Get Over It!
Introduction: “Life just isn’t fair!” Tell me about it. But, I sure hope you are not thinking that life just isn’t fair to YOU?! For you are wrong about that. Life isn’t fair to anybody and everybody...for that is the way God has determined it to be. God says it this way...the race is not to the swift, nor the battle to the strong, nor bread to the wise, nor riches to the intelligent, nor favor to those with knowledge, but time and chance happen to them all. For man does not know his time. Like fish that are taken in an evil net, and like birds that are caught in a snare, so the children of man are snared at an evil time, when it suddenly falls upon them. - Eccl. 9:11-12. Also in 8:14 we read...There is a vanity that takes place on earth, that there are righteous people to whom it happens according to the deeds of the wicked, and there are wicked people to whom it happens according to the deeds of the righteous. I said that this also is vanity. -- In another place God says...For the creation was
subjected to futility, not willingly, but because of him who subjected it, in hope that the creation itself will be set free from its bondage to decay and obtain the freedom of the glory of the children of God. For we know that the whole creation has been groaning together in the pains of childbirth until now. And not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. For in this hope we were saved. - Romans 8:19-24

So you see, life as we know it under the sun is filled with futility, vanity, unfairness, inequity, injustice, etc. And time and chance causes everyone, including you and me, to be exposed and susceptible to the adversities that come from them...the agonies of defeat, the miseries of failure, the heartbreaks of loss, the discouragements of disappointments, the frustrations of brethren, the rejections of friends, the
tragedies of illness, injury and handicaps, the griefs of broken marriages, rebellious children, and totally dysfunctional families....and on and on and on and on we can go. Life is filled with ups and DOWNS. Everyone experiences both hills and VALLEYS...even Christians! -- How in the world does one cope? And I mean that literally how IN THE WORLD do we manage to get by. Well, before I answer that in detail, let me simply jump to the conclusion...We have got to get over it.

**I) Getting Over It...**Or worded another way...we have got to let it go...forget about it (at least to some extent)...not constantly look back on the things that can not be changed. What’s in the past is in the past (boy is that profound or what? Ha!) What’s done is done. It’s over...there is nothing you can do about it now...it happened...but we have got to move on. Sure....there is a time to grieve...a time to them out of it by saying, it is time to move on...and the Scriptures say the same thing.

**Conclusion:** Our adversary the Devil causes much adversity in our life. We are not immune simply because we are in the Spirit. But, we are called upon to overcome...to get OVER it and move on to our home in the heavens where there will be no more Devil and no more adversity. But, we have got to get over it.
sible socially. Misery loves company? No, misery NEEDS company!

11. Forget About It - Read with me Philippians 3:13-14...Of course, We cannot just give ourselves amnesia...zap memory cells out of our brain...BUT, we can choose not to dwell on them...to not entertain them...to refuse to talk about them...and especially to refuse to let them affect my behavior TODAY! Just today...one day at a time. Notice the apostle determined to put the past behind him...whether good or bad, to forget the things behind him.

12. Press Onward and Upward - Philippians 3:13-14...We MUST go on in our service of the Lord. We often tell people struggling with problems of the past...“you have got to move on.”...it is sometimes heard when a person cannot seemingly get over their grief at the death of a loved one. Friends will finally coax feel remorse..a time to suffer hurt...but that cannot go on for long. -- So many people become mired in the pit of self pity and negativism because they think in terms of what SHOULD have been: (1) "Life should have treated me fairly." (2) "If I am a good person nothing tragic should have happened to me." (3) "I should have known better than to have done this or that."...What should be, is often not what will be...and we must accept that our world is sin cursed and inhabited by imperfect people who will sometimes intentionally and sometimes unintentionally harm us. We may be a victim of crime...senseless violence or rape. We may be on the receiving end of belittlement or slander. We may be traumatized by the horrors of war...we may be overlooked for promotion at work...or under-appreciated by those at church...We may be ridiculed by an unloving spouse...we may be embittered by the treatment of an overbearing parent...we may be...we may be...we may be
all sorts of things. -- But, (and this is going to sound insensitive and it is not meant to be)...that was then, this is now. Get over it.

**Take a Lesson**...Events don't cause our emotions; only our interpretation of those events do.

**Take another Lesson** - We cannot control everything that happens to us in life...but we can control our reaction to it.

**II) So, what’s the big deal?** Well, If we do not force ourselves to get past the bad experiences of our past then these potential problems arise...

1) **We may become unwilling to accept personal responsibility for present behavior due to past**...It’s not my fault I have the problems I have TODAY, because of the bad experiences I had yesterday or yesteryear.

9. **Remember The Faithful Of Old** - David for instance...As successful, prosperous and God-loving a man as he was he experienced many gut wrenching moments....King Saul turned on him and hunted him down...God refused him permission to build the temple...He sinned with Bathsheba and murdered her husband...he lost the child born to Bathsheba...he was overthrown by his own son, Absalom, and although he regained his kingdom, he lost the son he so dearly loved...he caused the death of 70,000 of his own citizens by numbering them...David suffered setbacks involving gross personal immorality, heartbreaking family tragedies (incest among his children), and colossal failures as a leader. We are not alone when it comes to having a hard life.

10. **Associate With Saints A Lot** - Attend all the assemblies; get together as much as pos-
7. Confess Your Faults To Another - James 5:16...someone has said confession is good for the soul. That is GENIUS...no, that is Scriptural...that is GOD!

