

# From Fears to Tears

Sue Bohlin



In a previous blog post, [I'm Scared, Lord](#), I wrote about my apprehensions concerning my upcoming hip replacement surgery. My doctor was cheerfully confident that I would not experience the post-operative pain I was afraid of, but I was all-too-aware of my potential complications. As a polio survivor, I'm twice as sensitive to pain as those whose brains were not infected by the poliovirus. On top of that, I was extremely aware of the fact that my severely arthritic hips had become basically frozen, leaving me with a limited range of motion. I knew that the surgeon and her team would be moving my legs in all kinds of unnatural (to me) contortions during the surgery, and I was extremely concerned about how my muscles and ligaments might scream in protest once I woke up from surgery. So I was scared.

But when I shared my fears with God's people, hundreds of them graciously prayed for me, and the Lord swept away my fears like blowing away smoke. Suddenly the fear was gone and I was graced with a very matter-of-fact willingness to just get 'er done. It was amazing. I was held in my Father's gentle and loving cuddle, and I walked in peace the remaining days until the surgery. Metaphorically walked, that is. I hadn't physically walked for well over a year because of pain and weakness.

Well, it has now been over a week since my surgery, and every day I stand amazed at the healing grace and pain-control grace of my gracious Lord. Not a metaphorical standing, either. For the first time in two years, I am able to stand

upright and pain free. I try to maintain an awareness of the huge grace in which I stand, marveling at the privilege of being able to once more stand at the sink to wash my hands or brush my teeth. My recovery has gone exceptionally well. I'm able to walk with the aid of a walker and each day the distance I can walk grows longer. Soon I'll be able to go home from the inpatient rehabilitation facility I've been in—once we figure out how to get me into our car.

But I was not prepared for what kept happening in the therapy gym: tears.

I was flummoxed by the unbidden tears that sprang to my eyes the first time a physical therapist asked me to exercise my polio leg in the same way I had just moved my surgery leg. I knew I couldn't; I don't have the strength, and never have. My left leg was originally paralyzed when I got polio as an infant, and it barely functions. But I also live with the mindset of trying to do what people ask me to do, and the clash of those two realities rose up in sadness and frustration that leaked out my eyes. It was rather embarrassing. I didn't know what was going on, I just knew my heart was a storm of unhappy feelings.

When the therapist asked me to climb a two-inch step and I didn't have enough pain meds in me for that, the stabbing pain in my surgery leg rose up through my body and exited through my eyes in tears again. It seemed that tears were just under the surface, ready to leak out at the slightest provocation, for two days.

I was so confused! What in the world was going on? Where were all these tears coming from?

It was my husband who provided the answer, and I thank the Lord for using Ray to bring clarity to my maelstrom of emotion. He texted me, "Honey, you have lived with decades of loss you have learned to manage. Now the loss is renewed and you now are reminded further of the loss in ways you haven't dealt with for a lifetime. Polio sucks. I understand."

That was it! The pain of loss is *grief*. I was grieving the impact of polio's losses on

my life yet again, this time with a freshly painful punch: polio is now interfering with my recovery from surgery. Other people can just use their other leg to support themselves and climb into a mini-van with its higher seats—no problem! I don't have that choice. That's a loss. When asked to do the same exercise with both legs, other people can do that, but I don't have that choice. That's another loss.

I manage to navigate the losses of polio for months and sometimes years at a time without having to actively think about it, allowing me the luxury of not having to face my grief every day. But that luxury has been taken away today and I want to be real and honest about where I am. I live in a fallen world where the evidence of sin's destructive impact on our world is everywhere. My grief, the pain of my losses, is part of that fallen world. But what is also part of that fallen world is God's promise that He would never leave me or forsake me (Hebrews 13:5). He tells me He is "the LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness" (Exodus 34:6).

I remind myself of my new life verse that just seems to incredibly appropriate for one whose body is compromised:

Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal. (2 Corinthians 4:16-18)

I cried today. I let the tears fall as the grief flowed. But then I chose not to lose heart, because this momentary, light affliction is producing for me an eternal weight of glory far beyond all comparison.

It's gonna be okay.

This blog post originally appeared at  
[blogs.bible.org/engage/sue\\_bohlin/from\\_fears\\_to\\_tears](https://blogs.bible.org/engage/sue_bohlin/from_fears_to_tears) on June 26, 2018.

---

# The Dark Underside of Abortion: A Christian Worldview Perspective

Sue Bohlin



*Sue Bohlin looks at the common effects of an abortion on the women who choose it. From a biblical worldview perspective, it is not surprising that many women experience guilt, shame and denial. Christ can bring forgiveness and healing for those who have taken this brutally wrong path in their past.*

## Laura's Story

No matter how many times Laura<sup>{1}</sup> took the home pregnancy test, it kept showing up positive. She was pregnant, and seventeen years old. She'd gotten an A on her paper against abortion in school. Her parents would never understand, especially since her mother volunteered at the crisis pregnancy center! Her boyfriend was hot, but hardly husband material. He was more committed to skateboarding than to her. Laura had never felt more confused in her life.

When she called her boyfriend to tell him she was pregnant, he just said, "That

stinks. Well, I gotta go,” and he was gone. She carried her horrible secret for three weeks before finally telling her parents. Her father exploded: “What did I ever do to deserve this? Well, we’ll just have to get rid of it. It’s the best thing for everybody. You’re too young to be a mother.” When Laura’s eyes flooded with tears, he said, “You may hate me for a while, but I’m willing to take that risk. You’ll get over it. You’re young. You can have a real life with a real future this way.”

Her mother, visibly shaken, said, “How could you do this to us? What would people think of us, to have a pregnant daughter? You’ve really gone and done it now, Laura.” Two days later, her mother took her to a Planned Parenthood clinic. Laura cried the whole way there: “Please, no! Don’t make me do this, don’t make me do this!” Nobody listened, nobody cared that she didn’t want the abortion. When a counselor asked if she was sure, she just shrugged her shoulders, beaten and defeated.

As soon as it was over, everyone seemed to forget about it. Her parents never brought it up again. All her relationships fell apart. Laura was deeply depressed, not knowing how to handle her feelings. She was too ashamed to talk about the abortion with her friends, and her parents made her promise not to tell anyone.

She didn’t get over it. She was stuck in a place filled with anger and hurt. She couldn’t overcome the loss of her baby, and she didn’t even have words for that. Anything related to babies made her cry: new baby announcements at church, diaper commercials, even driving by Babies-R-Us. Everything triggered relentless heartache. There was a wound in her soul that would not stop bleeding.

