

"My Love Heals Your Pain"

I've already written on the pain that life's hurts produce in us, as well as the hidden core pain that drives us to alleviate life's pain through soulish methods.¹ I've also given advice on the need to give up focusing on life's pain so that we don't destroy our present and our futures.² In this article, I want to focus on Father's love being the treatment for healing life's pain.



Most people choose to allow negative incidents and personal attacks to become hurts, rather than 'letting them go through to the keeper'. Yes, they choose to turn offences into hurts, even if they don't realise they are doing it. Following that conversion, they focus on the hurt so that it 'festers' into pain, and the pain then causes deterioration in their lives. The culmination of all the hurts and pain produces what is known as a person's 'pain tank'³. When this gets 'full' – i.e. beyond their capacity to keep it under control – they 'explode' with anger or some other expression of their inability to control their lives.

Jack Frost had a life-changing experience with Father while out on his fishing trawler off the Carolina coast in the US. That interaction included him receiving healing for the pain in his life that had been driving him to anger, as well as alcohol and other things he engaged in to dull it down. Although being instantly delivered from the substitutes he used to deal with the pain, Father showed him his perfect love which kept him from having his 'pain tank' refilled every day. He was able to tangibly experience Father's love where ever and whenever he was able to stop and go into Father's presence. That love he received 'absorbed' any hurts or pain that developed in his life, provided that he continued to 'soak' in Father's love at least once a day.

I'm also able to experience Father's love in a similar way to Jack. That's come about from implementing Jack's teaching on "Displacing Hidden Core Pain"⁴ which set me on the path to achieve release from hidden core pain, around the year 2000. I needed to have a sound foundational understanding laid in my mind to allow me to accept Father's training in being able to receive his experiential love, which I achieved some years later. The main hurdle I needed to get over was the spiritual slavery that both my home upbringing and religion had bound me up with. Once freed, I could accept Father's love as he drew me in and prepared me to receive it wholeheartedly.

(This is Jack's teaching on the topic of spiritual slavery [LINK](#))⁵

Unbeknown to most believers, Father hasn't been keeping his wonderful love hidden from them in the Bible or waiting for them to receive once they get to Heaven. NO! It's been available all along, they/we just didn't access it because we weren't taught how to do it. Father's even giving out messages today about his love, which we should be taking note of. In addition to reading these, we also need to implement what he tells us ASAP. That will allow us to be cleaned-out of factors which destroy our lives by binding us up in pain and hurt, and preventing us from experiencing Father's love. Additionally, it is important to understand that we can't give out his love unless we receive it.

Here's some of the recent messages both Father and our King have been releasing to the world:

"Every pain is rooted in something that needs my touch and acknowledgment. You don't have to dig around and poke old wounds, looking for problems. But pay attention when life triggers you. Many of the emotional patterns that feel like an endless cycle are road signs to areas that need healing. If you will ask me to show you the underlying causes of unhealthy emotions, I will. I not only know everything about you, but I also know how to heal you. I don't want you to live an introspective life focused on the

1 – "Hidden Core Pain" (16-2-2025) canberraforerunners.org/wp-content/uploads/Hidden-Core-Pain.pdf

2 – "It is OK to Feel Emotional Pain, But Give It Up" (18-5-2021)

canberraforerunners.org/wp-content/uploads/2021/05/It-is-OK-to-Feel-Emotional-Pain-But-Give-It-Up.pdf

3 – "Hidden Core Pain" (16-2-2025) canberraforerunners.org/wp-content/uploads/Hidden-Core-Pain.pdf

4 – Jack Frost "Displacing Hidden Core Pain" [an audio set requiring a purchase to download]

www.shilohplace.org/products/Displacing-Hidden-Core-Pain-MP3-Jack-Frost-p147346987

5 – SEE ALSO: Jack Frost "Slavery to Sonship (1) Exposing the Roots of the Spiritual Orphan" {FREE}

canberraforerunners.org/wp-content/uploads/slavery-to-sonship-1-jack-and-trisha-frost.pdf

