

5 Keys to Permanent Victory over your pain point



One-minute read by **Tiny Mathew**



Introduction

Is there a hurting area in your life that doesn't seem to heal? Are you facing a emotional struggle from your past that keeps resurfacing every time? Read on as I give you 5 keys to permanent victory over your pain point.



1

Get desperate for change

As long as you have the attitude: "This is me. This is how I am", even God cannot help you! But the process of your victory begins the moment you get desperate for a change. David said in Psalm 34:6, In my desperation I prayed, and the LORD listened; he saved me from all my troubles.



2

Recognise and uproot the root

Because if you are only healed at the 'surface level', the enemy can use people and situations to uncover your wounds and past hurts .

So get to the root of your issue. Ask yourself: Why do I get irritated? Why am I still hurting in this area? Why am I defensive on this topic?

Once you recognize the root of your problem, expose it before God and His grace will cover it!



3

Lean on the Holy Spirit

Lean on your helper - Precious Holy Spirit! He will help you, guide you into all truth and empower you to gain victory from your past hurts.

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. (Romans 8:26, NLT)



4

Talk to your Mentor

Expose your struggles and vulnerability to a trustworthy and God fearing mentor, pastor or leader (same sex), who can guide you in the ways of the Lord and pray for you. God can use them to shed light on the areas that you may be missing out!



5

Keep the right attitude

The process of healing from deep emotional hurts can take time. Meanwhile be patient. Keep renewing your mind with the Word of God.

Give mercy to others, just as God gave you. Communicate properly and keep your emotions under check. Remember the problem is not your spouse, parents or boss - there's someone working behind the scenes to steal your joy.





TINY
MATHEW
www.tinysm.com

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