

Fairgrounds Road
C H U R C H O F C H R I S T
MESSENGER

"And this is the commandment we have from Him, that the one who loves God should love his brother also." 1 John 4: 21

Sunday – October 4, 2026

Heart to Heart...

Misery is a state of being within our spirit. She was an aged lady and responded to a compliment about how good she looked. Her response, *"I may look good on the outside, but I have felt terrible on the inside for many a year!"* A middle-aged man said this, *"Some people pray that tomorrow may be better, but I pray that I won't wake up!"*

A husband, who was a heavy drinker said this, *"It is the only way I have of getting even with my wife!"* The common thread of all three of these is **misery**! The emotional stress in their lives and their lack of ability to deal with things properly has created misery within. What causes this kind of misery? Sometimes there can be physical illnesses but as hard as it is to believe, most misery is self-induced and self-maintained. Someone walks into a room that you have had conflict with and what happens to your demeanor? You quickly become upset giving access to misery being invited into your heart. Misery is the result of being rooted in selfish desires. The more we desire something, the harder it is to accept not getting it. **"For where jealousy and selfish ambition exist, there is disorder and every evil thing."** (James 3:16) The more we are bitter about an incident, the harder it becomes to let it go and your state of being becomes miserable!

A young woman wanted a husband so badly that she attempted suicide when the young man refused to marry her. She couldn't get what she wanted so she used this to garner attention in her selfish condition. It didn't matter if the young man had a say-so or not, all that mattered was she wanted what she wanted and was willing to do whatever it takes to gain that desire.

Wrong reactions to what others do to us will ALWAYS lead you into pain and misery. Resentments, bitterness, hate and malice are usually reactions we experience when others have wronged us. Did you know that when you do or think something is wrong, especially when it involves others that you're supposed to feel the misery? That's the whole function of the conscience (Romans 2:14-15). If we react in selfish and wrong ways to others and we know we are reacting this way, it becomes easier and easier for you to become more hateful, bitter and all along the way, your misery increases.

Paul speaks in Galatians 6:7-8 that we reap what we sow. This invisible spiritual law from God explains how He operates and why you are the way you are. God is not a fool. He gives the harvest of your sowing.

You react fleshly (follow your own desires or wants); you gain that fleshliness back into your being. It's our flesh that produces all this evil (Galatians 5:19-21). The more you sow to your flesh, the more you reap and misery comes with it.

If we would learn to sow to the things of God, God would reap back into our hearts His spiritual nature. Joy, peace, love, goodness, kindness, gentleness, faithfulness and self-control grow within our beings (Galatians 5:22-23). How much misery is there in these things? That's the solution! You can reap the things of the Lord and find the fruit of that, or you can reap the things of your own flesh and your state of being will end up in misery! It all depends on how rooted we are in ourselves or the love of God, yielding to His Spirit. Think about it!!!

-Brent