

# It's OK to Feel Emotional Pain, But Give It Up

So many believers live in the emotional pain of the past. Emotional pain is a normal part of life, but for sons, it shouldn't have any control over us. That's the problem. We accept pain from hurts as normal, but we dwell on the pain so it consumes us and destroys our joy. The existence of so many believers who are bitter and who don't have the joy of Kingdom life just shows how much we are bound up by the pains of life.

Life's pain should not have any power over us. That's part of bringing our soul and emotions under control and allowing our spirit to dominate. It's hard, but it can be done if our mind has the revelation the pain mustn't become our focus.

If we exchange our life for the King's life, remarkable things happen, as he promised. The only problem is that we have to do it to experience his life so we know it's true. That takes a leap of faith. However, allowing him to live his life in us through his presence in our Internal Kingdom is just what he wants. That's where he can begin to take charge of the things in our life that are out of alignment with the abundant life he promised us.

Here's our King's mind on our emotional pain:

*"I do not dwell on pain. It has no power over me, and I am teaching you to not allow it to have power over you. If you will give me your brokenness, I will take it from you. Place it now in my hands that were pierced for you. Leave it here with me, and I will lighten your load. In exchange, I will pour out my healing balm. It is time to find me in the midst of your anguish. It is time to rest in my arms so I can breathe hope and life into you again. It is okay to feel pain, but now I want you to give it to me. It's time to smile again. It's time to let me heal your heart."*<sup>1</sup>

Our pain doesn't have to dominate us, because we're supposed to dominate anything in our lives that's not part of our life as a son. That's what kings do, they bring order where there's chaos and produce stability. That's available for us when we learn to live in our kingship.

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(Readers will need to look up for themselves any scriptures alluded to in this document)

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1 – EXTRACT FROM: Brian Simmons (17-5-2021) "I Hear His Whisper..." "I feel your pain." [distributed e-newsletter]  
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