

A photograph of a sandy beach with footprints and waves. The sand is golden-brown and shows several sets of footprints. The ocean is blue with white foam from the waves washing onto the shore.

Control Your Feelings

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Let's take a look at Luke 6:37-38

37 Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven:

38 Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.

Verse 38, talks about “giving and it should be given unto you.” If you look at verse 37, it’s talking about judging, so we see that it's the same principle. One tells you **to do something and the other tells you **not to do** something. Verse 37 says, **don't judge** people and verse 38 tells you to **give to** people. If you give you will receive abundantly but in 37, what's the problem with the judging?**

**The way you judge others, God will
judge you in the same way**





It is interesting in and of itself, the tension between the instruction here **not** to judge, and our job function which is **to judge.**

Let's go to Matthew 22:36-40...

36 Master, which is the great commandment in the law?

37 Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

38 This is the first and great commandment.

39 And the second is like unto it, Thou shalt love thy neighbour as thyself.

40 On these two commandments hang all the law and the prophets.



Previously we went from Matthew 22 straight to Exodus 20 because it talks about the Commandments. People were confused about what the second Commandment was. They thought it was number 2 of 10.

However, the **second** Commandment is actually the last **six** Commandments.

12 HONOUR THY FATHER AND THY MOTHER

13 THOU SHALT NOT KILL

14 THOU SHALT NOT COMMIT ADULTERY

15 THOU SHALT NOT STEAL

16 THOU SHALT NOT BEAR FALSE WITNESS AGAINST THY NEIGHBOR

17 THOU SHALT NOT COVET



5 “And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might.”

We've got Deuteronomy 6:5 for the first commandment and were going to get Leviticus 19:18 for the second. Leviticus 19:18 says,

“Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself: I am the Lord.”

This is not a definitive definition of loving your neighbor but it is a definition.

What does it mean to love your neighbor? Where are you going to receive your answer from?

You're going to get it from the bible. In particular, Leviticus 19:18, it tells you what it means to love your neighbor as yourself, it gives you a definition. It's not a comprehensive one but it is definitive. It talks about not avenging and not bearing grudges.

What does it mean to Avenge?

How many of us take vengeance on other people?

If someone hurts your feeling or they offend you, do you want to hurt them back?

If someone doesn't do what you would want them to do, they behave in a way that you don't think is correct.

Does your behavior towards them change?

Do you get upset?

Do you want to react back at them?

Taking vengeance is one of the definitions of not loving your neighbor.

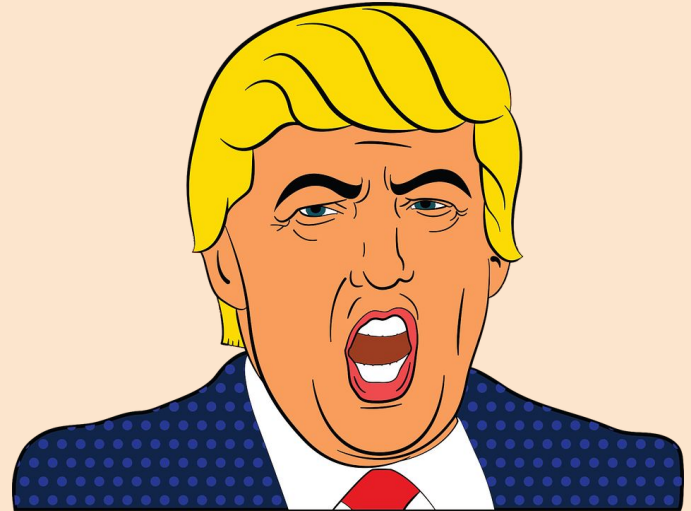
If someone hurts your feelings in any way, Does your behavior towards them change?

Do you get upset?



Do you hold a Grudge?

Do you want to react back at them?



What is a Grudge?

1. **Strong's H5201: keep, bear, grudge, keeper, keepers, kept, reserve, reserving.**
2. **The primary definition is to keep.**
3. **In Brown-Driver Briggs it means to keep, to keep guard or to maintain.**
4. **What does it mean to grudge? Strong's says to guard, figuratively, to cherish.**

**Basically, it means to maintain something, status quos
or to guard something.**

Let's take a look at a few verses of this word H5201:

Psalms 103:9. He will not H3808 always H5331 chide:H7378 neither H3808 will he **keep H5201** his anger for ever.H5769

