

SESSION 1: PAIN

Topic: Acknowledging and Assessing Pain

Tagline: To heal pain, we must address pain.

Goal(s):

1. Explain what pain is.
2. Describe the difference between how we initially react to pain and how we can intentionally react to pain.
3. Self-assessment of your pain.

Scripture Reference: Psalms 139:23–24,

Main Points:

1. Pain is:
 - a. An alert system.
 - b. An indicator.
 - c. A navigator.
2. Our initial reaction to pain can be:
 - a. Judge your own pain.
 - b. Neglect your own pain.
 - c. Push your own pain down.
 - d. Worship your own pain.
 - e. Over-Analyze your own pain.
 - f. Project your own pain.
 - g. Numb your own pain.
 - h. Work over your own pain.
 - i. Dismiss your own pain.

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Psalms 139:23-24

*Investigate my life, O God,
find out everything about me;
Cross-examine and test me,
get a clear picture of what I'm about;
See for yourself whether I've done anything wrong—
then guide me on the road to eternal life.*

Main Points:

3. When we experience emotional pain, how we intentionally react to it is:
 1. We acknowledge our pain and ask God for help.
 2. We submit to the Holy Spirit to allow his “poking and probing.”
 3. We allow God to lead us to “life everlasting.”
 - a. Be intentional to hear God because pain can sometimes distract us.

