



THE GIFT OF PAIN

A Path from Pain and Brokenness to Healing

SHARING OUR TIME TOGETHER:

1. RECOGNIZING PAIN AND ITS
SIGNALS
2. RESPONDING AND DIALOGUING WITH
OUR PAIN
3. MAKING PEACE WITH PAIN

OPENING DEVOTIONS

- **Hiding in Plain Sight**

Genesis 3:8-10

- ⁸ Then the man and woman heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden. ⁹ But the LORD God called to the man, “Where are you?”
- ¹⁰ He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.”

What did you feel, hear, see, or
notice from this story?

Identify themes of shame,
unconditional love and favor!

*(Growth happens as a result of times of unease
and distress.)*

Case Study #1:

- A directee comes to meet with you and is visibly stiff in their posture. Their stance and posture are closed - armed, but they are chatty and comfortable. When you inquire as to their emotional and spiritual state, they tell you that they are fine. They ask how you are and enjoy talking about your life and activities and do not go deeper than their life and activities .
- When you ask them if they are experiencing sadness or pain, they immediately shut down and deny its existence and change the subject.
- *The pain may not kill you but running from it may!* Scott Peck

Case Study #2

- A directee comes for their time with you and is visibly upset with tears brimming and a paled countenance.
- As you begin the conversation and as they describe what they are going through, they compare their pain to other people's experience.
- They yawn and stretch during their time with you . They minimize their experience and articulate that they are partly responsible for this pain to have occurred.

CHAT ROOM:

What did you feel, hear, see, or notice from these case studies?

Identify clues for how they are presenting pain.

Share how you react to pain.

Questions to open the conversation:

- I sense some strong emotion in your sharing. Can you name what you are feeling?
(You might use an image or a metaphor, or a color to help you.)
- Is there something going on in your life that has changed since we met last?
- (if not in pain denial)... How is this pain affecting your relationship with God and others? How is this pain affecting how you feel about yourself?
- How is this pain affecting your work, family or other relationships?
- Who have you shared your pain story with? What did you feel as you shared?
- What were your expectations? Were they met?



Journal Time and Break:

WHEN WAS THERE A TIME THAT YOU HAVE
EXPRESSED BEING “OUT OF SORTS” AND IN
PAIN?

WHERE ARE YOU WITH GOD IN YOUR OWN
CHALLENGES AND PAIN?



IDENTIFYING PAIN AND STRESS

Self - awareness... Self – actualization

Season of waiting is the fertile emptiness that produces time and space for grace to happen!

Self Actualization versus Self Awareness:

Being aware of what is happening in our bodies can give us clues of what is going on in our minds and hearts. These internal reactions vary from person to person, but if we become aware, we can respond in spiritually transformative ways.

Pay attention to sensations of depression , pain or anxiety in the body. What do they mean? Can you use them to assess spiritual health and emotional health?

Are you able to assess your own experience of fatigue, anger, rage, indifference, diversion, or hopelessness in the face of pain?

UNTRUTHS

- God caused this pain
- God's plan is this pain.
- I deserve/ do not deserve this pain.



TRUTHS:

- God's heart is shalom.
- The world is broken and we are in the “already not yet” realm
- Jesus is the radiance of God's glory.
- Sovereignty is redemptive not causation.



PRICKLES IN THE NEST

THE BLAME GAME

- BLAMING OURSELVES...SHAME
- BLAMING GOD DOUBTING GOD'S LOVE
- BLAMING OTHERS....RESPONSIBILITY AND BURDEN
- BLAMING THE WORLD.... TRUST IS BROKEN

*Sometimes pain is just pain... but God recognizes and is with us
in our pain,, She rushes her holy warmth against our flesh and
says, "I am here".* This Here Flesh by Cole Arthur Riley

“For so long Black people, noosed and muzzled, have not been permitted the liberty to tell the truth....Sometimes, however threatening it may be, it is seeing the face of anger than can finally shake a people out of their numbness, out of their inner death.”

Cole Arthur Riley

EMOTIONAL HEALING

Understanding Your Inner Voices

- ***Child Voice:** voices the needs, the wonder, curiosity, spontaneity, natural abilities and creativity, vulnerability
- ***Critical (sometimes Parental) Voice:** discouraging, condemning, critical
- ***Adult Voice:** reasoning voice, nurturing, healing, compassionate guide

Inner Child Exercise:

Write down what your inner child feels in the following situations: (words, phrases)

- Someone pays you a compliment
- Someone you care about is angry with you
- Someone you love hurt your feelings
- You meet someone you like for the first time
- You are in pain and someone comes to visit you.

The Inner Tension in Pain: CRITICAL PARENT VOICE

Write down what your critical parent might say to you in the following situations: (words, phrases)

- Someone pays you a compliment
- Someone you care about is angry with you
- Someone you love hurt your feelings
- You meet someone you like for the first time
- You are in pain and someone comes to visit you.

