



**“IN THE WORLD
YOU WILL
HAVE
TRIBULATION”**

John 16: 33



THE MISERY
OF SELF-
INFLICTING
SUFFERING

HIGHLIGHTS

1. Biblical & Life Examples.
2. Why is it miserable?
3. Spiritual Reasons.
4. Common Justifications.
5. Hope for healing.





I. BIBLICAL & LIFE EXAMPLES



1. Eating from the forbidden tree and trying to hide from God afterwards.
2. The grudge in Cain's heart and its consequences.
3. The stubbornness and jealousy of King Saul.

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4. Samson playing with the fire of temptation.
 5. The prodigal son wounding himself with his immature desire to separate from his father and living recklessly.
 6. King Ahab's reckless pursuit of an unjustified war and his refusal to heed the counsel of Micaiah.



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7. Love of Money: “For the love of money is a root of all *kinds of* evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows” *1 Tim. 6:10*
 8. Mismanagement of family relationships and conflicts.





II. WHY IS IT MISERABLE?





1. They didn't have to happen and could have been easily avoided.
2. Served no purpose and had no reward.
3. Although the suffering began because of one person's fault, many others bore the consequences.

4. It reflected a profound disconnect between the person who caused it and reality, along with the danger of losing his own salvation.





III. SPIRITUAL REASONS



Do not be wise in your own eyes;
fear the LORD and shun evil.

– Proverbs 3:7 –

1. Pride and self-will:
 - “Where *there is no* counsel, the people fall;
But in the multitude of counselors *there is safety*” **Proverbs 11:14**
 - The wise in his own eyes!
2. Refusing repentance:
Pain deepens when sin is defended, hidden, or justified.



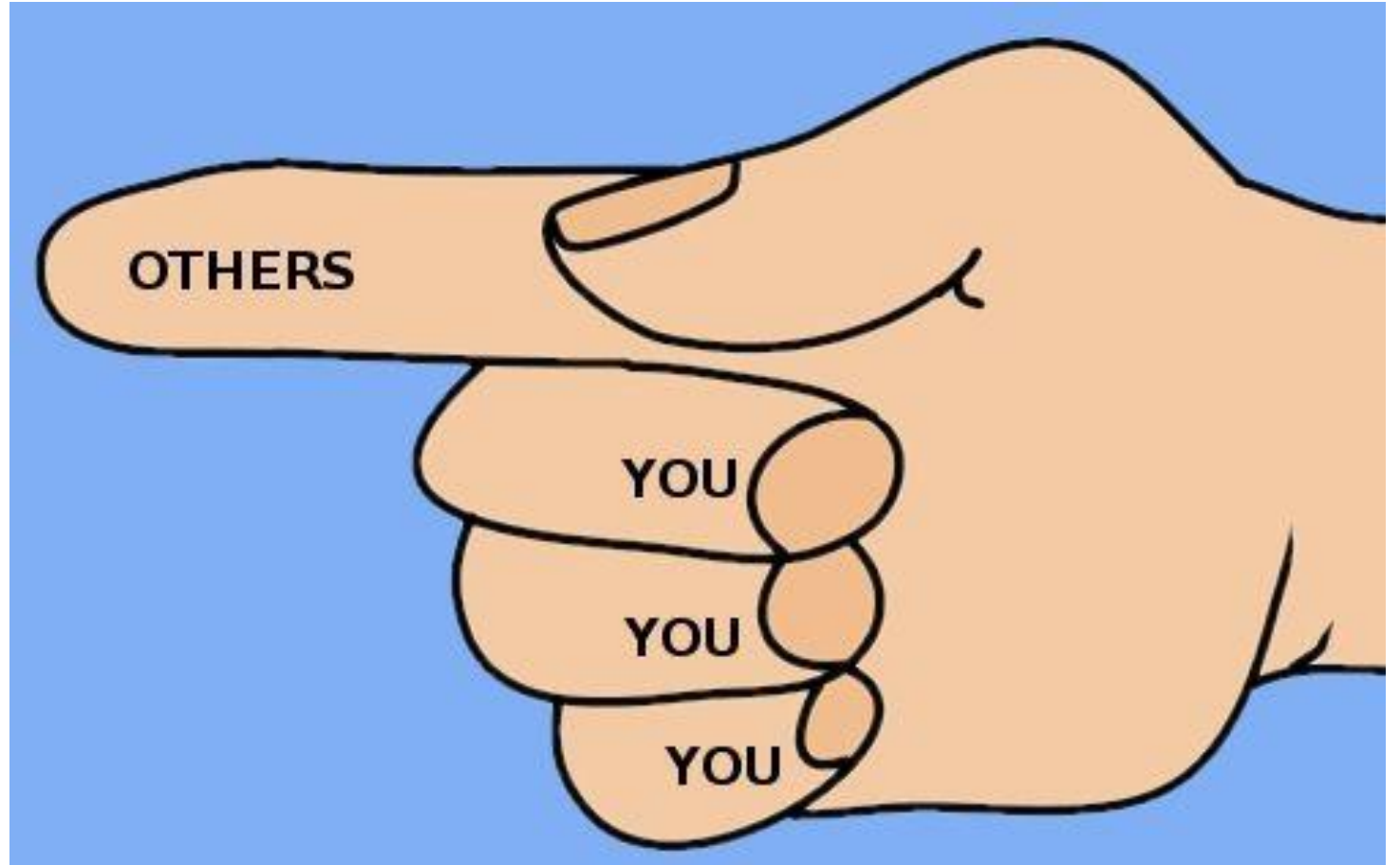
3. Living by emotions instead of truth. Fear, anger, jealousy, hatred, lust, or rejection can drive destructive choices.
4. Despair and loss of hope. Some continue hurting themselves because they believe they are beyond forgiveness or change.

