



Don't Waste Your Pain: Keeping Your Faith in the Midst of Chronic Pain

Myndi Orr

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Pain and suffering are no strangers to humankind, and their existence is well documented in the Bible. God doesn't promise that you won't suffer, but He does promise you won't suffer alone; He will be with you. In *Don't Waste Your Pain*, author Myndi Orr describes her journey with chronic pain to show that God has a purpose in our lives through pain. For more than six years, Myndi Orr has battled trigeminal neuralgia, which has left her with severe facial pain. In this inspirational book, she explains how her relationship with God has helped her see beyond the pain, teaching her to focus on Him and show others Christ's love. Through an array of Bible scriptures, *Don't Waste Your Pain* shares the lessons Myndi has learned through her struggle with pain. It communicates that life is not about us, but rather about God and his plan and purpose for our lives.

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