

HEALING IS PAINFUL

By: Fountain Hendricks

Proverbs 13:18

Healing is a painful experience. This sounds like an oxymoron because it is. Healing is helpful while also painful. Healing requires **CORRECTION**.

Very few people want to be corrected. Very few people embrace correction. Correction is making a wrong, a right and that process can be extremely excruciating.

Everyone has been broken in some way, form or fashion. We all need to be healed whether it's mentally, physically, emotionally, spiritually, financially or relationally. The reason it takes years for people to heal from past wounds is because they refuse to go through the painful process of healing.

THE PROCESS

Pain is proof that something is wrong or out of order.

Pain **FORCES** you to address what has hurt you. It

FORCES you to look at the thing you want to ignore. It

FORCES you to endure correction or live limited and broken.

If you have been **EMOTIONALLY** wounded by your mother, healing comes from facing the pain your mother caused you by correcting and mending your broken heart. That form of correction brings up painful memories. It reignites old trauma and negative emotions.

However, going through this process produces healing.

If you have been **RELATIONALLY** wounded by your spouse, healing comes from forgiving them. When you feel your spouse has betrayed your trust it is not easy to forgive them. Forgiveness is painful when you have been violated.

In the process of forgiveness, **RESTORATION** happens which is healing. Proverbs 13:18 says, "A person who refuses correction will end up poor and disgraced, but the one who accepts correction will be honored." NCV.

The **REFUSAL** of correction will keep you broken. It will keep you in a hurtful, despondent and broken state. Every ounce of healing must be addressed by **CORRECTING** what was wrong.

The pain of correction cannot be compared to the pain of remaining broken. There is no benefit to being broken. Broken people cannot be fulfilled. They cannot function properly. They cannot maximize their potential.

**ANYTHING BROKEN LOSES ITS ABILITY TO
FUNCTION, INCLUDING PEOPLE.**

BEING CORRECTED

The best way to receive correction is to change your perspective. Don't think of correction as a punishment but rather as an **OPPORTUNITY** to improve.

Showing humility, being willing to listen and to learn will help you to receive correction with the right spirit.

EVERYONE will need to be corrected many times in this life. However, the people who choose to **RECEIVE** correction with the right spirit will be the ones who will enjoy the benefits of being healed.

The benefits of being healed are restoration, wholeness, happiness and possessing the unlimited ability to move forward without the weight of being inhibited. Things get done quicker when you're healed. Things move forward faster when you're healed. Ideas come to you easier when you're healed.

**TO BE HEALED, YOU MUST BE CORRECTED, TO
BE CORRECTED YOU MUST BE HUMBLE!**

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