Abortion is not the cure to a problem pregnancy. It is what counselor Theresa Burke calls an “emotionally draining and physically ugly experience.”<sup>{2}</sup> The majority of those who have an abortion experience a variety of problems afterwards. One post-abortal woman described it as “emotional torture.”

In what follows, we’re going to explore the ugly underside of abortion.

## Why Women Choose Abortion

The banner of the pro-choice movement is, “Every woman has the right to choose.” But why do women choose to have an abortion? Many women report that they didn’t want one. Various studies have found that sixty-five to seventy percent of women who get abortions also believe it’s morally wrong.<sup>{3}</sup> When women violate their conscience or betray their maternal instincts, that’s going to cause a lot of stress.

Years after their abortion, women will often say that they didn’t want to have one but they felt forced to. They thought it was wrong, but they did it anyway because they felt pressure—from circumstances, or from one or more key people in their lives. Often it’s boyfriends, sometimes husbands. When a boyfriend threatens to leave unless a girl has an abortion, most of the time they break up anyway. Then she has lost both her baby and her boyfriend. Crisis pregnancy counselor Dr. Julie Parton says that almost as often, the pressure comes from parents, especially Christian parents.<sup>{4}</sup> She says that there are three main factors influencing Christian mothers to push their daughters toward abortion: selfishness, shame, and fear.<sup>{5}</sup>

But the bottom line reason for abortion is spiritual. Even though they’re usually not aware of it, people are listening to the voice of the enemy, who Jesus said came to steal, kill, and destroy.<sup>{6}</sup> Satan hates women, and he hates the image of God in the unborn baby. Abortion hurts women and destroys babies.

And for every woman who has had an abortion, there is a man whose baby has died. Whether he pushed for the abortion or fought it,<sup>{7}</sup> God’s design of his masculine heart to protect and provide has been violated as well. Dr. Parton points out that over forty-five million men have bottled-up feelings about their abortions, and wonders if there is a connection with the heightened amount of violence in our culture of death. Could road rage be the boiling over of deep-seated anger in some of these men?



We need to talk more about the ways that abortion steals, kills and destroys. But it is crucial that you know that *abortion is not the unpardonable sin*. Jesus Christ died to pay for all sins, including abortion. He extends cleansing and forgiveness to every man and woman who has been wounded by abortion. He offers reconciliation with God and the grace to forgive ourselves. No sin is greater than His love or His sacrifice to pay for that sin. There is peace and joy waiting for those who have received Christ's gift of forgiveness and cleansing from guilt.[\[8\]](#)

## **Post-Abortion Syndrome: Self-destruction, Guilt and Anger**

Abortion is deeply troubling because it touches on three central issues of a woman's self-concept: her sexuality, her morality, and her maternal identity. She also has to deal with the loss of a child. This loss must be confronted, processed, and grieved in order for a woman to resolve her experience.[\[9\]](#)

Many women find themselves troubled after their abortion because they don't think through these issues before their abortion. The fact that they experience relief immediately after the abortion is no guarantee that problems won't surface later. Unresolved emotions will demand our attention sooner or later.

For millions of women, Post-Abortion Syndrome is an ugly after-effect of abortion, consisting of a number of powerful emotions that can erupt in dangerous and destructive behaviors. Far from being "no big deal," which is how abortion is often minimized in our culture, abortion is a traumatic event in the life of most women who have one. Life becomes divided into "before the abortion" and "after the abortion." So it is no surprise that so many experience some degree of post-traumatic stress disorder. They used to call this "shell shock" after World War II. PTSD is a collection of negative, destructive behaviors and ways of thinking.

In many women with a history of abortion there is an alarming increase of self-

destructive behavior. Many women are consumed with self-hatred, expressing it in drug and/or alcohol abuse. Millions of women battle depression and suicidal thoughts. {10} One woman said, "I became a tramp and slept with anyone and everyone. I engaged in unprotected sex and each month when I wasn't pregnant I would go into a deep depression. I was rebellious. I wanted my parents to see what I had become. I dropped out of college. I tried suicide, but I didn't have the guts to slit my wrists or blow my brains out. I couldn't get my hands on sleeping pills, so I resorted to over the counter sleep aids and booze." {11}

The majority of post-abortive women are plagued by guilt. {12} As one woman put it, "I hated myself. I felt abandoned and lost. There was no one's shoulder to cry on, and I wanted to cry like hell. And I felt guilty about killing something. I couldn't get it out of my head that I'd just killed a baby." {13} This high guilt rate is unique to abortion compared to any other medical procedure. There are no support groups for those who had their appendix or gall bladder removed, and people don't seek counseling after orthopedic surgery. Guilt is a painful aftereffect of abortion.

Some women react with anger and rage. They feel deeply isolated and angry at anyone who hurt them and their baby. They are irritated by everyone and everything, and no one can do anything right. They can fly into rages with the slightest provocation. Often, they are not aware of the connection between their abortion and a constantly simmering heart full of anger, especially since most women feel pressured to have the abortion in the first place.

## **Post Abortion Syndrome: Shame and Denial**

A huge aspect of Post-Abortion Syndrome is shame. Post-abortive women often feel like second-class citizens. They live in fear of others finding out their terrible dark secret. One woman told me that whenever she would walk into a room, she was constantly scanning the faces: *Do they know? Can they tell by looking at me?*



Some women are afraid to attend an abortion recovery group where anyone would know them, even though everyone is there for the same reason. When a Christian has an abortion, she often goes into one of two directions; she either cuts herself off from God because she's so ashamed of herself, or she tries to become the ultimate "Martha," wearing herself out in service to try and earn her way to back to God's approval and blessing. The shame of abortion drives many women to perfectionism because they feel so deeply flawed and sinful.

*Denial* - Many women spend huge amounts of mental energy trying not to think about their abortion. Romans 1 calls this "suppressing the truth in unrighteousness." The horror of participating in the death of one's child is too painful to face, and many women work hard at maintaining denial for five to ten years. [{14}](#) But eventually reality usually comes to the surface.

