

Wilkins--Life Changing Word -- Broadcast 3--August 6, 2019

Hello and Welcome

I thank everyone for listening.

I want to start with a prayer.

Jesus, there are people listening that are suffering, hurting, and in great pain. Jesus anoint every scripture and every word spoken. Bring hope, peace, and healing. Let Your Word change their lives forever. In Jesus name, Amen.

I want you to focus on this scripture in Luke 1:37.

For with God, nothing is or ever shall be, Impossible.

I have been talking about God's love and how God has provided a pathway to healing us everywhere we hurt through Jesus' work on the cross. Here are a few scriptures that talk about how much God loves you.

Romans 5:8 says that God demonstrated his own love for us because while we were still sinners, Christ died for us.

Look next at [John 3:17](#) For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

1 John 4:19 tells us that: We love because God first loved us.

Today, I want to talk about one of the greatest healing challenges and that is the emotional pain caused by a loss.

Maybe you have lost a loved one, a relationship, or your health.

Some of our Christian brethren are suffering great persecution in the world. They are being forced to run for their lives with nothing but the clothes on their backs. Their husbands, sons, and fathers are being murdered. Their wives, daughters, and mothers are being raped and sold into slavery. Some survivors have lost their families, homes, freedom, just everything.

I don't know what has caused your suffering, but I do know the healer. His name is Jesus.

I know because of personal experience. I have experienced my share of suffering.

I was widowed at age 34. I have lost a grand-son, both of my parents, and recently my sister-in-law passed at age 48 suddenly.

I want to share the words to a song by a Christian singer and songwriter by the name of Janny.

After my first husband died, I really struggled emotionally. I would play Janny's music over and over. Please listen to these the words.

Broken wings, take time to mend
Before they learn, to fly again
But on the breathe of God, you'll soar
You'll be stronger that before

Now I want to share some scriptures and some practical ways to help you overcome and deal with the pain of loss. Here is a breakdown of the process.

First if it is a sudden change, you may suffer a shock and may go into denial to avoid the pain.

Slowly, this feeling is replaced with a great deal of pain. This pain can be so unbearable that you will look for a pain-killer. You may look for comfort in destructive ways, like, drugs, alcohol, and risky sexual behavior. Many throw themselves a daily pity party to wallow in the pain. None of these methods are productive and should be rejected. Also, in this stage, you can sink into despair and even consider suicide, but do not believe the lies of satan. Remember,

[John 10:10](#) Satan comes only to steal, and to kill, and to **destroy**: but Jesus is come that we may have life, and that we may have life more abundantly.

Also, this feeling can be accompanied by guilt. You may beat yourself up because you should have known better or could have done something different that would have prevented the situation. This course of action is futile. Rarely, there is anything you could have done to prevent your circumstances and if there was something you could have done, the damage is already occurred and you can't go back and change things.

You will find yourself angry and wanting to place unwarranted blame on God or someone else.

This is a time to release those emotions, but find a healthy and constructive way to unleash them.

1 Peter 5:7 Tells us to cast all your **care** upon Jesus; for he **cares** for you.

Here are some other scriptures that keep me centered and stable when I go through troubling times.

Also look at Phillipians 4:6-9 Worry for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus.

Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.

Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.

I want you to consider what you think about when you are in pain. Do you let your mind go to the dark side and think only negative outcomes. I suggest you count your blessings.

Yes, I believe that there is always someone who has it worse than I do. I must make myself sit down and even sometimes I write down how I have been blessed and read them over and over. I also start thanking God for the good things in my life and I try to get a perspective on how others have it so much harder than I do.

Finally, find someone who is in greater need than you and go help them. You will be amazed at how empowering and uplifting it is to relieve another's burden.

Also, in this stage, many people will bargain with God. You may be threatened to never serve God. But that is the WRONG response.

The right response is will you trust God regardless of your circumstances.

Paul writes in Philippians 4:11-13

I have learned, to be content in Christ, satisfied to the point where I am not disturbed or uneasy regardless of the state that I am in.

I know both how to live humbly and I know how to live in abundance. In every circumstance I have learned the secret of facing life, whether I am well-fed or going hungry, whether having an abundance or suffer need.

I can do all things through Christ who strengthens me.

Remember, you also have a choice. You can believe the lies of satan OR you can believe that God can heal you. If you decide to believe and TRUST God, you will enter a time of reflection. You may want to isolate yourself on purpose to meditate on God's word and the positive things in your life. You are in survival mode and it takes a lot of energy to fight emptiness or despair. Avoid getting overly tired and nourish your body with a healthy diet. I also recommend keeping a prayer journal. In a few weeks or months you will go back and read your thoughts and you will see how things are improving. These constructive choices will begin to lift your spirit out of depression and you will experience a renewed sense of well-being.

You will become more functional instead of emotional. You will start to work on practical solutions to your problems.

You will reconstruct your life with the acknowledgement and acceptance that something has been taken away, but you are determined to go on living an abundant life in Christ.

Look at this scripture is Matthew 11:28-30 from the message Bible:

Are you tired? Worn out? Burned out on religion? Come to me. Jesus says. Get away with me and you will recover your life. I will show you how to take a real rest. Walk with me and work with me--watch how I do it. Learn the unforced rhythms of grace. Jesus won't lay anything heavy or ill-fitting onto you. Keep company with me and you will learn to live freely and lightly.

I am very interested in praying for you. My announcer will give you my address and email to send me your prayer request or to request a copy of my programs. For copies of the program just mention the date of the broadcast.

I want to offer everyone the opportunity to pray and make Jesus their Lord and Savior. Jesus is the ONLY WAY to redeem your soul from sin. Repeat this prayer with me.

Jesus I confess I am a sinner. I humble myself and repent of my sins. Please forgive me of my sins. I believe You sacrificed your life and rose again from the dead to secure my salvation. Jesus come into my heart and be my Lord and Savior. In Jesus name, Amen.

If you said this prayer, please write me and acknowledge that you have received Jesus. Public confession is part of the process. Also, find a local church and other Christians to support your faith.

Please continue to listen each and we will read and study and grow in God's Word together.

I want to close with this scripture: 2 Peter 1:2

Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord.

Thank you and God bless you.