

ALERT TO CONSEQUENCES

Psalm 32:1-5

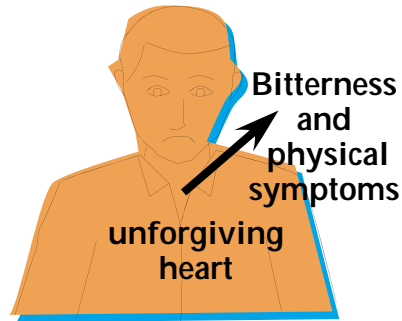
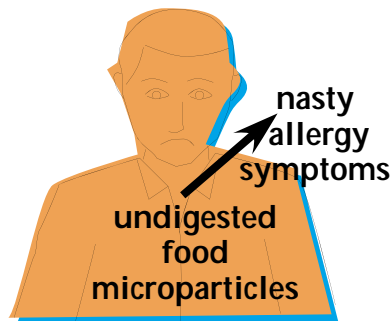
Another Perspective

How is bitterness like allergies?

Learning comes about most quickly when we can see how one thing that we are familiar with is related to another. It becomes a learning 'breakthrough.' When I was reading through Psalm 32, I was startled by how an unforgiving heart is so much like those troublesome allergies!

True happiness in life occurs when everything is in harmony and properly working together as designed.

On the other hand, when we go against God's perfect design for our bodies and relationships, then we discover all sorts of unwanted symptoms in life that make life horrible.



Happiness
When all is fine and forgiven

Psalm 32:1

"How blessed is he whose transgression is forgiven, whose sin is covered!"

Sorrow
When something is wrongfully present

Psalm 32:3

"When I kept silent about my sin, my body wasted away."

Click here to see the 7 similarities between bitterness and allergies.

#1 Source Of Troubles

- When we do not live by God's design, problems develop.

Many allergies develop from undigested food particles. The food should have been helpful to our body systems, but because of a disruption in the process, problems develop.

Relationships are similar. People are there for support, friendship, love and strength. However, we find that when problems are unresolved, the sight or thought of those very persons tend to 'wreck' our day.

#2 Alerting Us To Danger

- God uses our problematic symptoms to call us to correct our problems.

Allergic symptoms of sneezing, headaches, coughing, itchiness, etc. All alert us that something is wrong and needs to be fixed.

The symptoms of an unforgiving spirit are broken relationships, arrogance, bitterness, loneliness, along with other possible physical symptoms of sleeplessness, lack of motivation, etc (see Ps 32:3-5).

#3 Easy To Ignore

- We tend to ignore the problems because we do not want to solve them!

With regard to allergies, we like the food we eat and are not willing to change.

Or with an unforgiving spirit, we are willing to tolerate the difficulties just so we can smugly 'teach the other a lesson or two.'

#4 Duration Intensifies Consequences

- If solutions are not coming, further complications occur.

If we do not avoid those allergens, the symptoms of our allergies will get worse.

If we do not forgive another, spiritual and physical symptoms will worsen.

"Research shows that many allergies are caused by food that is not properly digested. ... When these undigested food microparticles enter the bloodstream they can travel to different parts of the body and play havoc" (Lick the Sugar Habit, p. 33). When the body properly digests and distributes the food, the whole body is in balance.

Psalm 32:3-4

"When I kept silent about my sin,
my body wasted away
through my groaning all day long,
For day and night Thy hand was
heavy upon me;
My vitality was drained away
as with the fever heat of summer.
Selah."

Sorrow

When something is
wrongfully present

"But if you do not **forgive** men, then your Father will not **forgive** your transgressions".
Matthew 6:15

#5 Difficulties Passed On To Others

- If not solved, the problems will be passed on.

Allergies are often passed on to our children.

Bitterness and prejudices in the parents more than often are found in their children too.

#6 Cure For Such Symptoms

- Cures arise as we alleviate the source of the problem.

Cure for many allergies is to avoid troublesome foods and to eat properly so that the enzymes can properly do their digestive work.

The cure for unforgiveness is to forgive one another and ask the Lord through Jesus Christ to be merciful and forgive your own sins. Clear out the block in your life.

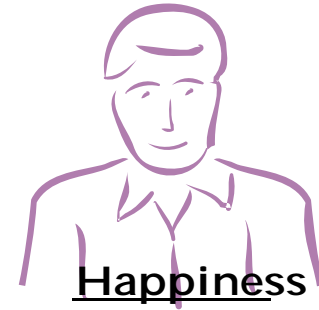
#7 Result Of Resolving Problems

- Happiness comes from resolving our problems.

Only the person with allergies realize the ease and enjoyment of life that comes from having no allergies.

The person who has forgiven and been forgiven is likened a person who has just gained a new life.

The psalmist in Psalm 32:6 urges us to deal with problems as we are alert to them. Putting off problems intensifies the symptoms. Jesus highlighted this problem when He simply said that if you do not forgive others, neither will your Father in heaven forgive you. God calls us to live out the right thing. This is grace. How can we expect forgiveness if we do not forgive others?



Happiness

When all is fine and forgiven

Psalm 32:1-2

"How blessed is he whose transgression is forgiven,
whose sin is covered!
How blessed is the man to whom the LORD
does not impute iniquity, and in whose spirit
there is no deceit!"

Psalm 32:6

"Therefore, let everyone who is godly pray to Thee in a time when Thou mayest be found; Surely in a flood of great waters they shall not reach him."