

# What to Do with Rebellious Feelings

#0723

Study Given by W. D. Frazee

You will remember that in our last vesper service we studied about the transfer of authority. The transfer of responsibility from parent to child, from master to disciple, from teacher to student, from leader to helper. From the older to the younger, from the more experienced to the less experienced. The wonderful plan that Heaven has for preparing young people to enter in to the responsibilities that will later be transferred to them. Now we mentioned in our study last week that it is sometimes difficult to wait through that process. There is the temptation, some of the sons of David yielded to, to take matters in one's own hands, and assert one's liberty and demand certain responsibilities. But the child of faith and love, like Isaac, like John the Baptist, like Elisha, like Jesus Himself, waits until the time appointed of the Father.

You will remember, perhaps in our closing word last Friday night, that we mentioned that there may be at times arise in the heart of the teenager, and younger ones too, for that matter, rebellious feelings. Tonight I want to study with you what to do with rebellious feelings. This is not just for young people, it is for everybody. Because any of us that have gotten past the age of youth know that temptation doesn't stop when we reach 21, or 25, or 30. Temptation in general and this temptation definitely, comes to us in one way, again and again. In fact, the apostle tells us in 1 Corinthians 10:13 that

"There hath no temptation taken you but such as is..."

What?

"...common to man..." 1 Corinthians 10:13.

That is interesting, isn't it? Sometimes when we get plunged into some particularly difficult temptation or trial, it seems to us that nobody has ever had quite the time we are having. Quite the test we are having, quite the temptation we are having. But while it is true that every individual has an experience different from all others, it is also true that the temptations that come against us are temptations that people have been meeting for six thousand years.

So this evening, we are going to study what to do with the rebellious feelings. And remember, whether this is in the home, or the school, or the church, in the institution, or in other places where we are up against authority, and we feel that we would like to break through and break out. Whatever our situation, this lesson is for

us tonight. I have some simple and practical suggestions to share with you. I invite you to take notes. For if you don't need them tonight, you will need some other time. It's a good spare tire to carry with you. Now we are ready for the text.

“He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city” Proverbs 16:32.

The wise man, the mighty man, the successful man, is the man that can rule what? His spirit, his feelings, his impulses. In fact, we're told that the measure of a man is what temptation, what test, particularly in this line, he can stand up against? And may I say to you, dear friends, we cannot judge others in this matter, for we don't know what they are up against.

If you saw two people in the distance there, carrying sacks, great big sacks, you know. And one of them was just marching along easily with it on his shoulder, and the other one was just struggling, and every now and then falling, and having to get up. You might not be able to tell if you weren't right up there and could put the two sacks on your shoulders. That one weighed three times what the other one did. Again you might not know that one of them was three times stronger than the other.

We cannot measure the battle that another soul is going through. And so let's cheer one another on the upward way, what do you say? If we see some soul that is struggling with a great temptation, young or old, let's ask God to help us to speak the word in season that will help them to gain strength and carry on.

So tonight, as I say, we are going to study some practical things, what to do about these feelings, rebellious feelings, or any other feeling that is wrong. But I may tell you, friends, this is where sin starts. I read it in the morning watch book for this year *That I May Know Him*, page 254.

“The work of apostasy begins in some secret rebellion of the heart...” *That I May Know Him*, page 254, paragraph 3.

Where does it begin? Rebellion. Where? In the heart. But what kind of rebellion is it? Secret, secret. Nobody knows about it. Oh, they may find out about it. They will sooner or later, perhaps. Moses said, “Be sure your sin will find you out.” But it was in the heart of Lucifer long before the other angels knew about it. It was in the heart of Absalom long before Jerusalem was aroused to danger.

“The work of apostasy begins in some secret rebellion of the heart...” *Ibid.*

Now, the first suggestion that I want to give you is in encouragement—just four words. “Temptation is not sin.” Will you say that with me? “Temptation is not

sin.” Again. “Temptation is not sin.” Now once again, let’s see if all of us can’t say it this time. “Temptation is not sin.”

If you would like a reference for that, it is *Volume 5*, page 426, those are the identical words. “Temptation is not sin.” Why do I give you that? Because even the righteous have tests and tests along this line. Here is an interesting statement from an old Review. This is March 27, 1888.

“There are thoughts and feelings suggested and aroused by Satan that annoy even the best of men...” *Review and Herald*, March 27, 1888.

So unless you are better than the best, you will sometimes have some of these feelings to contend with. Even the best of men have these battles. Did you know that? So that fits in with that text I referred to a few moments ago.

