



Proverbs 23:7

(7) for he is the kind of man
who is always thinking about the cost.
"Eat and drink," he says to you,
but his heart is not with you.

Philippians 2:4

(4) Each of you should look not only to your own interests, but also to the interests of others.

New International Version

We live in a society absorbed with its own feelings. Today, people are addicted to seeing themselves as victims and demanding special tolerance, favor, acceptance, or gifts. Yet a mind concerned with its own painful experiences, rejections, mistakes, or emotional hurts is one that refuses [healing](#). These emotions comfort like old bandages, and many are afraid to see what is underneath. Some cling to them because they give special "handicap" privileges, and they use them to justify what they believe, say or do. It is a demonic delusion because it only perpetuates the pain and denies the freedom or [forgiveness](#) that [God](#) offers.

Pain should serve to teach and mature us, not box us into the darkness. [Hebrews 2:10](#) says [Christ](#) learned by the things He suffered—His pain was His teacher. Likewise, our painful experiences can teach us the contrasts between this human life and the glorious life for which God is preparing us.

However, a mind that feels pain speaks pain, and, if left unchecked, will eventually drive others away. Sharing a painful experience with a confidant is empowering and emotionally bonding, but continually sharing it with anyone who will listen deludes us into thinking that it is good for us when it is actually a kind of psychosis. Preoccupation with personal pain denies the [fruit of the Spirit](#). It brings no [peace](#) or [joy](#) or [love](#), etc.

[Proverbs 23:7](#) teaches, "For as [one] thinks in his heart, so is he." It is easy to become caught up in life's painful experiences, and some of us have enough of them to fill novels. Yet Paul instructs the Philippians not to dwell on themselves so much: "Let each of you look out not only for his own interests, but also for the interests of others" ([Philippians 2:4](#)). At times, the best way to put aside pain is to care for the needs of someone else. Positive and outgoing communication provides plenty of time to talk about painful experiences, but it does not allow them to become a way of life. When someone asks, we can feel free to express some of the painful events of our lives, but we should show interest and concern for the other's experiences and provide encouragement as needed.

— Staff

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