



❖ 4 Things You Should Know About Pain:

1. Pain is rarely the problem; it is almost always the symptom.
2. Pain will lead you to the source of your problem.
3. The level of your pain does not always determine the depth of your problem. *Example: a sliver in your finger*
4. Ignoring pain or being afraid of pain often leads to deeper problems.

❖ 5 Keys to Walking Out of Pain:

1. Trust God.

Trust him - your faith is being tested.

James 1:2 Consider it all joy, my brethren, when you encounter *various* trials, **3** knowing that *the* testing of your *faith* produces endurance. **4** And let endurance have *its* perfect result, so that you may be perfect and complete, lacking in nothing.

God is a great place to hide.

Psalms 9:9 The LORD also will be a stronghold for the oppressed, a stronghold in times of trouble.

He promises to rescue us when we are in trouble.

Psalms 50:15 Call upon Me in the day of trouble; I shall rescue you, and you will honor Me."

God has a plan to get you through this, not around it.

1Corinthians 10:13 No temptation has overtaken you but such as is common to man; and *God* is faithful, who will not allow you to be *tempted* beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

2. Discover the source of your pain.

Nehemiah surveyed the problem.

Nehemiah 2:11 So I *came* to Jerusalem and was there three days. **12** And I arose in the night, I and a few men with me. I did not tell anyone what my God was putting into my mind to do for Jerusalem and there was no animal with me except the animal on which I was riding. **13** So I went out at night by *the* Valley Gate in the direction of the Dragon's Well and *on* to the Refuse Gate, inspecting the walls of Jerusalem *which* were broken down and its *gates* which were consumed by fire. **14** Then I passed on to *the* Fountain Gate and *the* King's Pool, but there was no place for my mount to pass. **15** So I went up at night by the *ravine* and inspected the wall. Then I entered the Valley Gate again and returned. **16** The officials did not know where I had gone or what I had done; nor had I as yet told the Jews, the priests, the nobles, the officials or the rest who did the work.

Talk to your soul

Psalms 42:5 Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him for the help of His presence.

King David spoke to his soul.

Psalms 43:5 Why are you in despair, O my soul? And why are you disturbed within me?

Example: Jason shared with me that he has people talk to their soul to discover why their soul is in pain.

Point: Sometimes an over reaction to something someone says or does is a sign of pain in our soul. It may be point to a place that needs healing in you.

Go to a doctor or counselor to discover your problem.

Luke 5:31 Jesus answered and said to them, "It is not those who are well who need a physician, but those who are sick.

Physical sickness is often rooted in spiritual realities.

Proverbs 18:14 The spirit of a man can endure his sickness, but as for a broken spirit who can bear it?

The root word for "Broken" 5217 naka to *smite, scourge*:—scourged(1).

3. Develop a culture of wholeness around you. (This is like sterilizing the hospital.)

Don't listen to sad music or watch sad movies when you are processing through your pain.

Proverbs 25:20 Like one who takes off a garment on a cold day, or like vinegar on soda, is he who sings songs to a troubled heart.

Stay away from negative people when you are in process of being restored

Proverbs 25:19 Like a bad tooth and an unsteady foot is confidence in a faithless man in time of trouble.

Be careful what you pay attention and watch

Lamentations 3:51 My eyes bring pain to my soul because of all the daughters of my city.

Fill your days with laughter

Proverbs 17:22 A joyful heart is good medicine, but a broken spirit dries up the bones.

➤ Funny movies and funny people are healing to you.

Take care of your body

1 Corinthians 6:19 Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?

➤ Get plenty of sleep, sunlight and nutrition

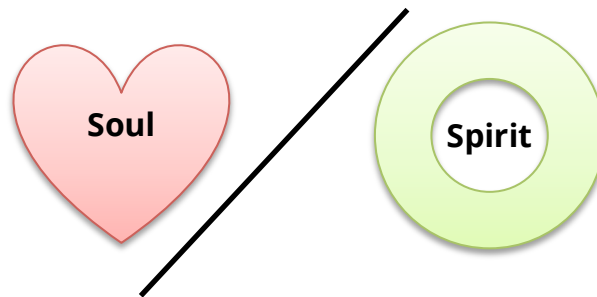
Make sure the needs of your soul are being met

3 John 2 Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers. **3** For I was very glad when brethren came and testified to your truth, that is, how you are walking in truth. **4** I have no greater joy than this, to hear of my children walking in the truth.

