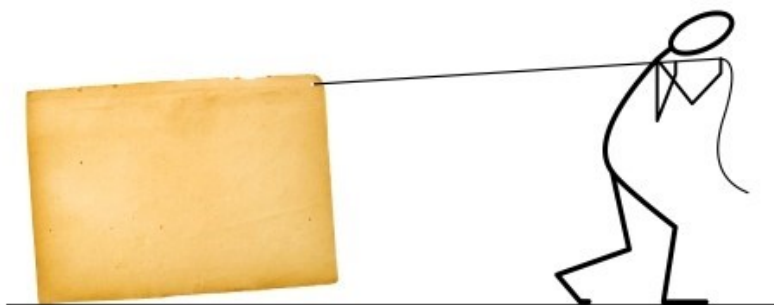


Unresolved Issues

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Unresolved Issues

What are unresolved issues? The word *unresolved* is used for situations that lack a resolution or ending. It can also describe unaddressed emotions, such as anger or sadness.

What are some unresolved issues we might face, or what might cause them? Death of a loved one, friends deserting us in our time of need, divorce, physical ailments or disabilities, relationships with our children, moving, church disappointments, aging, abortion, affairs, loneliness, anger, financial troubles, unforgiveness, and a multitude of others.

Sam Grover, who writes for *Our Everyday Life*, has an excellent description.

Unresolved issues plague every part of your life. If you've been through something in the past but haven't come to terms with it, it can infiltrate your work life, your home life and your relationships. Indeed, relationships are particularly vulnerable because they involve a closeness that the other parts of your life do not. You should be aware of these effects in order to deal with them by dealing with the unresolved issues themselves.

Unresolved issues often go unresolved

because the people who have them refuse to confront them. Rather, they just tell themselves that they don't have any problems and that everything is fine. This is a major emotional effect because it creates a subconscious identity crisis. People who are lying to themselves don't really know themselves and therefore find it harder to get to know other people

If you don't talk about the things that are bothering you, but rather just try to ignore them and push them aside, one person in a relationship might simply leave. This is an extremely negative emotional effect because not only is one person leaving, the person with the unresolved issues will be caught off guard. What's more, it is now too late to resolve these issues. If you wait too long to resolve your issues you risk them becoming far more pronounced and causing so much damage that there's no going back.

The unresolved issues affect your every word and action, keeping you from acting like yourself. This in turn makes it harder for [others] to get close to you, because the issues are polluting your every word and action.

It can be very hard to gather the power to make a choice to unchain ourselves from the hurt, pain, sadness, confusion,

and sorrow. It is very hard to resolve these issues so we can live a life the way God wants us to live according to scripture. It seems so much easier to bandage the sad, painful, haunting experiences by trying to comfort ourselves by temporary means, but, we will need to use those “temporary means” for our entire lifetime – it does not resolve the issue.

The danger with unresolved issues is that we can pretend we are over them but at some point, something will trigger a memory of that event and we will find ourselves back to square one. We will be forced to face the demons we are trying so hard to avoid.

Unresolved issues are like a tree that bears sour and bitter fruit. We can't get rid of this tree by merely cutting its branches—we need to dig out the roots and kill it. The first step to setting ourselves free is to identify the issues.

We must realize that for as long as we don't deal with and resolve those issues, we are going to end up being broken and affecting others negatively along the way.

How Do We Resolve Issues?

Resolution comes when we:

- Renew our strength by hoping in the Lord (Isaiah 40:31).
- Receive the Lord's strength to live in peace with others (Psalms 29:11).
- Stand against the enemy of our souls by believing the Word of God (Ephesians 6:13).
- Use every opportunity to do good (Ephesians 2:10).

- Love like Jesus (1 Corinthians 13:4-7).
- Realize that our victory is in the Lord our God who fights for us (Deuteronomy 20:4).
- Keep eternity in mind; the fear of the Lord keeping us obedient to His word (1 Peter 4:7-11).
- Be true to the faith that has been entrusted to us (Jude 1:3).
- Inspire others to love and good deeds (Hebrews 10:24).
- Sow righteousness, reaping the fruit of unfailing love (Hosea 10:12).
- Have a servant's heart (Philippians 2:3-5).
- Study the scriptures (1 Corinthians 2:6-16).
- Exalt the Name of God (Psalms 71:23)!
- Sin less, confessing and repenting of our sins (Proverbs 28:13).

Read the scriptures cited and consider these things. Pray for God's grace to walk in them. Face each unresolved issue God shows you with confidence that He who created you will be with you every step of the way.

*For I am confident of this very thing,
that He who began a good work in you will perfect it until the
day of Christ Jesus.*
Philippians 1:6

Spiritual Care Support Ministries

Reaching for a hand and touching a heart

MISSION STATEMENT

Spiritual Care Support Ministries provides support, education and a Biblical perspective to those who are ill, dying, grieving and experiencing personal loss, and to those who journey with them.

VISION

To establish a local, national and international resource center to provide ministry, training and a retreat for those who are ill, dying, grieving and experiencing personal loss, and to those who journey with them.

VALUES

God's Word

Prayer

Value Every Human Life

Integrity

Confidentiality

Excellence in Everything We Do



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