



JESU CARITAS  
ABBA ADONI  
HOLY SPIRIT BREATHE ON ME  
AND SET ME FREE

JESUS, MASTER, SAVIOR, HEAL ME

JESUS REMEMBER ME WHEN YOU  
COME INTO YOUR KINGDOM. JESUS  
REMEMBER ME WHEN YOU COME  
INTO YOUR KINGDOM.

HOW BLEST ARE YOU WHO ARE POOR,  
THE KINGDOM OF GOD IS YOURS. HOW  
BLEST ARE YOU WHO ARE POOR, THE  
KINGDOM OF GOD IS YOURS.



## A Prayer for those in Pain.

*Be near me in my time of weakness and pain; sustain me by your grace, that my strength and courage may not fail; heal me according to your will; and help me always to believe that what happens to me here is of little account if you hold me in eternal life, my Lord, and my God. Amen*

*"Lord, please accept my pain and discomfort as an offering for my own sins, for the souls in purgatory, and for the conversion of my family. Please use my pain and discomfort and make it into something beautiful. Lord, I believe you will accept my offering."*

Where is God when I am in pain? When we are in pain and suffering, God is **right beside us**. Nothing can separate us from the love of God. God wants to show us God's love through God's church and give us a purpose through God's Word!

This question—why do some people voluntarily invite pain into their lives?—has bedeviled philosophers, psychologists, sociologists, theologians, and physicians for millennia. We embrace suffering for instrumental reasons, such as improving our health, (the first few days of exercising and our muscles are sore, choosing to fast and manage hunger pains) demonstrating toughness or dominance, (push through the pain to achieve excellence and mastery of gymnastics, sports, and other physical challenges) or sacrificing for others. (a willingness to go hungry so your children can eat, spending more time and energy than you must help a neighbor).

**Galatians 6:9** Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. (All pain bears a gift)

**2 Corinthians 1:3-4** Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. (Keep your wound clean so you can help others keep their wound clean)

**2 Chronicles 16:9a** For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him. (Let God carry it)

**Romans 8:1** Therefore, there is now no condemnation for those who are in Christ Jesus, (We are God's adopted children)

**Phil 1:6** being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus. (Put on the armor of God and stand firm that you are God's beloved.)



*Healing Emotions: Anger, Anxiety, Fear, Grief, Shame and Guilt*  
*Presented by Rev. William J. Jarema, Mercy Center, Colorado Springs, CO*

**Hosea 2:14-15** “Therefore I am now going to allure her; I will lead her into the wilderness and speak tenderly to her. There I will give her back her vineyards and will make the Valley of Achor a door of hope. There she will respond as in the days of her youth, as in the day she came up out of Egypt. (Listen with the heart and pay attention to the subtle ways of God.)

**Matthew 7:24-25** “Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. (Believe it and you will see it.)

What does my pain say to me about me being out of order or balance?

Physical  
Pain \_\_\_\_\_

Emotional  
Pain \_\_\_\_\_

Spiritual  
Pain \_\_\_\_\_

Social  
Pain \_\_\_\_\_

What is the lesson I am being asked to learn from my pain? Ponder kindness, tenderness, compassion, and mercy.

Physical  
Pain \_\_\_\_\_

Emotional  
Pain \_\_\_\_\_

Spiritual  
Pain \_\_\_\_\_

Social  
Pain \_\_\_\_\_



JESU CARITAS  
ABBA ADONI  
HOLY SPIRIT BREATHE ON ME  
AND SET ME FREE

JESUS, MASTER, SAVIOR, HEAL ME

JESUS REMEMBER ME WHEN YOU  
COME INTO YOUR KINGDOM. JESUS  
REMEMBER ME WHEN YOU COME  
INTO YOUR KINGDOM.

HOW BLEST ARE YOU WHO ARE POOR,  
THE KINGDOM OF GOD IS YOURS. HOW  
BLEST ARE YOU WHO ARE POOR, THE  
KINGDOM OF GOD IS YOURS.



