

## The Cycle of Revenge

### Description

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Psalm 33:1-22

When someone hurts us, we want to pay them back. After all, we think, it's only fair to share a bit of our pain with them. Whether we receive a put-down or an actual assault, we think it will assuage our pain if our trespassers are punished and if we get "justice."

But even when they "get theirs," we seldom "get ours." The hurt remains and deepens as we replay it in our minds. The justice we sought is not enough, and we demand more.

At the same time, the one who hurt us and then received "justice" may now feel hurt and also demand justice. That justice, however, will be no more satisfying than our own. Soon a cycle of assault develops. Just think of the Hatfields and the McCoys, or the Middle East. What begins as a little revenge often spins out of control.

We must learn to recognize the dangers of revenge and turn our hearts toward Jesus, the Healer. Jesus not only cares for us as we struggle with anger and pain; He can completely drive the bitterness from our hearts!

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