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## How to deal with Pain and Sorrow?

We all go through different pains and sorrows in our life sometimes the sorrow is a pending loved one leaving us in such a situation as a divorce and another time it might be our loved ones who do not care about the revelation that G-d has revealed to us and they continue to reject us or continue to put us down while living in false religions. How do we deal with rejection of husband leaving wife or wife leaving husband and vice versa? How do we deal with people hating us? How do we deal with the death of a loved one?

In some situations our own flesh and blood children reject us while other times we might be rejected by society for the way we are required to serve G-d. A friend of mine said to me that maybe the Bible is read too literally by many people and some things were just meant to be only done at that time in the past while we have to make adjustments of how we live today in our modern world. I explained to him that the Bible and its message is unchangeable in whatever time we live and we must continue to serve G-d as He requires and not conform to the world's idea of how we should live today.

The all important question is how do we deal with pain and sorrow? Sometimes the emotional pain is so severe that it really hurts our heart and we feel downtrodden and neglected by G-d even. We may feel depressed and in a real state of despair. Some would even consider suicide as an option. Some people commit suicide when they cannot find a job.

So the questions summed up?

### **Husband leaves wife or vice versa**

This is a heartbreaking situation and even if you have done nothing wrong the other party may not listen. In this case the best course of action is to sit and pray, talk to G-d. Let Him comfort you. Pray for your spouse. Remember the time to answer prayer for the righteous can be anywhere from a day to two years.

You lose a loved one through death

We all have to die one day and even though this death may cause you immense grief but you must thank G-d for giving you the happiness with the person you have lost and happily give the person back to G-d.

**Job 1:21** (KJV) And said, Naked came I out of my mother's womb, and naked shall I return thither: the LORD gave, and the LORD hath taken away; blessed be the name of the LORD.

You go through the grieving process and then resume your life. Ask yourself if your loved one would have wanted you to see you in tears all the time? No. You must live for the good and continue in the L-rd.

### **You are rejected by family and friends for serving YHWH**

This could be for a plethora of reasons. In all this thank G-d for the family that you have and pray for them. Do a three day fast for your family and for deliverance from whatever evil that is upon them to be removed.

**Solution:** Read Psalm 18 thrice daily morning, afternoon and evening.

### **You are hated by others for no cause**

The Messiah Yahushua was also hated for no cause and likely we may be too.

**Mat 10:22** (KJV) And ye shall be hated of all *men* for my name's sake: but he that endureth to the end shall be saved.

Usually this is as a result of others being jealous or they do not like something about you so the only way they know how to show their dislike is by hating you. If they hate you it does not necessarily have to be as a result of you having done something to them, it can be unwanted hatred which some people have. It could be they hate you for believing in the Messiah of Israel. It could be they hate you and call you a Jew because you love one. Do not be dismayed, YHWH said He has you in the palm of His hands.

**Solution:** Read Psalm 35 three times, morning, afternoon and evening.

### **You are bullied by various persons.**

One cause of bullying is when the offender has himself/herself been through some problems in their earlier years and they grow up to do the same. If you are able talk to the bully and ask them this question of why they feel they need to bully you. Pray for their release from this bondage.

**Isa 41:13** (KJV) For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.

Please do not consider suicide as an option because the first thing you must tell yourself is that G-d loves you and knows everything about you so where should we knock? G-d's door. Yahushua gave His life for all the sins that Israel committed collectively so therefore if you become part of Israel by accepting what He has done you have an advocate with Him.

**Solution:** Read Psalm 1, repeat thrice daily. Morning, afternoon and evening. Add this to your prayer schedule.

When I have a problem with my car I would go to the garage that made my car likewise when I have a problem around me with relatives, friends and other people I go to the maker, YHWH!

**Ps 139:1** (NKJV) O LORD, You have searched me and known me.

Actually another way to say this verse is that Oh, YHWH you have made me and know everything about me, all the good and all the bad that I am to this day so who do we go to for help in hard times? To the one who created us of course.

