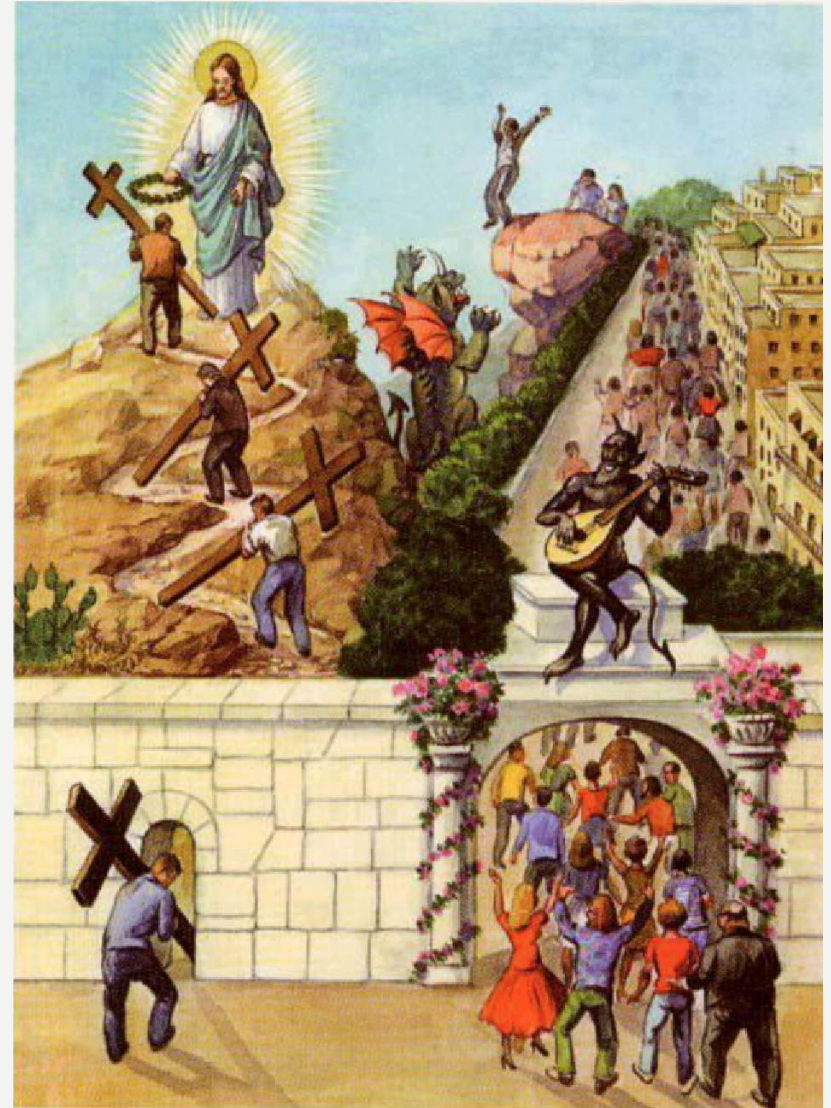




**“BUT HE WAS SAD AT THIS WORD,
AND WENT AWAY SORROWFUL, FOR
HE HAD GREAT POSSESSIONS.”
— MARK 10:22**

THE WAY TO LIFE

- “Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it. Because narrow is the gate and difficult is the way which leads to life, and there are few who find it.” (Matt. 7:13-14)
- No pain, no gain



THE REALITY OF PAIN

1. Pain is discomfort
2. A negative experience
3. Pain can take many forms
4. Our natural inclination is to get away from it
5. Life has no pain-free option

CLASSIFYING PAIN

- Symptom Pain
 - A sharp discomfort
 - A warning signal
 - The key to diminish symptom pain is Success Pain
- Success Pain
 - It is the discomfort that helps you change and grow
 - It is good for you
 - It brings you good fruit and makes it all worthwhile

THE PATTERN OF SUCCESS PAIN

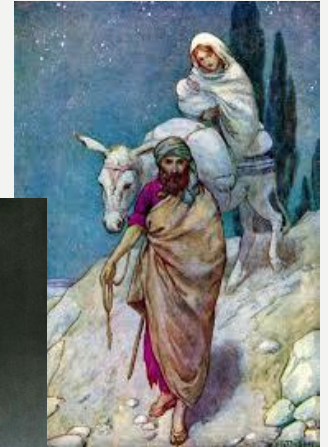
- All of the success pains involve work, effort, energy, are difficult, and they take time.
- “Therefore, since Christ suffered for us in the flesh, arm yourselves also with the same mind, for he who has suffered in the flesh has ceased from sin...”
(1 Pet. 4:1)
- “Every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, nor can a bad tree bear good fruit.” (Matt. 7:17-18)



HOW TO FACE THE PAIN THAT LEADS TO GROWTH?

1. Be clear in the worthiness of the goal

- St. Mary
- St. Stephen
- “But he, being full of the Holy Spirit, gazed into heaven and saw the glory of God, and Jesus standing at the right hand of God, 56 and said, “Look! I see the heavens opened and the Son of Man standing at the right hand of God!” (Acts 7:55-56)



HOW TO FACE THE PAIN THAT LEADS TO GROWTH?

3. Break it down into incremental parts

- “Go to the ant, you sluggard!
Consider her ways and be wise,
Which, having no captain,
Overseer or ruler,
Provides her supplies in the summer,
And gathers her food in the harvest.”
(Prov. 6:6-8)



HOW TO FACE THE PAIN THAT LEADS TO GROWTH?

4. Get Support

- “But woe to him who is alone when he falls, For he has no one to help him up.” (Ecc. 4:10)

5. When you fall, get back up