Some women find themselves falling apart when their youngest child leaves home, or at menopause. Others become uncontrollably sad when they hold their first grandchild. One woman's denial system shattered when she saw a museum exhibit of pre-born babies and saw what her baby looked like when she aborted him. Another woman almost lost it in nursing school when she learned about prenatal development. The abortion counselor had told her it was just a blob of tissue. Even those who deny their unborn child was a human being and not a clump of cells admit they have to work at maintaining denial. One woman said, "I didn't think of it as a baby. I just didn't want to think of it that way." [{15}](#)

*Child abuse* - As the number abortions continues to rise, so does the incidence of child abuse. [{16}](#) Unresolved post-abortion feelings are tied to patterns of emotional or physical abuse of living children. One mother erupted in intense rage whenever her newborn baby cried. She came to realize that she hated her daughter for being able to do all the things that her aborted baby could never do. [{17}](#) One woman beat her three year old son to death shortly after an abortion which triggered a "psychotic episode" of grief, guilt, and anger. [{18}](#)

## Healing After Abortion

Post-Abortion Syndrome is a dark, ugly underside of abortion. Researchers have reported over a hundred psychological effects of abortion stress, including depression, flashbacks, sleep and eating disorders, anxiety attacks, a diminished capacity for bonding with later children, increased tendency toward violent outbursts, chronic problems in maintaining intimate relationships, and difficulty concentrating.[{20}](#)

*Death* - Women who abort are approximately four times more likely to die in the following year than women who carry their pregnancies to term.[{21}](#)

*Breast Cancer* - The risk of breast cancer almost doubles after one abortion, and rises even further with two or more abortions.[{22}](#)

*Cervical, Ovarian and Liver Cancer* - Women with one abortion face a 2.3 relative risk of cervical cancer, compared to non-aborted women, and women with two or more abortions face a 4.92 relative risk. Similar elevated risks of ovarian and liver cancer have also been linked to single and multiple abortions. These increased cancer rates for post-aborted women are apparently linked to the unnatural disruption of the hormonal changes which accompany pregnancy and untreated cervical damage.[{23}](#)

*Damage to Cervix and Uterus* - This causes problems with subsequent deliveries, and can result in handicaps in subsequent newborns.[{24}](#)

*Increased Risks for Teenagers* - Teenagers, who account for about thirty percent of all abortions, are also at much higher risk of suffering many abortion related complications. This is true of both immediate complications and of long-term reproductive damage.[{25}](#)

What do you say to someone who's experienced the trauma of abortion? It's a terrible loss. How do you help someone grieve? What do you say? Perhaps

something like, “I’m so sorry. It must be very difficult for you. Do you want to tell me about it?” We can offer a listening ear, full of compassion and grace: “What was the abortion like? What has it been like to live with it?” Seek to validate the woman or man’s grief with honor and respect so they can get to a place of healing peace.

What if you’re the one who’s had an abortion? You need to grieve. Grief is a natural and necessary response to loss. It’s more than a single emotion of sadness. It includes feelings of loss, confusion, loneliness, anger, despair, and more. It can’t be turned on and off at will. Working through your grief means confronting your loss, admitting it, grieving it with tears and other expressions of sadness.

The pain and grief of abortion is complicated by the fact that it is also sin. But it is not the unpardonable sin. Confess it, and receive the cleansing and forgiveness that Jesus offers. He paid for your abortion on the Cross. He offers you the healing that allows you to be at peace with God and with yourself. He offers you the courage to tell your story with someone safe, which transforms your pain into something redemptive. He offers you the stability that means you don’t fall apart if someone else is talking about abortion, or pregnancy, or babies in general.

Dr. Parton suggests three steps toward healing. First, acknowledge the wound that needs to be healed. It may take ten to fifteen years before a woman may be willing to take this step. Second, reach out for help. The Bible tells us, “Confess your sins to one another and pray for one another that you may be healed.” [{26}](#) Find others who have walked the same path, either in person or online. [{27}](#) Dr. Parton says there is an unusual strength of emotional bonding in post-abortive groups. Receive God’s forgiveness and cleansing in community; that’s His plan. Third, get into God’s Word. It’s a supernatural source of comfort and encouragement.

There is a dark and ugly underside to abortion, but it’s not too dark for God to

redeem. Praise the Lord!

## Notes

1. This account is based on a true story, with the name changed, found in Theresa Burke and David C. Reardon, *Forbidden Grief: The Unspoken Pain of Abortion* (Springfield, IL: Acorn Books, 2002), 23-25.

2. Ibid., 41.

3. Ibid., xx.

4. Personal conversation with the author, Sept. 21, 2007.

5. **Selfishness** - because she had all these dreams, plans, hopes, and ambitions for her daughter. When the daughter turns up pregnant, mom has to grieve the loss of all her dreams for her precious daughter. She'll say things like, "I just can't stand by and watch you throw your life away" or "If you have a baby right now you're just going to be stuck for the next eighteen years."

**Shame** - Mom feels that if her daughter's pregnancy becomes public knowledge, everyone will know she was not a good mother. She failed at teaching her daughter morality and purity and the things a good Christian mother should have taught her.

**Fear** - of rejection. She fears that her Christian friends will judge and reject her. So she thinks, or says, "How could you do this to me?" The mom can be so focused on her own stuff, her selfishness and shame and fear, that she can't or doesn't step up to the plate and help her daughter do what they both know is right, because these other factors are overwhelming her.

6. John 10:10.

7. I am aware that many men never know about the abortion of their child. Some find out later and they often experience deep grief and anger, not only at the loss of their child's life, but the unilateral decision to keep them in the dark about their own child's life or death.

8. Come to our website at [Probe.org](http://Probe.org) for help with that. ["The Most Important Decision of Your Life"](#) and ["How to Handle the Things You Hate But Can't Change"](#).

9. Burke and Reardon, *Forbidden Grief*, 33.

10. Sixty-three percent of women who have had an abortion seek mental health care. There is a one hundred and fifty-four percent increase in suicide. The suicide rate within one year after an abortion was three times higher than for all women, seven times higher than for women carrying to term, and nearly twice as high as for women who suffered a miscarriage. Suicide attempts appear to be especially prevalent among post-abortion teenagers. Afterabortion.org, [www.afterabortion.info/psychol.html](http://www.afterabortion.info/psychol.html) (accessed Feb. 23, 2008).

11. "Before I Had Time to Think," Afterabortion.org, [www.afterabortion.org](http://www.afterabortion.org) (accessed Feb. 23, 2008).

12. A poll by the *LA Times* revealed that fifty-six percent of those who admitted to an abortion felt guilty. But since another poll showed that seventy-four percent of those who admitted to having an abortion believe it's morally wrong, I believe that number is way too low. See Burke and Reardon, *Forbidden Grief*, 47.

13. Linda Bird Francke, *The Ambivalence of Abortion* (New York: Random House, 1978), 61. Cited in [www.abortionfacts.com/reardon/women\\_who\\_abortion\\_and\\_their\\_vie.asp](http://www.abortionfacts.com/reardon/women_who_abortion_and_their_vie.asp) (accessed February 23, 2008).

