



AWARENESS

Ryan Hall – Run The Mile You're In

PAIN!?.

No Pain No Gain?

Burnout

Plantar Fasciitis

Bunions

Calluses

Stress Fracture

Tendinitis

Feet= 52 Bones, 66 Joints, > 100

Ligaments,

Muscles, and Tendons 1700X/Mile

Warning

Blisters

Ingrowns

Black Nails

Achilles

Are You Pain Conscious?

Acute Pain = a normal sensation, triggered by the nervous system, alerting you to possible injury and to take care of yourself.

Chronic Pain = any pain lasting more than 12 weeks

Physical Pain = Body signaling pain

Psychological pain = mind-focused pain

Did Jesus Address Pain?

Paralytic?

Leprosy?

Blindness?

Issue of blood?

Fever?

Demon-possession?

Matthew 4:23-24 Jesus went throughout Galilee, teaching in their synagogues, preaching the good news of the kingdom, and healing every disease and sickness among the people. News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures,, and the paralyzed, and he healed them.

My Physical Pain?

James 5:14-15 “Is any one of you sick...pray...prayer offered in faith will make the sick person well...”

2 Corinthians 12:7-10 “...a thorn in my flesh...3X, my grace is sufficient...my power is made perfect in weakness...”

Ecclesiastes 12:1-5

2 Corinthians 4:16 “...though outwardly we are wasting away, yet inwardly we are being renewed day by day.”

My Psychological Pain?

Repetitive?

Longevity

Broken-Heart Syndrome

Self-Recrimination

The Heavy Shadow

Transference

Anticipation

Unpredictability

Phantom

Addictive

Societal Expectations

Untreated Injury

Non-localized

The “NO-GAIN” PAIN?

Psalm 38:17-18 “For I am about to fall, and my **pain** is ever with me. I confess my iniquity; I am troubled by my sin.

1 Corinthians 3:17 “If anyone **destroys** God’s temple, God will destroy him;...”

2 Corinthians 7:10 “...worldly **sorrow** brings death.”

1 Peter 4:15 “If you **suffer**, it should not be as a murderer or thief or an other kind of criminal, or even as a meddler.”

THE “GAIN-PAIN”?

2 Timothy 4:7 “I have fought the good fight, I have finished the race, I have kept the faith.”

Romans 5:3 “...we...rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.”

Romans 8:18 “I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.”

2 Corinthians 7:10 “Godly sorrow brings repentance that leads to salvation and leaves no regret...”

Hebrews 12:11 “No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.”

1 Peter 4:16 “...if you suffer as a Christian, do not be ashamed, but praise God that you bear that name.”

Your “PAIN” Consideration?

Acute? =short-term, immediate, possible

Chronic = long-term, treatable?, fatal?, lifestyle-altering, persistent

Physical – body considerations

Psychological – psychosomatic/spiritual

So?

- Recognize the kind of **pain** you have.
- What bearing does it have on how you serve the Lord?
- How does God's "**No-Gain Pain**" and "**Gain Pain**" help you to handle, resolve, and deal with **pain**?
- Recognize the "good" and the "bad" of **pain** and how God uses it for your good and His glory.

“Man Of Sorrows”

**MAN OF SORROWS WHAT A NAME
FOR THE SON OF GOD
WHO CAME
RUINED SINNERS TO RECLAIM
HALLELUJAH!
What A Savior!**