“There hath no temptation taken you but such as is *common* to man...” 1 Corinthians 10:13

And good men,

“There are thoughts and feelings suggested and aroused by Satan that annoy even the best of men...” *Review and Herald*, March 27, 1888

But now comes the next thing we want to be sure to get hold of, and that is what to do with them. What to do with these feelings. And may I say friends, you can’t keep them from coming. No, you can’t; you can’t control them any more than you can control the weather. But thank God, by His grace, you can control what you do about them. James tells us in the fourth chapter and the seventh verse,

“...Resist the devil...” James 4:7.

What does it mean to resist? Suppose somebody is trying to get in this door here, and they are trying to push in that door. And I am on this side of the door, if I resist, what will I do? I push against it. That’s right. I try to keep them from getting in. The Devil is trying to get in, and when those rebellious feelings come, that is the knock of the Devil at the heart.

But temptation is not sin. Sin comes when we yield to the temptation, when we cherish it, when we invite it in. And sit down for a session of self-pity or something that will go along with those feelings, and then express the thoughts. That’s when the sin comes. When I yield to the temptation and express the words of doubt, of anger, of rebellion, then friends, I have sinned.

“...and sin, when it is finished, bringeth forth death”  
James 1:15.

Let me finish reading this quotation.

“There are thoughts and feelings suggested and aroused by Satan that annoy even the best of men; but if they are not cherished, if they are repulsed as hateful, the soul is not contaminated with guilt, and no other is defiled by their influence” *Review and Herald*, March 27, 1888.

You know, there was a big delivery truck that came up the hill today. And when the man who was along with the driver came where I was out in the yard, he said, “Have I come to the right place”? He was delivering a package of something. I didn’t see the package, but I said, “What is the name you want”? And he gave me, and I said, “No, that isn’t the place.” And my dear friends, when the Devil comes along and knocks and wants to deliver a package to you, you don’t have to take delivery just because he brought it. Just let him know he came to the wrong place. You haven’t ordered that. I will tell you this, though. If you take delivery, you will have to pay for it, now or later. But unless you ordered it, you don’t have to pay for it, unless you take it. Am I right? That’s right, that’s the law.

Did you ever get something in the mail, and it said, “Send us back a dollar or two dollars,” or something? And the federal law is you don’t have to pay any attention to that. Unless you ordered it, of course, if you ordered it, that is something else. Now, did you order these rebellious feelings? I pray God you didn’t, but if you didn’t, when they come, friends, don’t take delivery.

Resist the Devil. Don’t express that rebellious feeling. Don’t express it, don’t tell your classmate, or your roommate, or somebody else, “Oh, I just feel like I could eat nails. I just would like to tear into somebody.” No, no, don’t do that. Now some people think it is a good thing to let off steam in a thing like that, but the truth of the matter is, the up to date people of the world even know that that isn’t the thing to do. That raises the blood pressure, and can cause a coronary, a heart attack, and kill a person—just letting off steam. That’s right. You see what our text says tonight.

“He that is slow to anger is better than the mighty; and he that ruleth his spirit than he taketh a city” Proverbs 16:32.

So never think that the way to deal with rebellion is to let off steam, oh no, no. Remember, temptation is not sin but yielding to it is. So don’t yield, don’t yield. Now I will tell you how close we can sometimes come to yielding and not do it. This is the hardest thing of all. Page 91, of *Messages to Young People*. This really helped me. Maybe it will help some young man or young woman or older one here tonight.

“The work of overcoming is to be the study of every soul who enters the kingdom of God. That impatient word quivering on your lips must be left unspoken” *Messages to Young People*, page 91, paragraph 3.

What? “That impatient word,” where? On your lips. And doing what? Quivering, quivering. You get the picture? It is almost out! Just a tenth of a second, and it’s gone—the arrow has left the bow. And you might give a hundred dollars to take it back, but it is gone.

Boys flying kites, haul in their white wing birds,  
You can’t do that when you are flying words.

But you can stop them when they are right on the lip quivering, ready to take off, ready to go. And do you know what the Devil says right then? He says, “Well, it is just as bad to feel it as it is to say it. You just as well say it.” Did he ever tell you that? And I have even heard some people echo those thoughts. Don’t believe it, friends, it is a lie of the Devil. Don’t believe any such thing.