## Suffering

Suffering, in many ways, remains a mystery, one that we will never fully understand this side of eternity. We can, however, glean these truths from God's Word:

### **1. Suffering produces intimacy with God (Job 42:5).**

Job, who endured unspeakable suffering, said, "My ears had heard of you but now my eyes have seen you." Intimacy with God is often borne in the furnace of affliction.

"There's an opening of the soul that happens during times of stress or duress," says Dr. Hager. "During times of suffering, we experience God at a deep, profound level."

### **2. Suffering equips us to comfort others (2 Corinthians 1:3-5).**

Suffering gives us compassion for others who are hurting, enabling us to minister more effectively. "Sufferers want to be ministered to by people who have suffered," writes Stephen F. Saint in his essay, "Sovereignty, Suffering, and the Work of Missions."

Piper, John and Justin Taylor, *Suffering and the Sovereignty of God*, Wheaton, Crossway Books, 2006, p. 112. "People who suffer want people who have suffered to tell them there is hope. They are justifiably suspicious of people who appear to have lived lives of ease or the absence of pain."

Those who have suffered make the most effective comforters.

### **3. Suffering refines us.**

We can read in Isaiah 48:10 that "I have refined you, though not as silver; I have tested you in the furnace of affliction."

The meaning of this verse makes it clear that pain and suffering have a way of bringing our strengths and weaknesses to the surface. When the dross (impurities) floats to the surface, God skims it off; God purifies and refines us to be the radiant bride of Christ.

### **4. Suffering produces growth and maturity (James 1:2-4).**

If we turn toward God in our pain, God can use our suffering to mature our faith. We see this biblical truth illustrated through the persecuted church. After hearing their testimonies, few would deny that suffering produces beauty and maturity of spirit.



## 5. Suffering conforms us into God's image (Romans 8:28-29).

We may be tempted to read these verses to say that God will bring good out of everything. While God can and does redeem pain in our lives, these verses speak of being conformed to God's image *through* our suffering.

"If we are willing to sit still and let God work, we will find ourselves being transformed into the image of Jesus," says Pastor Paul Daniel Jackson, a pastor at a church in Tucson. And Jackson speaks from experience. His wife, Jodee, suffered with breast cancer before passing away in 2002. "Though this horrendous experience, God did incredible things. Her mother accepted Jesus Christ as her Savior. God also changed those who cared for her. Our lives were enriched by her *suffering*."

Simply put, when we seek God through the Word and prayer, we find Jesus. Remember, Jesus understands our pain because Jesus, too, suffered.

We read the words of Psalm 22:1: "My God, my God, why have you forsaken me? Why are you so far from saving me, so far from the words of my groaning?" Did God abandon His Son in His hour of need? We find the answer three days later, and God raised Him from the dead! Because of this promise, we have hope for our future.

"My grace is sufficient for you, for my power is made perfect in weakness" (2 Corinthians 12:9).

Here is **Psalm 42**, which can help give comfort in times of great suffering. It is an honest Psalm, relating the pain a person is feeling, but at the same time, placing everything into God's hands.

<sup>1</sup>As the deer longs for streams of water, so my soul longs for you, my God.

<sup>2</sup>My soul thirsts for God, for the living God. When can I go and meet with God?

<sup>3</sup>My tears have been my food day and night, while people say to me all day long, "Where is your God?"

<sup>4</sup>These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One<sup>g</sup> with shouts of joy and praise among the festive throng.

<sup>5</sup>Why, my soul, are you downcast? Why so disturbed within me?

Put your hope in God, for I will yet praise him, my Savior, and my God.

<sup>6</sup>My soul is downcast within me; therefore, I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar.

<sup>7</sup>Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me.

<sup>8</sup>By day the Lord directs his love, at night his song is with me—a prayer to the God of my life.



