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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Feelings: A Lousy Idol

It’s so easy to look down our 21st-century noses at the “primitive” peoples of biblical times, especially Israel’s problems with idolatry in the Old Testament. “WE don’t bow down before idols and false gods,” we think. “That was when people were less evolved intellectually and spiritually, but we modern people are so much better than that.”

I’m wondering if God agrees. I don’t think so.

I think that idolatry is at least as rampant in our society, but it’s more pervasive because it’s so subtle; the idols we worship aren’t physical, tangible items. We could create a long list of the abstractions we worship, but today I just want to focus on one.

Feelings.

Our culture treats feelings as if they were an inerrant internal compass that always points to truth and reality. “Follow your heart.” “What does your gut say?” “You can’t help who you fall in love with.”

High school and college students flunk out because they don’t ***feel*** like getting out of bed and going to school. Then they become people who lose their jobs because they don’t ***feel*** like going to work.

Young people of all ages dress, act, and talk in ways that will make them ***feel*** popular and accepted by their peers.

Married people find themselves attracted to someone other than their spouse, and they feed the marvelous feelings of infatuation because it makes them ***feel*** so alive and magical.

We indulge bodily appetites, whether for sweets or drink or overeating or sexual pleasure, because they ***feel*** so good and because refusing to indulge them ***feels*** so bad.

The materialism porn of magazines and newspapers starts an internal burning desire to buy and to accumulate. It ***feels*** so right to go out and get what we want! If we don't have the money, we put it on credit because, hey, "I should have what I want."

We are happily addicted to our comfort because we believe that ***feeling*** comfortable is a basic right of life. So we don't give ourselves away in service projects or missions trips or going without in order to use the money for someone who has less than we do, because then we wouldn't ***feel*** so comfortable.

Why is this? Why do we make our feelings into idols?

I believe it's because the toxic "pickling brine" of our culture puts a much higher emphasis on the immediate, the here-and-now, of the physical world (which our feelings are part of). The majority of Christians, the research shows, think just like the non-Christian world around us, and that includes ignoring the unseen, eternal world and focusing on the visible, temporal world.

When we recalibrate our focus to include the unseen sphere of life, we are aware of the spiritual dimension of life and not just the physical. It makes us more balanced people. We can put feelings in their place: they are like lights on the dashboard of our car, indicating what's going on "under the hood." But if we focus on the dashboard lights while we drive, instead of on the road, we'll run off the road—or worse, crash. We can acknowledge them but refuse to let them lead us.

For example, Hebrews 12:2 tells us that the Lord Jesus "for the joy set before Him, endured the cross, despising the shame." He focused on the eternal (the joy set before Him) instead of the temporal (the shame of the cross). Corrie Ten

Boom wisely said, “Don’t pray when you feel like it. Have an appointment with the Lord and keep it.” This lady really understood how to put feelings in their place. This survivor of the WWII death camps also said, “Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart.”

Feelings are not evil; we have feelings because we are made in the image of a passionate God who experiences a robust range of feelings. But they *are* fallen because everything about us is fallen ever since sin entered the world.

That’s why feelings make lousy idols.

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“I Don’t Feel Connected to God”

April 28, 2011

What should I do if I don’t feel like I need to repent? How can I make myself more humble towards God?

This question is coming from a time of doubt in my life. I just have not been very connected with Jesus lately. I feel somewhat connected with God, though the personal relationship I used to have with His Son has gone out the window. It’s a strange situation. Part of this problem may be coming from not being humble before God – I feel like I can get by on my own

sometimes. I don't have any specific sin, just general ones that I struggle with day to day like pride. I was mostly looking for repentance in general.

Thanks for responding, and I hope this is clarifying. I also hope you enjoy your job. □ Thanks!

Hey Kara,

Yes, this is helpful, thanks. It seems as though you're basing the status of your relationship with the Lord only on how you feel. Perhaps you no longer have those warm-fuzzy feelings that you used to have in high school (I'm guessing based upon your email address that you graduated in '09). This kind of experience is very common for several reasons. Firstly, in most of American Christianity (especially in Evangelical and Charismatic circles, and most especially in youth group programs) we over-emphasize feelings. Of course some of this is very natural because as we are growing into adulthood through our teen years, our emotions are developing and often on overdrive, which isn't bad per se; it's just how it is. Other reasons we often over-emphasize feelings have to do with our Church history in this country, especially the Great Awakenings and the efforts made to reach those on the Frontier. At any rate, the point is you're not alone. I have experienced the same exact thing you're talking about.

Here's my recommendation. We are all driven much more by our bodies than our brains. We typically consider this a bad thing, but it isn't. It's how we were created, embodied. I don't start feeling tired until I brush my teeth at night. Why? Because I brush my right before I go to bed and my body associates the two habits. But if I wait until I *feel* tired, I'll stay up way too late. We have all sorts of routines like this. Since we are creatures of habit (by God's design), what we often need are habits and routines (which is a word we're really scared of) to help us remember God because *most of us* feel like we can get by on our own most of the time.

