

Facing our Pain

Pain has affected who we are.

We do lots of things to cope with pain and prevent future pain.

At times can disconnect our pain from Reality, from God.

(This can be helpful for children but becomes less useful as we mature)

We can numb our pain through: denial, blaming, rationalizations, addictions, and avoidance.

Instead, how can we experiencing God and reality in our pain?

Hebrew 5:7-10 During the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission. Son though he was, he learned obedience from what he suffered and, once made perfect, he became the source of eternal salvation for all who obey him and was designated by God to be high priest in the order of Melchizedek.

Jesus acknowledged His pain to God.

In reverence Jesus submitted to God.

He waited, while trusting.

Jesus allowed God to bring something new, something good out of his suffering.

Will We?

Allow God to be present in the Pain

Submit ourselves to God's hand/ God's timing

Trust God to bring new life out of the ashes

“We all face many deaths within our lives. The choice is whether these deaths will be terminal (crushing our spirit and life) or open us up to new possibilities and depths of transformation in Christ.”

-Pete Scazerro

Lord Jesus, when I think about my losses, it can feel that I have no skin to protect me. I feel raw, scraped to the bone. I don't know why you have allowed such pain. Looking at Job and Jesus helps, but I must admit that I struggle to see something “new being birthed out of the old.” Lord, grant me the courage to feel, to pay attention, and then to wait on you. Enlarge my soul through the trials and losses of my life. In Jesus' name, amen

Wait for the Lord

Psalm 27:14 Wait for the Lord; be strong and take heart and wait for the Lord.

Psalm 33:20 We wait in hope for the Lord; he is our help and our shield.

Psalm 37:7 Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.

Psalm 40:1 I waited patiently for the Lord; he turned to me and heard my cry.

Psalm 130:5 I wait for the Lord, my whole being waits, and in his word I put my hope.

Psalm 130:6 I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning.

Proverbs 20:22 Do not say, "I'll pay you back for this wrong!" Wait for the Lord, and he will avenge you.

Isaiah 8:17 I will wait for the Lord, who is hiding his face from the descendants of Jacob. I will put my trust in him.

Isaiah 26:8 Yes, Lord, walking in the way of your laws, we wait for you; your name and renown are the desire of our hearts.

Isaiah 30:18 Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him!

Lamentations 3:24-26 I say to myself, "The Lord is my portion; therefore I will wait for him." The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord.