



SHARDE MARTIN UNLIMITED

**Pain Killers: Properly Managing Pain &
Actualize Your Best Life Through Prayer**

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"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." John 16:33

One of the foundational truths that must be resolved in the hearts of those in and under leadership is that God anoints authorities to harvest gifts. There is a coach, mentor, advisor or friend who is equipped to **cover, train, cultivate, correct, rebuke, prepare and pressurize your environment with the idea that there is more in you.**

Soul Prompt: *Have you identified your coach, mentor, advisor or friend that you've given the permission to aide in harvesting the best version of yourself? If so, who are they? List them below.*

1. _____
2. _____
3. _____
4. _____
5. _____

For the rest of your life, you will carry inside of you the reality that there is more to you and in you. The environments that you subject yourself to should bring awareness and even convict the potential inside of you.

In some instances, the reason why many of you relegate yourselves to living beneath your potential and never actualize the fullness of your gifting is because you don't know how to come out of a place of pain. Pain is inevitable— you're going to have it and feel it but when pain comes, many of you don't know what to do with pain.

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When you are in pain, it is emotionally immature to stop at merely recognizing and communicating that something hurts you. A child only has the emotional capacity and the cognitive ability to say “ouch” but as that child matures in age and cognitive ability, they are able to not only say “ouch” but they are able to articulate “that fixture hit me on the head”.

Pain or “woundedness” that is left unattended can metastasize and shape shift into other things.

Soul Prompt: *What has your unprocessed pain evolved into? Take a deep breath in and exhale your response onto the page.*

“Unprocessed pain and disappoint are the vehicles that turn heroes into villains.” +SDM