

A Hell Called “Is That a Knife in My Back?”

(What to do when a buddy blindsides you)
SERIES: When You’re Going Through Hell . . . ; (05 of 11)
by Dr. David Foster

5 Lies We Believe About Love

If you’re loving you’re **a doormat**.

If you’re loving you’re **gullible**.

If you’re loving you’re **soft**.

If you’re loving you’re **vulnerable**.

If you’re loving you’re **helpless**.

“Dear friends, never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it. (Don't take the law into your own hands.) Instead, feed your enemy if he is hungry. If he is thirsty give him something to drink and you will be ‘heaping coals of fire on his head.’ In other words, he will feel ashamed of himself for what he has done to you. Don't let evil get the upper hand, but conquer evil by doing good.” (Rom 12:19-21)

The Bitter Bad News

Bitterness **sours** my **soul**.

Bitterness **shrinks** my **spirit**.

Bitterness **separates** me **from God**.

"Your heavenly Father will forgive you if you forgive those who sin against you; but if you refuse to forgive them, he will not forgive you." (Mat 6:14-15)

The Purpose in This Pain?

"But Joseph said to them, ‘Don't be afraid. Am I in the place of God? You intended to harm me, but God intended it **for good** to accomplish what is now being done, the saving of many lives. So then, don't be afraid. I will provide for you and your children.’ And he reassured them and spoke kindly to them." (Gen 50:19-21)

The chance to **practice humility**.

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” (Eph 4:31-32)

The chance to **trust God**.

The chance to **be gracious**.

The chance to **look inside**.

“. . . He that is without sin among you, let him first cast a stone at her.” (John 8:7)

The chance to **practice W.W.O.N.D.A.**