14. David Reardon, *Aborted Women-Silent No More* (Chicago: Loyola University Press, 1987).

15. Francke, *Ambivalence*, 63.

16. Psychologist Philip Ney has studied the connection. He sees several effects of abortion:

1) Failure to bond with subsequent children. One mother admitted, "We had our first daughter and I never felt the deep love for her I should have. For several reasons, I guess. The first is that I had never grieved over the loss of the child I had aborted. I was also afraid to love her too much. I felt that God was just going to take her away from me to punish me for killing my first child."

2) The weakening of maternal instincts. Killing one's own child violates the God-given instinct to nurture and protect. It can result in a hardened heart as a way of protecting herself from the truth of her action.

3) Reduced inhibitions against violence, particularly toward children. (Theresa Karminiski Burke and David C. Reardon, "Abortion Trauma and Child Abuse," Afterabortion.org, [www.afterabortion.org](http://www.afterabortion.org).)

17. Reardon, *Aborted Women*, 129-30.

18. Ibid.

19. R.F. Badgley, et al., *Report of the Committee on the Operation of the Abortion Law*, Minister of Supply and Services, Ottawa, Canada, 1977, 313-319.

20. The following citations are found in "A List of Major Physical Sequelae Related to Abortion" at Afterabortion.org, [www.afterabortion.org](http://www.afterabortion.org) (accessed Feb. 23, 2008).

21. Gissler, M., et al., "Pregnancy-associated deaths in Finland 1987-1994 - definition problems and benefits of record linkage," *Acta Obstetrica et Gynecologica Scandinavica* 76 (1997): 651-657 .

22. H.L. Howe, et al., "Early Abortion and Breast Cancer Risk Among Women Under Age 40," *International Journal of Epidemiology* 18, no. 2 (1989): 300-304; L.I. Remennick, "Induced Abortion as A Cancer Risk Factor: A Review of Epidemiological Evidence," *Journal of Epidemiological Community Health* (1990); M.C. Pike, "Oral Contraceptive Use and Early Abortion as Risk Factors for Breast Cancer in Young Women," *British Journal of Cancer* 43 (1981): 72.

23. M-G, Le, et al., "Oral Contraceptive Use and Breast or Cervical Cancer: Preliminary Results of a French Case- Control Study, Hormones and Sexual Factors in Human Cancer Etiology," ed. JP Wolff, et al., *Excerpta Medica: New York* (1984), 139-147; F. Parazzini, et al., "Reproductive Factors and the Risk of Invasive and Intraepithelial Cervical Neoplasia," *British Journal of Cancer*, 59 (1989): 805-809; H.L. Stewart, et al., "Epidemiology of Cancers of the Uterine Cervix and Corpus, Breast and Ovary in Israel and New York City," *Journal of the National Cancer Institute* 37, no. 1, 1-96; I. Fujimoto, et al., "Epidemiologic Study of Carcinoma in Situ of the Cervix," *Journal of Reproductive Medicine* 30, no. 7 (July 1985):535; N. Weiss, "Events of Reproductive Life and the Incidence of Epithelial Ovarian Cancer," *Am. J. of Epidemiology* 117, no. 2 (1983): 128-139; V. Beral, et al., "Does Pregnancy Protect Against Ovarian Cancer," *The Lancet* (May



20, 1978), 1083-1087; C. LaVecchia, et al., "Reproductive Factors and the Risk of Hepatocellular Carcinoma in Women," *International Journal of Cancer* 52 (1992): 351.

24. K. Schulz, et al., "Measures to Prevent Cervical Injuries During Suction Curettage Abortion," *The Lancet* (May 28, 1983): 1182-1184; W. Cates, "The Risks Associated with Teenage Abortion," *New England Journal of Medicine* 309 no. 11: 612-624; R. Castadot, "Pregnancy Termination: Techniques, Risks, and Complications and Their Management," *Fertility and Sterility* 45, no. 1 (1986): 5-16. Barrett, et al., "Induced Abortion: A Risk Factor for Placenta Previa," *American Journal of Ob&Gyn* 141 (1981): 7. Hogue, Cates and Tietze, "Impact of Vacuum Aspiration Abortion on Future Childbearing: A Review," *Family Planning Perspectives* 15, no. 3 (May-June 1983).

25. Wadhera, "Legal Abortion Among Teens, 1974-1978," *Canadian Medical Association Journal* 122 (June 1980):1386-1389.

26. James 5:16

27. [Her Choice to Heal;](http://www.abortionrecovery.org/messageboards/tabid/210/Default.aspx)  
[www.abortionrecovery.org/messageboards/tabid/210/Default.aspx](http://www.abortionrecovery.org/messageboards/tabid/210/Default.aspx)

© 2008 Probe Ministries

---

## The Power of "Witness"

Sue Bohlin

*April 25, 2014*

The day after Easter, our beloved Golden Retriever Calvin, only seven years old (that's mid-life in dog years) had to be put to sleep because of cancer that had been sucking the life out of him. When our son and his wife moved from Texas to

California, they were forced to leave him behind because their housing does not allow dogs, and Calvin became my husband's dog.

Calvin was the exact same shade of red as our Irish Setter, who died seventeen months ago. When we had to put Pele down, there was another big red dog in the house.

But not yesterday. Or today.

And it's painful.

Ray has always connected in a deep and special way with his dogs, and God has used them to "love on" him, as they say here in the South. So the loss of two beloved four-footed family members in less than a year and a half struck a deep blow of grief to his soul.

I looked forward to his return home so I could just **be with** him. I knew I couldn't say anything to make him feel better. [Nothing makes a grieving person feel better](#). But there is comfort in the **being there** for someone in pain.

Or in stress. The next morning a friend and I went into a courtroom with another mutual friend to support her in a legal hearing. Several times, our friend said how much she appreciated us **being there with her** and for her.

I am mindful of the week of comfort Job's friends brought to him when they sat **with him** in his misery, saying nothing in words but everything with their silent, supportive presence (Job 2:13).

I am also mindful of the good news of the Incarnation, the Son leaving heaven to come into our darkness and misery of life in a fallen world, coming as Immanuel: God **with us**.

And I am mindful of the big "no accident" of the timing of our painful loss: the day after Easter, when we celebrate Immanuel's resurrection from the dead, Who is

forever alive and, as He promised, He is **with us** always (Matt. 28:20).

**With us** in pain.

**With us** in loss.

**With us** in stress.

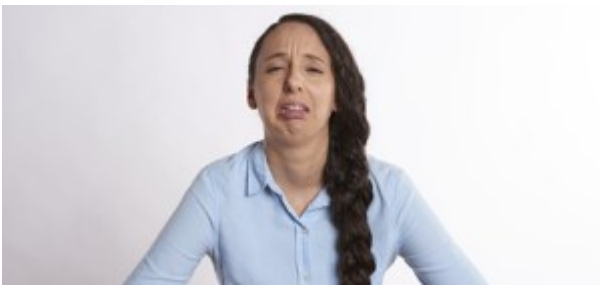
Praise God for the power of “withness”!!

