

## Hooray for Pain By David Leach

In his book, “The Life You’ve Always Wanted”, John Ortberg writes, “Contrition is as useful to the soul as pain is to the body”. This statement immediately caused me to pause. I thought “How can pain be useful to the body?” It seems pain is something we go to great lengths to avoid and relieve. How can it be helpful if we are always seeking to avoid it?

I have heard of persons who have no sensation of pain, and how dangerous life is for them. Their lack of pain allows them to be severely injured because they have no pain to cause them to react and avoid injury. When we touch something hot or sharp, the pain causes us to quickly pull away. The sensation of pain is very helpful and important.

When we feel spiritual emotional pain, we may self medicate, using some sort of “pain killer” that so numbs us we forget about the pain. The danger of pain killers is that they don’t correct the cause of pain. When we only mask our spiritual or emotional pain, we do not take the steps needed to address and correct the problem. When we acknowledge our pain, and begin to address and change the things we do that are causing it, we can begin to experience healing. Pain is good, it tells us something is wrong. We should pay attention.

### *Upcoming Sermon Series*

*What does the Bible say about relationships that are healthy? Please join us for the next sermon series entitled, “Faithful Relationships.” This new series will cover the period of July 30th through August 27th for our Sunday morning worships.*