

**Go Deep Notes**  
**December 18, 2016**  
**Sermons from Superheroes: Deadpool**

We spend much of our lives checking off boxes that we think we will give us a meaningful, happy life. Examples: Career - check. Fall in love - check. Marriage - check. Kids - check.

**1. What are your checkboxes?**

*What are the things in life you've tried to achieve?*

Sometimes our boxes get smashed. Illness, cancer, unexpected death, job loss. Sometimes things don't go as planned. Deadpool is a superhero with a lot of smashed boxes - Terminal cancer, physically deformed, and he lost the love of his life.

*Describe a time when things didn't go as planned in your life. Maybe you burned the Christmas cookies. Maybe you lost your job. Discuss how it affected your attitude and outlook on life.*

**2. How do you handle smashed boxes?**

*What do you do to cope when life doesn't go as planned? Discuss.*

Deadpool uses humor and sarcasm. Science tells us humor and laughter have similar effects on the brain as drug-induced euphoria. Laughter is literally like pain medicine.

*Discuss this Stephen Colbert quote: "You can't laugh and be afraid at the same time."  
Do you agree or disagree? Describe a time when laughter relieved tension or made a tough situation easier.*

Use a phone or computer to google "Comedians and depression" and look at the lists of comedians who have suffered from depression. *If humor is a good coping mechanism, why do so many funny people suffer from depression?*

Elie Wiesel wrote about his time in Nazi concentration camps. He said humor helped the men survive. Is it possible humor can ease the pain, but not cure the pain?

**"You will have bad days, but they will always wake you up to stuff you weren't paying attention to." - Robin Williams**

*What does he mean by this? What do bad days and smashed boxes wake us up to? Describe a time when pain, trauma, or suffering opened your eyes to things you weren't paying attention to.*

When Native Americans weave rugs, they leave a blemish in the corner. They believe this is where the Spirit moves in and out of the rug.

**3. Life is like a rug.**

Is it possible that suffering and pain allows space for God to move? The perception is often that we are closest to God when everything is going well. Is that true?

*Read Mark 8:31*

Jesus smashed the boxes of the Jewish people in the 1st century. They didn't expect their messiah (or superhero), to be tortured and killed on a cross. Nor did they expect Jesus to come back from the dead. **In Jesus they found a God who suffers with them and overcomes.**

*Read Romans 5:3-6; 8:14-17*

*Read 2 Corinthians 4:8-11; 16*

Humans have been asking the question, "Why does suffering exist in the world?" for thousands of years, and there may not be a good and easy answer. But in Jesus we see a God who suffers with us, who can use that suffering to bring us closer to the divine. We often blame God for our suffering, but so often people are the cause of our suffering or our own choices and mistakes cause us suffering. Can you describe a time when you were the cause of your suffering?

Like the Native American rug, can God use our blemishes to show people the life, hope, and love of Jesus?

What are some practical ways you will use your own suffering and hurt to show the hope and love of Jesus by helping someone else going through similar pain?

Read this Chris Farley quote aloud individually or as a group as a prayer:

**"As I stumble through this life, help me create more laughter than tears, dispense more happiness than gloom, spread more cheer than despair." -**

Additional Prayer:

**"Jesus, use my hurt, pain, and smashed boxes to reveal your life, hope, and love to the people around me. Thank you for humor to help us through tough moments. Help me to not ignore the pain and suffering, but find You in the pain and suffering. Thank you for suffering with me. Amen"**