



Occupational therapy after recent surgery was going well. My therapist then announced she'd teach me "scar management," a term which I had never heard! When a scar forms, she explained, it heals on the surface, but underneath it keeps growing. It latches on to the underlying tissue and organs, which causes pain. I was to massage the scar several times a day by placing the palm of my hand over it, pressing down, and moving it around so it didn't adhere. My pain was minimized.

I thought about other types of scars, and it seemed that "scar management" also might help with emotional, psychological, social, and spiritual scars. If one ignores these types of scars, they latch onto us just as tightly as physical scars, causing pain that could last a lifetime.

When I was a child, I overheard my mom crying on the phone. When I asked what happened, she said that my cousin had killed himself. But, she said, I was never, ever to tell anyone about it or ask any questions. That scar caused pain in my heart and mind for many years. As an adult, I did confide in a friend, and some of the pain went away. Scar management worked.

As a young adult, a friend decided to skip college and get a job instead. While working as a night clerk in a grocery store, an assailant poked a gun in her cheek and demanded money from the safe. Rather than keep silent about this frightening experience, she "massaged" that scar by telling her family. She decided to get a college degree to enable her to find a job in a safer environment; she now

works in the medical field. Dealing with her emotional scar allowed her to move forward toward a better life.

Another friend mourns the loss of her husband to cancer 25 years ago; she dwells on that scar and feels sad and lonesome, but never talks about her pain. An uncle who fought in the Vietnam War stoically bears his emotional scars, not sharing the horrors he must have experienced. Both of them suffer daily and do not live up to their potential. They are drowning in agony because their scars have adhered to their hearts and minds.

God provides people to help us massage our scars that cause pain. God's Word says in 2 Corinthians 13:11: *comfort one another*. And, in chapter 1:3–4 it states: *God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God*.

Sometimes Christian friends give us advice on how we might cope with our scars. God's Word says in Proverbs 27:9: *the sweetness of a friend comes from his earnest counsel*. Proverbs 12:15 relates this thought: *a wise man listens to advice*.

We also have the privilege of talking to God personally! Psalm 17:6 tells us: *I call upon you, for you will answer me, O God; incline your ear to me, hear my words*. 1 Peter 5:7 states: *casting all your anxieties on him, because he cares for you*. And, from Matthew 11:28: *Come to me, all who labor and are heavy laden, and I will give you rest*.

I am thankful to God for the blessing of His healing touch on our scars, whether they be physical or emotional. All praise and glory to Him who provides for our every need! Q

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