



MENTORING LADIES

MATERIAL

Christians Must Always Be Happy and Positive



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Christians Must Always Be Happy and Positive

○ Introduction:

I grew up in a very happy home, also a very traditional, conservative, and religious home. My dad was a “NG Kerk dominee” and my mom was the typical loving, submissive wife. I never saw my parents argue, never saw them unhappy with each other – but we also never really said “I love you” to each other either... it was just accepted and assumed that we do... “you don’t have to say it to mean it” 😊

I don’t think I ever saw my dad show intense negative emotions – he was always calm and collected, always in control. The only emotions I saw, was while he was preaching from the pulpit – he had a deep love for his God and a deep love for God’s people... and when he was preaching about something really important, like God’s grace for us sinners, my dad’s bottom lip and chin would quiver – and I would know: “this is deep and intense and I need to pay attention.”

Because of my dad’s job, he was often absent from home, which left my mom to raise three kids, basically alone. But she did it with so much grace – it seemed effortless – she never complained, never shouted, always smiling. I don’t even recall her going through menopause – because she never said anything!

This lead me to believe that I should also do the same and this became one of the lies I believed:

Belief system: “Christians Must Always Be Happy and Positive”

I also started saying that I am “fine”, even when I wasn’t. I always slapped a smile on my face and acted like I am happy and positive, even though I was hurting inside. I would go to God and chat to him about my worries and concerns, but I would also feel ashamed and guilty for not feeling as happy

and positive as I thought I was supposed to be – Because I have so much to be happy and positive about, right? I have a job, a husband, kids, a house, a car, my physical health – so much more than so many other people!

○ **Conclusion:**

God showed me that it's OK to have feelings – we don't choose our feelings... so we don't have to apologize for feeling those feelings. And all feelings are valid and acceptable – it's OK to feel sad, angry, depressed, frustrated – whatever we feel – We are allowed to feel them and we are allowed to share them with God and the people close to us.

What makes me a Christian, is not my feelings, it's me knowing that I need a Saviour, that I am broken and bruised, but that Jesus came to take it all on His shoulders, so that I can have eternal life and JOY, even in the midst of my feelings.

The Bible is also full of great men of God, who had even bigger feelings!

David: Just go read in Psalms... this poor guy would probably have been diagnosed with Bipolar Disorder, had he lived in modern times 😊 – His feelings were all over the place... up, down, then up and down again!

Psalms 6:6-7

I am weary with my groaning; Every night I soak my bed with tears,
I drench my couch with my weeping. 7 My eye grows dim with grief;

Job: Now, he had reason to feel depressed – after everything that happened to him!

Job 30:16-20 -

“And now my life seeps away.

Depression haunts my days.

17 At night my bones are filled with pain,
which gnaws at me relentlessly.

18 With a strong hand, God grabs my shirt.[a]

He grips me by the collar of my coat.

19 He has thrown me into the mud.

I'm nothing more than dust and ashes.

20 "I cry to you, O God, but you don't answer.

I stand before you, but you don't even look.

Elijah: He had suicidal thoughts – understandably, being chased around by a crazy lady.

1 Kings 19:4

Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, Lord," he said. "Take my life, for I am no better than my ancestors who have already died."

Jeremiah: This guy wrote a whole book about his sad story! In Afrikaans it's called: "Klaagliedere" ... talk about feeling depressed!

Lamentations 2:11

"I have cried until the tears no longer come;
my heart is broken."

So, if all these great men of God were allowed to feel sad, depressed, angry, frustrated etc. I am also allowed to feel those feelings! I do not always have to be positive and be happy and slap a smile on my face and "fake it till I make it". I can just be real and raw and honest in front of God and I can give Him all my feelings – He is the great healer and He will restore my soul and renew my mind and give me joy and peace, even when it feels like I am drowning.