*Healing Emotions: Anger, Anxiety, Fear, Grief, Shame and Guilt*  
*Presented by Rev. William J. Jarema, Mercy Center, Colorado Springs, CO*

**Romans 5:3-5**

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

**Isaiah 30:20-21**

And though the Lord give you the bread of adversity and the water of affliction, yet your Teacher will not hide himself anymore, but your eyes shall see your Teacher. And your ears shall hear a word behind you, saying, "This is the way, walk in it," when you turn to the right or when you turn to the left.

**1 Peter 5:10**

And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.

**Psalms 34:18**

The Lord is near to the brokenhearted and saves the crushed in spirit.

**Philippians 4:5b-7**

The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**Romans 8:18**

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.

**2 Cor 4:16-18**

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

**Isaiah 43:2**

When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

**James 1:2-4**

Consider it pure joy, my brothers, and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

**John 16:33**

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."



*Healing Emotions: Anger, Anxiety, Fear, Grief, Shame and Guilt*  
*Presented by Rev. William J. Jarema, Mercy Center, Colorado Springs, CO*

**Psalm 23:4**

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

**Romans 8:28**

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

**1 Peter 1:6-7**

In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed.

**James 1:12**

Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.

**Romans 5:3-5**

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

**Romans 8:26**

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.

**Psalm 30:5b**

Weeping may stay for the night but rejoicing comes in the morning.

**Ecclesiastes 3:1-4**

There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance,

**Davey Blackburn** Founder of Nothing is Wasted Ministries

Suffering derails, us and puts us on a path that we otherwise might overlook. When you think of a time of suffering – How were you derailed and set upon a new path of discovery?

Most of us learn in retrospect (looking back and finding it makes sense what has happened up until now.) As you look back on a time of suffering – what make more sense now than during your time of suffering?

**Romans 5:3-5**

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope



*Healing Emotions: Anger, Anxiety, Fear, Grief, Shame and Guilt*  
*Presented by Rev. William J. Jarema, Mercy Center, Colorado Springs, CO*

does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

A) Glory = Deference, respect, honor, to rejoice

B) Perseverance = doing something despite the difficulties, determination, steadfastness

C) Character = the mental and moral qualities distinctive to an individual – how reliable and honest you are.

D) Hope = expectation, to cling to the mere possibility, to cherish a desire with anticipation



*Healing Emotions: Anger, Anxiety, Fear, Grief, Shame and Guilt  
Presented by Rev. William J. Jarema, Mercy Center, Colorado Springs, CO*

JESU CARITAS  
ABBA ADONI  
HOLY SPIRIT BREATHE ON ME  
AND SET ME FREE

JESUS, MASTER, SAVIOR, HEAL ME

JESUS REMEMBER ME WHEN YOU  
COME INTO YOUR KINGDOM. JESUS  
REMEMBER ME WHEN YOU COME  
INTO YOUR KINGDOM.

HOW BLEST ARE YOU WHO ARE POOR,  
THE KINGDOM OF GOD IS YOURS. HOW  
BLEST ARE YOU WHO ARE POOR, THE  
KINGDOM OF GOD IS YOURS.



*Healing Emotions: Anger, Anxiety, Fear, Grief, Shame and Guilt*  
*Presented by Rev. William J. Jarema, Mercy Center, Colorado Springs, CO*

Choose a person and/or situation that contributed to your anger/loss. Remember as much of the loss that you perceived and begin with answering the following open-ended statements:

When I remember this person and/or situation:

I think...

I feel...

I desire...

I want...

I behaved like...

As I remember this person and/or situation I lost...

(Name all the losses that you perceive as you consider this person or situation.)

As I remember this person and/or situation I gave up...

(What did you give up that today makes you feel regret or resentment?)

As I remember this person and/or situation I want back...

(If you could get something back – what would it be?)



