

## VENTING

*“A fool vents all his feelings, But a wise man holds them back.” Pro. 29:11 NKJV*

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Here is the psychological theory. Secular psychologists argue that we have to “shout, shout, let it all out.” They believe that emotional stress builds up like pressure in a tea pot. The hurts we feel from others builds and builds and creates internal psychological pressure that must be “vented” or we will just “blow up” in some bizarre behavior.

The \$250 dollar an hour psychiatrist calls this “hydraulic ventilation.” An hydraulic pump can stand only so much pressure before it blows a gasket, so it must be vented. So too our fragile psyche can stand only so much. The way they tell us to relieve this psychic pressure is by telling others how we have been hurt—we “vent.”

Here is how it works: a person is really ticked off at someone in church. They feel slighted, overlooked, under appreciated. They stew in their juices a while then they just have to tell someone else how wrongly they have been treated.

They are eating lunch with another church member and they just have to “vent” by telling their fellow Christian how hurt they are and how no one really understands the trouble they have seen.

They plead their case with such emotion that the other sister/brother in Christ becomes caught up in the emotion and begins to hate the offending church member. They have “taken up the reproach.” The “venter” has recruited an ally in sin. Gossiped, sown discord and grieved God.

### **“Taking Up A Reproach”**

“Lord, who may abide in your tabernacle?... He who does not... take up a reproach against his friend” Psa. 15:3 (NKJV)

So what should you do with the pressure? Just forgive the one who wronged you! But then you don’t get your pound of flesh! Has God not forgiven you a ten million dollar debt? Who are you to demand a pound of flesh from someone who owes you ten cents? (cf. Matt. 18:21-35)