

HOW TO HEAL FROM PAIN

Pain can feel like one of those unfortunate realities of living, right? You might try to avoid it, numb it, or run from it — nevertheless, it's there. And when pain rears its ugly head in your relationships, at work, or at home, you might start to wonder if it's possible to overcome.

Good news: It is! While Jesus never promised us a life free from pain, He did guarantee us the Holy Spirit's help in overcoming it. This episode will equip you to process your pain and lean into Jesus to heal it so that you can move forward with renewed passion and joy.

ARE YOU HIDING OR TRYING TO NUMB ANY PAIN IN YOUR LIFE? TAKE A MOMENT TO ASK THE HOLY SPIRIT TO HELP YOU RECOGNIZE IT, THEN SUBMIT IT TO GOD.

HAS A WOUND FROM YOUR PAST AFFECTED HOW YOU ACTED OUT IN A SITUATION?

DO YOU NEED TO EMBRACE THE "PAIN OF RECOVERY" TODAY? WHAT HAS GOD REVEALED TO YOU THROUGH THE EPISODE?