[Purchase book, MP3, CD, or DVD here: www.shilohplace.org/products/search?keywords=Spiritual%20Slavery%20To%20Spiritual%20Sonship]

pain, but I want you to focus on me in the midst of it, to find me in the pain, and to hear what I have to say about it. Don't run from the things you don't understand, but do acknowledge these issues and trust me to bring wisdom, insight, and freedom.”⁶

*“In the safety of **my love is where pain heals**. Some wounds I heal slowly. With gentle breath that won't quench a sacred ember of hope, I bring you back to life. I cradle you safely in my arms. Other times, I come roaring with such passionate might that you're healed in an instant. No matter how I heal you, I do heal you. But you must let me... Come into unreserved trust in me and let go of your pain... Choose to relinquish the identity of your pain that you have connected with. Remember who I am and who you are. It's okay to feel pain, but it cannot define you, beloved. Give me your reasons for holding on to the pain. Surrendering doesn't make you weak. It makes you brave. Though it's scary at first, I will knock down those walls you've erected to protect yourself. Don't worry, I will be right by your side.”⁷*

Unfortunately, many prophetic messages don't provide useable assistance, because prophetic messages are given according to the receiver's spirituality and maturity as a son. These less-than-helpful messages include viable actions to handle pain, but they aren't helpful to those who haven't matured very far in their sonship. In these cases the messages are spiritual in nature, rather than being simple, effective activities for them to undertake. This spiritual advice makes the process of getting healing from pain inappropriate for the immature⁸. For example, these few:

“Separate yourself from the grief you bear. You continue to tolerate the pain and sorrow for what you have lost, and it is time to look to a new day in which you can find peace and joy again. That is not to belittle the emotional pain you have endured, but to deliberately reach beyond it until you find a place of serenity.”⁹

“You still have scars that will remind you from time to time of past trauma, but you will no longer feel the pain. I am transporting you above those disturbing experiences to a place in the Spirit where you can trust Me to deal gently with you.”¹⁰

“I speak to those who have been traumatized by the things you have endured, and I say to you that I am your Healer. Allow Me to bring comfort and to give you the strength to move beyond the pain. You will always remember what happened to you, but it will not always hurt. Set your mind and heart on rising above the things of the earth to walk and live in the Spirit, says the Lord.”¹¹

The simplest way to deal with pain is three-fold:

1. Only live out of your identity as a son,
2. Don't allow offence to become hurts in the first place, and
3. Allow Father's wonderful love to absorb your pain by experiencing (feeling) it tangibly.

Sounds simple, but it took me 60 years of my life to get to the point where I can do those 3 things. Too many blockages were in the way for me to break through – especially religion and legalism. I needed to be deprogrammed and reprogrammed, as well as being introduced to the 'Father Heart' message¹² for me to get to a point where I could appropriate healing of my inner pain and hurts.

For a great start on dealing with 'core pain' and it's causes, here's some great resources:



Jack Frost “Slavery to Sonship (1) Exposing the Roots of the Spiritual Orphan” [LINK](#)

6 – Brian Simmons “I Hear His Whisper...“Find me in your pain”” (28-6-2021) mailchi.mp/broadstreetpublishing/00000-618342

7 – EXTRACT: Brian Simmons (4-8-2025) “I Hear His Whisper...“Pain is healed in my love””
mailchi.mp/broadstreetpublishing/i-hear-his-whisperfind-fulfillment-in-me-7787170 OR
us10.campaign-archive.com/?u=8c3eb957a5ad87253d475a511&id=8dc3bfaac6

8 – NOTE: ‘Immature’ is the term used by Paul, to describe those who aren't growing spiritually.

9 – Marsha Burns “Small Straws in the Soft Wind” (April 26, 2025) www.ft111.com/smallstraws.htm [ARCHIVE: www.ft111.com/straws2025.htm]

10 – Marsha Burns “Small Straws in the Soft Wind” (Feb 19, 2018) www.ft111.com/smallstraws.htm

11 – Marsha Burns “Small Straws in the Soft Wind” (Jan. 19, 2018) www.ft111.com/smallstraws.htm

12 – e.g. hungrygen.com/experiencingthefathersheart & www.fathersloveletter.com



Jack Frost “Displacing Hidden Core Pain” [LINK](#) [purchase required]



Jack Frost “Slavery to Sonship” [LINK](#) [purchase required]

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