That impatient word quivering on your lips must be stopped right there. Now, of course, I am sure we all look forward to coming to the place where it doesn’t get quite that far. Fine, so be it, but remember, if it gets that far, be sure it doesn’t get any farther. That’s the thing, resist the Devil, resist the Devil. And God will help you to do it. You see, we are told in this wonderful book, *Ministry of Healing*, page 251, that

“It is the law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance”  
*Ministry of Healing*, page 251, paragraph 5.

What is utterance? Why that is talking, saying, showing how we feel. So if every time I feel rebellious, I express it, what happens? Why it is even more and more rebellious, it will just grow. That’s right. Until you see the importance, friends, of refusing to express the rebellious thought and feeling. Don’t do it; ask God to help you not to do it. Plead with Him and He will help you.

Now here is a little practical suggestion. I say a little one, it may be a very big one. And any of you who are not acquainted with this, you are going to be surprised when I read you this, but I believe it. In fact, I have an axe. You say, “what have I got an axe for”? Well, I am going to read it for you. Not that every time I take an axe it is to do this, but nevertheless, it has a ministry. *Medical Ministry*, page 295:

“Are you fractious?...”

Now, I had an idea what fractious meant, but I looked it up in the dictionary, just to be sure, and it says: “disposed to rebel.” A disposition to rebel, that is fractious. Are you fractious?

“...Is your temper sweet and fragrant, or is it so disturbed and disagreeable that you will be led to make hasty decisions? Do you feel as though you would like to fight someone? Then do not go to the meeting...”

This is instruction for members of committees and boards. Don't go to the committee meeting, don't go to the board if you feel like fighting somebody.

“...for if you go you will surely dishonor God...”

Now listen:

“...Take an ax and chop wood or engage in some physical exercise until your spirit is mild and easy to be entreated”  
*Medical Ministry*, page 295.

For if you go, you will surely dishonor God.

Say, we would really have a good big woodpile if everybody would do that, wouldn't we?

[Laughter]

But how practical the dear Lord is, friends. That's right. Now prayer has its place and Bible study, but the woodpile does too or some kind of physical exercise. This is so good I think I will read it again. Wouldn't you like to hear it again?

“Are you fractious? Is your temper sweet and fragrant or is it disturbed and disagreeable? Do you feel as though you would like to fight someone? Then do not go to the meeting for if you go you will surely dishonor God. Take an axe and chop wood or engage in some physical exercise until your spirit is mild and easy to be entreated” *Medical Ministry*, page 295

By the way, I could help and comment on the difference between taking an axe and getting into a football game. Do you suppose that getting into the physical exercise of a football game would calm somebody's fractious spirit—their fighting spirit? Would it? Hardly, it would only fan the flames, you understand. That's why some people get broken collar bones and broken jaws and bad knees and other things and that sort of thing. But thank the Lord for this practical instruction. Aren't

you glad for it? Now here is another practical suggestion. It uses different muscles from those we use when we use the axe, but this is very practical. *Ministry of Healing*, page 254. You'll like this one:

“When tempted instead of giving utterance...”

There's that word, “utterance” again.

“...to our feelings, let us by faith lift up a song of thanksgiving to God” *Ministry of Healing*, page 254.

Well, you will remember a few moments ago we were looking at that situation where here is a man, he has something on his lips, and it is what? Quivering, just about to come out. But oh, it would be so bad to hurt somebody if it did. But now wouldn't it be oh so nice if just as it was about to come out, he bursts forth like a cardinal or a thrush in what? In song. Now this says to do it by faith. You know why it says to do it by faith? That's about the only way you'll do it. You don't do it by feeling, the cardinal, he sings by feeling. That is all right, he is made that way, but you and I were given, along with feeling, the ability to have faith—intelligent faith in God and to do things by principle, not just by feeling.

It is all right to do things by feeling when it is the right thing to do and when you feel like singing, sing. But when you feel rebellion, when you feel down, when you feel disagreeable, then by faith, do what? Lift up a song of thanksgiving to God. Well, I think that is meant to be quite literal friends. Of course, if you can't sing any better than a crow, well, you know what the crow does. He keeps on the best he can. And people who have studied birds tell me that they have heard crows that sing very well.

In any event, lift up a song of thanksgiving to God, for that is the way to gain the victory over feelings and “he that ruleth his spirit is better than the mighty.” Oh yes, this is the way to do it. It is very practical.

Here is another practical suggestion I would like to have you think about. You will remember in Isaiah 1:18 the Lord says to His creatures.

“Come now and let us reason together says the Lord”  
Isaiah 1:18.

