

A Brief Explanation of PAIN, PAIN-POINTS & BattleZONES.

As a Born-again Christian who is In –Christ, God sees you as fully acceptable, entirely loved and even liked by God. However, as **pain** enters our lives from relational damage that can shape how you see yourself. i.e., your father called you worthless-when you were younger so your identity of yourself was molded in this lie – thus producing pain from a distorted identity.

At some level when you are hurt in a relationship you feel de-valued or even rejected. The World, the lies that you believe, and Satan can pounce on a wounded heart and attack his value or self-worth. These lie's if not dispelled can grow into a vast network of more lies that undermine ones true identity as a child of the living God.

Pain compels you to soothe it from hurting. Often the **pain** can be temporarily forgotten or hidden when you avoid the **pain** instead of asking God for help. When men try and soothe the **pain** it is often a sinful act of disobedience like viewing porn, escaping with a mind altering high or throwing himself into his hobby or work.

Sometimes this **pain** is worn like a mask for protection so you will not get hurt again; and sometimes it can be an excuse to engage in sin. The process for revealing this pattern of sin and **pain** can be exposed through prayer and some tools that assist you in pinpointing your **Pain-Points** and **BattleZONES**.

Pain-Point—The exact origins or events that caused emotional and psychological **pain** due to relationship damage and/or life traumas.

This trauma can be either factual or perceived. This point can also be called your Identity-defining moment – or that moment in time where your identity was defined in a way that got you off course of how God defines you.

Sin – is what your flesh does to mask, distract or numb the **pain**.

Sin- means to miss God's target that He set before all of His children. This target is one of obedience to God's ways and anything that misses the mark of obedience God has defined as sin.

The BattleZONE—is the moment in time when your flesh is being tempted to sin against God, (quenching the Holy Spirit by choosing what your flesh wants instead of yielding to what the Spirit commands).

The **BattleZONE** is NOT sin until you make a chose to give into the temptation. The **BattleZONE** is like a two foot high platform round platform that you stand on prior to choosing the sin before you. When you step off the ledge you have made a choice to sin against God or to yield to the Spirit in obedience. You can only choose God's way when you yield to the Holy Spirit.

This is where your FREE Will comes in—because of the Spirits indwelling you are FREE to do what the Spirit Wills because you are no longer a slave to sin—where you were never FREE to do God's Will.

What lies do you believe? Those lies shape your thoughts, beliefs, desires and actions.

A lie is the absence of truth. The truth is the medicine that begins to heal the wounded mind.

***Disclaimer: The above statements are not to be used as therapy. If you suffer from mental illness you must first consult your health care professional before engaging in the process of trying to deal with a traumatic past. If you feel overwhelmed and/or suicidal by the thought of engaging in past memories you need to seek medical help.