IV. COMMON JUSTIFICATIONS

A close-up photograph of a judge's hand holding a wooden gavel with a brass band, poised to strike a wooden block on a desk. The judge is wearing a black robe. In the background, another person's hands are visible near some papers. The scene is set in a courtroom.

JUSTIFICATION

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1. Rationalization: The person creates spiritual, or logical excuses to make destructive behavior appear reasonable.
 - “I had no other choice”
 - “I am protecting them”
 2. Blaming others:
 - “My family made me this way”
 - “The church hurt me”





3. Victim identity: The person unconsciously builds an identity around suffering and begins to draw meaning, attention, control, or sympathy from remaining wounded.



4. Spiritualizing unhealthy behavior:

- Calling stubbornness “standing for truth”
- Calling bitterness “Discernment”
- Calling lust “Love”



V. HOPE FOR HEALING



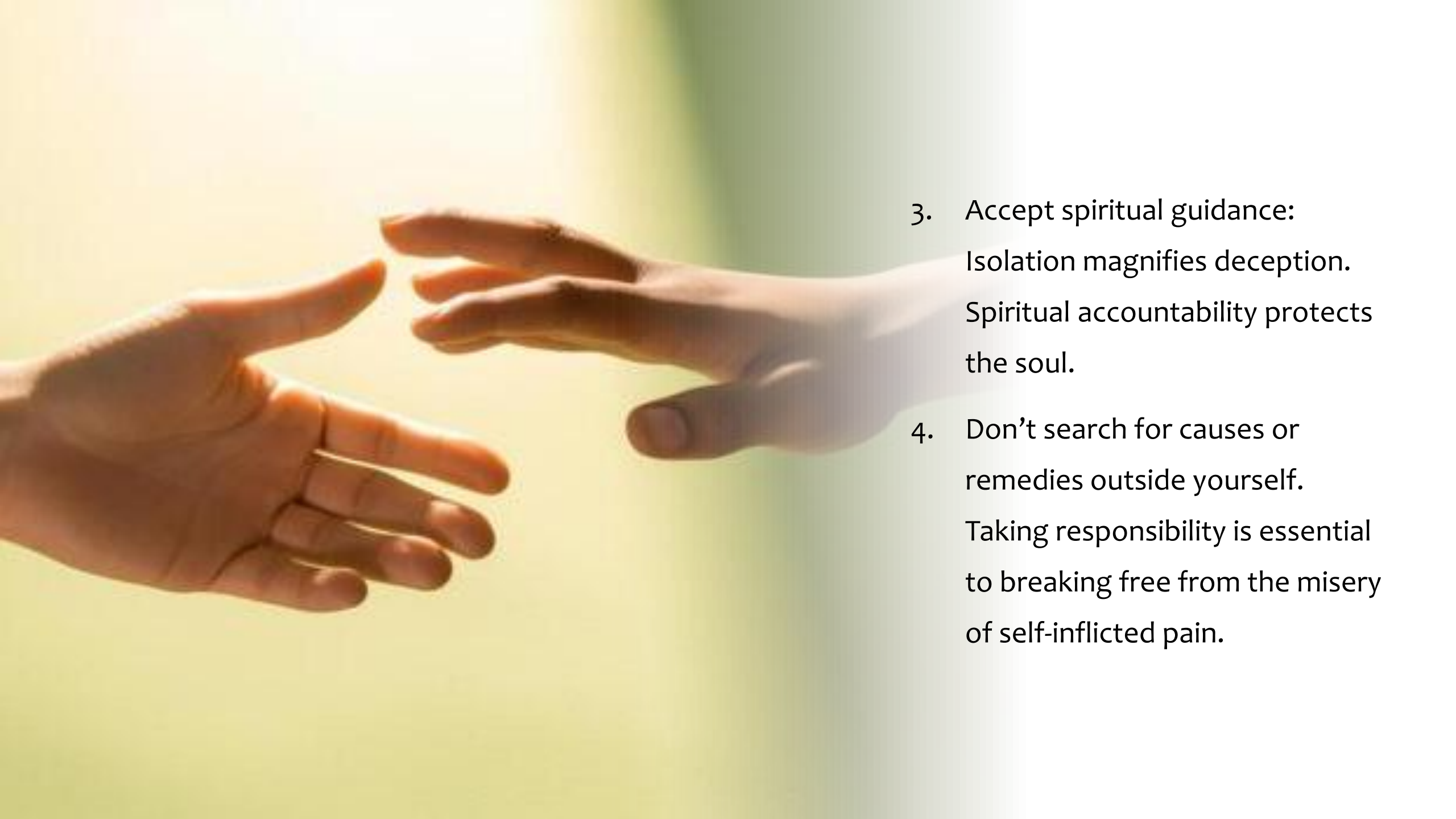
1. Not every suffering is persecution or a cross from God. Sometimes the deepest pain comes from resisting His voice, refusing His healing, or walking away from His will.





Unmasking The Ego

2. Defensive mechanisms are often attempts to protect a wounded ego, avoid shame, or escape painful truth.
 - The first step toward healing is honesty before God.
 - The Lord can't heal the mask we defend; He heals the heart we reveal.



3. Accept spiritual guidance:
Isolation magnifies deception.
Spiritual accountability protects
the soul.
4. Don't search for causes or
remedies outside yourself.
Taking responsibility is essential
to breaking free from the misery
of self-inflicted pain.