

## OCTOBER 2008 Week 2 TEACHING

### TURNING PAIN INTO POWER- PART 2:

#### *Pain, An Important Piece of Your Soul's Puzzle*

The first time that we see any evidence of pain in the bible is when Adam and Eve sinned. They hid themselves from God Genesis 3:9,10 (KJV) tells us, because they were ashamed. Somewhere deep within they knew they had compromised their relationship with God. None of us can fathom how catastrophic the emotional and physiological changes must have been for them. To have had communion, and to have enjoyed a connection with God that was severed at the very instance of their choice and act to disobey Him; it must have been utterly devastating. Within the context of human existence there is no greater pain to be experienced than this. They walked and talked with God and enjoyed an intimacy that kept them in continual bliss. Once they chose to pursue a path that was the opposite of love, fear crept in and brought its most trusted companion, pain.

This feeling, shame, is defined by some psychiatrists as an unrelenting emotion that causes one to feel unwanted or unworthy. It is thought to be so insidiously entrenched in the psyche of an individual that other dysfunctional and surface behaviors are spun from it. Adam and Eve's reaction tells us a bit about what humans typically do when we feel ashamed—we hide. Whether it's physical or emotional, many of us hide out in our pain rather than face the root cause of it.

Anna was a woman who was determined that she wouldn't spend her entire life hiding behind her pain. She is an extraordinarily gifted photographer who was born to a teenage mom in the late 50's. Anna's work has been sought after by galleries and ad agencies all around the country, but for years she abandoned those opportunities. She had been an extremely shy person all of her life. She knew her shyness had prevented her from meeting with executives and high profiles clients, and she made the decision to do something about it. She began to get focused in her prayer life about this and solicited family and a few close friends to help. As she began to ask questions and receive revelation and insight from the Holy Spirit, she realized a few things. She had been born amidst whispers and rumors of a mother's alleged indiscretion, and ultimately she had inherited some of her mother's shame.

Anna never felt good enough, and always assumed people were talking behind her back about how inadequate she was. As she began to work towards surrendering her feelings of inadequacy, some of the layers of shame started to peel away and she came out of what she describes as a shroud of darkness. It

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can take a while to work through these feelings, some of which Anna believed caused her to be unusually shy. Often the help of a mental health professional is needed, but one thing is definitely true and it is this, we have to start somewhere.

Rather than focusing on lost opportunities or the individuals that she felt had caused her pain, Anna focused her prayer life on cultivating the courage, commitment, and patience to get beyond the thing that had held her back. It was important to glean some understanding of why she felt the way she did, but it was crucial to know beyond any uncertainty that wholeness through Jesus Christ is possible.

Pain can be a vital piece of your soul's puzzle when you realize that God didn't cause it, but He has most definitely provided a way out of it. The memory of our greatness is forever pressing upon our souls. If and when we remember, it will remind us of our destiny. That's why we go to God in the first place, because we recognize that pain and hurt is an unnatural state. 1 Peter 5:8 tells us to *"Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:"* This verse describes God's archenemy as a roaring lion. A lion roars to intimidate its prey. The prey's automatic response is then to freeze dead in its tracks from fear. A multitude of worldly distractions have been strategically designed by the devil to do just that; to cause us to freeze in our tracks, and lose sight of that most precious and purposeful memory of who we were meant to be and what we were intended to do. The devil has no new tricks. He has used this tactic for centuries.

No, a life filled with scrambled pieces is not a natural state. Something deep within our innermost acknowledges that, and leads us to invite God in the mix through prayer. God was not the author of your tribulation. He did not cause it to test your resolve or strength; He already knows everything there is to know about you. Your propensity for a particular behavior, the secrets you've kept locked away from prying eyes....God knows all of it. So why would He need to test something of which He already knows the outcome? He doesn't! He knew you would face the situation you are facing and He allowed it. He allowed it because the root of that pain would cause you to make the same mistakes over and over again. He knew that continuing to remain in the shadow of spiritual immaturity would cause you to miss your blessing. And He knew that if you were ever going to muster the courage and spiritual strength to reach out and grab what is rightfully yours, you would have to pull back those layers and deal with the baggage underneath in a very real way.

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Pain is the important piece of the puzzle that should cause your prayer life to shift and be covered in a new level of faith. That level holds for you a better understanding of your purpose, so that you are convinced of God's plan and the vital role you play in it. It anchors Romans 8:28 in your mind and heart as you garner a new found confidence that God is most certainly working it out for your good, particularly as you face the circumstances of a wounded soul, a broken heart, or a broken body.

*Trust and never doubt His power!*

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**OCTOBER 2008 WEEK 2 Scriptures:**  
**[Scriptures link to New Living Translation.com](http://www.newlivingtranslation.com)**

Day 1: Genesis 2:25	Day 4: Romans 8:28	Day 7: Ephesians 6:10
Day 2: Genesis 15: 1	Day 5: 1 Peter 5:8	
Day 3: Genesis 3:9,10	Day 6: Proverbs 3:1-5	

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**Spiritual Focus for the Month of OCTOBER 2008:**  
*Turning Pain into POWER!*

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**October 2008 Prayer FOCUS:**

*Getting into Position*  
*(Remember to pray for those on the SMS Prayer List.)*

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