## Healing Our Grief

1. All families have rules to live by. Some rules are very well known, and others are assumed or secretive. Take each example below and write out what rules your families defined.<sup>1</sup>

a. Rules about showing love, affection and emotion \_\_\_\_\_  
\_\_\_\_\_

b. Rules about family secrets \_\_\_\_\_  
\_\_\_\_\_

c. Rules about grief \_\_\_\_\_  
\_\_\_\_\_

d. Rules about sickness & dying \_\_\_\_\_  
\_\_\_\_\_

e. Rules about asking for help \_\_\_\_\_  
\_\_\_\_\_

f. Cultural/Family Rules about funerals \_\_\_\_\_  
\_\_\_\_\_

g. Cultural/Family Rules about suicide \_\_\_\_\_  
\_\_\_\_\_

h. Beliefs about heaven and the afterlife \_\_\_\_\_  
\_\_\_\_\_

i. Cultural/Family Rules about crying \_\_\_\_\_  
\_\_\_\_\_

j. Cultural/Family Rules that you want to change/replace \_\_\_\_\_  
\_\_\_\_\_

2. Mark an **M** next to those that were **Mother's** rules, an **F** next to those that were **Father's**, and a **B** next to the ones that **both held**. Total the **Ms**, **Fs** and **Bs**.

3. Now list those rules you adhere to today. How many are Mother's, Father's or both?



## **Anger, Anxiety, Fear and Grief**

**ANGER = *I lost it and I want it back.***

The greater the value placed on that which is lost, the greater the intensity of anger.

**ANXIETY = *I want it but I can't have it.***

The more I want it, and the more I can't have it, the more intense will be the anxiety. The question is WHO said you can't have it? Anxiety always relates to sexuality and sexual feelings.

**FEAR = *I want it but I can't manage it.***

Fear is object-related and is learned. To manage fear we need to learn the life skills required for the task at hand. In doing so, we can desensitize the fear.

**GRIEF = *I lost someone or something and I will be changed; yet I refuse to change.***

The longer I refuse the changes that will occur because of the loss of someone or something, the longer the grief.

All four emotions that are left unspent and unmanaged can cause serious physical and psychological distress. Of all four emotions, GRIEF is the most volatile and can cause internal damage and disease, e.g. a couple married 35 years and the one spouse dies. The other spouse has unresolved grief. Within two months, the other spouse dies.



Matthew 5:4 - Blessed are those who mourn, for they shall be comforted.

Revelation 21:4 - He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

Psalms 147:3 - He heals the brokenhearted and binds up their wounds.

1 Peter 5:7 - Casting all your anxieties on him, because he cares for you.

Psalms 34:18 - The Lord is near to the brokenhearted and saves the crushed in spirit.

Matthew 11:28-30 - Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

John 16:22

22 So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.

Philippians 4:13

13 I can do all this through him who gives me strength.

Revelation 21:4

4 ‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.”

Romans 8:18

18 I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.

Romans 12:2

2 Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing, and perfect will.



Psalms 34:18

18 The LORD is close to the brokenhearted and saves those who are crushed in spirit.

Matthew 11:28-30

28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your soul, for my yoke is easy and my burden is light.”

Psalms 147:3

3 He heals the brokenhearted and binds up their wounds.

Matthew 5:1-3

1 Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them. He said: “Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Remember: My flesh and my heart may fail, but God is the strength of my heart and my portion forever.



JESU CARITAS  
ABBA ADONI  
HOLY SPIRIT BREATHE ON ME  
AND SET ME FREE

JESUS, MASTER, SAVIOR, HEAL ME

JESUS REMEMBER ME WHEN YOU COME  
INTO YOUR KINGDOM. JESUS  
REMEMBER ME WHEN YOU COME INTO  
YOUR KINGDOM.

HOW BLEST ARE YOU WHO ARE POOR,  
THE KINGDOM OF GOD IS YOURS. HOW  
BLEST ARE YOU WHO ARE POOR, THE  
KINGDOM OF GOD IS YOURS.