

# Name the Pain

## Building a Resilient Life - Part 1

Randy Hageman

Part of Resilience Building a Resilient Life

April 5, 2024



Our world seems to be going crazy.

Imagine if God could actually take the adversity we face, the discouragement we're feeling, and instead of it being something that kicks us when we're down, it becomes something God uses to grow us stronger and better equipped for dealing with real life today.

*Do not judge me by my successes, judge me by how many times I fell down and got back up again.*

—Nelson Mandela

**Resilience:** *the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress.*

—American Psychological Association

**Jesus:** *"... Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."*

—John 16:33 (NLT)

**Jesus is very clear that there are no promises for an easy life.**

**Holy resilience doesn't deny or cover up the truth; it doesn't act like everything's fine when it's not - it faces the truth, recognizing that we can't begin to truly move forward and heal until we acknowledge the truth.**

**Healing is a journey, and it always begins with facing the truth.**

*7Love bears all things, believes all things, hopes all things, endures all things. 8Love never ends...*

—1 Corinthians 13:7-8 (ESV)

*Pain always becomes purpose if you let it.*

—Rebekah Lyons

*2Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3because you know that the testing of your faith produces perseverance. 4Let perseverance finish its work so that you may be mature and complete, not lacking anything.*

—James 1:2-4 (NIV11)

**“mature” = “perfect” = *teleios* (Greek) = something that fulfills its designed purpose**

*3We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. 4And endurance develops strength of character, and character strengthens our confident hope of salvation. 5And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.*

—Romans 5:3-5 (NLT)

**God is allowing trials and adversity to occur because He knows there are some aspects of our growth, maturing and development of resilience that can't happen apart from adversity.**

**Until we acknowledge our adversity and pain, until we admit it's happening to us and acknowledge what it is and why it's happening, we won't go anywhere.**

*Pain is the divine proclamation, the thunderous wakeup call. It shouts to us, "Something is broken!" If we wake to the call, pain directs us to a proper hope!*

—Seth Haines

**Pain points us to where we're broken, where we're struggling, and, therefore, where we lack resilience, and so, if we're going to become a resilient person, we have to name the pain.**

**Some Sources Of Pain In Our Lives:**

- something someone else said or did, that we had no control over
- we live in a fallen world, and sometimes bad things happen to good people
- something we've done or failed to do

**God never intended us to carry our pain alone.**

*Give all your worries and cares to God, for he cares about you.*

—1 Peter 5:7 (NLT)

***Jesus:** 28... Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30For my yoke is easy to bear, and the burden I give you is light.*

—Matthew 11:28-30 (NLT)

**God wants us to share our burdens with Him, but He often wants us to also share them with others.**

*Share each other's burdens, and in this way obey the law of Christ.*

—Galatians 6:2 (NLT)

*4[God] comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. 5For the more we suffer for Christ, the more God will shower us with his comfort through Christ. 6Even when we are weighed down with troubles, it is for your comfort and salvation! For when we ourselves are comforted, we will certainly comfort you. Then you can patiently endure the same things we suffer. 7We are confident that as you share in our sufferings, you will also share in the comfort God gives us.*

—2 Corinthians 1:4-7 (NLT)

*A burden shared is a burden halved.*

—T.A. Webb

**The process of asking and listening, of talking and sharing without agenda, is a way God enables us to be vulnerable and practice the ministry of empathy and presence.**

*Empathy is about feeling and understanding the experiences of others. It connects you to other people in deep and meaningful ways. While it may be centered on figuring out what is going on for the other person, in that process, you nurture the important human need for connection and attachment. Empathy is the way that we feel understood and reciprocate those feelings. 'I hear you' means something important is being exchanged between two people, and that gives us a sense of connection. And being connected to others is good for our well-being.*

—Elizabeth Segal, PhD

**God helps us begin to share our burdens and face our pain when we're willing to confess our situation to Him.**

*23Search me, O God, and know my heart; test me and know my anxious thoughts. 24Point out anything in me that offends you, and lead me along the path of*

*everlasting life.*

—Psalms 139:23-24 (NLT)

*Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.*

—James 5:16 (NLT)

**God wants us to understand there is supernatural power in shared confessions.**

*...the minute someone confesses to another person where a break in relationship exists, chains are broken. Honesty is the best form of connection and healing, both with God and with one another.*

—Rebekah Lyons

**God has given us confession as a tool to begin to free us from our burdens and be resilient in the face of whatever comes our way.**

*Building resilience begins with confession, first to God and then to one another. We don't hide anything, don't shade the facts, don't make excuses. We confess our brokenness to God and one another so that we may be healed. And as we do, as we're healed, we find freedom.*

—Rebekah Lyons

*If we confess our sins, [God] is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

—1 John 1:9 (ESV)

---

**Next Week:** A Game Plan for Attacking the Pain

[Building a Resilient Life by Rebekah Lyons](#)