

# **BUILT TO LAST**

## **Part 4: Getting Past The Pain**

### **THE PAIN / SORROW ASSOCIATED WITH RELATIONSHIPS**

#### **A. We can not avoid all sorrow in life - too much is damaging (2 Cor. 2:7 NKJV)**

1. Swallowed up also translated as drowned and devoured

#### **B. Different levels of relational pain**

1. Disappointment - the dissatisfaction when expectations are not realized
2. Rejection - to dismiss, turn down
3. Betrayal - some of the most damaging pain - infidelity touches this area

#### **C. Relational pain / sorrow can lead to a broken heart**

1. There is help for all pain levels (Luke 4:18 NKJV)

### **COMMON WAYS OF DEALING WITH RELATIONAL PAIN**

#### **A. Denial - acting as if nothing happened “just a thing”**

1. The challenge is that the pain is not actually dealt with

#### **B. Distractions - shifting your focus away from the pain and sorrow**

1. People often pour their life into other things
2. There is merit here - not fixating on a painful situation - comes back in the quiet

#### **C. Dulling down - an external factor that takes our minds off the pain - escape**

1. Range from TV binge watching, gaming, internet fantasy
2. Can lead to excess that will take a toll in other areas of our lives

#### **D. Dive in and Dissect - typically with the help of a counselor or therapist**

1. Can be helpful if solution oriented

### **SOME KINGDOM WAYS OF DEALING WITH RELATIONAL PAIN (2 Cor. 13:11 NIV)**

#### **A. Be encouraged**

1. Put yourself in an encouraging environment (Hebrews 10:25 NIV)

#### **B. Rejoice**

1. Thank God for what you have in your life that is right / good
2. Rejoicing is an act of faith (Psalm 27:13 NKJV)

#### **C. Be of one mind - narrow your focus**

1. Pain and sorrow can hijack your thoughts
2. Have a scripture passage / prayer that you can go to life oriented (Psalm 119:50 NKJV)

#### **D. Become complete (mature) - Be intentional about growing spiritually**

1. You can outgrow the pain - as you mature you get stronger
2. Paul spoke of being independent of external situations (Philippians 4:13 NKJV)