

The new book from *New York Times* Bestselling Author Lysa TerKeurst

# UNGLUED

MAKING WISE CHOICES IN THE MIDST OF RAW EMOTIONS

## When I Want to be Mean

*"So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness." Colossians 2:6-7 (NIV 1984)*

I looked at the text message in complete disbelief. Why couldn't this person see how insensitive and hurtful they were being?

I don't know who made up the saying, "Sticks and stones may break my bones but words can't ever hurt me." Either they had nerves of steel or they lived on a deserted island with no other people. Because not only do words hurt me, but they make me want to fight back and be mean, too.

Have you ever had a little situation with someone where you just knew you were right and they were wrong? Or at least you could make a really good case for your side of things?

Oh how I have this burning need to state my case in these kinds of situations. It's like an inner attorney rises up desperate to defend my rights and get the other person to see things my way. This is pretty normal, right?

Yes. But normal doesn't always mean good. Especially in light of today's key verse.

Colossians 2:6-7 reminds me, *"So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness." (NIV 1984)*

I should live rooted in Jesus' teaching and overflow with thankfulness. The opposite of this is when I'm rooted in self-centered opinions and overflowing with grumbling. I need to let God show me how to see things from this other person's side and gain a different perspective. In doing so, I will be strengthened and taught.

Colossians 3:12-14 reminds me, *"... as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience."*

*Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity." (NIV 1984)*

My job isn't to fix this person or make them see my side of things. My job is to obey God by offering an extension of the forgiveness I've been given. But I can also stay healthy in this situation by remembering forgiveness doesn't mean giving this person access in my life that sets me up for destructive patterns.

Finally, Colossians 3:17 reminds me, "*And whatever you do, whether in word or deed, do it all in the name of the Lord, giving thanks to God the Father through him.*" (NIV 1984)

Everything I do and say tells a story of who I serve. If I act out of anger and spite, I give in to the ways of the enemy, spreading his darkness. If I honor the Lord with my actions, I serve to further the Name of Jesus and spread His light.

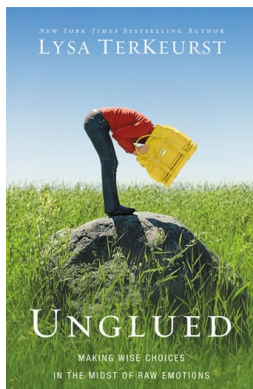
At the end of the day, honoring God leads to good things. Anything else leads to confusion, emotional exhaustion and a lack of good things.

I processed the text message mentioned above with my husband. He said something that brought much clarity. "Lysa, you know when you've taken the high road, God blesses you. You've seen these blessings over and over as you've made choices that honor God. So chose a blessing today and save yourself the emotional turmoil of trying to prove you're right."

He's a smart man.

I know this isn't easy stuff. I'm having to live it in the midst of feeling hurt. But I'm also feeling more at peace being able to see another perspective—a healthier perspective—a biblical perspective. And I'm really excited about the blessings that are surely coming my way.

*Dear Lord, You know the hurtful words and actions that have been pummeled my way. Please give me Your strength to not retaliate, but instead to react based on Your Truth. In Jesus' Name, Amen*



Sometimes we need a friend to encourage us as we make right, godly, healthy changes. Lysa TerKeurst does just this in her new book *Unglued*.

For more information, visit <http://www.ungluedbook.com>

Lysa TerKeurst is a *New York Times* bestselling author and speaker who helps everyday women live an adventure of faith through following Jesus Christ. As president of Proverbs 31 Ministries, Lysa has led thousands to make their walk with God an invigorating journey.

Visit [www.LysaTerKeurst.com](http://www.LysaTerKeurst.com) for daily inspiration.

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