

PAIN ERASERS

HOW DO YOU ERASE PAIN?

- Alcohol / Drugs
 - Sex / Relationships
 - Retail Therapy
 - TV
 - Internet / I Phone
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HOW DO YOU ERASE PAIN?

- Exercise
 - Comfort food
 - Living in the past
 - Keeping busy
 - Church work?
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THERE IS ANOTHER WAY

- Jesus invites those who are burdened to come to Him (Matt 11: 28)
 - Set your hearts on things above
 - Set your minds on things above
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