

## The Need: Discovering the Pain

“Pain is God's megaphone to a deaf world.” - C.S. Lewis

Most Christians are self-conscious but not self-aware. In our attempt to hide things from the sight and judgment of others we can suppress the truth even from ourselves. It is important to honestly “go deeper” to discover what Jesus is trying to change in our life. We must invite God to bring to our awareness and to transform those beneath the surface layers that hinder us from becoming more like Jesus.<sup>1</sup>

God often uses pain to get us to change. Unless there is sufficient discomfort and anguish, most will not do the hard work to take a deep, honest look inside. What pain or discomfort is He using to get your attention right now?

- **Physical Pain** (*headaches, teeth grinding, stomach ache, clenched muscles, insomnia, high blood pressure, sweaty palms, etc.*).
- **Emotional Pain** (*sadness, disappointment, rejection, depression, grief, resentment, shame, frustration, rage/anger, etc.*).
- **Other Discomfort** (*life crises, turmoil, relationships, finances, job pressures, etc.*).

## Emotional Snapshot

It is not possible to be spiritually mature while remaining emotionally immature. Your ability to be aware of your emotions is an important part of emotional maturity. In each of the boxes below write down in words the thing(s) you are glad, sad, mad, or anxious about in your life right now. Also identify one thing from your past that caused you to be glad, sad, mad or anxious.

<b>Glad</b>	<b>Sad</b>
<b>Mad</b>	<b>Anxious</b>

---

<sup>1</sup> Scazzero, Peter, *The Emotionally Healthy Church*, Zondervan, Grand Rapids, MI, 2003