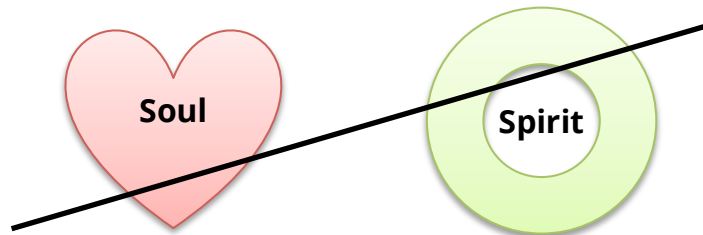
The relationship between soul and spirit:

Hebrews 4:12 For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.

WRONG WAY TO VIEW THE DIVISION BETWEEN SOUL & SPIRIT



RIGHT WAY TO VIEW THE DIVISION BETWEEN SOUL & SPIRIT



Love the Lord with all your soul.

Deuteronomy 6:5 You shall love the LORD your God with all your heart and with all your soul and with all your might.

Point: In certain religious circles it is common spiritualize our lives by denying our human appetites and needs. If I believe that my soul is inherently evil and then I will repress or suppress the needs and affections of my soul, which ultimately leads to sickness, weakness and ultimately death.

Here are a few of the most common human necessities that are often thought of as wrong or worldly.

Our soul needs: Affection, attention, love, a sense of significance, relationships etc...

Temptation is NOT sin.

Hebrews 4:15 For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin.

- I am NOT defined by the temptation I resist.
- I am defined by the virtues I embrace.

I am most often tempted by something I have a natural appetite for

Luke 4:1 Jesus, full of the Holy Spirit, returned from the Jordan and was led around by the Spirit in the wilderness **2** for forty days, being tempted by the devil. And He ate nothing during those days, and when they had ended, He became hungry. **3** And the devil said to Him, "If You are the Son of God, tell this stone to become bread."

- Jesus was hungry when He was tempted to make stones bread.

The goal of our Christian life is that our spirit would manage our appetites. When we deny that we have these basic human needs, we develop no plan or process to manage our appetite and our affections.

For example: *if I'm completely broke, and I walk into a bank, it never occurs to rob the bank to meet my need. But many people will sexualize somebody to meet their need for attention or affection.*

4. Develop a plan to get well.

Mourning is the path to promise land.

Matthew 5:4 "Blessed are *those* who mourn, for they shall be comforted.

- Don't be afraid to mourn. Mourning is the process of being comforted.

Point: in America we don't do pain so we think it is our job to get people out of it instead through it.

Find people who can listen and understand you.

Romans 12:15 Rejoice with those who rejoice, and weep with those who weep.

Remember there are seasons of mourning.

Matthew 11:17 'We played the flute for you, and you did not dance; we sang a dirge, and you did not mourn.'

Get a grip.

Joshua 1:6 “Be strong and courageous, for you shall give this people possession of the land which I swore to their fathers to give them. **7** “Only be strong and very courageous; be careful to do according to all the law which Moses My servant commanded you; do not turn from it to the right or to the left, so that you may have success wherever you go. **8** “This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; *for* then you will make your way prosperous, and then you will have success. **9** “Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the LORD your God is with you wherever you go.”

- Don't let your emotions tell you what to do. You tell yourself how to feel.
- You are not powerless even though it may feel like you are.
- Control your thoughts; don't let them control you.

The ability to control myself is the fruit of the Spirit working in your life.

Galatians 5:22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, **23** gentleness, self-control; against such things there is no law.

The relationship between forgiveness and pain:

- Forgiving somebody who harmed you will release you to recover from pain but forgiveness, in itself, will not take away the pain.
- The process of forgiveness and the process of becoming pain-free are two separate things. In other words, just because I forgive someone does not mean that I don't feel pain when they're around.

Example: *If somebody ran me over with a car and broke both my legs and I forgive them, I will still have to go through the painful process of getting well. The fact that my legs still hurt does not mean that I haven't forgiven them. It does mean that the process of healing is not complete.*

5. Remember God promises and His testimonies.

Use the prophecies that are spoken over you to fight your way out of tough seasons

1 Timothy 1:18 This command I entrust to you, Timothy, my son, in accordance with the prophecies previously made concerning you, that by them you fight the good fight.

Remember that everything will work out for your benefit

Romans 8:28 We know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. **29** For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brethren; **30** and these whom He predestined, He also called; and these whom He called, He also justified; and these whom He justified, He also glorified.

God is for you and has a plan for your welfare.

Jeremiah 29:11 For I know the plans that I have for you,' declares the LORD, 'plans for welfare and not for calamity to give you a future and a hope.

This season won't last...don't get stuck in mourning.

Psalms 30:5 ... Weeping may last for the night, but a shout of joy *comes* in the morning.