God is a reasonable God, and those who represent God are reasonable people. Students, usually your teachers are reasonable, not always it's true, because human beings don't fully represent God, but usually they are. Children and young people, usually your parents are reasonable, not always it is true, but usually. And those that help in an institution or members of the church—usually those who are over us in leadership are reasonable. And the thing we need to do is to do what this verse says.

“Come now and let us reason together” Isaiah 1:18.

Now here is Brother Hefner, he is over there at the bakery helping Brother Risch. Brother Risch is the manager over there, isn't he? Now suppose in Brother Hefner's heart, I don't think this happened. That is why I am using him as an illustration. But suppose in Brother Hefner's heart, there is some rebellious feeling that comes. He's out there baking bread, and it is hot there in the bakery where he is baking the bread. And it is hot inside, you understand, because he has those feelings of rebellion and he doesn't say anything about it. And it just smokes in there—I mean inside in his mind and heart.

Now would it be a good thing to pray about it? Yes. Would it be a good thing to sing? Yes. Then it comes back the next day in spite of all the praying and singing. It could be due to some misunderstanding between him and the manager, couldn't it friends? Yes. Well, if I couldn't get help by just praying about it and singing, I think the thing for me to do would be to go to the manager and say, “Brother, please sit down somewhere I need to talk something over with you. I have got something in my heart, and it is either so, or it isn't, it is either this way or it isn't, and if it is this way, then I didn't see why some things are the way they are. And if it isn't this way, I would like to have you help me out, so I don't have to carry this burden.”

Now, do you suppose he would get a hearing? But now I want to tell you three things that the Devil jumps right in to tell him—either the first one or the second one or the third one. And he will tell every young person he can this about their parents. He will tell every student he can this about the teacher. He will tell every helper one of these three things or all three of them about their supervisors. Listen, see if they sound familiar. The first is, “But I can't talk. I don't know how to explain things.” Isn't that interesting? I can't talk to my parents, but I can talk to my young friends a blue streak about how I feel about them. I can't talk to the manager, but I can tell my husband or my wife what a raw deal I am getting. I can't go and talk to the teacher. Oh, no, I can't talk, I can't explain how I feel, but I can tell all my classmates, at least those whom I buddy with.” Do you see what I mean friends, how unreasonable that idea is? Where did that idea come from? It comes from the Devil. Listen, you can talk. At least you can try, and I will give you a little secret on how to beat the Devil at that business.

If you really think you can't talk, go to the manager, go to your parents, or whoever it is you are having the rebellious feelings with, and say, “Father, mother, manager, teacher, whoever it is. I am in a hard fix, there is something I need to talk with you, but I can't. I don't know how. Will you pray with me that God will open up my mind and my tongue and help me to do it?”

“Oh,” you say, “it seems like common sense.” All right, be like two cents but get help on this thing, friends. Be in earnest.



You know, years ago when I took some courses at Loma Linda on health and medical evangelism, one of the things they taught us was that germs breed under these conditions. Remember the three D's, any of you? What are they? *Dirt*, *dampness*, and *darkness*—it's the darkness I am talking about right now—those evil germs of rebellion they do not like the light of day and frank discussion.

The Devil knows that nine times out of ten if you sit down with your parents or your teachers or your supervisors or your administrative leaders, the difficulty can be cleared up; the misunderstanding gone, and you can walk out of there feeling like singing, as well as singing by faith. And so the Devil says, "oh, no, you can't talk, no you can't talk." Don't pay any attention to it.

Now the second one is this. This is the Devil talking, you understand. When he sees that you are about ready to sit down with somebody and try to get an understanding. The Devil says, "oh, but they don't understand." Now the first was *your* disability, "*you* can't talk," that is what the Devil says. The second excuse that the Devil gives is, "oh, but *they* don't understand." Did he ever tell any of you that? Young people, children, did he ever tell you that about your parents? I wonder if there is a young person here that the Devil never did tell that to? He will someday. Well, you know, my dear friends, if they don't understand, then by all means, in God's plan, they need you to try and explain the thing to them. Am I right? Yes. And if God is on your side (and He is if you are on His side), God will help them to understand what He is helping you to talk and explain the things. Will you give Him a chance? Will you do it?

But now the third thing, this is the Devil talking again. The Devil says to you when you are thinking about talking to your parents to your teachers or your supervisor. The Devil says, "Oh, but you know what they will say already." And the inference is that it isn't good. It isn't what you want. What's the use of going and talking? You know what they are going to say before you go, so why go? Did the Devil ever tell that to anybody? Oh friends, you recognize those three suggestions, don't you? Did you know they come from the Devil? They do. Don't let anyone one of those three lions with all their roaring bother you.