This blog post originally appeared at  
[blogs.bible.org/tapestry/sue\\_bohlin/the\\_power\\_of\\_withness](https://blogs.bible.org/tapestry/sue_bohlin/the_power_of_withness)

---

## The Stink of Self-Pity

Sue Bohlin



When I got polio as an infant in 1953, just before the vaccine was developed, my parents were instructed by the doctors and the therapists that the very worst thing that could happen was for me to wallow in self-pity, and to never let me go there. Maybe they all thought that if no one ever talked about the huge assault of this life-changing trauma, it would never occur to me to think about it, and so I'd never end up in the Self-Pity Mudpuddle. So what was modeled to me, and which I dutifully followed, was a constant response of denial.

So I grew up wondering, but never able to put into words, why it was that no one seemed to understand how really, really rotten it was that I have to live my entire life with a disability, with restrictions, with growing weakness and fatigue and pain.

Fast forward to a recent mini-vacation in Cozumel with my sister and her husband. I have a lightweight travel scooter that enables me to zip around, covering distances too great for me to walk, even with my cane. Well, one night we left the scooter outside our bungalow door while we charged the battery inside, but during the night there was a torrential downpour. Scooters and rain, I learned, are mortal enemies. It was dead. I called the front desk to ask for a golf cart to come get me to take me to the resort restaurant for breakfast, but no one came and it was too far to walk.

At one point, my husband Ray lovingly said, “You know you can’t go into town without your scooter, and there are no wheelchairs here.” (He knows me well; well-trained in denial from toddlerhood, it’s easy for me to say, “Oh, it’ll be fine”—and then later I am in excruciating pain after walking. He needs to speak the truth in love to me so I don’t overdo things.)

Hit with the realization that I couldn’t walk to breakfast, much less be able to go shopping with my sister, something I’d looked forward to for MONTHS, I was confronted again with the loss of mobility and the loss of independence that a scooter provides.

So I sat there, choosing to stay present in the feelings that overwhelmed me, paying attention to what I was feeling: Sadness. Grief. Loss.

Tears.

I invited Jesus into my feelings and looked to Him to help me process them well.

And then I wondered, *Am I feeling self-pity too?*

You know, the worst of all sins for polio survivors?

That's when the lightbulb came on. I realized that self-pity isn't a primary feeling like sadness, grief and loss. Self-pity is a secondary event, a choice to respond to legitimate negative feelings. But it's not the only choice. I could also choose to respond with trust that God knows my pain, He sees and understands, and I can trust Him to redeem every scrap of my pain and my grief—for His glory and my good.

I suddenly saw self-pity as analogous to the stink of body odor. When we're hot or we exercise, our bodies are designed to release excess heat through sweat, which doesn't smell. It's natural—it's God's gift to us. But if we let the sweat linger without showering, if we don't process it by bathing, bacteria multiply and excrete what DOES stink.

To draw the analogy out further, experiencing grief and sadness is natural and not sinful at all. There's no stink to those legitimate feelings that come from life in a fallen world. But when we don't bring our feelings to the Lord, allowing Him to cleanse and purify them as we trust that He is good and He loves us even when we hurt, they can disintegrate and start to stink.

So I sat there, for the first time seeing the line between sadness and self-pity. Sadness happens because of the effects of sin in a fallen world; Jesus was "a man of sorrows, acquainted with grief" (Isaiah 53:3). But self-pity springs from the wrong belief that "I don't deserve this. Life should treat me better than this. Garbage always happens to ME while good things happen to others". . . *ad nauseum*.

I think we can avoid self-pity by seeking to respond with truth: "I deserve nothing but hell. Life in a fallen world is just painful, and this is my share today. Bad things happen to everyone, and good things happen to everyone, and the difference is the willingness to look for and see them. God is still good even though He has allowed pain into my life, and I can trust Him that there is a

purpose for my pain.”

By the way, we had to replace the dead scooter, but in His goodness, the Lord prompted some dear friends to pay for it as a gift. Now *that* feeling was on the opposite end of the spectrum from self-pity!

This blog post originally appeared at

[http://blogs.bible.org/engage/sue\\_bohlin/the\\_stink\\_of\\_self-pity](http://blogs.bible.org/engage/sue_bohlin/the_stink_of_self-pity) on June 19, 2012.

---

## The Keys to Emotional Healing - Part 2

Sue Bohlin

In [part 1](#), I talked about grieving as a necessary part of emotional healing. The other part is forgiving, separating ourselves emotionally and spiritually from the offense so that we can continue to be healthy toward the offender. As I said last time, forgiving is like pulling out the soul-splinter that is causing pain and the emotional “pus” that accumulates from unresolved pain and anger. (Grieving discharges this emotional pus.) Forgiving releases the person who hurt us into the Lord’s care, for *Him* to deal with.

We see this modeled by the Lord Jesus during the crucifixion process, when He repeated over and over, “Father, forgive them, for they know not what they do” (Luke 23:34). With each fresh offense, He released the offender into His Father’s hands, refusing to succumb to the sin of unforgiveness.



Let's say you do something to hurt me. It's like tossing a potato at me. I catch the potato and discover it's a *hot* potato. I could continue to clutch the potato to my chest, screaming in pain and yelling at how much it hurts and how awful you are to do this to me, going on and on, "IT HURTS! IT HURTS! OHHH THIS IS HORRIBLE, TERRIBLE, AWFUL PAIN! HOW DARE YOU DO THIS TO MEEEEEE!"

Or I could let go and let it drop to the floor.

There is relief in release, to be sure, but the problem with merely letting go is that we can pick it back up again. Biblical forgiveness means "sending away," with the Old Testament image of a scapegoat to help us understand. Once a year, the priest would place his hands on the head of a goat, symbolically transferring the sins of the entire nation to the goat, send it away into the wilderness, then release it. (Lev. 16:7-10)

We do need to let go of the offense and the offender, but the real power in forgiveness is *sending it away* to Jesus for Him to deal with.

If someone tosses a metaphorical hot potato at us, instead of simply letting it drop to the floor where we could pick it up again, we need to imagine Jesus standing there with His hands outstretched, inviting us to give our "hot potato" to Him. He has asbestos hands!

