



Coaching Tool:

What's My Real Source of Pain?

God will help you uncover the lies you believed as a result from pain in your past and help you find freedom.	Vs.	As soon as you handle this next challenge, you'll be fine. You can't make this life all that much better.
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Examples Of What The Enemy Wants You To Think:

- There's no point in digging up the past. All it will bring is hurt and pain.
- If I look at all that hurt, I will go off the deep end I won't be able to control my feelings ever again.
- I've just got stress at work. That's why I'm hurting physically.
- As soon as _____ happens, then everything will be better.
- This one person in my life is really the problem. There's nothing wrong with me.
- I'm not homeless. I can keep a job. So nothing in my past could have been THAT bad.
- Other people say I should just get over it, so I'm going to pretend it's not a problem.

God's Truth Says:

Everyone can recognize that their source of pain goes further back than their circumstances by asking these 3 questions:

1) Have you experienced recurring health issues?

- a. Often when there is deep pain from our past, our mind downplays the impact in order to survive or avoid more pain. But the truth is, that pain and unrest does not go away. It has to go somewhere. Many times it shows up in our health.
- b. Do you have a recurring health issue, pain, or condition? High blood pressure, allergies, ulcers, tendonitis, cancers and hundreds of other conditions have been proven to be directly related to stress levels.



- c. These stress levels often go beyond that of healthy adults in a demanding job. We can blame our circumstances, but most likely there is a deeper hurt from earlier in life that has affected the way we see ourselves, our relationship to God and others.
- d. "For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."
– 1 Timothy 4:8
- e. By exploring the root causes of our fears and sins, we can heal from the damage caused by old lies and be free to align with God's heart.

2) Have you experienced a pattern of relational dysfunction?

- a. Have anger issues prevented you from having healthy discussions with your spouse, friends, or coworkers?
- b. Has fear prevented you from making close, healthy relationships?
- c. Have your obsessive or fearful thoughts prevented you from trusting others?
- d. Has depression put you in isolation and made you be unable to connect with others and enjoy their presence? (Clinical depression is a more complicated disease that requires professional physical, emotional, and spiritual intervention. If you suffer from clinical depression, searching for the root of your pain with a counselor, therapist, or psychiatrist will help you, but it is not the only treatment you will need. You may also need medical intervention during this process.)
- e. "For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit." – Romans 8:5
- f. When we are brave enough to examine our true feelings, they will tell us where we are aligned with God and where our thinking has been misguided by the enemy.

3) Have you experienced recurring career roadblocks?

- a. Recurring problems at work may be connected to past unresolved damage.
- b. Obsessive thinking about your career as the source of your value will twist your perspective and make you feel like a failure no matter how much success you have,.
- c. Dysfunctional relationships in the workplace can cause career roadblocks that interfere with your ability to succeed in a career.
- d. You need to find your value in Christ and let Him facilitate your career.



- e. "I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing." – John 15:5

Listen To This Song:

He Knows by Jeremy Camp

Questions To Help You Process This Concept:

1. In which area above have you felt the greatest struggle – Personal Relationships, Health Issues, or Career Roadblocks?
2. Is there a person or event in your past that causes either extreme emotion or nagging unrest in your mind or heart?
3. Do you purposely avoid thinking of a specific place, person, or incident from your childhood?



4. What are your fears about looking deeper? Do you fear your emotions or the events of the past?

5. Have you asked God to help you deal with the past and your emotions? If not, why? If so, how have you seen Him answer your prayer?

Exercise:

1. Do you have any health issues? Write them down. Are any of them stress related?
2. Do you have problems in relationships? Write them down. Is there a pattern with the types of people you have issues with?
3. Have you had career issues or hang ups? Write them down. Are there any patterns to what happened?
4. Are there any lies that these problems have in common? Is there fear, stress, anger, bitterness, insecurity, rejection or other broken area that may have deeper roots? Ask God to show you and write these down.
5. Repent for being in agreement with these lies.
6. Ask God to take these areas of brokenness and give you His love and truth instead.