



5 Biblical Ways to Deal With Negative Emotions

1. Take them to Jesus.

We don't have to hide our difficult emotions from Jesus. One woman, Mary of Bethany, was honest about her emotions with Jesus, and He met her with love. He'll do the same for us. "When Mary reached the place where Jesus was and saw him, she fell at his feet and said, "Lord, if you had been here, my brother would not have died." (John 11: 32)

2. Talk to an empathetic, safe friend.

There's a Swedish proverb, "Shared joy is a double joy. Shared sorrow is half a sorrow." The Message translation says this truth in a similar way in Proverbs 17:17, "Friends love through all kinds of weather, and families stick together in all kinds of trouble." (MSG) Cultivate friendships that bear both happiness and sorrow.

3. Journal.

There's something therapeutic about writing down our emotions. It allows us to privately process with God without needing to filter. Recently I journaled about a painful event that happened to me in my 20s. I wrote a letter to God, and then I wrote one to my younger self. God brought healing and proved again that He's my trusted refuge. "Trust in him at all times, you people; pour out your hearts to him, for God is our refuge." (Psalm 62:8)

4. Seek counseling.

Sometimes we're too close to our own circumstances to see things clearly, and we need a trained professional to help us move forward. There is no shame in seeking counseling. In fact, the New Living Testament tells us the benefit of seeking counsel, "Get all the advice and instruction you can, so you will be wise the rest of your life." (Prov. 19:20 NLT) Counseling has brought wisdom into several seasons of my life, and I'm deeply grateful.

5. Be kind to yourself.

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." (Galatians 5:22) Yes, we're to practice the fruit of the Spirit with others, but how often do we leave ourselves out? God has been showing me that when I'm hurting or feeling like a failure, my self-talk needs to match the way I'd talk to someone else. It needs to reflect the fruit of the Spirit too, including kindness toward my own humanity and emotions.