8. Count Your Blessings - It may surprise you what the Lord has done. In comparison, how can I complain? Are we going to be a glass is half full or half empty person? Are we going to be optimistic or pessimistic? You can decide. In our self centered world we think only of how BAD things are...for ME. Choose to be optimistic. Remember: Love believes all things, hopes all things, endures all things...sounds optimistic doesn’t it? -- And speaking of love...when it comes to personal conflict, we can sometimes be like elephants, we never forget. But the Bible says: "Love does not hold grudges, it keeps no record of wrongs." - I Cor. 13:5.

2) We may justify less than good behavior as acceptable due to past...this is taking it the next step and saying it is all right, because of what happened in the past...it is acting as if this somehow makes up for the wrongs of the past. Two wrongs do not make a right...but some act like it does.

3) We may fail to do right due to the past...this is the lazy man’s excuse...my miserable past excuses me from doing much of anything constructive with my life. -- This is all a BIG mistake! This is NOT getting over it. Remember: we have a freewill - we are bigger than our past...we can overcome. We must get over it.

4) But, hang on...it can get worse...if we do not get over it will likely breed resentment...deep seated resentment...harbored grudges...and
bitterness...and later in life we turn into
crotchety, grumpy old people that hate life...all
because some unfair thing happened to us way
back when...or a series of unfortunate events
crossed my path...Maybe we can’t get over the
fact that our employers didn’t treat us right.
We were the ones that deserved the promotion
that somebody else got. That’s not fair. -- Peo-
ple can become resentful and cynical because
they are poor. They see other people that are
rich, and they say, "Why didn't I ever get the
breaks? I guess the system doesn't treat peo-
ple with fairness, and some people get all the
breaks." -- People who are rich can resent poor
people. They resent paying their taxes. "I work
hard for my money. I resent those people who
don't work and are collecting welfare." Have
you heard that kind of talk? Resentment. Hus-
bands resenting their wives...and wives their
husbands...Children resenting their parents.
One boy said, "I was never my father's favor-
ite. He always liked my older brother better. I

for I have provided for myself a king among
his sons. - I Sam. 16:1. Get up and go.

5. Spend Much Time In Secret With Jesus
Alone (sounds like the words of a song) Pray
more. Pray God to help you forget your awful
past. Pray God to ease your worried mind. Pray
God to help you be thankful for what you have,
not what you don’t because of some tragic past
experience. God has promised He will bring
peace to your soul and guard your heart and
mind. -- And Read your Bible more.

6. Adamantly Refuse To Admit Self-pity -
Remember what Jesus said...If anyone wants
to come after me he must DENY HIMSELF...and
TAKE UP HIS CROSS...No more moping around
with head hanging down, no more lingering
hard feelings, no more pity parties. Deny your-
self pity.
money to farmer -- asked to see puppies -- they all came running out, but lagging far behind was runt with obvious limp -- boy wanted him -- farmer said he would not be a good dog to play with -- boy pulled up trousers and revealed braces on each side of leg -- "I can't run so well, either, and he will need someone who can understand." Lots of people in the world can't run very well, and need someone who can understand. -- d. Adversity may chastise us in ways we do not know.

4. Do Things For Others - Find your life in losing it. Use your burden as a bridge to success - make the best of the bad situation. But, force yourself out of your shell to go do something good for others. When Samuel was grieving over the rejection of King Saul, the Lord came to him and said, How long will you grieve over Saul, since I have rejected him from being king over Israel? Fill your horn with oil, and go. I will send you to Jesse the Bethlehemite, was never the favorite one. I was always put down." -- Another boy says, "My father would always came home drunk and beat us, and I've never forgiven him for that." Resentment everywhere. But, it gets worse...It gets worse? Yep....

5) Worst of all are those who resent God. And they do...RESENT God. There is a couple who don’t have any children. They want children. They pray for children. But, they never have any children. And they look around and see other people with children that they don't even want. They read in the paper about children who are beaten by parents...children not cared for; children not loved. And this couple says, "God, why? We would have made such good parents. Instead you gave children to those people who didn't even want them. It just isn't fair." Resentment that begins with not being able to get over the disappointments of this vain world in which we live.
III) HOW To Get Over - OK, I said we would talk about how to cope...and how to get over these terrible experiences of life...and so let's begin..

1. Look To God - If we are going to get over our bad past, we have got to look to God more for the strength to do so. Paul says, I can do all things through Christ who strengthens me. - Phil 4:13. The context is learning not only how to abound in life, but more especially how to be content when suffering and distressed.

2. Examine Yourself - Search your heart for sin (not that all adversity is caused by sin), but see if there is some beam in your own eye. That is always a good rule of thumb...search for own faults first...But, even if no sin is found, still this self examination can lead you to ask, "what did this hardship tell me about my weaknesses," and then focus on ways to improve self. And if you are having difficulty getting over something...then begin to renew your mind - Romans 12:2 -- Make yourself think on good things. Mediate on good things. - Phil. 4:8.

3. Recognize The Good That Can Come -- Adversity can accomplish a lot of good in our lives. Here are a few examples... a. Humble us - In II Cor. 12:7-10, the Lord informed the apostle Paul that his constant thorn made him more humble and dependent on God. Bad physical happenings of life can do that...they can make us realize we are not perfect, we can make mistakes, we can be defeated, and that we should trust in God and not ourselves. -- b. Greater trust leads to maturity - James 1:2-4. In earth's struggles, we should tell God, "I don't like what is happening, but I will rejoice because I know You will use this to make me stronger." -- c. It equips us to comfort others - II Cor. 1:3-7. Story about little boy who read ad for puppy dogs and took his allowance