Song of Solomon 1:6 Look H7200 not H408 upon me, because I H7945 H589 am black,H7840 because the sun H8121 hath looked H7945 H7805 upon me: my mother's H517 children H1121 were angry H2734 with me; they made H7760 me the **keeper H5201** of(H853) the vineyards; H3754 but mine own H 7945 vineyard H3754 have I not H3808 **kept H5201**

Jer 3:12 GoH1980 and proclaimH7121 (H853) these H428 words H1697 toward the north,H6828 and say,H559 Return,H7725 thou backsliding H4878 Israel,H3478 saithH5002 the LORD;H3068 and I will not H3808 cause mine angerH6440 to fallH5307 upon you: for H3588 I H589 am merciful,H2623 saithH5002 the LORD,H3068 and I will not H3808 **keep H5201** anger for ever.H5769

Jer 3:5 Will he **reserve H5201** his anger for ever?H5769 will he keep H8104 it to the end?H5331 Behold,H2009 thou hast spoken H1696 and done H6213 evil things H7451 as thou couldest. H3201

If I said to **reserve** something what word would you use? **Keep**. So, we can see that every occurrence of this word in the Bible is **keep**. In Leviticus 19:18 it doesn't say keep, it says **grudge**.

What does it mean in verse **18**, “**don't have a grudge.**” We added the word **keep**, so it's this idea of holding onto something. Your holding onto bad feelings. You're not allowed to take vengeance and you're not allowed to hold on to anger or bad feelings, and you can see that they are related.

18“Thou shalt **not avenge, nor bear any grudge** against the children of thy people, but thou shalt love thy neighbour as thyself: I am the Lord.”



When you translate 5201 into english it takes a couple of words to do that. So, to bear a grudge means to hold on to bad feelings. Is it the word **bear** or is it the word **grudge**?

5201 is not the word grudge in and of itself.

The word is really **bear** which means to hold onto something, to keep it. That's where you get the word forbear. This is a good observation.

The text is going to give the context of what you're keeping or holding onto. When we go to verse **17**, it says, “**don't hate.**” You can rebuke but don't suffer (allow) sin to happen. However, you're not allowed to hate. Verse **16** talks about **gossip** and verse **15** talks about **not doing any unrighteous behavior**. When you go to verse **18** and they have the word, keep, the translators are looking for the context on what you're keeping or what you're holding on to. Well, use the word **guarding** in connection to **vengeance**. What are you guarding? Some kind of **bad feeling**. It's the context that has put the word grudge in there.

15 Ye shall **do no unrighteousness in judgment**: thou shalt not respect the person of the poor, nor honour the person of the mighty: but in righteousness shalt thou judge thy neighbour.

16 Thou shalt **not go up and down as a talebearer** among thy people: neither shalt thou stand against the blood of thy neighbour: I am the Lord.

17 Thou shalt **not hate** thy brother in thine heart: thou shalt in any wise rebuke thy neighbour, and not suffer sin upon him.

18 Thou shalt **not avenge, nor bear any grudge** against the children of thy people, but thou shalt love thy neighbour as thyself: I am the Lord.

If someone does something to you and your holding onto bad feelings, what do you do?

You take your vengeance.

That's one definition of what it means to **not** love your neighbor. However, if someone does something to you and you get upset, that's not necessarily wrong.

When does it become wrong?

When you hold onto it.

What do you do when you hold onto it?

You act on it by **keeping** bad feelings towards your neighbor.

**How many of us
take Vengeance on
other people?**



**What does Vengeance
even look like?**

If I do something that you don't like and you have a bad feeling and then you get into a car accident or you fall and hit your head and lose all your memory. Then I come to you and you say “hello” and you say “hi” nicely, why is that? Because you weren't able to remember that bad experience. It wasn't allowed to grow and fester.

If you had a plant that was growing and it had mold or fungus you'd say the mold was festering. Festering is an ugly type of growth. It's been festering in your heart and it's been growing. Then the person comes to you and you want to show them that you're upset, **that's vengeance.**

If you didnt keep those feelings, or protect and guard that hurt, there would be no expression of anger or hostility or no response.

What people tend to wait for is this thing called, **Sorry**. If you say sorry then they say OK I'll stop guarding this ill feeling.



The real question is how does God behave towards us?

Every time you do something wrong to Him,
does he guard those bad feelings, let them grow
and then have them come back to you?

Everytime you steal from him does he
withhold money or blessings from you,
realizing that you need to live?

If you didn't ask for forgiveness would he start
to take vengeance on you?

Which option does God use?

If you are in a relationship with someone and you leave the relationship, that person has two choices. They can either let you go or they can pursue you. This is not vengeance.

