

But it hurts...

The number crunchers tell us one in three people suffer from some sort of chronic pain. For many there is no medical answer as to why the person hurts and there is no real solution available. For others the source of the pain is known but there is no cure. In either case chronic pain has entered your life bringing with it all of its possessions for a long term stay. Pain can control every aspect of our lives or we can learn to control the pain.

First listen to your body, it is your body and you know what hurts and most often what brings some relief from the pain. Because there is no medical reason known has nothing to do with the reality of the pain. Normally acute pain is a warning and we back away from the source and all is soon well. Chronic pain is another monster altogether.

First, seek medical help. Do not move from doctor to doctor seeking a magical cure but do seek professional help and listen to what you are told. Work with your health team not against them, even when their suggestions seem odd. Second, do not allow pain to isolate you from others and your enjoyment of life. Talk to family and friends being bold to ask for the help you need. Around home delegate everything that does not require your personal touch saving your energy to live life to its fullest. Pamper yourself you are worth it!

I am told if you lightly touch a thistle plant it will stick you. However if you boldly and firmly grasp a thistle plant the spines crumble with little or no pain. That as it may be I do know that you must own and control your pain or it will control you.

Stress and worry add to the pain and solve nothing. Surround yourself with the people and things that bring a smile to your face and laughter to your heart. Loneliness is the breeding ground for anxiety and depression. Do not isolate yourself in your bed of tears. Crying at times is normal and expected. Crying all the time is a sign of other problems besides the pain. Do not apologize for your pain it is part of you.

God is in this place with you. It is normal for doubt to arise and for us to even be angry with God at times when we live in this place. That does not deny God's presence and purpose in even this. The person who says they understand suffering in God's plan is either a liar or a fool. The Bible says we are to rejoice in our pain because even as Christ suffered so do we. However this in no way explains why we are the one hurting or alleviate the pain. Trusting God's word and relying on Him for the strength to persevere is the only answer, but one often hard to embrace. Welcome to the land of normal while we live in this present flesh.

Like all problems once we accept it as ours we can begin to make changes in our life style to accommodate the problem. Once more it is your body, do what works for you. Share the burden, even chronic pain is often made less severe when openly owned and discussed with others.

Dr. Chuck Baynard May 2006