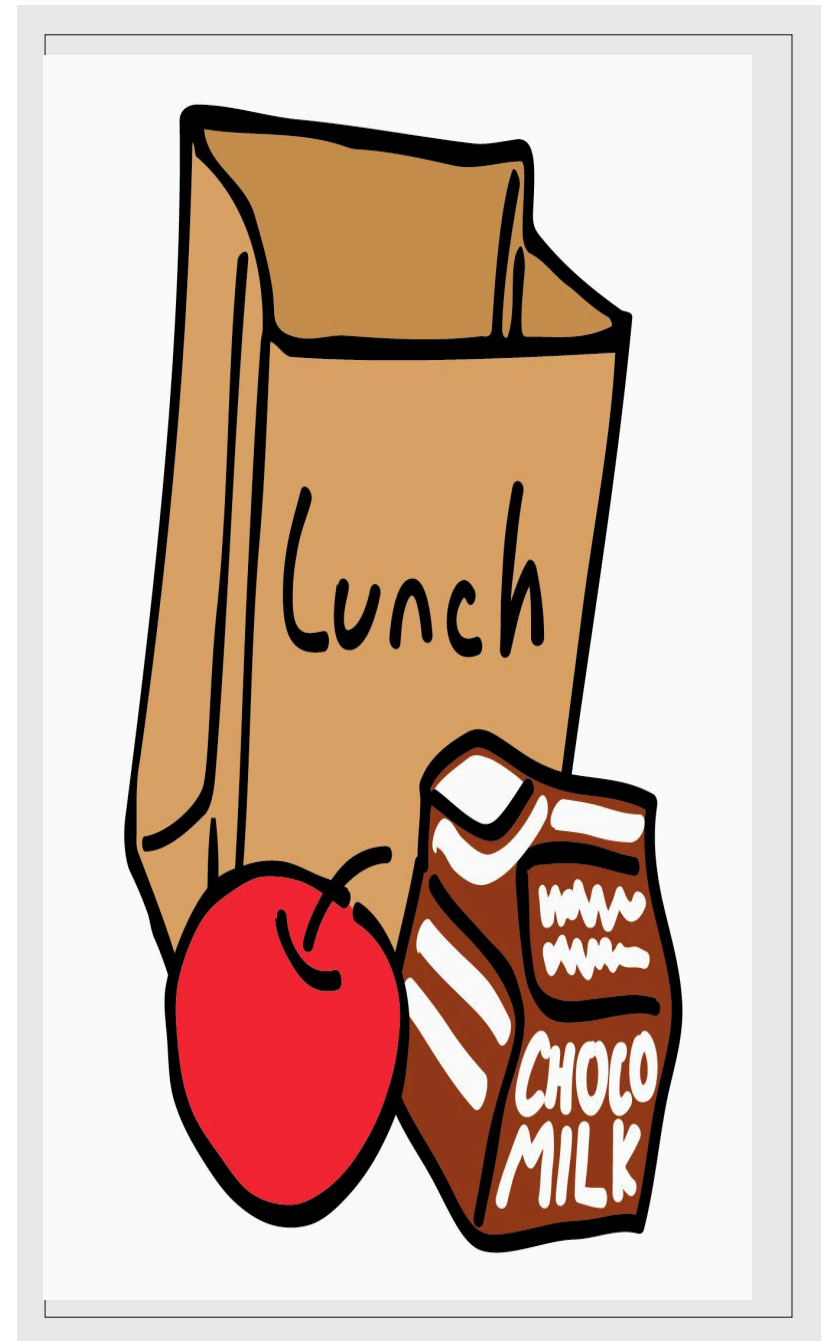
The Inner Tension in Pain

ADULT VOICE:

What does your adult voice say in these situations? (words , phrases)

- Someone pays you a compliment
- Someone you care about is angry with you
- Someone you love hurt your feelings
- You meet someone you like for the first time

See you back from Lunch





MAKING PEACE INVITING HEALING

Surprised by Pain.. Transformed because of Pain!



OUR QUESTION...

Can we have both seasons of darkness and long days of warmth and light and accept both as equal gifts?
Are we so bent on needing light that we denigrate darkness as barren and evil to our souls.

BARRIERS TO HEALING

Grief without
Grace

Pride

Shame

Theology



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TELLING YOUR STORY



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Jan's Story
My Learned Practices
to Healing:

Inviting presence of God

Uphold truth of scripture

Acknowledge fact from
feeling

Practicing grace to myself

THE QUESTION FOR YOUR FUTURE JOURNAL TIME:

What would it look/feel like to surrender your physical, emotional and spiritual brokenness to God ?

Use your journal time to reflect on this question for yourself for an issue of brokenness that you are presently facing.

Resources for Sharing Pain and Suffering in the Community

- 1. Support Groups
- 2. Worship and other Gatherings of the Christian Community
- 3. The Prayer of Others

HOPE TAKES ON FLESH IN COMMUNITY!

God's Corporate Embrace of Love Into our Pain!

CLOSING

READER #1

Dear as the gift of a new day may be, when we are passing through great sorrow, we may understandably find it difficult to praise the dawning of another day. At times like this, the new morning may seem nothing more than a deeper drink of the bitter cup we are holding.

Reader #2

- I am convinced though, that even in these dark times, it is helpful to look to the heart for guidance. No life holds only joy and gladness ; mixed in with delight is grief, doubt, discouragement.
- Yet there is something very special about joy. It is quite different than the happiness that can be short-lived and fleeting. Joy has the ability to live within the sorrows.

Reader #3

- Perhaps the reason for joy's persistence is hidden in the definition of joy that comes to us from the novelist Eugenia Price. Joy, she says, is God in the marrow of our bones.”
- Joy is a deep well.
- If, in times of deep sorrow, we go down under the sorrow, we will discover that joy is still alive. Thus we will be able to raise the chalice of our lives in any weather.

CLOSING THOUGHTS

- **Hiding in Plain Sight**

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