

Why You Shouldn't Simply Ignore Your Pain

Pain can come packaged in many different ways. While one can encounter this burden through the loss of a loved one, another could have lost a job or even found out that they're battling a life-threatening sickness.

Regardless of how, pain is very, very real. Pain is not something we can avoid in life, no matter how hard we try. It's a vital part of our human existence, and if treated correctly, will harvest much wisdom and knowledge.

I've heard the phrase "Just push through the pain" more times that I can count in my lifetime. And what seems like an encouraging and inspirational memo for those going through a tough time, any doctor will tell you that this is simply not a good idea. Why?

Because ignoring the pain you have now can possibly cause further damage in the future. It's important to fix what is broken. Ignoring the hard parts of life will only make life more difficult.

Pushing through the pain is just as bad as ignoring it. You must acknowledge your pain in order to find healing and redemption. If you're struggling with depression and anxiety, then maybe it's time to fully admit that you're struggling so that you can find help.

If you're fearful of what the future has in store for you, then maybe it's time express that fear to a friend or loved one so they can better understand what you're going through. If your heart is hurting and you've yet to open up about the pain, then maybe it's time to drop your guard and start letting people see your brokenness. People can't help you if they don't know you need it.

Regardless of what you are going through in life, you must choose to look your pain in the face and make a conscious decision to fight, not flee. Pain can sometimes be a tricky subject to deal with, but it's better to deal with it rather than never attempt at all.

There were plenty of times in my life where I ignored what I was going through because I thought I didn't have enough time, or that my pain wasn't that big of deal in the grand scheme of things. I couldn't have been more wrong about my assumptions of how to deal with pain, and it was until I found myself Googling *painless ways to commit suicide* that I realize how badly "pushing through the pain" had truly affected my life.

I never once thought to reach out to people because I was afraid of what others may think. I failed to realize that we're all broken in some way or another and that not reaching to anybody quickly put me in a corner of loneliness and despair.

The moment I found hope was a moment I'll never forget. It was a moment where I chose to accept the reality that I was hurting and open myself to the comfort found in the truth of God and actions of those around me.

I found people who related to my struggles and found themselves just as broken as I had felt. It was a rejuvenating experience to admit my pain, to really own it instead of trying to ignore. I learned throughout my life that time and time again, pushing through the pain would only make things worse. {eoa}

Jarrid Wilson is a husband, dad, pastor, author and inspirational blogger. His articles have been viewed by tens-of-millions, showcased on some of today's hottest talk shows, and featured on national news stations worldwide. He is a dynamic speaker whose outside-the-box perspectives have gained him national recognition from some of today's most influential

Christian leaders and pastors. He is also the author of the book titled, Jesus Swagger.

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