

My experiences with negative events

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Beattitudes

Matthew **5** Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, **2** and he began to teach them.

The Beatitudes

He said:

3

“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

4

Blessed are those who mourn,
for they will be comforted.

- What do you do when you are down?

Beattitudes

5

Blessed are the meek,
for they will inherit the earth.

6

Blessed are those who hunger and thirst for righteousness,
for they will be filled.

7

Blessed are the merciful,
for they will be shown mercy.

8

Blessed are the pure in heart,
for they will see God.

- What do you do when you are weak?

Beattitudes

9

Blessed are the peacemakers,
for they will be called children of
God.

10

Blessed are those who are persecuted
because of righteousness,
for theirs is the kingdom of heaven.

- What do you do when you are wrongly accused?

Beattitudes

11 “Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. **12** Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

Bible Verses on Anger

James 1:19-20

19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, **20** because human anger does not produce the righteousness that God desires.

Proverbs 29:11

11 Fools give full vent to their rage, but the wise bring calm in the end.

Bible verses on sorrow

I may walk through valleys as dark as death, but I won't be afraid. You are with me, and your shepherd's rod makes me feel safe. (Psalm 23:4)

The Lord is near to those who are discouraged; he saves those who have lost all hope. (*Psalm 34:18*)

He will wipe away all tears from their eyes. There will be no more death, no more grief or crying or pain. The old things have disappeared. (*Revelation 21:4*)

Bible verses on stress

1 Peter 3:14

14 But even if you should suffer for what is right, you are blessed. “Do not fear their threats ; do not be frightened.”

Isaiah 40:31

31 but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 41:10

10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

- Why does God encourage us to have a positive attitude?

God's Prayer

Matthew 6: **5** “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. **6** But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. **7** And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. **8** Do not be like them, for your Father knows what you need before you ask him.

Pray for God's Will

- Ephesians 1:18 **18** I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people,

God's Prayer

9 “This, then, is how you should pray:

“Our Father in heaven,
hallowed be your name,

10

your kingdom come,
your will be done,

on earth as it is in heaven.

11

Give us today our daily bread.

12

And forgive us our debts,

as we also have forgiven our debtors.

13

And lead us not into temptation,[a]

but deliver us from the evil one.[b]’

Overcome temptation to Sin

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

1 Corinthians 10:13 | NIV

God's Prayer

14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. **15** But if you do not forgive others their sins, your Father will not forgive your sins.

Forgive to release your burden

32 Be kind and
compassionate to one
another, forgiving each other,
just as in Christ God forgave
you.

- Why does God encourage us to look at things not just from our own perspective and forgive?

Ask, Seek and Knock

Matthew 7:7-12 New International Version
(NIV)

Ask, Seek, Knock

7 “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. 8 For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

Ask, Seek and Knock

9 “Which of you, if your son asks for bread, will give him a stone? **10** Or if he asks for a fish, will give him a snake? **11** If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him! **12** So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

Try to do your best

2. Ecclesiastes 9:10 **Whatever the activity in which you engage, do it with all your ability**, because there is no work, no planning, no learning, and no wisdom in the next world where you're going.
3. 2 Timothy 2:15 **Do your best to present yourself to God as an approved worker** who has nothing to be ashamed of, handling the word of truth with precision.
4. Galatians 6:9 **Let's not get tired of doing what is good**, for at the right time we will reap a harvest—if **we do not give up**.

- Why does God encourage us to do our best even under unfavorable circumstances?

My thoughts

- I think it's God's will that we try to heal from emotional wound, maintain a positive relationship with people and strive to do what the best we could.

My Experiences

- When a negative event happens to me, I would get angry, sad or pressured.
- I would try to take it easy for a while in order to let my emotions settle down.
- I would try to look at things not from my own perspective after my emotions subside.
- Then, I would try to seek a solution that is practical and mutually beneficial.

My Experiences

- The actual process is rarely a clear cut step-by-step progression.
- A lot of times, steps overlap and the whole process could be iterative.
- But, I feel better gradually as I progress through the flow.