Every time you do something wrong, God never holds a grudge and he doesn't take vengeance on you. What we're talking about is **neighbors**.

Neighbors:

A friend, a fellow, a citizen, another person, your peer

Judge & Criminal

When we talk about the final destruction, we have God and Satan. Is that relationship one of neighbors? I would say it's not. I would say that's a relationship between a Judge and a Criminal.

Judges are not allowed to bear grudges or take vengeance. They're just extremely intelligent administrators. All they're allowed to do is go to a code book, check the crime and administer the punishment. That's all there job is, that's not vengeance, it's just doing what the book tells them to do.

It takes a Clever Person

The reason why they have to be clever is because the crime is often complicated. There are varying degrees of punishment that are not fixed. It has to be this way. If a poor person stole money it's a simple crime and so you just go to the book and it tells you what the punishment is. If they stole \$10, the book can't say, if you steal the punishment is \$10,000 fine. That would not be comparable. However, if it was a large corporation and they stole 10 million dollars, a \$10,000 dollar fine is not enough. The book will say, if they steal, give them the appropriate punishment. Therefore, it takes a clever person to work out what an appropriate punishment is. But it's not vengeance, because one of the requirements is that you're not allowed to hold on to any preconceived prejudices or grudges.

So, God is not the neighbor when He kills Satan in the lake of fire. This is the problem with Luke 6:37

What's the context of this judging? It says, **“don't judge.”**
So, if you were to judge what would your job be?

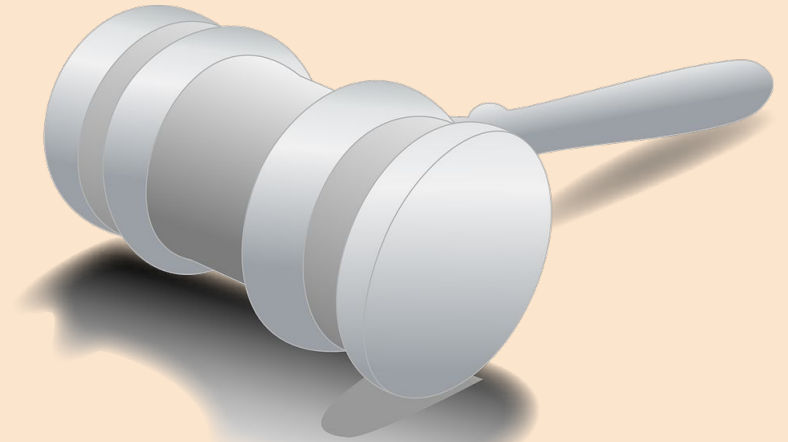
A Judge. So, it means, **“Don't be a Judge.”**

Is God the Judge?

Yes. Are we supposed to be Judges?

Sometimes ...

37 Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven



When are we supposed to be Judges?



When we have a
relationship of
Judge → Criminal.



What's the context of Luke 6?

Neighbors

The neighbor is not allowed to judge another neighbor.

However, what if one of those neighbors is a Judge and the other is a Criminal?

In this situation the neighbor **can** judge the other neighbor.

But that is in a Judicial setting not a Neighborly setting.

So, when people say “**you have no right to judge me**” and they use Luke 6:37-38 to prove it, they may or may not be correct depending on the circumstance.

However, if we are neighbors then it's correct, your not allowed to judge them.

However, we are more than neighbors. We have other job functions and in another capacity you're not just allowed to but you're **required** to judge.

In the olden days...

A Judge would listen to the case and after he would say, “I’ll give my judgement tomorrow,” even though they’ve already been found guilty.

When it comes to the next day he’d be wearing a black cap on his head.

This is when he will pronounce what the punishment will be for the crime.

What’s happened here is that he’s becomes the Executive Judge. He has changed his relationship from Neighbor to **Executive Judge**.



Who are we allowed to Judge?

We are **only** allowed to judge Criminals, **not** our Neighbor.



I am confused,
we are taught *not* to judge our neighbors
but in certain situations we are *required* to
judge our neighbor?

NO,
you are *not allowed* to judge your
neighbor. **Only** in a Judicial setting can
you judge your neighbor.

