

**Berean Christian Church**  
**Dr. Kerwin B. Lee, Senior Pastor**

**Counseling Ministry**

**February's Conversation: Steps to Recovering from Your Pain**  
**"Feeling It & Healing It"**  
*Pastor Adrienne Swearingen, Instructor*

**Psalm 34:17-18**

*"When his people pray for help, he listens and rescues them from their troubles. 18) The LORD is there to rescue all who are discouraged and have given up hope." (CEV)*

**Placement and Predestination of the Pain**

1. Was I born into this pain?
2. Is this pain generational in my family?
3. Will this pain, result in my salvation?
4. Did God purpose this pain in my life, for a greater work or testimony?
5. What happens if I reject this pain and Gods will for my life?

**Romans 8:29-30**

*"For those whom He foreknew [and loved and chose beforehand], He also predestined to be conformed to the image of His Son [and ultimately share in His complete sanctification], so that He would be the firstborn [the most beloved and honored] among many believers. 30) And those whom He predestined, He also called; and those whom He called, He also justified [declared free of the guilt of sin]; and those whom He justified, He also glorified [raising them to a heavenly dignity]." (AMP)*

**Pleading and Validation in the Pain**

1. Constant personality changes, some hopelessness
2. Agitation: easily irritated, mood swings
3. Uncharacteristically angry,
4. Withdrawal and Isolation.
5. Poor Self-Care. ...

**2 Corinthians 12:9**

*"But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me." (ESV)*

**Purpose and Meditation through the Pain**

1. Feel the pain
2. Own the pain
3. Explore the pain
4. Respect the pain
5. Value the pain

## **2 Corinthians 4:16-18**

*"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. 17) For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 18) So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. (NIV)*

### **Planning and Communication about the Pain**

- 1. Reaching out and accepting the help of others in the pain**
- 2. Grow closer in your relationship with Christ through-out the pain**
- 3. Taking a break from the pain**
- 4. Adapt an attitude of learning from the pain**
- 5. Allow the pain to propel you in a new direction**

## **Romans 9:14-17**

*"What shall we say then? Is there injustice on God's part? By no means! 15) For he says to Moses, "I will have mercy on whom I have mercy, and I will have compassion on whom I have compassion." 16) So then it depends not on human will or exertion but on God, who has mercy. 17) For the Scripture says to Pharaoh, "For this very purpose I have raised you up, that I might show my power in you, and that my name might be proclaimed in all the earth." (ESV)*

### **Path to Recovering and Justification for the Pain**

- 1. Proves Gods Faithfulness**
- 2. Enables Gods Peace**
- 3. Applies Gods Wisdom**
- 4. Rejuvenates Gods Strength**
- 5. Instills Gods Resilience**

## **I Peter 5:8-10**

*"Be sober [well balanced and self-disciplined], be alert and cautious at all times. That enemy of yours, the devil, prowls around like a roaring lion [fiercely hungry], seeking someone to devour. 9) But resist him, be firm in your faith [against his attack—rooted, established, immovable], knowing that the same experiences of suffering are being experienced by your brothers and sisters throughout the world. [You do not suffer alone.] 10) After you have suffered for a little while, the God of all grace [who imparts His blessing and favor], who called you to His own eternal glory in Christ, will Himself complete, confirm, strengthen, and establish you [making you what you ought to be]."* (AMP)