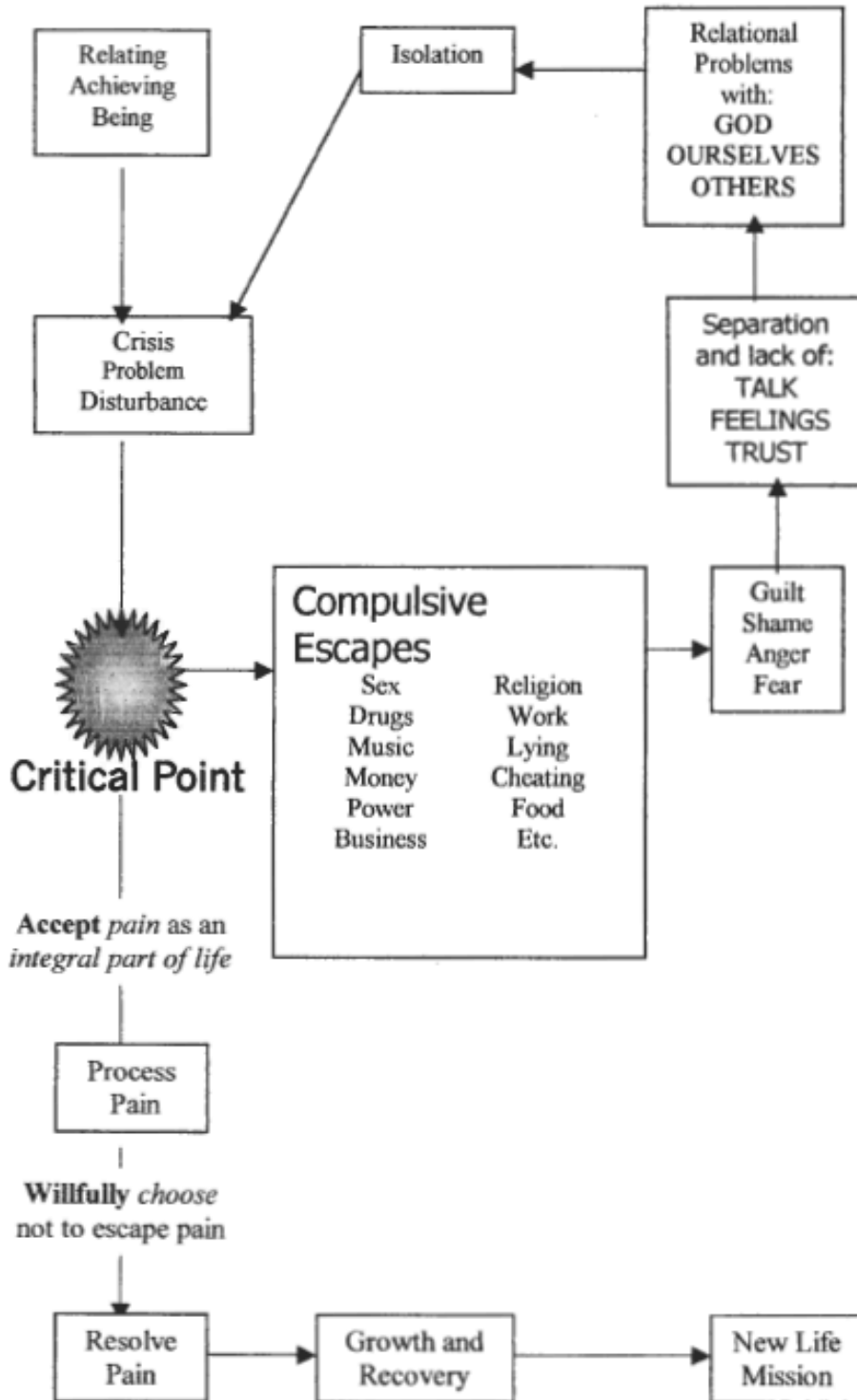




## Dealing With Pain



### **Process**

1. Allow ourselves to feel full weight of pain.
2. Express pain and feelings to God and possible others.
3. Recognize the source of the pain.
4. Receive healing for the specific damaged feelings.
5. Release the pain back to the cross (Is. 53:4-5)
6. Rescue the part of me that I rejected.
7. Reject the lies that I believed that came out of the pain.
8. Replace the lies with specific truth.
9. Release the offender(s) by forgiving them.

### **Resolve**

When resolution of pain is complete, the pain becomes a point of reference that I learned from, not a predictor of the future that labels me.

### **Recovery**

Confess any possible resentment or sins and receive forgiveness from God and others.

**Restored relating – learning to care.**

**Restored achieving – learning to create.**

**Restored being – learning to choose.**

### **Mission**

Minister to others out of the comfort and ministry we have received from God (2 Corinthians 1:3-4)