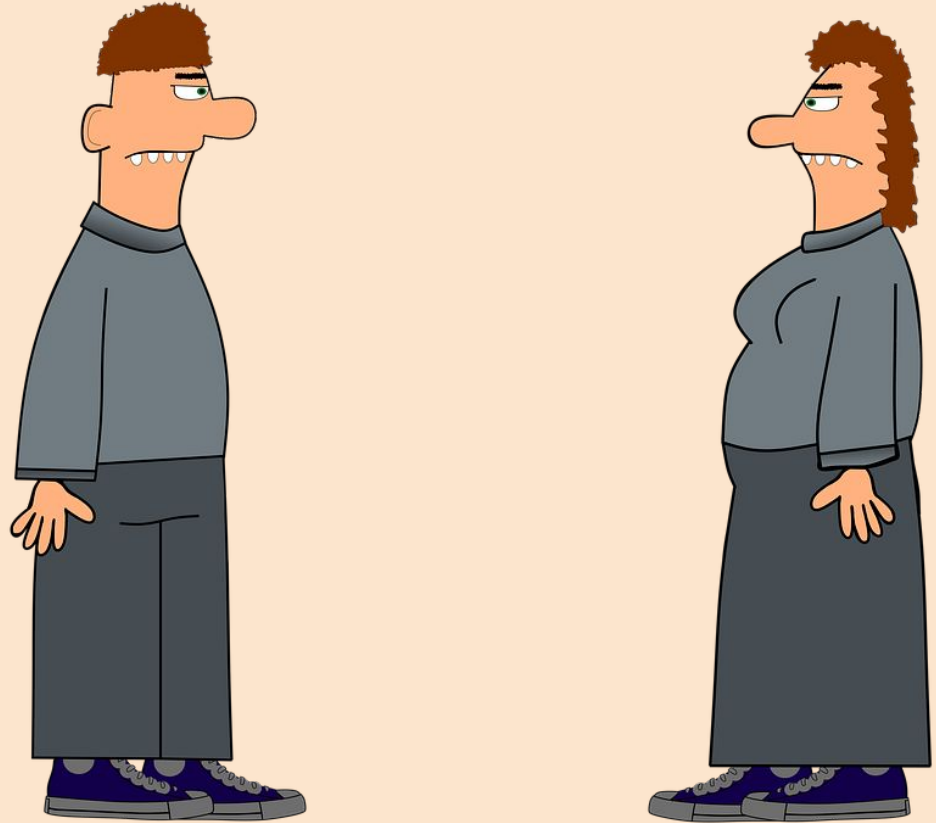


What if my neighbor becomes a Criminal and does something wrong towards me?

No, this is not the right mindset.

You can't just say, your neighbor has become a Criminal and therefore they've stopped being your Neighbor and now you can judge them because they've become a Criminal.

You **can't** justify that approach.



The Question is how do we know **when** to Judge?

I guess that takes some skill and wisdom. But one of the markers is when someone has done something wrong to you, first of all you don't take it personal. Then when you do respond, you don't respond with a grudge or some kind of vengeance. Just because your feelings have been hurt, you want to hurt someone back. This is a wrong response, you are breaking this rule and this is **sin**.

It's first about making sure someone has actually done a criminal act and then checking your feelings about how you are responding.

It's much simpler than we think.

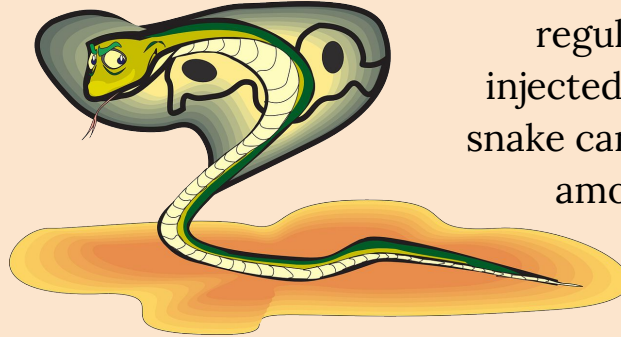


If you are dead to self you can't be offended

All of us know when our feelings are hurt, we want to lash out and hurt someone. When we justify our behavior by saying that they did a criminal act, **that is breaking this law.**

Some people symbolize Satan as a snake and they say if you step on a dead snake it won't bite back.

However....



A snake's detached head can immediately act by reflex and potentially bite. The induced bite can be just as severe as that of a live snake. As a dead snake is incapable of regulating the venom injected, a bite from a dead snake can often contain large amounts of venom.

Soft Version or Hard Version

Leviticus 19:18

18 Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself: I am the Lord.

I like **Leviticus 19:18**, and I also like **Deuteronomy 6:5** as well, but we didn't focus on that one because it's not the **Great Test**. I want to see how easy it is to be **lost** or to be **failing the test**.

When you get to the edge of the cliff you're just going to fall over.

