

SCRIPTURAL PRINCIPLES

Bitterness
Depression
Difficult husbands
Fear
Hurt
Loneliness
Pain
Self-pity
Suffering
The past

Waiting instead of running ahead of God—Psalm 37:7—Rest in the Lord, and wait patiently for Him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass.

Psalm 40:1—I waited patiently for the Lord; and He inclined unto me, and heard my cry.”

Someone has hurt you, or you have been misunderstood—Eph. 4:2—With all lowliness and meekness with longsuffering, forbearing one another in love.

Col. 3:13—Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.

Rom. 12:19—Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.

Matt. 5:44—Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you and persecute you.

Putting the past behind—Phil. 3:13,14—I count not myself to have apprehended, but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.

Life is empty without God—Eccl. 5:10—He that loveth silver shall not be satisfied with silver; nor he that loveth abundance with increase: this is also vanity.

Eccl. 6:7—All the labour of man is for his mouth, and yet the appetite is not filled.

Isaiah 55:2—Wherefore do ye spend money for that which is not bread? And your labour for that which satisfieth not? Hearken diligently unto Me, and eat ye that which is good, and let your soul delight itself in fatness.

Life is full with God—John 15:11—These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.

Eph. 3:19—And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fullness of God.

Putting away fear—Psalm 56:3-11: What time I am afraid, I will trust in thee.....In God I will praise His word, in God I have put my trust; I will not fear what flesh can do unto me.

Also Psalm 91:5-12

Reaching outward instead of indulging in depression and self-pity—Realize first (unless there is a physical cause) that a sinful response to any circumstance in life may be the cause of depression.

The Psalmist David wrote, “When I kept silent about my sin, my body wasted away through my groaning all day long.” (Psalm 32:3) He continued “I am bent over and greatly bowed down; I go mourning all the day long...I am benumbed and badly crushed; I groan because of the agitation of my heart.”

Cain became very depressed because God did not accept his sacrifice. The Lord asked, “Why are you angry? And why has your countenance fallen? If you do well, will not your countenance be lifted up? And if you do not well, sin is crouching at the door...but you must master it.” Cain’s depression was the result of disobedience. But God promised relief if Cain would resist the sin, repent and confess it.

Living with a very difficult husband—“With acceptance comes peace.” Rom. 8:6—For to be carnally minded is death; but to be spiritually minded is life and peace.

I Peter 3:1—Likewise, ye wives, be in subjection to your own husbands; that, if any obey not the word, they also may without the word be won by the conversation (manner of life) of the wives.

Psalm 119:165—Great peace have they which love thy law; and nothing shall offend them (or cause them to stumble.)

Isaiah 26:3—Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in Thee.

Bitterness or blaming God—Eph. 4:31,32—Let all bitterness (refusing to forgive) and wrath, and anger, and clamour (demands) and evil speaking be put away from you with all malice; And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Being forsaken, rejected and/or lonely—Isaiah 53:3—He is despised and rejected of men; a man of sorrows, and acquainted with grief; and we hid as it were our faces from Him; He was despised, and we esteemed Him not.

Mark 8:31—And He began to teach them, that the Son of man must suffer many things, and be rejected of the elders, and of the chief priests, and scribes, and be killed, and after three days rise again.

GODLY RESPONSES TO SUFFERING:

I Peter 1:20,21—Responding to suffering in a godly manner—For what glory is it if, when ye be buffeted for your faults, ye shall take it patiently? But if, when ye do well, and suffer for it, ye take it patiently, this is acceptable with God. For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow His steps.

II Tim. 2:12—If we suffer, we shall also reign with Him; if we deny Him, He also will deny us.

II Cor. 3:5—Not that we are sufficient of ourselves to think any thing as of ourselves, but our sufficiency is of God.

II Cor. 12:9, 10—And He said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake; for when I am weak, then am I strong.

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