Forgiveness means we acknowledge the offense against us, and then transfer the offender over to God in our hearts. But for forgiveness to be real and true, we need to face the impact of the other person's sin or hurt against us and *grieve* it before we can truly let go of it and send it away to Jesus. Otherwise, it's like going to the emergency room with a broken bone and telling the doctor, "I want you to fix my bone from the other side of the room without touching me."

In the real world, if I continued to clutch a hot potato to myself, it would cool down and no longer cause pain. But in the emotional realm, if we continue to clutch an offense to our hearts, it hardens into something like cement, and a wall

is built between the offender and us. And between us and God. And between us and everyone else. Unforgiveness is spiritually and emotionally dangerous. One of my family members hung on to every offense of her entire life, real or perceived, and never let go. With every year she became more and more bitter, cold and hard-quite unlovely and unlovable, apart from the power of God. She died with a heart so diminished and shriveled that her death was nothing but a relief for the rest of us.

When we forgive the ones who hurt us, we send their offense to Jesus, who already paid the penalty for their sins and woundings against us. The best exercise I've ever encountered to help people forgive is called "the Jesus Jail," which you can find [here](#) courtesy of my friend Chuck Lynch, author of the book *I Should Forgive, But. . .*

Grieving and forgiving: the two powerful components of emotional healing. May you experience the grace of God in tearing down emotional strongholds (2 Cor. 10:4) to walk in the freedom of healing.

This blog post originally appeared at  
[blogs.bible.org/tapestry/sue\\_bohlin/the\\_keys\\_to\\_emotional\\_healing\\_-\\_part\\_2](http://blogs.bible.org/tapestry/sue_bohlin/the_keys_to_emotional_healing_-_part_2) on  
April 24, 2012.

---

## **The Keys to Emotional Healing -**

# Part 1

Sue Bohlin

After seeing God bring about major transformation of emotional healing in a number of broken people, I asked Him what was happening when He healed people's hearts. I wanted to understand the process. His answer was simple and profound, but never easy: "grieving and forgiving."

Both of these emotional disciplines are necessary to move from the place of sustaining a wound to the soul, to the place where that wound no longer controls and diminishes us—because it has been transformed into a healed scar.

Grieving means moving pain and anger from the inside to the outside. Tears are God's lubricant for that process, and what a gift of grace tears are. They are a physical manifestation of emotional pain, and when we weep—whether silent tears rolling down our cheeks or huge wracking sobs that exhaust us—the pain leaves our soul as it leaves the body.

One of my friends was so deeply wounded as a child by various kinds of abuse that in order to survive, her personality splintered into several "alters." (Multiple personality disorder is now called DID, Dissociative Identity Disorder.) One day in therapy, as she cried while talking about the pain inside, she reached for the box of tissues to blot the tears. Abruptly, she "switched" to another alter who said to the therapist, "Don't let her use the Kleenex. We need to feel the tears rolling down her cheeks. That's what healing feels like." When she told me this, it resonated deeply with me as true, and I started paying attention to how the feeling of tears on my face nourishes my soul, regardless of the reason for them. (Specks of dust under my contacts notwithstanding!)

In many cases, grieving also requires getting angry. Anger as a response to a violation of our dignity as people made in God's image, to shaming or disrespect, to neglect or abuse, is a healthy reaction. It says, "You treated me as worthless

when I have great value as God's beloved child. You dishonored me AND you dishonored God." We can express anger in constructive and destructive ways, and of course it's always better to choose a constructive expression! We see the Lord Jesus constructively channeling His anger as He fashioned a whip before cleansing the temple (John 2:15). Some people have punched pillows, or hammered nails into pieces of wood, or torn down something slated for demolition. Others have screamed out their anger and grief in a safe place. Punching bags are a helpful place to discharge anger. And one of the most powerful ways to release anger is to create a list of all the ways someone has hurt us, and the impact of their choices and actions on us, and then talk to that person in an empty chair. We say—or yell or scream—the things we would want to say if we could duct-tape the person into the chair so they couldn't leave, if they *had* to listen to us. And we go down the list, one item at a time, telling them everything they need to know about what they did and how it affected us. Often it's unwise, if not impossible, to actually dump all that anger on the actual person, but it's amazingly healing to speak out the pain and anger with our words. Out loud. Emphasis on LOUD, if need be!

Once we have grieved the hurt, the next step is letting go: forgiving. Forgiving is like pulling out the soul-splinter that is causing pain and the emotional "pus" that accumulates from unresolved pain and anger. (Grieving discharges this emotional pus.) Forgiving releases the person who hurt us into the Lord's care, for *Him* to deal with.

I'll explain more about forgiving in my next blog post, [The Keys to Emotional Healing - Part 2](#).

This blog post originally appeared at  
[blogs.bible.org/tapestry/sue\\_bohlin/the\\_keys\\_to\\_emotional\\_healing\\_part\\_1](http://blogs.bible.org/tapestry/sue_bohlin/the_keys_to_emotional_healing_part_1) on  
April 16, 2012.

---

# Turn to Jesus, Tiger

Sue Bohlin

Yesterday (Jan. 5, 2010), Fox News commentator and analyst Brit Hume *became* the news with his delightfully provocative comments about and to scandalized über-golfer Tiger Woods, which instantly showed up in places like an entertainment “news” show and in several YouTube videos.

“Tiger Woods will recover as a golfer. Whether he can recover as a person, I think, is a very open question, and it’s a tragic situation. He’s lost his family; it’s not clear to me whether he’ll be able to have a relationship with his children, but the Tiger Woods that emerges, once the news value dies out of this scandal, the extent to which he can recover, it seems to me, depends on his faith. He’s said to be a Buddhist; I don’t think that faith offers the kind of forgiveness and redemption that is offered by the Christian faith. So my message to Tiger would be, “Tiger, turn to the Christian faith and you can make a total recovery and be a great example to the world.”

I love it that someone spoke the plain, un-PC truth that Buddhism offers no solution to the weight of grief and shame that Tiger is carrying.

But Jesus does.

Our culture has become voracious in its appetite for celebrity and celebrity news, which is why a man’s unfortunate and self-indulgent choices to engage in numerous extramarital affairs gets much more attention that it deserves. This isn’t just about news that sells newspapers and magazines; this is a real life train wreck, with real life trauma and pain to a man and his family. And that’s why what we believe matters, because real life in a fallen world involves pain and

suffering—some because of our own sinful choices, some because of others' sinful choices, and some because pain and suffering is inextricably linked with a world hostile to God and intent on operating independently from Him.

Pain and suffering is not optional, but we have choices in how we interpret our experiences and how we respond. Brit Hume, himself a Christ-follower, knows that God can bring hope and change and redemption out of the most painful parts of life. He knows, because he is a man forgiven by God and others for his own sins, that there is freedom and relief in the forgiveness made possible by Jesus' death and resurrection.