**Ps 139:14** (NKJV) I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well.

He has made you wonderfully and He has a plan for each and everyone no matter how rich or how poor because all our his creation. When you are feeling suicidal the devil wants you to kill yourself but G-d wants you to choose life. In such a situation the first thing you should do is Immediately contact a friend who is available to console you and someone who has a listening ear and encourages you. A friend of mine was feeling suicidal in Saudi Arabia after a lot of trouble at home and I spoke to him the words of YHWH and calmed him down and told him what he needed to do. Often times it is a friendly advice can save someone's life.

**The first principle of G-d** – He loves you and made you wonderfully. You are not expendable and you should not hate yourself nor allow yourself to be put down.

**The Second principle** – You must praise G-d because that will take the pain away and your focus will be on Yahuweh and not on your self. This is why it is important to remove yourself from the area of pain and go some other place where you can praise G-d quietly. Sing a psalm and sing a hymn.

**The 3<sup>rd</sup> Principle** – The psalmist is also saying that my soul knows all that you have done. This means we must thank G-d for all the good things He gave us to this point where the trouble came and we then take responsibility for our life and accept one thing that **this trouble will not last and will be short lived.** We must tell ourselves that this trouble is only brought to teach us how to deal with pain so that we may help others later. At no point does G-d want us to kill our self and die. He offers us life and we must choose it wisely. When my only son died in Mar 2010 this year I praised G-d and thanked him that it was He who gave him and it was He who took him at the age of 16. Of course my heart was in pain but my heart was also in comfort that there is no better place for him then in G-d's hands because he was in pain and suffering from an illness he was born with.

We must expect responsibility of living in a sinful world the consequences are not always favourable but that does not mean G-d hates you. It is often a lesson for us to become more wiser and mature.

**Deut 30:19** (NKJV) "I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live;

How will I have descendants if I choose to kill myself? Suicide is the option for cowards and not a brave man or woman who serves G-d with humility. We must live and show Satan that he has no power over us. If you are going to kill yourself because someone bullies you then all you do is prove them right. NO, you live and prove them wrong. Face your adversary and pray for them and sing a joyous melody to G-d.

**Rom 8:37-39** (AFNHSS) No, in all these things we are more than conquerors through him that loved us. **(38)** For I am persuaded, that neither death, nor life, nor heavenly messengers, nor principalities, nor powers, nor things present, nor things to come, **(39)** Nor height, nor depth, nor any other creature, shall be able

to separate us from the love of Elohim, which is in Messiah יְהוֹשֻׁעַ our Master.

Since the Father in heaven loved us He sent the Messiah for us to demonstrate His love for us because we are fully part of Israel the twelve tribes.

When I was leaving my family after my conversion in 2002 and while I was going through my divorce I felt extreme pain in my heart. I would hide in the corner of my house and quietly shed tears with no one to speak to but G-d and pray to G-d to honour His name and to help me take the pain and strengthen me.

The people who often stand between you and G-d or the ones who have your homes broken by divorce or other nasty things some people do to you because they are jealous or hate you in some way. They act maliciously against you but do not worry G-d will repay so they will have to deal with the wrath of G-d in this life. Commit the judgment to G-d and you stay strong in the face of adversity.

**Solution:** Read Psalm 150 three times a day and give glory to YHWH. When you give Him glory He is pleased and sends His angels down to assist you.

Sometimes people who call themselves believers stand opposed to you and slander you or put you down or go so far as to break your marital home by turning your spouse against you I know it because it happened to me and some hypocritical Christians were behind this while they pretend to the world to be good and righteous but they are evil and slanderous and their evil deeds will be paid in this life. They are nothing but liars and wicked as their religious label will not help them and YHWH shall repay their evil to the full measure both in this life and in the age to come but we must learn to commit the judgment, justice in the hands of our Master because He is the revenger.

**Galatians 6:7** Be not deceived; Elohim is not mocked: for whatever man sows that shall he also reap.

He is teaching the law of sowing and reaping, if you sow disobedience, strife, contention then that is the only thing you can reap, in our society we have some people running around doing bad things under the guise of good such as tale bearing, slandering, yet they expect to receive rewards, for such hypocrites and dividers there are no rewards in the coming kingdom. Those that have made a mockery of the Torah while affirming some and not other precepts such are going to have a shameful face one day unless they repent and promise YHWH not to do what they have done and go and make repentance to the people they have put down and then to YHWH.

May YHWH bless you.

Shalom Shalom

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