

medical book. Don't study it as a textbook, but as a healing, health and wholeness resource from the God who created you to be complete. In Jesus Christ, so pursued, you will find your escape from pain!



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## Prayer

Lord Jesus, I am deeply in pain. I've tried everything I could think of, but nothing seems to help. In I Corinthians 10:13, I am told that God will make a way for me to escape so I can handle and overcome my pain and sin, and that includes the temptation to give up and quit seeking to change. I already recognize I can't get the job done by myself. I'm sick and tired of being sick and tired, being hurt and hurting others, and not knowing how to get off this crazy merry go round of pain. I invite you to come into the empty desert of my heart and life. Come not only with forgiveness and cleansing from my many sins, of which I am in need; but also with healing for my pain-filled heart. Jesus, work in me what I cannot work up, work for me what I cannot work out, achieve through me what I cannot achieve, believe for me what I cannot believe. **«And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief.»** Mark 9:24. Lord Jesus, work your healing in me so that I may be an instrument of your healing to others in pain. Thank you for the work in progress, which I now am.

# Escaping



# the Pain

## ESCAPING THE PAIN

«<sup>1</sup>In thee, O LORD, do I put my trust: let me never be put to confusion. <sup>2</sup>Deliver me in thy righteousness, and cause me to escape: incline thine ear unto me, and save me. <sup>3</sup>Be thou my strong habitation, whereunto I may continually resort: thou hast given commandment to save me; for thou art my rock and my fortress.» Psalms 71:1-3

«How shall we escape, if we neglect so great salvation; which at the first began to be spoken by the Lord, and was confirmed unto us by them that heard *him*;» Hebrews 2:3

**Y**ou would go a long way before you discovered a child who consciously and on their own decided; I'm going to be a mean, nasty, hateful person. I'm going to hurt others with my words and deeds every chance I get. No, you won't find that.

What you will find are children who become those kinds of adults because of two things. Number one: things that happened to them that should not have happened and number two: things that did not happen to them that should have happened.

**A**s an adult, you must take responsibility for your choices and actions. But as a child, you were vulnerable to many influences beyond your control. These, no doubt, contributed to the place of pain where you find yourself today. It is helpful to recognize and identify these contributing factors in the development of your present emotional and mental pain and anguish. It is not helpful, but very harmful, to use your unfortunate past as an excuse or reason to stay locked up in your pain. However, the decision to move beyond your pain is a decision only you can make. No one can make it for you. Once you do make that decision, abundant resources are there to assist you. That's the good news.

**I**f you are not currently a Christian that should be your first step because it is God who ultimately has the answer for your pain. It is in a living relationship with Jesus Christ that true and full healing is possible.

**O**n the other hand, if you are already a Christian, but find yourself locked up in the pain and anguish of your past, it is in pursuit of a deeper, closer relationship with Jesus where your healing will come. Persistence and patience will be needed, but your liberation is assured as you continue to seek God's help by making Him the center of your life each day.

**I**f you are sick and tired of hurting others because you yourself have been hurt; if you wish to break the cycle of pain in your life, you can find the practical and supernatural solutions in prayerful study and meditation of the Holy Bible. Search God's Word as a doctor would seek the perfect prescription to cure a specific illness or disease in the pages of a