Tiger needs to know.

Would you join me in praying for the man, every time you hear or see him mentioned in the media? Pray for grace to repent and not merely grieve that he got caught. Pray that he turns to Jesus.

This blog post originally appeared at  
[blogs.bible.org/engage/sue\\_bohlin/turn\\_to\\_jesus\\_tiger](https://blogs.bible.org/engage/sue_bohlin/turn_to_jesus_tiger)

---

## **What Not To Say When Someone is Grieving**

Sue Bohlin





Last week my dear friend Sandi Glahn wrote another boffo [blog post](#) about the myths of infertility, which included some of the dumb things people say.

It may be insensitivity or a lack of education that spurs people to say things that are unhelpful at the least and downright hurtful much of the time. I still remember my own daggers to the heart after our first baby died nine days after her birth. And for the past several years, I have been collecting actual quotes said to those already in pain.

So here's my current list of What Not To Say when someone is hurting:

**Don't start any sentence with "At least. . ."**

- "At least you didn't have time to really love her."
- "At least he's in heaven now."
- "At least you have two other children."
- "At least that's one less mouth you'll have to feed."
- "At least it didn't have to go through the pain of birth."
- "At least you've had a good life so far, before the cancer diagnosis."

**Don't attempt to minimize the other person's pain.**

- "Cancer isn't really a problem." (e.g., Shame on you for thinking that losing your hair/body part/health is a problem.)
- "It's okay, you can have other children."

**Don't try to explain what God is doing behind the scenes.**

- "I guess God knew you weren't ready to be parents yet."
- "Now you'll find out who your friends are."

- “This baby must have just not been meant to be.”
- “There must have been something wrong with the baby.”
- “Just look ahead because God is pruning you for great works.”
- “Cancer is really a blessing.”
- “Cancer is a gift from God because you are so strong.”

**Don’t blame the other person:**

- “If you had more faith, your daughter would be healed.”
- “Remember that time you had a negative thought? That let the cancer in.”
- “You are not praying hard enough.”
- “Maybe God is punishing you. Have you done something sinful?”
- “Oh, you’re not going to let this get you down, are you?” (Meaning: just go on without dealing with it.)

**Don’t compare what the other person is going through to ANYTHING else or anyone else’s problem:**

- “It’s not as bad as that time I . . .”
- “My sister-in-law had a double mastectomy and you only lost one breast.”

**Don’t use the word “should”:**

- “You should be happy/grateful that God is refining you.”

**Don’t use clichés and platitudes:**

- “Look on the bright side.”
- “He’s in a better place.”
- “She’s an angel now.” (NO! People and angels are two different created kinds! People do not get turned into angels when they die.)
- “He’s with the Lord.”

**Don’t instruct the person:**

- “This is sent for your own good, and you need to embrace it to get all the benefit out of it.”
- “Remember that God is in control.”

• “Remember, all things work together for good for those that love God and are called according to His purpose.” (Romans 8:28 is powerful to comfort oneself, but it can feel like being bludgeoned when it comes from anyone else.)

**What TO say:**

- “I love you.”
- “I am so sorry.” You don’t have to explain. Anything.

**What TO do:**

- A wordless hug.
- A card that says simply, “I grieve with you.”
- Instead of bringing cakes, drop off or (better) send gift certificates for restaurants or pizza places.

And pray. Then pray some more. It’s the most powerful thing we can say or do.

This blog post originally appeared at

[blogs.bible.org/engage/sue\\_bohlin/what\\_not\\_to\\_say\\_when\\_someone\\_is\\_grieving](https://blogs.bible.org/engage/sue_bohlin/what_not_to_say_when_someone_is_grieving)

on January 20, 2009, and you can read the many comments there.

---

# “I Don’t Feel God’s Love or Presence”

Nathan Townsie and Sue Bohlin

**I don’t feel God’s presence or love. I know this sounds like a nonchristian “question,” but I know 100% I am a Christian! I’ve been through so many hard things in my life; for instance, my dad, a professor at Dallas Theological Seminary, died of brain cancer when I was a little kid. That’s**

**just one thing. It feels like the more and more I live for God, the more my life falls apart. I feel like He has abandoned me. I know David wrote in the Psalms about feeling alone, but I've never heard about anyone not feeling God's love. Please help! I feel completely alone!**

I'm sorry for the loss of your father. I'm truly devastated to hear that you don't feel God's presence. If you think you're the only one to feel that way, please don't. I certainly have felt isolation and separation from God. Sometimes it was the result of my unrepentant sin. Other times, I felt that calamity had unfairly fallen on me and wondered if God cared about my situation. Despite it all, I'm still here. I'm still a Christian and a stronger believer because of the things I've suffered.

King David experienced much grief and despair during his reign over Israel. When he wrote much of the book of Psalms, he did not just include the happy times of life; he included the full range of negative emotions: bad, sad, melancholy, depression, hopelessness, fear, sorrow, hurt, anger—you name it. Psalm 88 is probably the epitome of the depths of human brokenness. He felt as if he were in the darkest depths, surrounded only by unrelenting grief. David felt the terrible sting of death—those who were closest to him were taken away and he himself felt abandoned and forgotten by God (which is like death itself). The king had no idea why terrible things were happening to him and his soul was in anguish because of it.

In the face of terrible suffering, there is one thing David never included in the Psalms—faithlessness. Even at the deepest valley of his misery, David gave God praise and appealed his case before the Lord. He understood that no matter what happens, it is the Savior-God to whom he could appeal and the Savior-God who brings peace.

But also know this. God did not create us to be alone and to suffer alone. God called us as believers to “bear one another's burdens” (Galatians 6:2). I would ask you to express your situation to someone you trust for spiritual support. I

appreciate your email to us, but you would do yourself wonders if you could interact face-to-face with a trusted friend, church member, minister, or pastor. If your dad was a professor at DTS, then I'm certain the counseling services are open and available to you. I hope this helps. Remember, God is not far from each of us (Acts 17:27). God has said that He would never leave us, nor forsake us (Hebrews 13:5). Be encouraged that you have the indwelling of the Holy Spirit, the guarantee that you are God's cherished child (2 Corinthians 1:21-22). God is always there for you.

Nathan Townsie

P.S. My colleague at Probe, Sue Bohlin, also had some thoughts she wanted to share with you.

\_\_\_\_\_, many, many people have trouble feeling God's love, but they don't feel free to talk about it. There are a number of reasons for the obstacles to experiencing His love, and while I can't know the answer in your case, maybe one or more of these might resonate with you.

