

THE FOUR DRAWERS OF PAIN

Processing Negative Emotions and Undesired Outcomes

It can be helpful when we're overwhelmed to slow things down by filtering things through one at a time. Like going through a mixed up load of laundry, this exercise is intended to help you sort one category of pain at a time. As you process dealing with complex situations and relationships, take time in each 'drawer' to listen for God's voice and reflect on what specific dynamics are at play. Some responses that God may lead you to in this time are repentance, reconciliation, grieving, receiving comfort, listening, waiting, or worship.

SIN/FLESH	PAIN/WOUNDS
<p>Actions, thoughts, and attitudes that are contrary to God's character and not presently submitted to his rule and reign ROMANS 8:12-13, GALATIANS 5:16-26</p>	<p>Past experiences of unresolved trauma and hurt that need comfort, understanding, restoration, and healing MATTHEW 11:25-30, PSALM 139</p>
UNMET NEEDS	FALSE BELIEFS/LIES
<p>Legitimate relational needs that are either unmet or met illegitimately ROMANS 12:15, 1 CORINTHIANS 12:22-26</p>	<p>Lie-based beliefs that are attached to our identity or state of being that need God's transformation ROMANS 12:1-2, 2 CORINTHIANS 12:8-10</p>