

OCTOBER 2008 Week 1 TEACHING

Turning Your Pain into POWER! : Introduction

You can't turn on the television these days without someone spouting a new way to release the pain to become the "you" you've always dreamed about. Feeding into the frenzy of Reality TV and infomercials, willing participants have obtained their 15 minutes of fame while under the spell of pop psychiatrists and overzealous spiritual healers. Together, they've created a whole new level of superficiality that is entertaining and almost believable for some, yet demoralizing for others. They have so watered down the transformative results of the healing process that many would rather just stay in the misery they are in. This is the result of an insidious overload of the wrong information, but even in the heat of circuit busting hoopla-we can be assured that the authentic and copious reality of turning our pain into power does in truth exist; and preparation is crucial to the process.

Turning your pain into power isn't a transformation that can be exploited by self-help gurus or reality shows. It isn't the next big gimmick to speed up your metabolism without exercising, and it isn't a quick way to feel happy and save the day. Quite simply it is a way for you to have what God intends you to have and to become the person that He intends you to become by overcoming some of the most hurtful experiences of your life. It is a meaningful transformation that begins deep within, in places that you have not yet begun to explore; it is then manifested in your external reality.

The two most common types of pain are physical pain and emotional pain. There are studies which suggest that the two are related, sighting that there are cases in which physical pain can be a manifestation of an emotional pain that was at one time deeply imbedded in one's psyche. It is also a well-known medical fact that severe emotional distress and depression can manifest in the form of chronic physical pain. Both of these findings tell us that, in general, pain is a totally subjective experience. Discovering its organic cause in any one individual is still a quest that baffles some of the most brilliant physicians and therapists. This is not to say that an organic cause of one's pain is lacking, but it does speak to how perplexing it can be to get to the root of our wounds. For instance, the declaration of infidelity from a cheating spouse in a twenty year marriage could no doubt prompt extreme and immediate feelings of hurt within the spouse who is being cheated on. But careful examination may reveal that the admission of guilt was not the culprit that triggered the onset of his or her severely depressed state, but a whole host of other issues like the sacrifice of personal dreams and aspirations, the fear of loneliness, or a fear of financial instability. Digging a little deeper, the

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disillusioned spouse might discover that what's really at the core of this hurt is an incredibly low self esteem that prompted him or her to marry a spouse who was emotionally incapable of experiencing real intimacy.

Emotional pain is so traumatic because it can come out of nowhere and ram us right in the gut. And in the case of loneliness and depression-it seems to linger like a dark cloud over our heads. It's as if another entity is somehow sucking the breath out of every facet of a person's existence. Don't get it twisted; pain is a devastating reality for many of us. This article in no way suggests a speedy way to get over deeply entrenched pain, but it absolutely and unequivocally asserts that there is a way to turn it into power.

What is power? Power is the confident ability to effect change, and it is God's gift to every man, woman, and child. Genuine power has two prerequisites—courage and humility. Courage is the mental and spiritual strength to venture into the unknown, to persevere, and to withstand some level of pain with the full assurance of ultimately and victoriously overcoming it. To change one's life or impact it profoundly takes this kind of courage. It is something you cannot fake, especially when it comes to confronting your pain.

Courage becomes particularly important when it comes to the other prerequisite of power, which is humility. Man, this is one of the most overused and misunderstood virtues in the Book. Folks often think it means to subjugate one's self below what is considered the superiority of others or to underrate one's self unduly. This kind of diffidence undermines humility rather than supports it. True humility greatly pleases God, because it not only recognizes His omnipotence, but our right-standing and power through it. James 4:10 says *"Humble yourselves in the sight of the Lord, and he shall lift you up."* In order to be truly humble one must begin to know and understand his or her rights through Christ, and have the patience to endure all the nonsense that surrounds the unknowing of others while doing so. Humility is our willingness to learn spiritual lessons well. It doesn't mean that we acquiesce to a lesser degree, but that we allow one part of ourselves to decrease as another part of us increases. The part that needs to decrease is usually connected to any emotional or even perhaps physical pain we are presently experiencing or have experienced in the past. The courage to surrender, release, or reverse it is the real key to turning it into power.

The momentum of pain goes without saying. It is a negative cycle that can consume our entire existence bit by bit. Trying to stop this negative cycle is hardly ever a winning strategy, because it can be a never ending game of putting out one fire only to discover that another has been ignited. Reversing

the negative cycle into a positive one is a game plan that fits beautifully within the context of God's Word, and it is one I explain in my book *"Reversing the Negative Cycle"*. All of life is cyclical, and you and I decide whether its rotation will be one that escalates or declines. Spiritual death is its only definitive end, and spiritual growth is its infinite climb to higher heights.

