



SHARDE MARTIN UNLIMITED

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

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It is of upmost importance for the sake of your holistic self [your mind, body, spirit], your relationships and your purpose that you have a strategy for pain.

- **The pain continuum is vast but healing requires specificity.**

You will have a varying types of pain— Big pain, little pain, necessary pain, unnecessary pain but to process it you must employ scrutinizing. You have to have the courage and the focus to narrow down your pain to the occasion or instance that's the reference point of what you feel.

Consider: *"When Mary arrived and saw Jesus, she fell at his feet and said, "Lord, if only you had been here, my brother would not have died." When Jesus saw her weeping and saw the other people wailing with her, a deep anger welled up within him, and he was deeply troubled. "Where have you put him?" he asked them. They told him, "Lord, come and see." John 11:32-34*

- **Pain can scramble narratives but healing requires truth.**

After a traumatic or painful experience, intentional and unintentional remembering can introduce new details that, over time, assimilate into a person's memory for the event. In other words, it is very possible for a person to re-imagine a scenario or event when recalling an experience because subconsciously they are attempting to gain leverage in a narrative that makes them appear worthy of sympathy, protection and advocacy.

Consider: *"When Jesus saw him lie, and knew that he had been now a long time in that case, he said unto him, Wilt thou be made whole? The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steps down before me." John 5:6-7*

Soul Prompt: *Is that really how it went or just how you (want to) remember it?*

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Soul Prompt: *How are your insecurities affecting the way you're viewing the situation?*

Victimization feels better than responsibility. However, healing that is void of responsibility is not valid.

Consider This: *Your offender doesn't owe you an apology.*

The "debt" of sin or offense that has been inflicted demands that the offender reconciles with God first. Reconciliation with us only comes as a byproduct of the offender's humility that's anchored in their repentance to God.

- **Pain can barricade you in self-centeredness but healing requires self-awareness.**

Pain causes you to take an unbalanced look inwardly. Wholeness cannot thrive in an environment of self-centeredness.

*"He replied, "Lord God who rules over all, I've been very committed to you. The Israelites have turned their backs on your covenant. They have torn down your altars. They've put your prophets to death with their swords. I'm the only one left. And they are trying to kill me." **1 Kings 19:14***

Soul Prompt: *What apology have you been waiting for to finally heal? Identify the person(s) and instance. Release them into the freedom of your forgiveness.*
