

Nine Steps To Dealing With Pain

1. Allow ourselves to feel full weight of pain.
2. Express pain and feelings to God and possibly others.
3. Recognize the source of the pain.
4. Receive healing for the specific damaged feelings.
5. Release the pain back to the cross. (Isaiah 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.