○ **Prayer:**

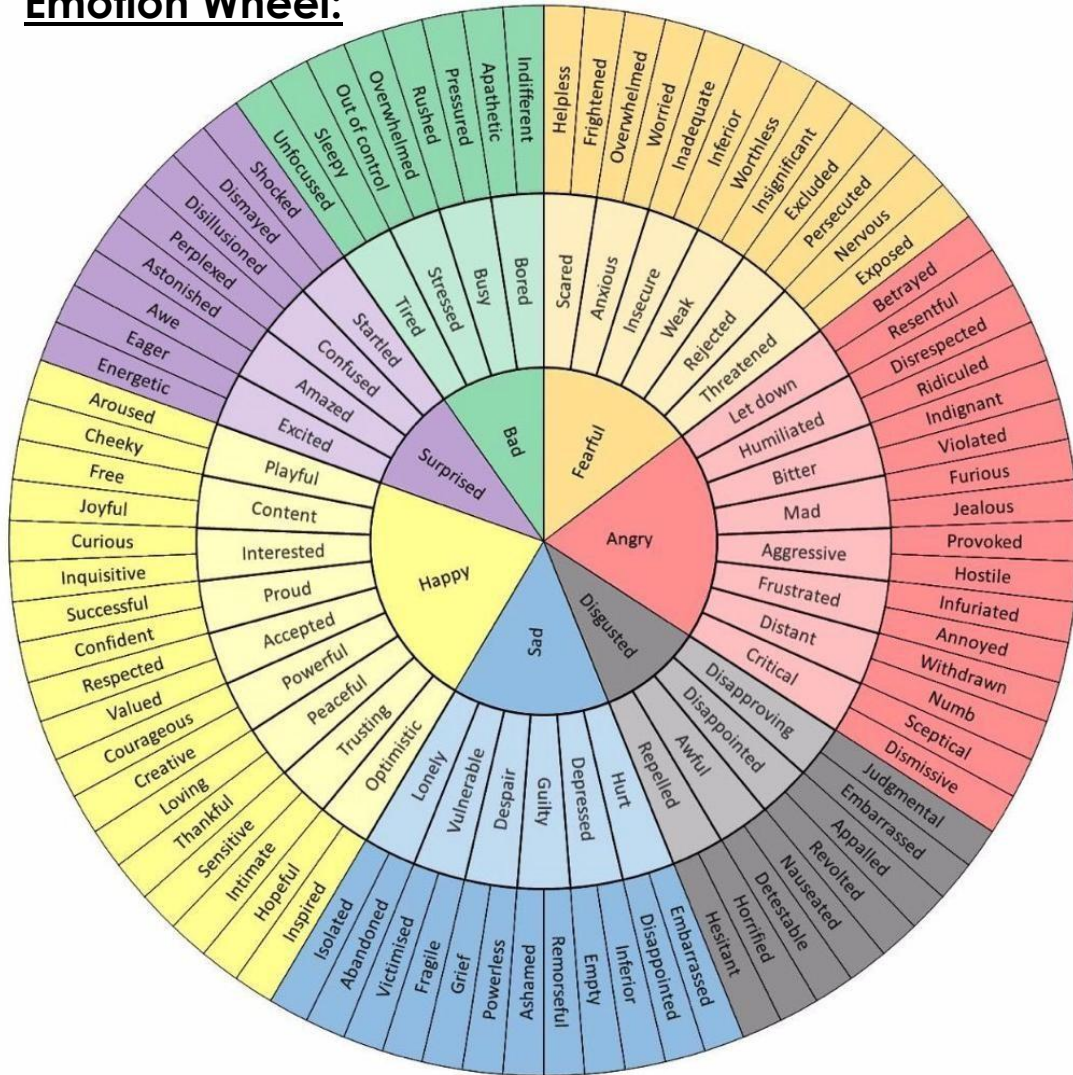
"Thank you, Jesus, for allowing me to just be me. Thank you that You understand me best, that I do not have to act or pretend around you. Help

me to not hide from my feelings, to give myself permission to feel whatever I feel – but to also decide to give those feelings over to you, to remind myself that I do not have to hang on to them and suffer alone.

○ **Practical Application:**

- The moment you become aware that you are feeling something, you should take a step back, breathe, and try to identify the feeling - give it a name!! (Here the emotions wheel comes in very handy.)
- Write down the names of all the feelings and just give yourself permission to feel it and to sit in it for a while...
- Then you can go to the “why am I feeling this?” And try to identify the reason... usually it's because of something that happened, that threatened a need... (here Maslow's hierarchy of needs sometimes comes in handy to identify the actual unmet need.) Write this down too... it helps with understanding, when you can see it written on paper.
- Only after that, can you allow yourself to go to “what am I thinking?” because of this feeling that I am feeling. And write down your thoughts.... No matter how confusing or “deurmekaar” your thoughts may be... just write them down anyway.
- Ask yourself: “Is this that I am thinking TRUTH or a LIE?” – If I compare this to God's word, would God be telling me this, or does this sound more like something the enemy would be saying?
- CHOOSE to believe what God says to you!! And choose to hand those feelings over to God.
- Remember: Feelings are like waves – we cannot control them, they come and they go... sometimes they are small, sometimes they are HUGE tsunamis! But we also cannot hold on to waves... you can only ride them and allow them to come and then also go again. 😊

○ Emotion Wheel:



○ Maslow's Hierarchy:



Maslow's hierarchy of needs