

Overcoming the Pain of Our Past

Psalm 6

Pain is inevitable. There is no way to go throughout a whole lifetime and never experience pain.

There are three ways that we get stuck in our pain.

The first way we get stuck in our pain is called **Denial**.

Denial is defined as the refusal to admit truth or reality.

The purpose of denial is for self-protection. We use denial to protect:

1. Our **Image**
2. Our Self-Perception

The second way we get stuck in our pain is by having the **God Complex** or our need to be in control.

Here are a few things we try to control while we are in pain:

1. Our **Problems**
2. People
3. Our **Pain**

The third way we get stuck in our pain is Fear.

Most of us won't change until our pain exceeds our fear of change.

How Do We Overcome the Pain of Our Past?

In overcoming the pain of our past the first thing we need to do is cast our **cares** on the Lord.

Matthew 11:28 NLT says, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your souls. For my yoke fits perfectly, and the burden I give you is light."

In overcoming the pain of our past the second thing we need to do is receive **forgiveness** and forgive others.

Matthew 6:12-15 NLT says, "And forgive us our sins, just as we have forgiven those who have sinned against us. And don't let us yield to temptation, but deliver us from the evil one." "If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins."

In overcoming the pain of our past the third thing we need to do is to allow the Holy Spirit to **comfort** us.

Matthew 14:15-18 NKJV says, "If ye love me, keep my commandments. __ And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; __ Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you. __ I will not leave you comfortless __: I will come to you."

*Rhema Christian Center
Minister Tony Ransom
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