So, some suggestions.

• Go on walks… without your iPod. You can train yourself to pray for your friends, family, the world… during these times. It will take time to discipline your mind, and that's okay; be gracious with yourself. Eventually, your mind will associate prayer with these walks, and it will just happen without your having to think about it. You might need to make these walks at the same time every week or every day, whatever. This can be tricky when our schedules are regularly changing, but that's okay too. The lunch hour can be a good time for this, especially since we are highly influenced by our stomachs. You can take your lunch with you or use that time to fast and pray (which includes, of course, repentance).

• Visit churches with different practices than you're used to. This may seem like an odd suggestion, but if you've only ever experienced one type of liturgy (which all churches have, it's just a church's Sunday morning (or whenever) routine), how can you know if it's a liturgy that is a good fit for you? We're all a bit different, and some habits won't work for some people like they will for others. On the other hand, visiting other churches can help us understand our own church liturgy in ways we never really thought about before, making our Sunday morning practices less mere routine and more spiritually-connected routine. These visits can occur frequently if you're not that connected to your current church or not going to church, or they can be more spread out like once every other month or so. Some churches have weekly communal prayers of repentance. I find these quite helpful.

• Finally, be communal with whatever habits your try. With one or two friends or a mentor you can really trust, let them into this part of your life. Another reason we struggle so much with spiritual habits is because we have the insane notion that we have to do it all on our own—just me and God—like if I tell someone I'm going to try to start prayer-

> *walking or whatever, then I'm just bragging and being unspiritual. This is a trick of the Enemy; he knows us well.*

I hope this will be a helpful start for you. Please feel free to let me know how things are going, because, yes, I do really like my job.

Blessings to you,
Renea

Wow,

Thank you very much for your suggestions! These sound like great ideas that will work. I'm especially excited to see what kind of churches I can visit – although I love my own church, that I am involved in, I love to see different ways of worshiping. Thank you very much.

This blog post originally appeared at
reneamac.com/2011/04/28/i-dont-feel-connected-to-god/

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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Romantic Hyperbole: A Humorous Look at Honesty in Love

It seemed like a good idea at the time.

It would be a great way to express my enduring affection for my wife. I would find seven romantic birthday cards and give one to Meg each day for a week, starting on her birthday. It would continue a sweet tradition begun before we married.

Each card would have a simple picture that would tenderly convey our feelings for one another. Inside would be an endearing slogan or affirmation to which I would add a personal expression of my love for her.

I didn’t foresee that Day Three would bring an ethical

dilemma.

I carefully selected the cards and arranged them in an appropriate sequence. Day One showed a cute puppy with a pink rose. Inside: “You’re the one I love.”

Day Two featured a picture of a little boy and girl in a meadow with their arms over each other’s shoulders. The slogan: “Happy Birthday to my favorite playmate.”

Day Three depicted a beautiful tropical sunset: bluish pink sky, vast ocean, silhouetted palm trees. You could almost feel the balmy breeze. Inside: “Paradise is anywhere with you”, to which I added personal mention of places holding special memories for us: an island vacation spot, a North Carolina hotel, our home.

I completed the remaining cards, dated the envelopes, and planned to bestow one card each morning of her birth week. Then reality happened.

You see, I had agreed to go camping with her for Days One and Two. Camping is something Meg thrives on—outdoor living, clean air, hiking, camp fires. It’s in her blood. Camping is something I did in Boy Scouts—dust, mosquitoes, noisy campers, smelly latrines. It ranks just below root canals on my list of favorites.

We camped at a state park only fifteen minutes from our home. On her birthday morning, she liked the fluffy puppy. Day Two, the cute kids made her smile. So far, so good.

Meanwhile, I was tolerating camping, doing my best to keep my attitude positive. The food was OK; the bugs were scarce. After two days, I was ready to go home as planned. Meg wanted to stay an extra day. We each got our wish.

Once home and alone, I pulled out Meg’s card for “Day Three,” the one with the tropical sunset and the “paradise is anywhere

with you” slogan.

Should I give her the card? I had chosen to leave the campground. “But,” I reasoned with myself, “the slogan was true lots of the time.”

I settled on a compromise, a post-it note on the envelope explaining, “You may find that this card contains just a bit of romantic hyperbole.”

Might giving it a clever-sounding label defuse my hypocrisy?

The echoes of her laughter still reverberate through our home. I got off easy.

“Speak the truth to each other,” wrote a Jewish sage. “Speak. . . the truth in love,” advocated a first-century biblical writer. Wise advice for just about any relationship.

“Romantic hyperbole” has become a humorous gauge of truthfulness in our relationship, a test for honesty. Neither of us enjoys every location on earth. She feels some sporting events are a waste of time. I can get bored at shopping malls. But as long as we are honest with each other about our feelings, the bond seems to grow stronger.

That’s no hyperbole.

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