

## "Just Get Over It!"

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by Wayne Goff

### **MAYBE I SHOULD, BUT IT'S NOT ALWAYS THAT EASY!**

We have all received that sage advice, "Get over it!" It's a blunt, tactless statement, but more often than not, it's true. I have been the self-imposed victim of bitterness, resentment, and anger in the past -- and I didn't like what it did to me, or where it took me. So I made a choice: I got over it! But it's not always easy. Sometimes it takes days, weeks, or months to do. But it can always be done.

For example, Jesus Christ lived a sinless life (1 Pet. 2:22). Jesus also lived a selfless life (2 Cor. 8:9). And what thanks did He get for it from mankind? Absolutely none! His friends forsook Him and ran for their lives! (Matt. 26:56). His Jewish enemies provided an illegal trial designed to condemn Him on the basis of false witnesses! (Matt. 26:59-60). His Roman enemies crucified Him on the basis of political expediency! (Matt. 27:24). His mother was helpless to do anything for her Son (Matt. 27:55-56).

Now think for a moment: What was Jesus' attitude and reaction to all of this? Bitterness? Resentment? Anger? Absolutely not. His attitude was complete mercy and grace. While He was dying He prayed: "Father, forgive them, for they do not know what they do" (Lk. 23:34). Are you kidding me?! These wicked people were vile sinners, spineless politicians, cruel soldiers, or corrupt religious leaders. They did not deserve forgiveness. They should be condemned for their acts.

Jesus learned by suffering to "get over it." That's not what I would have done in the last hour of my earthly life while I was dying a wrongful death. But that is exactly what Jesus did, and what He now calls upon us to do: "For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps" (1 Pet. 2:24). So now when I have been wrongfully treated, or verbally misrepresented, or unfairly judged -- I try to learn to get over it. Jesus suffered for me. I can suffer for Him. It's not about my enemies. Like those enemies of Jesus, they do not deserve forgiveness. They should be punished for their actions. But it is so much better for me if I learn to get over it. And it's better for them, too. So when I turn loose of my bitterness, resentment, and anger, I am saying in effect, "Father, forgive them, for they do not know what they are doing."

Now let's look at it from the other side of the coin: "What is the benefit in hanging on to your bitterness, resentment, and anger?" Does it make you a better person? Do you feel better because you are now full of hate? Do you like what such inner turmoil is doing to your mind and your body? I didn't think so. It didn't do anything for me either.

"Happiness is a choice." I actually enjoy being happy, and in order for me to be happy I have to feel good about myself and about those around me. So it's easier on me to be longsuffering, patient, kind and forgiving. Now I might rather be that way toward some more than others but if I'm going to be that way as a Christian, then I do not have the right to pick and choose.

Jesus said "Love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust" (Matt. 5:44-45). Jesus both preached it, and did it. As Christians, we must do the same. So when it comes to all those lame excuses about why you can't do it, too I have only one thing to say: "Get over it!"

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