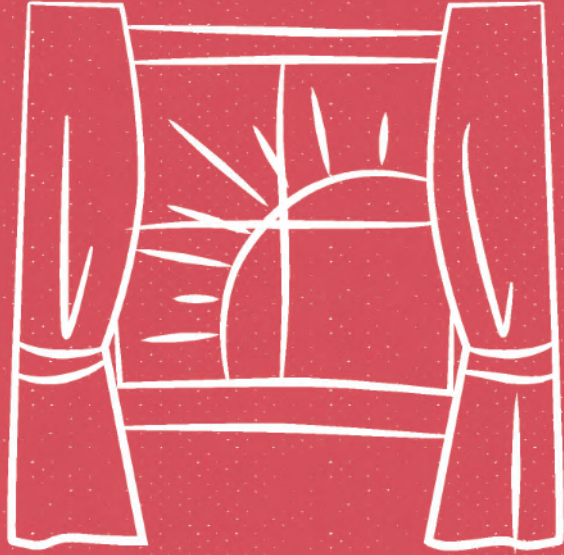


DAYS  
**27-33**  
OF THE  40-DAY  
CHALLENGE

THE RISE-UP:

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**RESTO**



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**RATION**



# DAY 29

THE RISE-UP: RESTORATION

BUT I'M STILL MAD!

## ZIGGING AND ZAGGING

On a journey up a mountain, you will never travel in a straight line. In fact, many mountains have trails called “switchbacks.” A switchback is a path that zig-zags back and forth up a mountain.

Switchbacks are useful for many reasons:

- They keep the path from becoming too steep.
- They keep the soil and rocks from getting loose and hitting others below or making hikers slip.
- They keep the trail from excessive erosion when rain falls. (Erosion is when soil is moved from one place to another, by water or wind.)

There are many switchbacks along the road to forgiveness.

## EMOTIONAL SWITCHBACKS

Even after you forgive someone, you may still have lingering feelings of anger. Memories of what happened might stir up this anger.

Trying to forgive without dealing with these feelings is like trying to climb straight up the mountain. The path is steeper and very difficult, and you'll have some exhausting back sliding.

Remember the story from Day 10, when Corrie ten Boom told the miracle of how she forgave the German guard at the death camp? After learning to forgive a murderous guard, you'd think that forgiving her friends for the minor things they did would be a piece of cake. Right?

Wrong. Corrie says she still felt angry at her friends, and she still had to keep going back to God, asking Him to give her the strength to forgive. As she put it, "I was restored to my Father."

The path of forgiveness is not a straight line. It zigs and zags, like switchbacks. One day we'll feel calm and forgiveness comes easily. But on another day, we'll feel angry, and forgiveness is tough. Maybe it will feel like you cannot ever trust the other person again.

Our emotions can make us feel like we are on switchbacks.

- They often make the journey longer.
- They make you feel like your moods are all over the place, instead of making progress in the relationship.
- You may feel like you keep having the same conversations over and over again.

Even though it can feel long and hard, it's important to not give up. When hurt and anger seem to slow your progress, look to the Bible to see the best way to wrestle with our emotions.



## DEALINGS WITH FEELINGS

There are two ways that people will tell you to deal with your feelings.

- 1 Stuff everything inside and ignore your feelings.
- 2 Let your feelings be your guide. Pour out all your feelings and never apologize for them.

The Bible has a third way to deal with our feelings. King David writes in the Psalms, **“Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall.” Psalm 55:22 (NLT)**

Feelings aren't bad, but they shouldn't control us. When you feel strong emotions come over you, take them to God.

Peter, one of Jesus's disciples, writes a similar message for us. He says, **“Give all your worries and cares to God, for he cares about you.” 1 Peter 5:7 (NLT)**

God isn't angry at you for having feelings and emotions when you're trying to forgive. But He also doesn't want you to be a slave to your emotions. So turn to Him and ask for His help in controlling your anger or sadness.

Jesus understands your feelings and emotions because He was true God and true man. Only because He was true God and true man at the same time was Jesus able to forgive all sin. Because He died and rose again, we are able to rise up and work through our emotions.

## CHALLENGE

Write about your own journey of forgiveness on the picture of the mountain below. If you don't have a personal story of forgiveness, then make up a scenario. At the bottom of the mountain, write down what happened. Then, at each switchback, write down a feeling or emotion that you had on the journey of forgiveness. (You can choose from the list below or use your own.)

Repeat 1 Peter 5:7 at each switchback. Give those emotions to God.

### EMOTIONS

Sadness

Joy

Anger

Fear

Excitement

Awkwardness

Anxiety

Awe

Confusion

Hope

Shame

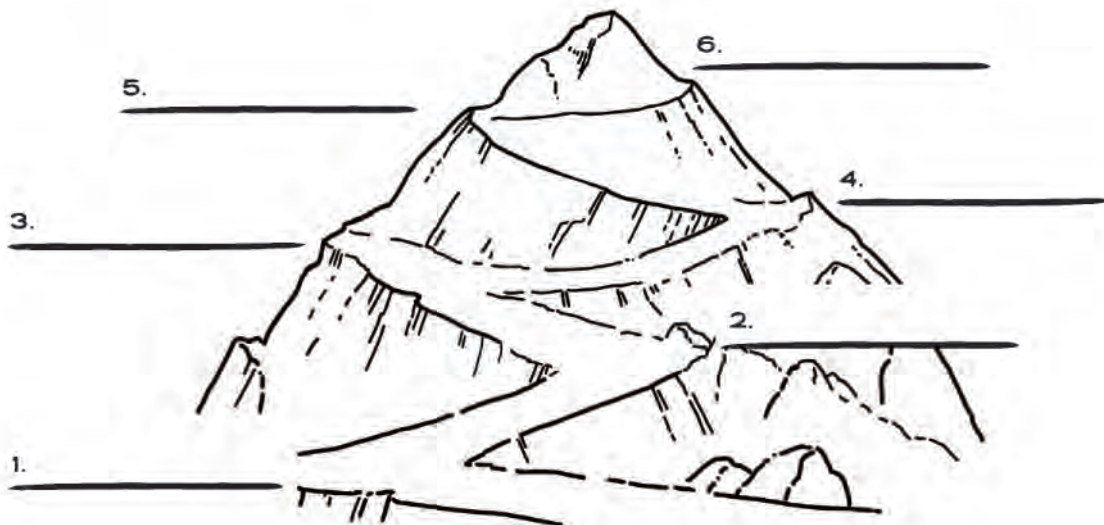
Annoyance

Guilt

Hatred

Love

Frustration



WHAT HAPPENED: \_\_\_\_\_