

Get Your Story Straight

Healing, Week Three

Because of our brokenness and our sin, we wind up believing lies about who we are, who God is, and what life is all about. We need to embrace the biblical truth about God's identity, and our identity as God intended it.

We all want to be healthy, holy, and happy.

We just don't always want the process of becoming healthy, holy, and happy that God has in mind.

We try to ESCAPE pain.

We attempt to numb, to medicate, to distract ourselves from our own pain.

But if we're going to heal...

We have to EMBRACE our pain.

Matthew 5:4 NLT

God blesses those who mourn, for they will be comforted.

To mourn = to embrace pain. To embrace pain is to recognize it for what it is and begin to attach the right meaning to it.

1. Get your story straight about God.

We misunderstand God and assume he's angry and grumpy and doesn't like people very much.

But the Bible says of him...

Psalm 86:15 NLT

But you, O Lord, are a God of compassion and mercy, slow to get angry and filled with unfailing love and faithfulness.

2. Get your story straight about yourself.

We're living in times of extreme identity crisis. We simply don't know who we are, and we're all looking for identity.

And the Bible spells out our identity for us.

- We were **created in God's image**.
- We are **redeemed for God's purposes**.

Ephesians 2:8-10 NLT

God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it. For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

Romans 3:24 (CEV)

But God treats us much better than we deserve, and because of Christ Jesus, he freely accepts us and sets us free from our sins.

3. Get your story straight about your pain.

God is taking us somewhere on a journey...

Philippians 2:13 NLT

For God is working in you, giving you the desire and the power to do what pleases him.

Your greatest ministry will arise from your greatest misery.

God never wastes a hurt. Your pain means something.

We don't always have power over our circumstances.

But we always have power to choose the meaning we attach to our circumstances and the story we tell about what we've been through.

Joseph was thrown into a pit by his brothers, sold to some slaves, forgotten in prison, and separated from his family for decades.

When he finally faced his brothers again, he declared...

Genesis 50:20 NLT

You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.

It's possible that you've been misinterpreting your pain for years, assuming God had abandoned you. But the fact is, he loves you and wants the very best for you for all of eternity!

Will you embrace your pain and release it to his care?