



Sciatic and Nerve Pain

Root Causes

Physical	Emotional	Spiritual
Twisted or unbalanced body tendencies or damage around nerves.	Great fear of not being taken care of or not being able to take care of yourself.	There is so much here it is hard to summarize in a short sentence but sciatic and nerve pain arise when there is “scratchiness” between us and the trust and believe you need to have in Me for all your needs to be met.

Overview:

Sciatic and nerve pain most often arises from there being a sense that I am not who I truly am or will not take care of you fully. There becomes “twinges” of wondering if I am good and can be trusted and these twinges manifest themselves through nerve twinges or pain. Normally something is happening in your life or something is not happening that you really want or need to happen. You may not even realize how much it is impacting you because you have lived with it for so long but your body is telling you that a change is needed.

Common Patterns:

A Very deep need or desire is not being fulfilled and seems to be at odds with what is possible in your life so you think that you are not able to receive what you need or desire and still survive in this world. For example, you are unsatisfied in your work and life and you want to make a shift in a relationship or in your job and yet you do not see how that is possible but the underlying issue is that you have a pattern or behavior that is something I am trying to change in you and there is discordance or “scratchiness” or “tinginess” between us and that discomfort is showing up in your nerves.



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Remedies:

Start by knowing that all that is happening to you will be turned to good because I am good and I can't help Myself from doing good in your life (Romans 8:28).

Know that the nerve pain is not normal or a good thing that will be with you forever, so let go of it.

Know that the pain is not productive pain that you need to deal with, there is something going on. You can physically deal with it through various type of body care or through drugs, but I encourage you also to seek Me and My answers on it.

Look at the needs that are not being met and look at the assumptions you make around how you have to do things you don't want to do in order to meet these needs. For example, I am working myself to the bone trying to work and raise a family and yet I am overwhelmed all the time, but I have to keep doing this because we have a mortgage/rent to pay and all these expenses and so I just have to keep doing this.

Change your thinking and focus on Me and the fact that I am the one who is responsible for you and taking care of your needs...not you. To do this you may need to heal from past beliefs about Me, work on trust issues, or submit control to Me as you humble yourself before Me and realize that I am actually a really good God...better than you think...and you are not in complete control like you think you would like to be.

Examine the true issue that is going on and what truly needs to change. It is not normally the external thing that first comes to mind. That is normally the smoke screen. It is usually something you really don't want to let go of and something you really don't want to change. It is something like being honest about an addiction or crutch, letting go of selfish ambition and the fear that is in you because you are afraid of not succeeding, or a limitation on who I am in your eyes.

If you want to be very daring, you can pray this prayer:



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Psalm 139:23 ESV “Search me, O God, and know my heart; test me and know my concerns and see if there be any grievous way in me, and lead me in the way everlasting.”

You can be even more daring by praying a variation of John 15:2 “Lord, every branch in me that does not bear fruit, please take away. Every branch that does not bear fruit, please prune. I want to bear more fruit but there are certain things that I don’t think I can even see that are getting in the way and I need You to prune and remove them. Please help me as you take them away. I have staked my life on them and need Your help changing my focus onto You so that I no longer use them as a crutch. Amen”

Seek physical help for the symptoms but do not stop there, find the root of the issue and come to Me for healing.