Growth of any kind often causes wavering uncertainties; the kind that cause many to abandon ship. Spiritual growth can do the same, but its benefits are bathed in the richness of God's favor, dipped in the bounty of His love, and clothed in the certainty of His rewards. So it is far more critical to the positive cycle of life that we develop the faith and resiliency to stay the course as we make the transformative journey of healing and restoration through Jesus Christ. It allows us the unparalleled opportunity to be made whole and to please God through the process.

Romans 10:17 NLT tells us that *"...faith comes from listening to this message of good news-the Good News about Christ."* To listen is to closely attend for the purpose of hearing. We must consciously cue our brains that the possibility of new and useful information is on its way. If this new information is pertinent to our spiritual growth, our minds must be in agreement with it or else we will dismiss the information and lose an opportunity to grow in strength and power. We could have literally bypassed numerous opportunities to hear this information, or we very well could have heard it but simply was not prepared to accept it. That is the purpose of this article—to open up a channel in your thinking whereby your mind is cued to accept a Word from heaven that will undoubtedly rock your world; it will be in agreement with your spirit.

Very few of us know what we need to hear in order to be delivered, but God knows. The fact that you are reading this article is proof positive that you are preparing for a transition that will be caused by His supernatural move within. And you must be anchored in some foundational truths so that you are cued and steady as a rock as the indwelling spirit of God transforms your pain into power. There are five of these ground breaking truisms that we will explore over the course of the next few weeks, so stay tuned.

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OCTOBER 2008 WEEK1 Scriptures:

**Scriptures link to
New Living Translation.com**

Day 1:
[2 Corinthians 4:7](#)

Day 2:
[1 Peter 1:18-21](#)

Day 3:
[2 Peter 1:4](#)

Day 4:
[Luke 12:15-21](#)

Day 5:
[Romans 8:2](#)

Day 6:
[Ephesians 2:1-3](#)

Day 7:
[1 Timothy 6:6-7](#)

Spiritual Focus for the Month of OCTOBER 2008:

Turning Pain into POWER!

WEEK1Prayer FOCUS:

Getting into Position (Page 5)

(Remember to pray for those on the SMS Prayer List.)

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OCTOBER 2008 PRAYER-"*Getting in Position*"

Heavenly Father,

In the name of your son, Jesus Christ, I thank You for the circumstances and situations that have occurred throughout my life. Whether or not they were good or bad, they inspired within me a hunger to know You; therefore I cannot help but be thankful for them. As I come before Your throne this moment, I humbly ask Your forgiveness for the things I have said, thought, and done that were contrary to Your will. Some of those things, Dear Father, I didn't realize were wrong. For those infractions—I especially seek Your forgiveness. Sometimes the things we let slip are the very things that hold us back, so please help me to be more mindful. Allow the indwelling Holy Spirit to knock at the door of my consciousness before I cause someone's feelings to be hurt or do something that might injure their opinion of You.

I want to talk to You, most Holy Father, concerning the things I want for my life. You already know what they are. You also know how frustrated and impatient I've been at times. I apologize for those feelings, because they are not the best representation of my faith. It's just that I know what Your Word says. I know that You want the best for me...that You have promised the best for me; yet, I still have lack and need in some areas of my life. 2Chronicles 16:9(NKJV) says that Your eyes are constantly combing the entire earth to demonstrate Your awesome power and goodness to someone who is faithful to Your Word. I realize that I haven't always done everything I should have—I haven't always been faithful, but I have always trusted Your power and authority. I have always known that through Your love I am a better person today than I was yesterday, and I will be a better person tomorrow than I am today. I believe the things I desire will help me to be a better person, and I will use those blessings to glorify You. So Dear Father, I humbly ask that You cast Your eyes upon me...upon my heart...my need...my life. With all that is within me I give You permission to show forth Your awesome power and goodness in my life.

As You do this, I realize that there will be some things that I have to let go; I simply must give them over to You and cut them off from my life completely. This can be a very hard process and I need Your help. Help me to not only to realize what those things are, but to be honest about the hold they have on my life. As I transition through the discomfort of the separation phase, help me to take on a deeper and more profound relationship with You through Jesus Christ. I am confident that as I do-You will have most lovingly positioned me to receive the things of which I so earnestly desire. In the precious name of Jesus Christ I pray. Amen.