This **hard version** of vengeance is not the standard, it's the **soft version**. Like when you have bad feelings towards another, you hold onto them because they hurt you and then you plan and scheme on how you can hurt them back.

Deuteronomy 6:5

5 And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might.



What's worse is if you hold onto these feelings you might not even be planning and scheming to take revenge. It just takes a spark to ignite the flame because it's been there for awhile.

You're probably saying to yourself,

“I’m going to be good and not say anything.”

However, because you've held onto those bad feelings, you find yourself in a very sensitive situation and you lose control of your emotions. You say,

“I couldn't help it and I didnt even mean it.”

This issue is really ugly and serious, and so pervasive. However, it's everywhere and ***we are all failing*** on this **test** and it's so ***easy to fail***.

So, how do we *not* hold onto these feelings?

The question is... **will you have these feelings?**

It's a natural reaction when we get hurt. Or is it?

A.T. Jones is quite generous. He says the proper standard of Christianity is that ***you don't have the feelings.***

That's where we need to get. ***So that you're not so easily hurt.*** All of us never begin that way.

There's so much of ourselves still alive that we often do get hurt. So, then the task is not to hold onto that hurt. ***It's the holding onto the hurt that's the problem.***

However, it begins by being hurt in the first place

Christianity is about getting to a place where you **don't** get hurt. Most of us are not good at that.

- Don't hold onto grudges.
- Ask God to take them away from you.
- Best thing is not to have those feelings at all.

The question is “**can you live your life where those feelings don't happen to you**”?

The answer is **Yes**.
I can give you some examples.

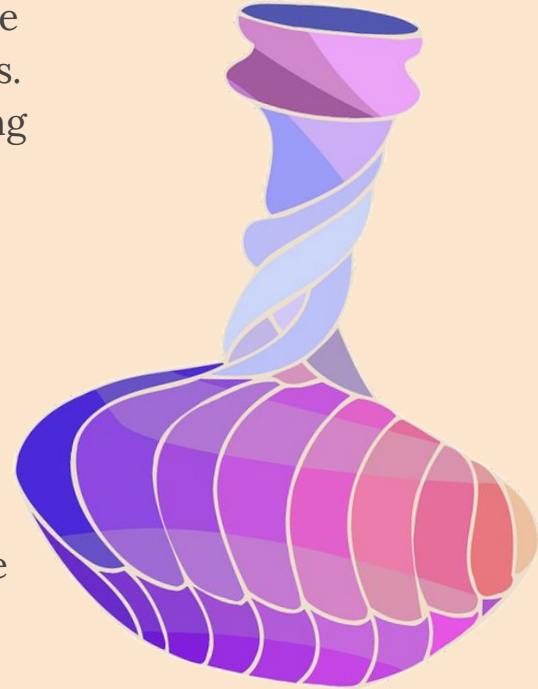
You're at a shop... and someone walks in and there's an expensive vase for \$6000, they walk past it, knock it over and it breaks into many pieces. How do you feel? You could feel bad or you could laugh and think nothing of it. So, ***you can control your feelings.***

Let's change the building. Now, this is your house, this is your vase.

Now how do you feel, do you have bad feelings? What has changed? The **building** and the **vase**, everything else is the same.

You can see how easy it is to modify human behavior.

If they knock over your vase just ***pretend*** it's not your house and it's not your vase. Then you have no bad feelings. It's really not that difficult to live above these hurt feelings.



In Theory...

In practice it's not that easy. When you have these feelings you have to deal with things. Is it easy to pretend that the vase is not yours?

No, it's not.

Why can't you pretend?

Because everybody has rights

What do you have rights to?

Life, Liberty and the Pursuit of Property.

It's your inalienable right, it's nothing that you earn or that you have to explain yourself. The more stuff you attain, the more happy you are. So when someone destroys your property it goes deep, it's part of our nature or our innate right to protect our property.

That's why God at the end can have vengeance because you start messing around with his property. Without going too deep into that, I want to make a point. It's not that easy not to have feelings when someone touches your possessions, your happiness or even your feelings because you're built to protect that.

**The question is once you
have those feelings what
will you do with them?**



In Summary:

- Let us *learn* how to *deal with our emotions and our feelings*.
 - We are *forbidden* from *judging our neighbors*.
 - God has *commanded* us to *treat others* as we would want them to *treat us*.
 - We are *required* to treat others in the way that *God treats us*.
 - When we are being attacked let us *not judge, not bear a grudge* or to *take vengeance*.
 - God has *called us* in many situations to *judge* but help us to *do it righteously*.
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The End
