

How Should We Handle Overwhelming Feelings?

What is the biblical perspective on how to handle overwhelming feelings?

There are healthy and unhealthy ways to do that.

The healthy way to deal with strong feelings starts with thinking wisely about feelings in general. [Our pastor](#) often says that feelings are real (we do feel them, often intensely), but they're not reliable (they make terrible indicators of what is true). So we should acknowledge them, but not be led by them.

Especially powerful, overwhelming feelings.

Allowing yourself to be controlled by your feelings is unwise and immature. The flip side of that is our example of Jesus in the Garden of Gethsemane. No one ever experienced the strength of horrific feelings like He did, to the point of sweating blood. He allowed Himself to feel His feelings, but then He turned in trust to His Father, submitting to His will. He set the bar for how to handle overwhelming feelings: *feel the feelings, and trust the Lord.*

Often, though, especially in the young, people deal with their strong feelings in unhealthy ways.

Stuff them. One of my friends refers to her “vault,” the supposedly safe, impenetrable locker where all the painful feelings of her horrific childhood were supposed to stay stashed. Out of sight, out of mind, out of touch. Until the vault developed cracks, and those strong feelings of pain and shame and horror and fear started slipping out sideways into her relationships and her dreams.

This is not God's plan for emotional health. David wrote in Psalm 51:6, "You (God) desire truth in my innermost being." In Romans 1, Paul referred to those who "suppress the truth in unrighteousness" (1:18). Stuffing and denying feelings is not truthful. And it doesn't make them go away. Someone even wrote a book titled, "Feelings Buried Alive Never Die."

Let them explode. Without self-control, the angry person can vent his or her anger with verbal shrapnel and even physical abuse. Road rage, anyone? (I blogged about this in [The Problem with Heart Bombs.](#))

Self-injure. The "solution" of cutting, burning, skin-picking, hair-pulling, and other forms of self-injury has been growing in popularity over the past decade or so. These destructive behaviors can provide momentary relief by distracting attention to soul pain by causing body pain. When it becomes an addiction, the release of endorphins, feel-good brain chemicals, provides an additional reason to keep repeating it.

Those choosing to self-injure need an extra measure of grace and understanding, because their level of soul pain is especially high to go to that extreme. In addition to the emotional pain, I believe they are experiencing a nasty spiritual warfare attack. Jesus said that our enemy, Satan, "comes only to steal, kill and destroy" (John 10:10). The "slow suicide" of self-injury is a pernicious way to do that. I do think that cutting is a demonic suggestion, based on the story in 1 Kings 18 where the prophets of the false god Baal cut themselves trying to get the attention of their idol. Paul explains in 1 Corinthians 10 that sacrifices made to the false gods of idols are actually sacrifices to demons, so there is a biblical connection between cutting and demonic influence. (I'm not saying anything about demon possession, which is not even a good biblical interpretation of the New Testament word *demonize*; rather, I think those who cut hear the whisper from the enemy, whose native tongue is lying [John 8:44]: "Cutting will help. Cutting will make me feel better. Cutting is the

answer.”)

God’s word offers us some healthy ways to express strong, overwhelming feelings.

Talk about them. The highly sensitive and emotional King David invited the Lord into his strong feelings, and he used words to express the agony of his heart. Many of the psalms are powerful expressions of the psalmists’ emotions. Consider Psalm 55:1-5 for example:

“Listen to my prayer, O God. Do not ignore my cry for help! Please listen and answer me, for I am overwhelmed by my troubles. My enemies shout at me, making loud and wicked threats. They bring trouble on me and angrily hunt me down. My heart pounds in my chest. The terror of death assaults me. Fear and trembling overwhelm me, and I can’t stop shaking.”

When overwhelmed by strong emotions, telling someone else who can be trusted to listen respectfully and with understanding is a healthy, constructive way to express feelings.

Writing one’s thoughts and feelings in a journal is a powerful process to move the feelings from the inside to the outside. (I recently wrote about that here: [Pen > Puter](#))

Let yourself cry. Then there is God’s good gift of tears. God created us with tear ducts as a way for strong feelings to leave the body, moving from our hearts on the inside to our cheeks on the outside, and that is much better, much healthier, than cutting so that the “red tears” flow.

Psalm 56:8 shows us that David was not afraid to let his tears fall:

“You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.”

God considers our tears precious enough to collect!

