

NINE STEPS TO DEALING WITH PAIN

1. Allow **yourself** to feel the full weight of the pain.
(Psalm 126:5)
2. Express **your** primary emotions to God and trusted, safe friends.
(Philippians 4:6; James 5:13-16)
3. Recognize the original source of **your** pain (abandonment, abuse, or traumatic events).
(Psalm 34:18)
4. Receive healing from the Lord for **your** specific damaged feelings.
(Psalm 147:3).
5. Release **your** pain back to the cross.
(Isaiah 53:4-5)
6. Rescue the part of **you that you** rejected at the point of your pain.
(Proverbs 16:24)
7. Reject the lies that came from **your** pain.
(Romans 12:2)
8. Replace **the** lies with specific truth.
(Romans 12:2)
9. Release **your** offender by forgiving **him or her**.
(Hebrews 12:15)