

WHERE DO YOU FIND RELIEF

I. Everyone experiences pain

A. 1 Sam. 30:6 Greatly distressed

B. 1 Kings 19:11 I've had enough God, just kill me

C. Luke 22:44 Agony

II. Process it Biblically

A. Pay attention to your pain (don't ignore it, run from it, hide it, resent it, fret over it, drown it, or medicate it)

B. Pain is not our enemy; it lets us know we have one

C. Process it through God 2 Cor. 10:4, 5 and Bible remedies

Prayer; Word of God; Your spirit; Anointing; Comfort of Holy Spirit; Presence of God; God's House; Godly counsel