

Good Mental Health

David & Paul are fantastic examples that help us understand how you and I can deal with our past!

Dealing with your past #6 2 Samuel 11-18

A look into the past

We need to distinguish between connection and control when it comes to our past leaking into our present life. No quick fixes but rather the solution requires daily dependence on the truths of God. We are trying to point you to these truths, so you can start this process and we can help you to stick with it.

In the Bible in 2 Samuel 11-18 on we see years of bitterness, consequences of action, regret come to light in so many terrible ways. Let's consider this story as we look at dealing with our past.

1. THREE CAUSES

Three things that cause an unsettled past

If you have something in your past hindering your walk with the Lord, hindering your relationship with peers and family, or is the starting point of a downward spiral it is something bigger than “bad day a work” kind of emotional health but in this story and in our experience these things general cause an unsettled past.

Philippians 3:13-14 (NKJV) 13 Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, 14 I press toward the goal for the prize of the upward call of God in Christ Jesus.

Regret

- David regretted His sin of adultery and murder greatly.
- The regret led to other sins and other indirect effects just as the Lord said it would
- He dealt wrongly with dealing justice to His son Amnon because of guilt or regret for His own sins and that caused another string of actions.
- He was forgiven immediately, because of true repentance and the grace of God
- David understood that forgiveness comes with a renewed joy
- Ask God as David did to bring back this “joy” of our salvation of forgiveness and mercy He has shown us despite our past actions weigh on us.

Make me to hear joy and gladness; that the bones which thou hast broken may rejoice. Hide thy face from my sins, and blot out all mine iniquities. Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit.

(Psalms 51:8-12 KJV)

And David said unto Nathan, I have sinned against the LORD. And Nathan said unto David, The LORD also hath put away thy sin; thou shalt not die.

(2 Samuel 12:13 KJV)

Text

Resentment/bitterness/anger

- In 2 Samuel 11 Absalom plotted the death of his brother in revenge and he plotted to overthrow his father, David who refused to forgive him.
- Absalom plotted his brother's death for two years, and then went into hiding fearing justice for three years, and then living another two years back home before he even saw his father's face.
- Do not give bitterness time to fester like he did. It was short-lived and because he spent his lifetime plotting revenge against his father and brother and we know he was clinging to his past because he named one of his daughters Tamar.
- He forgot his hope should be in the great judge who will one day take account of every action. Justice will be done.
- We must strive to forgive and give way to wrath because there is nothing more harmful to ourselves and others if bitterness has its way.

*And Absalom spake unto his brother Amnon neither good nor bad: for Absalom hated Amnon, because he had forced his sister Tamar.
(2 Samuel 13:22 KJV)*

*So Absalom dwelt two full years in Jerusalem, and saw not the king's face. Therefore Absalom sent for Joab, to have sent him to the king; but he would not come to him: and when he sent again the second time, he would not come.
(2 Samuel 14:28-29 KJV)*

*And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption. Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.
(Ephesians 4:30-32 KJV)*

*Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord. Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head. Be not overcome of evil, but overcome evil with good.
(Romans 12:19-21 KJV)*

Trauma

- The death of his baby child, the rape of one of his daughters, the betrayls of his son and disloyalty of his generals must have been traumatic.
- The definition of Trauma: a deeply distressing or disturbing experience. "a personal trauma like the death of a child.
- Tamar was physically violated and the event was downplayed because David was struggling to let go of his past.
- We must always handle trauma honestly and get help because your future self and those around you depend on it.

Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you.
(1 Peter 5:6-7 KJV)

Revelation 2:10 (NKJV) 10
Do not fear any of those things which you are about to suffer. Indeed, the devil is about to throw some of you into prison, that you may be tested, and you will have tribulation ten days. Be faithful until death, and I will give you the crown of life.

3. THREE HELPS

Three statements about biblically dealing with your past

- Your past is not a blanket to cover up issues, or hide under from problems

Rom 14:12 *So then every one of us shall give account of himself to God.*

- Your past should not take away from where you are now

Mat 6:34 *Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.*

- Your past is never greater than the grace of God

2Co 9:8 *And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work:*

2. THREE TRUTHS

Statements about biblically applying forgiveness, thankfulness and hope

- Hope does not mean security from future regret, trauma or hurt

1Pe 3:9 *Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing.*

- Forgiveness does not erase the consequences of our past

Gal 6:7 *Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.*

- Thankfulness does not mean we need to suck it up and get over it.

Job 5:11 *To set up on high those that be low; that those which mourn may be exalted to safety.*

An accident

There once was a person in a dreadful car accident. This left him with a permanent disability. Regret over things that he never got to do. Anger over the third party, over God for letting it happen. Trauma from 10 minutes without a heartbeat, 20 operations, three months in the ICU, skin grafts, 27 broken bones internal bleeding and more.

Many years afterwards when asked if this person was happy. The answer was usually no but the accident, or the disability doesn't come up he made his peace with the drivers. He learnt to do everything he did before and more. No What brings this person stress, and unhappiness, and sleepless nights is family conflict, unfair bosses, long work hours worry about money, the economy, the news. Regrets spills over about bad decisions from his teenage years, or about being a bad parent.

It is not our experiences that define our ability and inability to find lasting joy in the Lord. Dealing with your past does not mean building a numb resistance to it emotionally or downplaying and forgetting it. On the way home or the next time you have a few moments consider this passage from lamentations and psalm 51 and maybe you will agree that the cure for a broken past is the same cure as every other broken thing in this world.

Passages to take your study further

(Lamentations 3:16-26 KJV)

He hath also broken my teeth with gravel stones, he hath covered me with ashes. And thou hast removed my soul far off from peace: I forgot prosperity. And I said, My strength and my hope is perished from the LORD: Remembering mine affliction and my misery, the wormwood and the gall. My soul hath them still in remembrance, and is humbled in me. This I recall to my mind, therefore have I hope. It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness. The LORD is my portion, saith my soul; therefore will I hope in him. The LORD is good unto them that wait for him, to the soul that seeketh him. It is good that a man should both hope and quietly wait for the salvation of the LORD.

(Psalms 51:2-12 KJV)

Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge my transgressions: and my sin is ever before me. Against thee, thee only, have I sinned, and done this evil in thy sight: that thou mightest be justified when thou speakest, and be clear when thou judgest. Behold, I was shapen in iniquity; and in sin did my mother conceive me. Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom. Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow. Make me to hear joy and gladness; that the bones which thou hast broken may rejoice. Hide thy face from my sins, and blot out all mine iniquities. Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit