Emotional drainage / Emosionele dreinering

Dealing with emotional drainage – Part 1

Dear friends, let us love one another, because love comes from God. Whoever loves is a child of God and knows God. ***1 John 4:7***

When prodigal sons and daughters return home, great and wonderful things always happen. ***AA Dowty***

It is with a joyous heart that we can believe our Father will be waiting for us with open arms when we come to Him. Jesus, in fact, came to make that Father / child relationship possible. I trust that you are flourishing in that relationship and that you are anchored in the love of Jesus! Love your neighbour today while you work and leave the stress to Him!

Hanteer emosionele dreinering – Deel 1

Geliefdes, ons moet mekaar liefhê, want liefde kom van God, en elkeen wat liefhet, is ’n kind van God en ken God. ***1 Johannes 4:7***

Wanneer verlore seuns en dogters terugkeer huis toe, gebeur daar altyd groot en heerlike dinge. ***AA Dowty***

Dis blymoedig om te weet dat God met oop arms staan en wag as ons na Hom toe kom. Jesus het juis gekom om daardie Vader / kind verhouding moontlik te maak. Ek vertrou dat jy in daardie verhouding gedy, en dat jy goed geanker in Jesus se liefde staan! Wees lief vir jou medemens deur die harde werk vandag, en laat die stres aan Hom oor!

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Dealing with emotional drainage – Part 2

When my thoughts were bitter and my feelings were hurt, I was as stupid as an animal; I did not understand you. ***Psalm 73:21 – 22***

A gunshot wound may be cured, but the wound made by the tongue never heals. ***Persian Wisdom***

Kind words are easily expressed, but unfortunately not so easy for all of us. Perhaps you feel that something is preventing you from having a healthy, open relationship with Jesus. We are victims of our circumstances; our world is full of broken people – broken in spirit. Join me studying an example of this, but firstly endeavour to be earnest with God, and then focus on your daily task. Enjoy it!

Hanteer emosionele dreinering – Deel 2

Toe ek verbitter was en veronreg gevoel het, was ek dom en sonder insig; soos ’n redelose dier het ek my teenoor U gedra. ***Psalm 73:21 – 22***

Die wond veroorsaak deur 'n geweer koeël kan genees, maar die wond veroorsaak deur 'n snerpende woord, nooit. ***Persiese wysheid***

Mooi woorde is maklik om uit te spreek, maar ongelukkig is dit nie so maklik vir almal nie. Miskien is dit asof iets jou keer om in ’n gesonde, openlike verhouding met Jesus te staan. Ons is slagoffers van ons omstandighede; ons leefwêreld is vol stukkende mense, stukkend in die gees. Kom kyk bietjie saam met my na ’n voorbeeld hiervan, maar eers moet jy erns maak met God, en dan fokus op jou werk. Geniet dit!

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Dealing with emotional drainage – Part 3

Saul’s daughter Michal, however, fell in love with David, and when Saul heard of this, he was pleased. ***1 Samuel 18:20***

There is a time when we have to decide firmly on the direction we wish to take, or otherwise circumstances will make the choice for us. ***Herbert V Prochnov***

Michal is living proof of someone whose circumstances hurt deeply. She enjoyed the status of a princess, was well cared for and used to only the best. But, on the other hand, all was not well. Saul was a tyrant in his house and she became the victim of political power between her father and David. You see, some people were worse off than you and me! The weekend is upon us after work today – remember to thank your heavenly Father for it!

Hanteer emosionele dreinering – Deel 3

Saul se ander dogter, Mikal, was verlief op Dawid, en toe dit aan Saul vertel is, was hy in sy skik daarmee. ***1 Samuel 18:20***

Daar is 'n tyd dat ons ferm die keuse moet maak oor die koers wat ons wil inslaan, of omstandighede sal die keuse vir ons maak. ***Herbert V Prochnov***

Mikal is ’n sprekende voorbeeld van iemand wat deur omstandighede verwond is. Sy het ’n hoë status gehad as prinses, is goed versorg, en gewoond aan net die beste. Maar eintlik is sy ook sleg af. Saul was ’n regte duiwel in sy huis, en sy word die slagoffer van politieke mag tussen haar pa en Dawid. Sjoe, party mense het die moeiliker as jy en ek! Dis naweek na die werk vandag – onthou om jou hemelse Vader daarvoor te dank!

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Dealing with emotional drainage – Part 4

"Good!" David answered. "I will make an agreement with you on one condition: you must bring Saul's daughter Michal to me when you come to see me." ***2 Samuel 3:13***

Very few people take the trouble to use their minds as long as their prejudices are in working order. ***Roy L Smith***

Michal married someone else after David fled, but when he came into power, he demanded her return. This caused emotional scars that did not disappear. Perhaps it is time for us to show more compassion towards those working with us who are experiencing grief. Be careful when you speak to someone today and be thankful for all the showers of blessings Jesus provides!

Hanteer emosionele dreinering – Deel 4

Dawid het geantwoord: "Goed, ek sal 'n ooreenkoms met jou sluit. Ek verwag net een ding van jou, en dit is dat jy nie met my moet kom onderhandel sonder om Saul se dogter Mikal saam te bring nie." ***2 Samuel 3:13***

Baie min mense doen die moeite om hul verstand te gebruik solank as wat hulle vooroordele in werkende toestand is. ***Roy L Smith***

Mikal trou met iemand anders nadat Dawid gevlug het, maar toe hy aan bewind kom, eis hy haar op. Dit veroorsaak emosionele letsels wat nie weggaan nie. Miskien moet jy en ek meer begrip toon vir die persoon wat vandag saam met ons werk, en diep seer het. Wees versigtig wat jy vir iemand sê vandag, en wees bly vir al die seëninge waarmee Jesus jou bederf!

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Dealing with emotional drainage – Part 5

Afterwards … Michal came out to meet him. "The king of Israel made a big name for himself today!" she said. He exposed himself like a fool …" Michal, Saul's daughter, never had any children. ***2 Samuel 6:20, 23***

No physician can heal the wounds inflicted by the tongue. ***Anonymous***

Michal's attitude to life changed because of men abusing her. It even influenced her relationship with God. Her wounds worsened because she despised David and God and became an outcast in the palace. The same can so easily happen to anyone of us – we do not really have control over circumstances. But today we are privileged to still have work – do it with all your heart and be grateful for what you have!

Hanteer emosionele dreinering – Deel 5

Saul se dogter Mikal het hom tegemoet gegaan en smalend gesê: “Hoe waardig het die koning van Israel hom vandag gedra! ...” En tot die dag van haar dood het Saul se dogter Mikal nie ’n kind gehad nie. ***2 Samuel 6:20, 23***

Geen dokter kan die wonde wat deur die tong veroorsaak is genees nie. ***Anoniem***

Mikal se houding is veroorsaak omdat mans met haar gemors het. Dit beïnvloed ook haar verhouding met God. Haar wonde vererger as sy vir Dawid en God verag, en sy word die verstotene in die paleis. Dieselfde kan so maklik met enigeen van ons gebeur – ons het nie regtig beheer oor omstandighede nie. Maar vandag is ons nog bevoorreg om te mag werk – doen dit van harte, en wees dankbaar vir wat jy het!

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Dealing with emotional drainage – Part 6

Will people gain anything if they win the whole world but lose their life? Of course not! There is nothing they can give to regain their life. ***Matthew 16:26***

Many people's reputations would not recognise the characters if the two were to meet in the street. ***Elbert Hubbard***

Look around you and you will find many modern Michals. These are people who possess everything, but carry deep emotional wounds. We all know of people who have lost their jobs due to modern technology, changes in circumstances or actions. Humans have just become an anonymous number. These things cause deep and lasting scars. But you – please be just a little friendlier today, so others will notice the difference in your behaviour and give the glory to God!

Hanteer emosionele dreinering – Deel 6

Wat sal dit ’n mens help as hy die hele wêreld as wins verkry maar sy lewe verloor, of wat sal ’n mens gee in ruil vir sy lewe? ***Matteus 16:26***

Menige mens se reputasie sou nie sy karakter herken as die twee mekaar op straat moes ontmoet nie. ***Elbert Hubbard***

Kyk maar rondom jou, en jy sal baie moderne Mikals sien. Mense wat alles het, maar diep wonde dra. Ons almal weet van mense wat hulle werk verloor as gevolg van moderne tegnologie, veranderde omstandighede of aksies. Die mens het net ’n gesiglose nommer geword. Hierdie goed slaan diep en laat blywende indrukke. Maar jy – wees tog asseblief bietjie meer vriendelik vandag, sodat mense die andersheid in jou optrede sal merk en aan God die eer sal gee!

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Dealing with emotional drainage – Part 7

"I assure you that whoever does not receive the Kingdom of God like a child will never enter it." Then he took the children in his arms, placed his hands on each of them, and blessed them. ***Mark 10:15 – 16***

The best thing parents can do for their children is to love each other. ***Anonymous***

Unfortunately it is children who suffer the most as a result of violence and crime. Children suffer under immature parents, or parents with irrational or unrealistic expectations. How are you at home and how do your children experience you? Remember the words of Jesus in the verse above, and truly love the young ones today. Set an example through your actions, and experience the peace of Jesus!

Hanteer emosionele dreinering – Deel 7

"Dit verseker Ek julle: Wie die koninkryk van God nie soos 'n kindjie ontvang nie, sal daar nooit ingaan nie." Hy het sy arms om die kindertjies gesit, hulle die hande opgelê en hulle geseën. ***Markus 10:15 – 16***

Die beste wat ouers vir hulle kinders kan gee, is om mekaar lief te hê. ***Anoniem***

Dis gewoonlik die kinders wat die swaarste kry onder gevolge van geweld en misdaad. Hulle lei onder onvolwasse ouers, of ouers met onredelike en onrealistiese verwagtings. Hoe beleef jy dit in die huis, of vind jou kinders jou? Onthou Jesus se woorde hierbo, en wees opreg lief vir die jonger geslag vandag. Stel altyd die voorbeeld in jou optrede, en beleef Jesus se vrede!

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Dealing with emotional drainage – Part 8

We use it *[the tongue]* to give thanks to our Lord and Father and also to curse other people, who are created in the likeness of God. ***James 3:9***

Harsh words break no bones but they do break hearts. ***Anonymous***

The home is supposed to be the place for love and peace, but for many it has become a battlefield of anger and hatred. We not necessarily shoot and hit one another, but our words hurt deeper that physical force. But it is, after all,

totally unnecessary as we were all created in the image of God and will be accountable to Him regarding our actions and words! Think this through while you work hard today, and relax in peace with your loved ones this weekend!

Hanteer emosionele dreinering – Deel 8

Met die tong loof ons die Here en Vader, en met die tong vloek ons die mense wat as beeld van God gemaak is. ***Jakobus 3:9***

Ongevoelige woorde breek nie bene nie, maar wel harte. ***Anoniem***

Die huis is die plek wat bedoel is vir vrede en liefde, maar vir baie het dit 'n slagveld van boosheid en woede geword. Dis nie altyd dat ons mekaar regtig raakskiet en –slaan nie, maar ons woorde maak dieper seer as fisiese geweld. En eintlik is dit totaal oorbodig, want ons is almal na die beeld van God geskep, en ons gaan aan Hom verantwoording doen! Bedink die waarheid hiervan deur die dag se harde werk, en ontspan in vrede met jou mense hierdie naweek!

