

It Will Spill, Part One

It will appear that I am supporting the positive mindset position that many promote today. However, I do not, and will not, support that position. The positive mindset positions, and the self-esteem positions taken today by many are totally unscriptural. Therefore, it must be clearly understood, that these next few lessons do not reflect either position.

A guilty conscience and other negative emotions can surely turn out the lights on your happiness. And not only can negative emotions take life from your years, they can take years from your life – not to speak of friends and all the other things that you lose also.

In studies on hostility it has been shown that continuing hostile feelings can lead to all types of illness, and early death. It has been said, “When you are right, you can afford to keep your temper, and when you are wrong, you can’t afford to lose it!

Today’s emotional pressures are gigantic. Coping with hostilities, competition, financial stress, family demands, traffic jams, health problems, violence and crime puts staggering demands on fragile emotions.

There is no way we can make emotional pressure evaporate, and one thing is for certain – either you master your emotions or your emotions will master you. I read recently where a little boy was given the opportunity to choose a puppy for himself from a litter of puppies. His excited eyes fell on one wagging his tail. The young lad replied and said, “I want the one with a happy ending.” In these next few lessons, I pray, they will help you cope with the pressures that life has brought your way.

I have in my study a book about the chancellor of Germany during the First World War, his name was Otto Von Bismarck. Adolph Hitler was profoundly influenced by him. Hitler was so overcome by Bismarck’s bitterness and resentment that he looked upon it as a virtue and not a vice. Hitler desired to be like Bismarck. Hitler’s and Bismarck’s life both ended as being known as villains. And it was bitterness and resentment that lead to their demise.

The book says that Bismarck, “When he had no immediate cause for hate, he would dredge up a skeleton from the past and chew on it for a while.”

Another section of the book says, “One morning Bismarck proudly announced, ‘I have spent the whole night hating.’ So, the weight of resentment eventually broke his health. He grew a beard to hide the twitching muscles of his face. Jaundice [yellowish discoloration of tissues and bodily fluids], gastric ulcers, gallstones, and shingles wracked his body. . . . When a publisher offered him a large sum of money for his life’s story, he began to write with a reckless disregard for truth, heaping hate on men and women long dead. Hatred was Bismarck’s passion. He died at eighty-three, an embittered, cynical, desperately lonely old man, miserable and self-consumed.”

Bitterness is a blight, an emotional cancer which consumes many a person who once had the bloom of happiness upon them. Behind nearly every church squabble, bitterness is lurking somewhere in the shadows. Bitterness and resentment reveals itself in a person who is marked by a sharp and bitter wit that is cutting, critical, and faultfinding. Unfortunately, people like that are in the churches, in our places of work, and maybe in our homes.

All of us should ask ourselves: Am I bitter? Or, do I have the seed of its bitter fruit in me?

The embittered person has trouble facing his bitterness because, most of the time, he truly believes his sour outlook on life is justified. Thus, bitterness is deeply ingrained and not easy to solve. The negative adjectives of bitterness seem endless: horrible, hellish, and hurtful just to list a few.

Scripture: King James Version: Hebrews 12:14-15.

Jerry W. Arnold
(All Rights Reserved)

All Rights Reserved