

The Pitfalls Of Walking Through Painful Circumstances



There are pitfalls that we need to be aware of when we walk through painful circumstances.

1. Pain has the power to change what we believe when our pain is not handed over to the Lord.
2. Pain has the power to change how we think and speak. When we are consumed by our pain, we begin to think and speak, hurt and bitterness. We can't speak bitterness and healing at the same time.
3. Pain can make us lose our focus.
4. Pain can be so overwhelming that we may try to cope by ignoring the trouble or sorrow and the feelings that come with the pain.
5. Pain can draw us into isolation.

These are some examples of pitfalls or traps we can fall into as we walk through painful circumstances. Have you found yourself in any of these situations?