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Dealing with emotional drainage – Part 9

And so the Lord knows how to rescue godly people from their trials and how to keep the wicked under punishment for the Day of Judgement. ***2 Peter 2:9***

I have seen an ocean of darkness and death; but a never-ending ocean of light and love flooded the ocean of darkness and then I saw the unfathomable love of God. ***George Fox***

It is a fact of life that emotional wounds often become the filter through which we try and see God, but then the picture becomes so blurred that we cannot see Him at all. Do not then blame your heavenly Father when you feel lonely! Rather be aware of the symptoms of emotional wounds and hold your head up high so that Jesus receives the honour in your life. Enjoy the challenges of the new week, and work with dedication today!

Hanteer emosionele dreinering – Deel 9

Die Here weet dus om dié wat Hom dien, uit beproewing te red, maar om die goddeloses te straf en vir die oordeelsdag gevange te hou. ***2 Petrus 2:9***

Ek het gesien dat daar 'n oseaan van duisternis en dood was; maar 'n oneindige oseaan van lig en liefde het die oseaan van duisternis oorvloei en toe het ek die onpeilbare liefde van God gesien. ***George Fox***

Dit is die verloop van die lewe dat emosionele wonde dikwels die filter word waardeur ons vir God probeer raaksien, maar die prentjie is dan so vertroebel dat ons Hom glad nie sien nie. Moet dan nie vir ons hemelse Vader blameer

as jy eensaam voel nie! Wees eerder bedag op die simptome van emosionele wonde, en hou jou kop oop sodat Hy steeds die eer in jou lewe kan ontvang. Geniet die nuwe week, en werk met ywer vandag!

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Dealing with emotional drainage – Part 10

But now I tell you: love your enemies and pray for those who persecute you. ***Matthew 5:44***

Life becomes filled with meaning and purpose the minute Jesus Christ becomes part of it. ***Stephan Neill***

Let's get practical. The pain caused by emotional wounds does not disappear by itself, and it is not as simple as swallowing a magic pill to heal it. What is the answer then? Jesus gives you the solutions, but are you prepared to act accordingly? To have knowledge is good; to act upon it is an undertaking. Prepare yourself for action and work today to the best of your ability!

Hanteer emosionele dreinering – Deel 10

Maar Ek sê vir julle: Julle moet julle vyande liefhê, en julle moet bid vir dié wat vir julle vervolg. ***Matteus 5:44***

Jou lewe word met sin en betekenis gevul die oomblik wanneer Jesus dit binnekom. ***Stephan Neill***

Kom ons raak prakties. Seer wat veroorsaak is deur emosionele wonde gaan nie vanself weg nie, en dis nie so eenvoudig om net 'n wonderpil te sluk en dis verby nie. Hoe dan? Jesus self kom gee vir ons die antwoorde, maar is jy bereid om dit te doen? Kop-kennis is een saak; om dit prakties te lééf word 'n onderneming. Berei jouself hierop voor, en doen vandag jou bes in jou werk

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Dealing with emotional drainage – Conclusion

He was still a long way from home when his father saw him; his heart was filled with pity, and he ran, threw his arms around his son, and kissed him. ***Luke 15:20***

Nothing in this unfortunate world bears the sign of the Son of God more than forgiveness. ***Alice Carey***

God is aware of your circumstances. He watches over you, and shares in all your pain and joy. See Him for whom He truly is. Then give yourself unconditionally to Him, serve Him with your life, and live as one who is

redeemed to His honour and glory. Remember to smile, and enjoy the weekend!

Hanteer emosionele dreinering – Afsluiting

Toe hy nog ver aankom, het sy pa hom al gesien en hom innig jammer gekry. Hy hardloop hom tegemoet, omhels hom en soen hom. ***Lukas 15:20***

Niks in hierdie verlore wêreld dra die merkteken van die Seun van God meer as vergiffenis nie. ***Alice Carey***

God ken jou omstandighede. Hy hou jou dop, en deel in jou hartseer en vreugde. Sien Hom vir wie Hy werklik is. Gee jouself onvoorwaardelik aan Hom, dien Hom met jou lewe, en leef as vrygemaakte tot sy eer en verheerliking. Onthou om te glimlag, en geniet die naweek!

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