Do you remember the story that Bunyon wrote, that allegory of the Christian life—Pilgrim's Progress? You remember Christian was toiling up the way, and he had been delayed through some mistakes of his own, and it was late at night, and he was trying to get up to the house where he was going to spend the night. And you remember that as he came near the place, he heard some lions. A lion over here and a lion over there, and he wondered whether he should dare go ahead. He was so fearful, and he was standing there trembling and about ready to turn and go back, and then he heard the voice of the porter up at the gate.

He said, "Don't be afraid those lions are chained. They are kept there by the enemy of the man on the hill, but he has to keep them chained. He is required to keep them chained, but they are there to frighten pilgrims." Isn't that interesting? What a picture of the Christian life. But he says, "If you keep right in the middle of the path and come right up the hill, they can't hurt you." And so with that assurance,

he went right ahead, and sure enough, the lions growled and roared and all that, but they never touched him. And so as you go ahead, these lions, there are three of them in this one, not just two, not one of them will hurt you. You just go right ahead, go right ahead.

Psalm 62:8, I want you to look at this. This is one of the most important, practical points in dealing with these feelings. Psalms 62:8, [First, Elder Frazee repeats the opening text]

“He that is slow to anger is better than the mighty and he that ruleth his spirit than he that taketh a city”

Proverbs 16:32.

That is our text tonight. We are studying how to do it, how to rule the spirit. Psalm 62:8.

“Trust in him at all times ye people pour out your heart before him, God is a refuge for us” Psalms 62:8.

There are times, friends, when we are in situations where there is nobody to comfort us—nobody to help us. Think of Joseph, riding along strapped up roped up on that camel. His own brothers had sold him as a slave, and there he was down in Egypt. He couldn't talk things over with them he; couldn't appeal to his father. There was nothing he could do. But at first, we are told that he gave himself up to weeping. Oh, how he wept! But then, dear friends, thank God, the lessons he had learned from his father came to his rescue, and he poured out his heart to God. Before they arrived in Egypt, his feelings were all under control. He knew what he was going to do—he was going to be true to God.

“Pour out your heart before God.” If you really think that there is nobody that understands how you feel, go to God all alone, get in your bedroom, and shut the door. Get out here under one of these trees, get somewhere where you can be alone, and “pour out your heart to God.” Talk to Him, don't just think, don't just let the thoughts run around and round like a wheel. Let those thoughts find expression. Well,” you say, “somebody said a while ago, you said, ‘let these thoughts find expression.’” Listen friends, you can pour out your heart to God. It is safe. You can tell God anything about how you feel, that's right. If you feel rebellious, tell God about it. Tell Him you are sorry you feel that way, but you know that it is down in there. Get the germs out into the light from the sanctuary. Get that glory from the mercy seat shining on those germs. Those rays have bactericidal action, my friends. They will kill the microbes. Oh, pour out your heart to God, open it up, let the light of God's love in on your thoughts and feelings!

Now let's turn over to Romans the 12<sup>th</sup> chapter, and here is something wonderful in the way of a practical suggestion of dealing with these problems:

“Be not overcome of evil but...”

What?

“...overcome evil...”

How?

“...with good” Romans 12:21.

That’s right, “overcome evil with good.” The way to deal with darkness is not to sit up, no. The way to deal with darkness is to let in the what? Light. And if I am in the shadow, I can be sure it is because what I need to do is to turn and look at Jesus. He is light and if I turn to look at the sunshine, the shadows follow where? Behind me. So Jesus says.

“Look unto me and be ye saved all the ends of the earth”  
Isaiah 45:22.

“Overcome evil with...”

What?

“...good” Romans 12:21

Listen, if you have rebellious feelings, don’t spend too much time fighting the rebellious feelings, just by saying, “Oh, I mustn’t do that, I mustn’t do that, I mustn’t do that, I mustn’t do that, I mustn’t do that!” I can illustrate it in this matter of forgetting something. Suppose I want Frank here to forget something. Are there things that you would like to forget? Suppose Frank had told me about something, and he says, “I just wish I could forget it, but I don’t know how.”

And I say to him, “Well, now listen, I’m going to help you.” And every time I see Frank, I say, “Have you forgotten that yet”? [Laughter]

“Forgotten what”?

“Oh, that thing you were telling me the other day, don’t you remember”?

[Laughter] And I bring it all back up, and we go over it. And I keep that up every time I see him. If I work at it long enough and he works with me, he will eventually forget it, won’t he? Won’t he? Can you write a list of the things you have forgotten? No you can’t.

