

Practices to help walk you through pain

- Simply start where you are.
- Ask Jesus where He was during your pain. Look. Look again.
- Talk to God to reveal if you believe anything is owed to you.
- Thank God for your situation, and then introduce Him to your troubles. (Not because He doesn't know, but because naming your hurt is one of the most powerful things you can do.)
- Remember that God encourages you to meet with Him, to wrestle, complain, weep. He's not scared of our big emotions.
- Ask God to show you the purpose behind your pain. Is it to convict, terrify, comfort, or pursue you?
- Don't deny or try to control your feelings in the name of being faithful.
- Remember to trust even in the hurt. Jesus showed us how the night before He was crucified. He said first, "Let this cup pass from me" and later, "Thy will be done."
- Never, ever, ever give up on prayer.
- Feel your feelings and listen to your head. Read Psalm 42 + 103.
- Be courageous enough to examine yourself and ask: "How do I need to grow? What weaknesses is this time of trouble revealing?"
- Take stock of priorities. Suffering can be doubled because second-things became first-things.
- Stay in community. Even when you don't want to.