



Running to God as Refuge

Most human beings have not been taught to correctly handle pain. When hurt or angry, God would have us:

1. Quickly acknowledge to Him our pain, anger, frustration.
2. Honestly describe to Him the situation as we see it listing the ways we were offended.
3. Forgive the offender with an act of our will. You may pray, "Lord, I release this person and all they have done to You. They owe me nothing. Please remove all the pain and anger from my heart."
4. Wait quietly in His presence and release the pain to Him.
5. Repent of any sinful reactions we may have had.
6. Ask God for His perspective. Include "What may I have done to contribute to this problem?" Wait for His perspective.



Running to God as Refuge

Most human beings have not been taught to correctly handle pain. When hurt or angry, God would have us:

1. Quickly acknowledge to Him our pain, anger, frustration.
2. Honestly describe to Him the situation as we see it listing the ways we were offended.
3. Forgive the offender with an act of our will. You may pray, "Lord, I release this person and all they have done to You. They owe me nothing. Please remove all the pain and anger from my heart."
4. Wait quietly in His presence and release the pain to Him.
5. Repent of any sinful reactions we may have had.
6. Ask God for His perspective. Include "What may I have done to contribute to this problem?" Wait for His perspective.



Running to God as Refuge

Most human beings have not been taught to correctly handle pain. When hurt or angry, God would have us:

1. Quickly acknowledge to Him our pain, anger, frustration.
2. Honestly describe to Him the situation as we see it listing the ways we were offended.
3. Forgive the offender with an act of our will. You may pray, "Lord, I release this person and all they have done to You. They owe me nothing. Please remove all the pain and anger from my heart."
4. Wait quietly in His presence and release the pain to Him.
5. Repent of any sinful reactions we may have had.
6. Ask God for His perspective. Include "What may I have done to contribute to this problem?" Wait for His perspective.