

**CA 28 TFP2 (formerly CA 30 TFP2 OUR EMOTIONAL ASSETS)****Theme music**

Check out



**FOSTER:** As we start our program today I have question for you. Actually this is a question I want you to ask yourself. Imagine you're standing in front of a mirror as you ask the question: "What is it like to live with me every day?" Think about that.

When you're at work, do people stop to see you because they know they'll be uplifted and encouraged, or do they sneak past to avoid being immersed in negativity?

What about at home? Just before you arrive home after work, are your wife and family saying "DADDIES COMING HOME!!" or are they thinking, "Uh, oh, daddies coming home."

Welcome to Champions Arise. I'm Foster Braun and I'm with Kent Darcie. As men, we don't like to deal with the emotional part of ourselves. Some of us won't even admit we have an emotional side, but the Bible says we are created in God's image. And God has emotions. He can be happy and sad, angry and joyful. And God has given men these emotions as well. But how are we handling them? We'll look at that when we return to Champions Arise.

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**FOSTER:** Kent, the Bible says that God has emotions, Jesus has emotions, and even the Holy Spirit has emotions, but as men, we don't want to admit that we have emotions. Why is that? First, do you agree with that?

**KENT:** Oh yes. Absolutely. For a long time, I was in that group. I grew up with the view that showing emotion was bad. But we **do** show them. It leaks out.

Your earlier question "*what is it like to live with me*" says a lot about how we are using, or misusing, our emotions. Particularly if we view that question through the eyes of our wife, or kids, or our coworkers.

**FOSTER:** I heard a Pastor say that life is 10% what happens to us and 90% how we react to it.

**KENT:** I like that, but I'd go a step further and say that life is 10% what we think about the situations in life we face and 90% what God thinks about the situations we face.

**FOSTER:** basically, our perspective versus God's perspective

**KENT:** exactly

**FOSTER:** But how does that affect our emotions?

**KENT:** In major ways

**FOSTER:** Can you give me an example?

**KENT:** In the book The Four Priorities, by Dr. John Tolson and Larry Krieder, they list a couple of areas where our emotions are affected depending on whether we look at things from our

perspective or from God’s perspective. For example, have you ever known someone who is always negative—always complaining?

**FOSTER:** The first person that comes to mind was a guy I knew in college. He was there on a full scholarship—didn’t have to pay a thing, had a beautiful girlfriend, and he had a job waiting for him when he graduated from college. But all he did was gripe and complain. He was never happy. And this is what really annoyed me, he’d complain about complainers!

**KENT:** That’s funny. I’ve seen that. And often complainers will group together and get energy from each other’s negativity. They also tend to exaggerate and can’t wait to share bad news with each other. The sad thing is, after a while, they don’t realize how negative they are

**FOSTER:** Why is that? Why do we – and I say **we**, because we all do it sometimes—why do we complain—particularly as Christian men.

**KENT:** I think, at least in western society, we are a complaining culture. However, I would say ingratitude is part of our sin nature—therefore it affects men in every culture to some extent, but a primary reason for complaining is we’re spoiled.

Contrary to everything Jesus taught, many of us believe that life owes us certain rights and privileges. If things don’t go the way we want, we get upset. “*We didn’t deserve that disappointment. We deserve better.*” So we complain about our wives, our kids, our jobs, and that is being spoiled.

**FOSTER:** And you mentioned that our sense of entitlement, the “I deserve” part of us, is the opposite of what a disciple of Jesus Christ is supposed to be like.

**KENT:** In Philippians 4:11 Paul writes, “*I have learned in whatever state I am to be content.*” Spoiled is a condition of being discontent. But another reason people gripe and complain is because of negative friends.

**FOSTER:** Complainers do enjoy complaining together don’t they?

**KENT:** Yes, Proverbs 13: 20 says, “He who walks with the wise grows wise, but a companion of fools suffers harm.” If you are spending time with complainers, you are going to become a complainer.

But another reason we complain and have a negative griping attitude is because we compare ourselves to others.

**FOSTER:** But there will always be someone stronger, richer, smarter, more talented, and more muscular than we are.

**KENT:** Which is why this leads to bitterness. We need to be content with doing our best in the way that God created us.

**FOSTER:** if you joined us late, you’re listening to Champions Arise. We’re so glad you chose to spend some time with us today. I’m Foster Braun and I’m with Kent Darcie. Today we are looking at the emotional assets God has given us and how we can use or misuse them. Kent

we've been talking about the problems of complaining and how annoying it can be to us, but how does God feel about complaining?

**KENT:** The same way **we** feel when we do something nice for our kids and they complain about it. God is very displeased. We see an example of this in Numbers 21:4-6. The Jews had crossed the Red Sea, but grumbled against God on the other side.

*"From Mount Hor they set out by the way to the Red Sea, to go around the land of Edom. And the people became impatient on the way. And the people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we loathe this worthless food." Then the LORD sent fiery serpents among the people, and they bit the people, so that many people of Israel died."*

**FOSTER:** God was serious in dealing with their ungrateful hearts.

**KENT:** Yes, the Bible says in Philippians 4:19, "*My God will supply every need of yours according to his riches in glory in Christ Jesus,*" so how can we complain?

As men, we need to create an atmosphere of gratefulness and thankfulness to God in our homes and at our workplace.