The way to deal with a lot of these feelings, friends, is not by making lists of them. And just taking on mental energies and just trying to keep them under control. No, no. Overcome evil with what? With good, that's right. That's why this suggestion you understand about singing by faith. You keep singing. You don't feel rebellious anymore, do you? Why no, you may have to sing more than one stanza but that's all right. Overcome evil with what? Good.

And whether it is in prayer or the study of the Bible or in trying to do something for somebody, or chopping wood with an axe—overcome evil with what? Good. That's what we are doing when we go to the person we are having the problem with. The child that will go to his parents and talk things over, the student who will go to his teacher and talk things over, the church member that is having some problem with a church office, that will go and talk it over. And pray together, even if it takes more than once, that is all right, friends. Overcome evil with what? Good.

All right, now in closing friends, let's go to the 50<sup>th</sup> of Isaiah and see the beautiful example of Jesus, and then I want to hear from you. The 50<sup>th</sup> chapter of Isaiah verses 4 and 5. Here is how Jesus got the power day by day to never yield to the temptations that Satan brought to Him. When He was 12 years old and when He was 15 years old, when He was 17, when He was 25, and when He was 30. And as long as He stayed in this world, this is how He got the help, and you and I can get it the same way.

“The Lord God hath given me the tongue of the learned that I should know how to speak a word in season to him that is weary. He wakeneth morning by morning he wakeneth mine ear to hear as the learned. The Lord God hath opened mine ear and I was *not rebellious*” Isaiah 50:4–5.

Oh, this is the way to keep from being rebellious, my friends. Here it is, young and old, you dear children that sometimes have those rebellious feelings. Like I told you last week, I know all about them. You older ones that sometimes have rebellious feelings toward those in authority, I know about that too. And Jesus, my dear friends, showed us how to win the victory. Morning by morning, His Father woke Him up. And alone with God, He received the grace and the wisdom to say the right word at the right time to the right person.

“The Lord God hath opened mine ear and I was not rebellious” Isaiah 50:5.

Do you want to keep from being rebellious? Let Jesus wake you in the morning and train the mind to look first to Heaven. Before you look into the faces of men, look into the face of Christ. Before you listen to men, listen to God. Before you talk to men, talk to God. And in that season of fellowship, Jesus will help *you* to receive that experience which will enable *you* to meet the temptations of the day as *He* met them successfully, victoriously. Isn't He a wonderful Savior, friends? A

wonderful Friend? The time is yours to witness for Him. May He bless as we bring joy to His heart by expressing our faith in Him.

[Elder Frazee and the audience sing a closing hymn: "Take Time to Be Holy"]

"Whatsoever ye desire when ye pray believe that ye receive them and ye shall have them" Mark 11:24.

Now we are to pray for what He has promised and listen. He has not promised that you will never again have another temptation. He hasn't promised that, so don't pray for that because that won't happen. He has not promised that you will never again feel bad. You will feel bad. But He has promised to give you strength to go through every temptation.

"There hath no temptation taken you but such as common to man but God is faithful who will not suffer you to be tempted above that ye are able but will with the temptation also make a way to escape so you *won't* have to bear it"  
1 Corinthians 10:13.

Did I quote it right? No, I didn't. No, that isn't what it says. It doesn't say He will make a way to escape, so you *won't* have to bear it. He says that He will make a way of escape so that you will be *able* to bear it! And that teaches you that the way to escape is through the problem, not around it or under it, or running away from it, no, no. The way is through it. The way is through it. So immediately bravely in the strength of Jesus. Oh friends, the lions are chained; let's go forward, what do you say? Shall we bow our heads?

Dear Lord, as we come to the end of this blessed service, we thank Thee for the Sabbath blessing that has been poured out upon us. And we give Thee all the glory, Thy word how beautiful it is, how practical it is. And Lord, we are all poor weak men and women struggling with the temptation of the Devil and with the weakness of our own hearts. But Thou has laid help on One that is mighty. We can do all things through Christ, Who strengthens us. We are so glad we know now tonight that temptation isn't sin that we don't have to feel guilty just because some feelings worked into our hearts. We thank Thee that we can send a prayer to the sanctuary, look up to the mercy seat and see Jesus praying for us and receive the power and the strength and the love that will enable us to sing the song of victory regardless of what our feelings are. Bless everyone that has come to this altar tonight and give them the blessing they need. Bless all through this audience, and as we go, may we share with others the good things of God. For Christ's sake, amen.

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