Sometimes, though, people have trouble accessing their unshed tears. They are locked up inside. Often this is because of having made a self-protective inner vow, usually many years ago: "I will not cry." It was considered unsafe because crying resulted in shaming or being punished. When children make a personal inner vow like that, it functions like the cruise control on a car, controlling the speed. The little person who made the vow many years before created a hard and fast life-rule, and until it is addressed and renounced, it stays in place. Paul wrote in 1 Corinthians 13:11, "When I was a child, I used to speak like a child, think like a child, reason like a child; when I became a man, I did away with childish things." One of those childish things can be making an inner vow—which ends up, from the perspective of adulthood, being what the Bible calls a "foolish vow" (Lev. 5:4-6). And the wise thing to do with a foolish vow is break it, or renounce it or cast it off in Jesus' name. Romans 13:12 instructs us to cast off deeds of darkness, which this kind of vow would be because it is the opposite of trusting in God.

What should we do with hard, overwhelming feelings?

- Don't try to hide from them or stuff them.
- Acknowledge them and let yourself feel them. Invite Jesus into your feelings.
- Talk about how you feel, and what you're thinking, with a safe person.
- Let yourself cry them out of your body one tear at a time.

And follow the example of the Lord Jesus Christ, fully God and fully man: *Feel the feelings, and trust the Lord.*

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Overcoming Anxiety: Finding Real Peace When Life Seems Crazy

What makes you feel anxious? Being late or unprepared for work or appointments? Maybe unresolved interpersonal conflict. Airline travel? Public speaking? Fears of losing love? Serious illness or a friend's death?



This article is also available in [Spanish](#).

What makes you feel anxious? Being late or unprepared for work or appointments? Maybe unresolved interpersonal conflict. Airline travel? Public speaking? Fears of losing love? Serious illness or a friend's death?

Pressures from the trivial to the traumatic can prompt feelings of fearfulness or apprehension.

Once at a booksellers convention my wife and I spent an exhausting day on our feet promoting a new book. Late that night, after a reception crowd had thinned down to mostly authors and our publisher, we stood in a circle engaged in conversation. I had to leave her side momentarily to attend to a matter.

Upon returning to the circle, I walked up behind my wife and began gently to massage her shoulders. She seemed to enjoy this, so I started to put my arms around her waist to give her a little hug. Just then, I looked up at the opposite side of the circle and saw ... my wife.

I had my hands on the wrong woman!

In that instant, I knew the true meaning of fear. Fear of circumstances. Even fear of death! Confusion clouded my mind. Heat enveloped my back, shoulders, neck and head. My face reddened; my stomach knotted.

You've probably had embarrassing moments that generate anxiety. What about more serious causes?

Your Greatest Fear?

Fear of death is perhaps humans' greatest fear. In college, the student living next door to me was struck and killed instantly by lightning on a golf course one springtime afternoon. Shock gripped our fraternity house. "What does it mean if life can be snuffed out in an instant?" my friends asked. "Is there a life after death and, if so, how can we experience it?" Confusion and anxiety reigned.

If you can't answer the question "What will happen when you die?" you may become anxious.

How can you find real peace in a chaotic world? Consider a possible solution. It involves the spiritual realm.

As a university student, I wrote a paper for an abnormal psychology class investigating a biblical therapy for anxiety. I had come to faith as a freshman and found it brought me peace of mind. Complex psychological disorders often stem from more basic problems like anxiety, problems for which faith offers practical solutions.

I sent a copy of my paper to the author of our textbook, a prominent UCLA psychologist. A month later, he replied that he liked the paper and asked permission to quote from it in his revised textbook.

Somewhat amazed, I readily agreed. I also sent a copy of his letter to my parents in Miami, who were beginning to wonder about their son's campus spiritual involvement.

This professor felt that the principles in the paper—which certainly were not original with me—had both academic and personal relevance. Several months later, we met at his lovely home in Malibu overlooking the Pacific Ocean. As we sat in his back yard, this professor told me he lacked personal peace and wanted to know God personally. I showed him a simple four-point outline based on one of Jesus' statements: "God so loved the world that he gave his only Son, so that everyone who believes in him will not perish but have eternal life."[\[1\]](#)

We discussed God's unconditional love for us, our dilemma of being unplugged from Him and the flaws (selfishness and "sins") that result. I noted that Jesus, through His death in our place and return to life, came to plug us back into God by paying the penalty we owed for our sins.