**FOSTER:** I think complaining and negativity are like poison that slowly hardens and withers our hearts.

**KENT:** That's an interesting point. God doesn't just hate grumbling and complaining because of our ungratefulness toward Him—though that would be enough—God also knows the effect it has on us. You just mentioned one. It slowly hardens our hearts. Another thing it does, is it allows bitterness and unforgiveness to grow as well. Which affects our heart, our mind, and our relationships.

**FOSTER:** Nothing good comes from bitterness. The writer of Hebrews says, "See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many (Hb 12:15.)" There's a lot in that verse.

**KENT:** There really is. "Missing the grace of God". Think about that. Is this the desire of any of us that call Jesus Christ our Lord? We want to be flooded by the grace of God, but apparently, bitterness can stop that, because this verse warns us to let **no bitter root grow** up. You do any gardening Foster?

**FOSTER:** I tried to grow a tomato plant once, but... let's just not talk about it.

**KENT:** I'm sorry to bring up such a traumatic experience. My point is my wife and I have a good size garden and it seems like if you just touch a plant, it falls over or breaks off. But to get a weed out, you have to pull and dig and make sure you get it all or else it grows right back. That's what James is talking about in this verse when he says let no bitter root grow up.

But the end of that verse is the real point, the bitter root grows up to cause trouble and defile many.

Men, do you have bitterness in your heart today? Are you complaining because of what you don't have, or who you don't have, or because of things that didn't happen that should have? Look at what Hebrews 12:15 is saying. The bitter root in your heart is growing up and causing trouble and defiling many.

Is that your story today my friend? Are you a bitter person with no joy, no creativity, or any positive influence?

A man can only hide bitterness so long. Eventually it will surface and defile relationships.

➤ **FOSTER:** That's why we see so many broken relationships, separations, divorces

**KENT:** and abuse, fatherless kids,

**FOSTER:** women being mistreated

**KENT:** we could go on and on. And that is just one way bitterness shows itself—against others. Another way bitterness comes out is against ourselves.

You ever do something really stupid and you feel so dumb. Maybe someone was hurt in the process, or you cost the company money. Whatever the reason, you've never forgiven yourself. It's like you took the pain and confusion you felt, locked it in your heart, and threw the key in the river.

Maybe your situation happened a long time ago and nobody even knows how you feel. But as a result, as you go through life, when bad things happen, you believe you deserve it because of what you did. But bitterness has taken root. There's a cloud of bitterness over your life that you can't remove.

My friend, if it's a sin you committed, confess it to God, ask for His forgiveness, and accept God's forgiveness in accordance with first John 1 verse 9 which says, *“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”*

**FOSTER:** What if whatever happened was accidental?

**KENT:** If it's just something that happened that could have happened to anyone, talk about the situation with a godly person you trust. This will help you to get a proper perspective on what actually happened—because we tend to exaggerate how bad things actually were. But after you've talked it through, maybe you'll need to apologize to whoever was hurt. Don't explain or justify it, just say you're sorry.

But the important thing is, regardless of what caused your bitterness, don't carry it around anymore. God wants you to be free from every burden. That's why the Bible says in 1 Peter 5 verse 7 *“Give all your worries and cares to God, for he cares about you.”*

**FOSTER:** Is there any other way bitterness can show itself?

**KENT:** Yes. Our bitterness can be aimed at others. Our bitterness can be aimed at ourselves, and our bitterness can be aimed at God.

**FOSTER:** What would cause that?

**KENT:** Usually something traumatic. You lose a job unfairly. Your wife leaves you. You are hurt by someone in the church. It's something **you believe** God should have protected you from, but He didn't. So you're angry at God and over time that anger has turned to bitterness toward God.

**FOSTER:** So what can you do?

**KENT:** The first thing is admit it. We don't believe its right to be mad at God, even if we are. So we have to admit to ourselves that we're mad and bitter with God.

The second thing is to confess our anger, bitterness, and unforgiveness toward God. Pray to Him and tell Him exactly how you feel. The thing we always seem to forget is..

➤ **FOSTER:** God knows what we're thinking about Him anyway.

**KENT:** Yes, and we also forget that He wants to heal us. He wants to remove that bitterness in you that has made you miserable all this time. The question is...will you let Him?

Ephesians 4:31 says "Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. (Ep 4:31.)" These things stand between us and God and between us and the ones we love.

**FOSTER:** My friend, if you have bitterness in your heart, please take the steps we've talked about today to allow God to heal your heart. And Kent, I want to continue our discussion on emotional issues guys face in our next program.

**KENT:** Sure. This is an important issue.

**FOSTER:** Great. We'll be right back.

***Music bumper in***

**Program Close**

**FOSTER:** Thank you for listening to Champions Arise where men are equipped and strengthened to meet their God-given potential. Today we discussed grumbling vs gratitude and bitterness. This material was based on chapters 11 and 12 in the book "The Four Priorities," by Dr. John Tolson and Larry Kreider which is published by "The Gathering USA" in 2007 and used with permission. You can learn more about this book and listen to any of these programs at our website [championsarise.org](http://championsarise.org). I'm Foster Braun with Kent Darcie. Thank you for listening to Champions Arise. May God mold you into the man He knows you can be.

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