

Faith Fight Podcast - Overcoming Pain and Hurts

Struggles come in all shapes and sizes - fears, addictions, persecution, and worries can all seem to take over our thoughts. God tells us that we will face trials, but that we should not lose hope! Be encouraged because God has called you an overcomer! Use these Bible verses about overcoming struggles to lift your spirits and renew your mind. Let's jump into it.

*The Lord is my light and my salvation — whom shall I fear? The Lord is the stronghold of my life — of whom shall I be afraid? - **Psalm 27:1***

Each of us have been a prisoner of fear at one time or another. But we can conquer fear by using the liberating light of the Lord who brings salvation. If there is a pain or hurt in your heart that you are afraid of, invite Gods light into your life.

*For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you. - **Isaiah 41:13***

While you are going through any situations that may be causing you emotional pain or hurt, just remember that God is there with you to help you go through your situation. This is a verse that you can remember and pray for yourself when you need it.

*Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything – **James 1:2-4***

When we go through tough situations, we can use it as an opportunity to see our character. God wants us to be mature and complete and not just to be free from all pain. Instead of complaining about our struggles, we should see them as an opportunity to grow. Remember that God will not leave you in your problems but He will stay close and help you as you grow.

*Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. – **1 Peter 5:6-7***

God really does care about everything that you can be going through right now. Remember that trouble, pains and huts don't last forever. You are only going through them for a season. Remember to stay humble and know that God's hand is upon you and in due time he will lift you up.

*Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him. – **James 1:12***

The crown of life is like the victory wreath given to a winning athlete. The way to be in God's winners circle is by continuing to love Him and staying faithful even through pain or hurts.

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. - Proverbs 3:5-6

When we have an important decision to make or going through a difficult situation, we may feel like we can't trust anyone. But God knows what is best for us. He is a better judge of what we want even more than we are. We have to trust him through every situation and decision that we find ourselves in. God is faithful to keep us.

When I am afraid, I put my trust in you. In God, whose word I praise— in God I trust and am not afraid. What can mere mortals do to me? - Psalm 56:3-4

David stated, "What can mere mortals do to me?" How much harm can people do to us? They can inflict pain, suffering and death, but no person can rob us of our souls or our future beyond this life. And keep in mind that God is able to restore everything that you could lose in this life like he did for Job.

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. - 2 Corinthians 12:9

Although God did not remove Paul's physical affliction, he promised to demonstrate his power through Paul. The fact that God's power is displayed in weak people should give us courage that God can use us also. We must rely on God for our effectiveness rather than simply relying on our own energy, effort or talent. Our weakness not only helps us develop Christian character but it also deepens our worship, because in admitting our weakness, we affirm God's strength.

The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing." - Zephaniah 3:17

This is just a verse that you need to remember. God is your mighty warrior that is willing and able to fight on your behalf. At the same time he will love you and sing over you to comfort and help you feel better.

but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. - Isaiah 40:31

Hoping in the Lord is expecting that his promise of strength will help us rise above life's distractions and difficulties. Trusting in God helps us to be prepared when he speaks to us. We need to be patient when he asks us to wait and expect him to fulfil the promises found in His word.

Weekly Prayer Plan – Overcoming Pain and Hurts

How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: _____

Place: _____

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.

5. **MEDITATION Joshua 1:8** “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.

Read through the scripture passages for the day as listed below:

Meditational Verses

Monday: **Psalm 27**

Tuesday: **James 1:2-18**

Wednesday: **Proverbs 3:5-6**

Thursday: **Psalm 56**

Friday: **2 Corinthians 12:1-10**

Saturday: **Zephaniah 3:9-20**

Sunday: **Isaiah 40**

Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.