First, as I'm sure you know, we live in a fallen world. Nothing works right, including our "feelers." Sometimes our perceptions malfunction. Sometimes we can sense that there are feelings deep in our souls but we can't access them. Life can be like a radio with a broken antenna, unable to pick up the radio signals that are present in the room but we're unable to receive them.

Sometimes we shut our feelers down after a painful experience or trauma, believing that it just hurts too much, and we make a private vow to not feel anything. The trauma of losing your father wounded you and shaped you forever, and I am so very sorry to learn of this. Do you think it's possible you decided, years ago, to shut down your heart so you wouldn't feel the pain of loss and grief from the father-shaped hole in your heart?

The good news is that God is able to heal broken receivers, broken feelers. We

need to give ourselves permission to open ourselves up to both the negative and the positive emotions that are part of life, and ask Him to bring healing to our “feelers.” Many people report that when they renounced their inner vow to not feel anything, God gradually restored their ability to feel again.

Secondly, if we’re angry at God, it’s really hard to feel His love because the anger gets in the way. I get that—I spent the first twenty years of my life angry at God because He allowed a trauma to shape my life in painful ways. It took me some time to get to the point where I grasped the truth of His sovereignty, the fact that He is in total control, which is balanced by His goodness. If God allows something painful into our lives, it’s because He has a plan to redeem every bit of the pain. I’d love to share my story with you, “How to Handle the Things You Hate But Can’t Change” here:

[www.probe.org/how-to-handle-the-things-you-hate-but-cant-change/](http://www.probe.org/how-to-handle-the-things-you-hate-but-cant-change/). You may also benefit from “The Value of Suffering” here: [www.probe.org/the-value-of-suffering/](http://www.probe.org/the-value-of-suffering/))

Third, different people have different ways of experiencing God’s love. Recently, a friend was thinking about the fact that he has trouble feeling loved by his heavenly Father because of his relationship with his earthly father. While on vacation, he wondered what it would take for him to feel God’s love, and at that moment he heard the squawk of a flamingo. He turned toward the sound of the animal and smiled with pleasure, and was suddenly aware that he had been touched by an evidence of God’s love through His creation. Be on the lookout for unexpected ways that God says “I love you!” I send this with a prayer that God meets you in your feeling of aloneness and assures you of His love.

Sue Bohlin

© 2010 Probe Ministries



---

# **“I Need Help Resolving Past Stuff In My Life”**

Sue Bohlin

**I need help resolving past stuff in my life. I’m stuck and I don’t know where to go or what to. Can you help?**

I can tell you that from my study over the years, as well as personal experience, I believe the key to emotional healing (which is what resolving past stuff is about) is a two-pronged effort: grieving and forgiving. That said, the overarching, “big picture goal” is what David realized in Psalm 51:6 when He told the Lord, “I know that You desire truth in my inmost parts.” God brings freedom and healing when we allow Him to show us the lies we have believed about what we’ve experienced and the conclusions we have come to about Him, about life, about other people and about ourselves. When we renounce the lies and embrace the truth, we actually experience Jesus’ promise in John 8:32, “You shall know the truth, and the truth shall set you free.” But it needs to be more than an intellectual assent to the truth; we also need to open our hearts to the freeing power of truth.

It’s important to face our losses and our woundings, inviting Jesus into the process (absolutely essential), so that we give Him access to those places in our hearts that need healing. In fact, one of my mentors calls Christian denial “the refusal to give God access to the hurts He wants to heal for His glory and our benefit.” Instead of going digging, it’s much better to ask the Holy Spirit, our Comforter and Counselor, to shine His light on which wounds and losses He wants to address, since He knows the best order for untangling our messes. As He brings memories to the surface, we ask for grace in facing them, experiencing the feelings again but this time in a redemptive way because we are giving them to

God to heal, and grieving the ungrieved feelings we haven't yet dealt with. This means tears, and sometimes screams. (The best definition I've ever heard of Post Traumatic Stress Disorder, the emotional debilitation that can follow an emotional trauma such as sexual abuse, or war, or observing something horrific like the workers who cleaned up the aftermath of 9/11, is "failure to scream.") Journaling is one of the most important tools in grieving because there is something therapeutic about the layers of sensory experience in writing on paper: holding the pen, feeling the paper, smelling the ink and the paper, hearing the sounds of pen on paper. And somehow, the Holy Spirit seems to be able to direct our thoughts and our feelings in the process of writing out what's in our hearts, and He dislodges the shards and splinters of lies that are embedded in our souls so that we can recognize them, renounce them, and embrace the truth He shows us.

One of the things God has shown me about grieving is that there is a finite amount of grief for each wound and loss. He knows how many tears are attached to each wound, and once they're out of us, they are gone forever, collected by God Himself in His tear-bottle (Ps. 56:8). (Consider this: if you think about a childhood loss or painful experience that caused tears, have you cried about it lately? Probably not, because you finished grieving it years ago. There were a finite number of tears over losing a beloved pet in fourth grade, for example. And also consider that since there will be no sorrow or crying or pain in heaven for the believer (Rev. 21:4), all our grieving has a time limit.

The other part of healing is forgiving, where we face the wrongs done to us and choose to let go of them into God's hands for Him to deal with. There are good resources on understanding forgiveness and how to forgive (two of the best are *Total Forgiveness* by R.T Kendall and *I Should Forgive, But...* by Chuck Lynch), but bottom line, we forgive because the only one we hurt by refusing to forgive is ourselves. It's like someone tosses us a hot potato, and we clutch it to our chest exclaiming with pain, all the while continuing to hold it to ourselves. Forgiving means letting go of the hot potato so it no longer hurts us. When we forgive the people who caused us pain, we release them into God's hands for HIM to deal

with them as He sees fit. Louis Smedes said that when we forgive someone, we set a prisoner free, and we discover that the prisoner was us.

Refusing to forgive has terrible repercussions. Unforgiveness is a bitter, corrosive poison that consumes a person's soul and diminishes their spirit. I watched a family member grow increasingly invalid and weak with the years of holding onto grudges and insults, whether real or perceived, as if they were treasures. By the time she died, all of her life and vitality was drained out, and there was nothing but a brittle shell of who she used to be. But failing to grieve also has painful consequences: uncried tears heighten stress and cause all kinds of physical diseases and maladies. Because we are a unit of body, soul and spirit, our bodies hold onto soulish pain and it comes out as physical pain and illness. This is why James 5 "connects the dots" between physical illness, confession of sins, and the need for prayer.

Hope you find this helpful.

Sue Bohlin

© 2009 Probe Ministries