

How to Bring Pain to the Lord

An inner healing prayer exercise of Bethesda House



INTRODUCTION

Sometimes we are wanting, even aching, for the Lord to come and heal the pain we hold in our hearts. We can tightly tuck our pain away inside us to keep others out that might hurt us in our vulnerability, but as we hide our pain from others, we can also hide it from God and ourselves.

God desires for us to bring our pain to Him, to invite Him into our tender inner places so that He can comfort us and begin His healing process. (1 Peter 5:7, Psalm 55:22, Matthew 11:28)

This exercise is a practical example on how to bring our pain to God.

STEPS TO FREEDOM

Scenario: You have always felt that you are not good enough or able to please your parents. You have always felt less important than your other sibling(s). You feel that you are a disappointment.

Pour out your heart and bring things before the Lord.

"God I bring to you the pain of never feeling that I am good enough.... That I can never measure up to my Dad's expectations or be like _____.

I forgive my Dad for never encouraging me and for comparing me and making me always feel less than. It hurts so much to be rejected Lord. I invite you into this place.

I feel like such a disappointment to my family and to myself. It's like a nauseating feeling of failing. Part of me feels like I hate myself. I have often wished I was more like _____. I am sorry for that Jesus... for hating myself and for believing the lies. I surrender this resentment and self-hatred to you. Wash me clean from this."

Align yourself to listen and journal what He shares with you.

"Lord, what do you say about me? What is the truth you want me to know right now?"

Perhaps He shares with you, "I have never been ashamed to call you My son/daughter." Then he shows you a picture of Him choosing you out of a crowd and the joy He has in choosing you as His own. You see Him peeling off what look like black layers that have been formed over you.

Respond and agree with what He reveals to you, choosing freedom and truth.

"Thank you Jesus for what you are speaking and doing. Lord, I agree with what you are showing me. Yes, Lord. I don't want to carry the hold of darkness and self-hatred. I renounce its hold in my life. I don't want it to steal

from me anymore and I don't want the depression and hopelessness that has been so familiar. I choose against it now. Lift it off of me. Wash me clean from this. Detach it from where it has been entwined into my person. I receive your cleansing God."

Keep pressing in and asking the Lord what more He has to show you, engaging and partnering with what you are aware of. When you have reached your spiritual capacity, you can still immerse yourself in an atmosphere of worship for the rest of the day.

Perhaps the next day as you spend time with the Lord, there is an awareness of pain again. This time, you feel the depth of the wound of disapproval and the exhaustion of trying to earn it.

"Lord, I bring all the hopelessness and ache inside, the loneliness and the pain of never having affirmation or encouragement that I needed so badly. It hurts so much to just meet disapproval after disapproval.

Lord, I am so incredibly tired of trying to make them happy and to earn their acceptance. I feel like I have been running on a treadmill and I am bleeding. I need your comfort and ministry. Come and meet me Lord."

As you wait on Him, the Lord shows you that you have been running on this treadmill and you will die if you continue to push yourself in this way. You also see that you are in need of surgery.

Ask the Lord questions about what He has revealed.

"Lord, what do you want me to do?"

He tells you that He wants you to get off the treadmill.

"Lord, in the spirit, I choose now to get off this treadmill of trying to earn approval and please people."

Immediately, you see you have stepped off of that treadmill and the Lord in the form of a Doctor with several angels are there to attend to you. In your heart you just say "Yes" to whatever He wants to do. You physically fall asleep at this point, but when you wake the next day, you can feel like some things have shifted while you slept.

You meditate on the truth He has shown you for the coming days, asking the Lord for more insight.

For more info, go to www.bethesda-house.org

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