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**Message Title:** The Trap of Pain Avoidance

**Book Content, “At the Crossroads”:** Chapters three and four

**This weeks memory challenge:** **John 14:26-27** *But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.*

————— ❧ *Message Notes* ❧ —————

‡ **Reality!** We can't self-diagnose the issues of our heart. Transformation requires REVELATION, and revelation is a work of the SPIRIT.

- The Holy Spirit INTERCEDES  
*Romans 8:26-27*
- The Holy Spirit CONVICTS  
*Psalm 139:23-24*
- The Holy Spirit ENCOURAGES. He is our ADVOCATE  
*John 14:16-17*
- The Holy Spirit REVEALS what is TRUE  
*John 14:26-27*

‡ **False belief #1:** Pain is BAD, I need to protect myself from experiencing it.

‡ The trap of pain avoidance. What is your strategy?

- FOOD • STUFF • ENTERTAINMENT • Self- MEDICATION • Counterfeit LOVE • AVOIDANCE
- SARCASM • WORK • RELIGION • CONTROL • ANGER

‡ God's gift of pain and the story of Gomer  
*Hosea 2:6-7*

- God loves you too much to let you continually get away with your pain relief strategies!  
*Hosea 2:14-16*
- The pain God allows (or sends) in our lives is always a doorway into HOPE.  
*Hosea 13:13-14*

Pain may seem like the experience of DEATH, but God is the God of RESURRECTION.

‡ **TRUTH!** Pain is actually one of God's most important GIFTS