

WHEN THE PAIN SEEMS UNENDING.



Do you feel like you are not going to make it? The pain you are going through will NOT last forever. Of course, you are agonizing over “How long?” However, it will not be helpful to calculate when the pain might end.

Instead, you must live with the pain in this present moment. Breathe in now. Breathe out now. Inhale. Exhale. Take the next breath. Then the next. Then the next.

Projecting your pain into the future will only make it harder to bear. You simply do not know how long the suffering will last. It might end this afternoon. However, the anticipation of days or weeks with this pain will only overwhelm you. So do not let your thoughts go there.

As the Bible says, “You do not know what a day will bring forth.” Jesus said, “Do not be anxious about tomorrow. Today has enough trouble of its own.”

Live this moment now. Then the next moment. Then the next. Your mind may be screaming, “I don’t know how I am going to survive this day.” But you will survive it, if you stay in this moment. Then the next. And then the next.

Like counting beads on a necklace, hold the present bead (moment). Let that one go and then take the next bead. You got through that last moment. You are surviving this present moment. You will survive the next. And the next. Breathe in, breathe out.

Relief will come. It always does. But you must live in the “now,” inhaling, exhaling, staying with the present moment, then the next, then the next. Before you know it, this day will have passed. You will have survived.

Everyone suffers in this life. Whether it is personal failure, the loss of loved ones, the death of pets, infidelity of a spouse, divorce of parents, incarcerated children, public humiliation, or the usual multitude of slights, injuries, and rejections – to be human is to suffer.

Thankfully, we do not suffer without end, though sometimes it may feel that way. The Bible promises to those who trust Jesus, “After you have suffered a little while, the God of all grace,

who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you” (1 Peter 5:10).

WHAT ARE SOME THINGS THAT WILL HELP?

My expertise is as a pastor with many years of experience. I am not a licensed clinical therapist or counselor. The things I mention in my article linked below are things that have helped me personally and others I know. I believe the things I mention in the article will help you too.

<http://www.bankspresbyterianchurch.org/.../When-You-Are-Reall...>

The VERY best thing you can do, if you have not done so already, is to entrust yourself to Jesus Christ. If this is something you would like to do, the link below will take you to a video I have done that will enable you to do just that.

<https://www.facebook.com/BanksPresbyterian/videos/1539516759424669/>