Finding Real Peace

This professor decided to place his faith in God and asked Jesus to forgive him and enter his life. We kept in touch. Later, over the phone, he told me that as he looked out over the ocean and saw the setting sun, "I really believe I'm a part of all this. Before I didn't, but now I do." He was seeing how he fit into God's universe. An internationally acclaimed scholar linked up with, if you will, the greatest Psychologist.

One of Jesus' earlier followers wrote to some friends about a divine aid for anxiety: "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus."[\[2\]](#)

Faith in God does not make life perfect and is no automatic solution to anxiety. Illness, chemical imbalance, emotional wounds and more can hamper coping. But a good starting place

is to become linked with the One who loves us and knows best what makes us fulfilled.

Might it be time for you to consider Him?

Notes

1. John 3:16 *NLT (New Living Translation)*.
2. Philippians 4:6-7 (*NLT*).

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9/11 and You

My sister had a 9:00 a.m. appointment at the World Trade Center.

On September 12.

Since September 11, 2001, I've often wondered what might have happened had her appointment been a day earlier or the terrorist attacks a day later. I could have been walking the streets of New York City with her picture.

What were your feelings that tragic day? Shock? Fear? Anger? Confusion? Sadness? How do you process those feelings now, as reminders of the attacks come in anniversary commemorations and media coverage? Nearly two-thirds of American Red Cross 9/11 adult counselees still grieve, according to a study of those directly affected by the attacks^{[1](#)}.

“I Hate You!”

In the immediate aftermath, my feelings of sadness blended with intense hostility. Once when Osama Bin Laden’s face appeared on television, I spontaneously shouted, “I hate you!”

I was and am a follower of Jesus. He taught his followers to “love your enemies.”[{2}](#) Why was I yelling “I hate you!” to a picture on a TV screen?

I wondered why this guy hated my sister. If Deborah Wright had been among the victims, her death would have been included among those he applauded. If I had been a victim, he would have applauded mine. I wrote a radio series on “[Why Radical Muslims Hate You](#)” to discover historical, socio-cultural, political, religious, and psychological roots of such anger. It helped me to connect with Muslims who shared similar concerns but disavowed the radical methods.

Dust of Death

Deborah’s experience as a corporate chaplain took her back to New York to help WTC-based companies and their employees who suffered loss on 9/11 cope with the emotional and spiritual whirlwinds their worlds had become. Many suffered from survivor guilt. Failure to process grief could lead to serious consequences. Some firemen, for instance, were assigned to look after widows of fallen comrades. “There can be enormous intimacy and bonding in shared grief,” Deborah notes. “Some of the firemen and widows ended up in bed together.”

Some competitive, driven businesspersons re-examined their rat race—making big bucks and accumulating the most toys—and asked, “Is that all there is?”. Long looks at corporate culture prompted many to consider spiritual realities.

Part of helping survivors process their experiences involved taking them to Ground Zero. Deborah comments, “As I stood at

Ground Zero and picked up the dust, I could not help but think that we were standing in a giant crematorium. The ground seemed hallowed to me.”

Personal Lessons from 9/11

What personal 9/11 lessons persist? Perhaps you can relate to these that seem poignant to me:

We live in a contingent universe. Human decisions and actions have consequences, often for good or evil.

Life is temporary. One early spiritual leader wrote of our lives’ fleeting nature, “You are just a vapor that appears for a little while and then vanishes away.”[\[3\]](#)

Link with the eternal. Jesus of Nazareth, whom people of diverse spiritual persuasions respect as a great teacher, told a friend grieving her brother’s death, “I am the resurrection and the life. Those who believe in me, even though they die like everyone else, will live again. They are given eternal life for believing in me and will never perish.”[\[4\]](#)

Cherish your friends. In the aftermath of 9/11, many friendships were deepened as people linked with each other for encouragement, solace and support.

Understand and love your enemies and intellectual adversaries. Support national defense, but learning about state enemies can help communication with moderates who share some of their convictions. Getting to know neighbors or associates with whom you differ politically, philosophically or spiritually can help build bridges that foster civility in public discourse.

Notes

1. Amy Westfeldt, “Study: Sept. 11 Survivors Still Grieving,” Associated Press, May 26, 2006, on AOL News. Also see full Red Cross report,

<http://www.redcross.org/images/pdfs/SRPClientSurvey.pdf>, p. v.

2. Matthew 5:44 NASB.

3. James 4:14 NASB.

4. John 11:25 NLT.

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