

Physical Pain

Spiritual Pain

“Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit.”

Psalm 51:10-12

Pain is usually a sign that something is amiss somewhere in the body. Normally, we do not like, or enjoy, pain. We want it to stop; therefore, we visit a doctor, take medicine, make life-style changes, etc.

Why is it, though, that we will so readily respond to physical pain, but totally ignore spiritual pain (for the most part)? Spiritual pain, too, indicates that something is amiss somewhere.

Physical pain is defined as **“an unpleasant sensory and emotional experience associated with actual or potential tissue damage.”** Determining the cause of pain and its relevant treatment can be tricky – possibly requiring a period or process of intense testing.

Spiritual pain, described as **“pain evidenced by expressions of discomfort or suffering relative to one’s relationship with God; lack of spiritual fulfillment; lack of peace in terms of one’s relationship with God”**, can be just as tricky. Often it isn’t readily recognizable – especially if we are not accustomed to noticing it and responding to it. It can be subtle and hardly noticeable. A few things begin to go wrong in our lives, (I say something I suddenly realize I should not have said. I respond to someone in a very not-so-God-like manner. I end up condoning some action that displeases God.) – all of which we credit to everyday struggles. Then, more, and bigger, things begin to happen – things which should be causing us to question our walk with God. **“Am I prioritizing my relationship with God? Am I reading and studying my Bible like I should? Is my prayer life up to par?”**

Still, however, we tend to ignore The Holy Spirit’s nudging. We go about our “busy” lives day-after-day-after-day until, suddenly, we hit rock bottom and we’re STUCK – and can’t see any way out of the mess. Hopelessness and discouragement tend to fill every waking moment – even penetrating our sleep patterns. We grow tired, irritable, gloomy, etc.

Finally, we realize we must make some major spiritual adjustments.

To avoid much of the physical pain, we try to live a healthy life-style – eating properly, getting proper exercise, getting enough sleep, etc. So, to avoid spiritual pain we must live a healthy spirit-style – passionately pursuing a healthy relationship with our Heavenly Father. **Every day** we must feast on God’s Word, allowing it to penetrate our souls and change our lives. **Every day** we must pray without ceasing – keep an attitude of prayer at all times. As we do these things, we can avoid many spiritual pitfalls.

And, as soon as those little things start going wrong, we should stop and do a **spiritual analysis** to avoid the downward spiral.

Better yet, do a spiritual analysis today and get your life moving straighter toward God!!!