



Lesson 6 - August 1, 2021  
**GOD'S DAUGHTERS REIGNING AS HEIRS**  
(Romans 8:16-17)  
**"THE VALUE OF PAIN"**  
Ephesians 4:32

**Lesson Re-Cap**

**I. How Pain Can Help**

- ✚ Pain Can alert you to danger
- ✚ Pain Can alert you to physical distress
- ✚ Emotional pain can cause you physical distress
- ✚ Emotional pain can also cause spiritual damage
- ✚ Pain Can be overcome
- ✚ Pain can let you know there is something that needs to be put aside
- ✚ Pain will cause you to go to the one who can heal; what is hurting
- ✚ There is a benefit to pain because it will drive you to the one who can help
- ✚ Sometimes there are things inside of you that are dead that must get out
- ✚ The ultimate doctor may have to go inside of your heart to cut away the dead parts, so it does affect that which is living
- ✚ The dead parts must be removed so that the body can be made whole
- ✚ When you're hurting thank God for removing that which is dead so he can do a new thing

**II. Hurt Leads to Healing**

- ✚ What is in you that needs to be healed?
- ✚ Be honest enough to acknowledge that there is real pain
- ✚ Have you become so attached to pain that you have forgot how to let go?
- ✚ Are you still living in the pain of your past issues?
- ✚ You can't have joy if you are holding on to pain
- ✚ When you get rid of the dead you can begin to heal
- ✚ You might have a scar, but you won't have pain

**III. It Doesn't Hurt Anymore!**

How do you know when your over hurt? answer...when it doesn't hurt anymore!

- ✚ **1st step- Learn to forgive;** it doesn't mean it won't hurt but it's a part of the process



✚ **2nd step- pray;** You may not feel like your forgiven but continue to pray and read God's word. The more you read God's word the more it penetrates your soul and thus healing can begin.  
As you continue to pray your feelings will catch up with your faith!

### **The Scab = God's covering**

When you learn to forgive God begins to cause **a scab** to form over that hurt.

The scab protects that hurt place so that it can begin to heal.

Scabs don't heal overnight but they do heal!

If you don't pick the scab off the healing will take place!

When healing is complete the scab will come off!

A scar might remain, but healing has taken place

When you forgive it's for you!

When you begin to recognize what our Lord did when he died for you.

You can extend to others what he has extended to you



Remember the cross!

I am more than a conquer!

I am a daughter of the King!

I can forgive because Christ took the pain so that I  
can have joy!

I am forgiven and therefore I can forgive others!



The answer to everything lies in the word!

The scars of life are to remind you that things will hurt but you can heal!

You can remember the issue but when you allow healing to take place:  
You can say it hurt then but it doesn't hurt now!

