
- Ask for strength to embrace growth through challenges

## **NEXT STEP**

Reflect on past relationships to identify areas needing healing and seek God's guidance for growth.

## **CONCLUSION**

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Painful relationships, especially with those who exhibit narcissistic traits, can be challenging to navigate. However, by understanding God's purpose in these experiences, we can find healing, refine our identity, and activate our spiritual growth. Through prayer, reflection, and setting healthy boundaries, we can transform these challenges into opportunities for growth and fulfillment in our divine purpose.

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Adapted from Myles Munroe on Relationships' teachings: <https://www.youtube.com/watch?v=wISkwlqpv8>