

Six Stages of Human Processing & Biblical Helps

Written by Cheryl Weaver
November 2000

1) *Denial*

- Peter - Luke 22:61
- Eve - Genesis 3:6
- New Heart - Ezekiel 36:26

2) *Anger*

Bitterroot

- Hebrews 12:15
- Ephesians 4:26

Biblical Response

- Romans 12:20-21
- Ephesians 4:32

3) *Forgiveness*

- Matthew 18:34-35
- Colossians 3:13-14
- Mark 11:25-26

- James 2:13
- Acts 3:19-20 -
Times of Refreshing

4) *Depression- Guilt, Shame, Anxiety, Anguish, Bondage*

- David was depressed - Ps 38

- David finds relief from his burden – Ps. 32:57

Where should we focus?

- Ps 107:14-15
- Hebrews 12:1-2
- Colossians 3:2

- Ephesians 4:22-24
- Romans 8:15-17

5) *Letting Go*

- John 8:36
- 1 Pet 5:7

- Eccl. 3:6
- Phil 4:6

6) *Acceptance*

- Isaiah 25:8
- Isaiah 43:18-19

- Romans 8:28
- 2 Cor. 1:3-4

Denial

Luke 22:61 New International Version (NIV)

⁶¹The Lord turned and looked straight at Peter. Then Peter remembered the word the Lord had spoken to him: "Before the rooster crows today, you will disown me three times."

Genesis 3:6 New International Version (NIV)

⁶When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.

Ezekiel 36:26 New International Version (NIV)

²⁶I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.

Anger

Hebrews 12:15 New International Version (NIV)

¹⁵See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

Ephesians 4:26 New International Version (NIV)

²⁶"In your anger do not sin"^[a]: Do not let the sun go down while you are still angry,
Our Response

Romans 12:20-21 New International Version (NIV)

²⁰On the contrary:

"If your enemy is hungry, feed him;

if he is thirsty, give him something to drink.

In doing this, you will heap burning coals on his head."^[a]

²¹Do not be overcome by evil, but overcome evil with good.

Ephesians 4:32 New International Version (NIV)

³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Forgiveness

Matthew 18:34-35 New International Version (NIV)

³⁴In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed.

³⁵"This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart."

Colossians 3:13-14 New International Version (NIV)

¹³Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴And over all these virtues put on love, which binds them all together in perfect unity.

Mark 11:25-26 New International Version (NIV)

²⁵And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins."

James 2:13 New International Version (NIV)

¹³because judgment without mercy will be shown to anyone who has not been merciful. Mercy triumphs over judgment.

Repentance brings Refreshing

Acts 3:19-20 New International Version (NIV)

¹⁹Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord, ²⁰and that he may send the Messiah, who has been appointed for you—even Jesus.

Depression – Guilt, Shame, Anxiety, Anguish, Bondage

Psalm 38^[a]

A psalm of David. A petition.

1 LORD, do not rebuke me in your anger
or discipline me in your wrath.
2 Your arrows have pierced me,
and your hand has come down on me.
3 Because of your wrath there is no health in my
body;
there is no soundness in my bones because of my
sin.
4 My guilt has overwhelmed me
like a burden too heavy to bear.
5 My wounds fester and are loathsome
because of my sinful folly.
6 I am bowed down and brought very low;
all day long I go about mourning.
7 My back is filled with searing pain;
there is no health in my body.
8 I am feeble and utterly crushed;
I groan in anguish of heart.
9 All my longings lie open before you, Lord;
my sighing is not hidden from you.
10 My heart pounds, my strength fails me;
even the light has gone from my eyes.
11 My friends and companions avoid me because of my

wounds;

my neighbors stay far away.

12 Those who want to kill me set their traps,
those who would harm me talk of my ruin;
all day long they scheme and lie.

13 I am like the deaf, who cannot hear,
like the mute, who cannot speak;

14 I have become like one who does not hear,
whose mouth can offer no reply.

15 LORD, I wait for you;
you will answer, Lord my God.

16 For I said, "Do not let them gloat
or exalt themselves over me when my feet slip."

17 For I am about to fall,
and my pain is ever with me.

18 I confess my iniquity;
I am troubled by my sin.

19 Many have become my enemies without cause^[b];
those who hate me without reason are numerous.

20 Those who repay my good with evil
lodge accusations against me,
though I seek only to do what is good.

21 LORD, do not forsake me;
do not be far from me, my God.

22 Come quickly to help me,
my Lord and my Savior.

Psalm 32:5-7 New International Version (NIV)

5 Then I acknowledged my sin to you
and did not cover up my iniquity.
I said, "I will confess
my transgressions to the LORD." And you
forgave the guilt of my sin.

6 Therefore let all the faithful pray to you
while you may be found;
surely the rising of the mighty waters
will not reach them.
7 You are my hiding place;
you will protect me from trouble
and surround me with songs of deliverance.

Where should we focus?

Psalm 107:14-15 New International Version (NIV)

¹⁴He brought them out of darkness, the utter darkness,
and broke away their chains.
¹⁵Let them give thanks to the LORD for his unfailing love
and his wonderful deeds for mankind,

Hebrews 12:1-2 New International Version (NIV)

12 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ²fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Colossians 3:2 New International Version (NIV)

²Set your minds on things above, not on earthly things.

Ephesians 4:22-24 New International Version (NIV)

²²You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³to be made new in the attitude of your minds; ²⁴and to put on the new self, created to be like God in true righteousness and holiness.

Romans 8:15-17 New International Version (NIV)

¹⁵The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship.^(a) And by him we cry, "Abba,^(b) Father." ¹⁶The Spirit himself testifies with our spirit that we are God's children. ¹⁷Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

Letting Go

John 8:36 New International Version (NIV)

³⁶So if the Son sets you free, you will be free indeed.

1 Peter 5:7 New International Version (NIV)

⁷Cast all your anxiety on him because he cares for you.

Ecclesiastes 3:6 New International Version (NIV)

⁶ a time to search and a time to give up,
a time to keep and a time to throw away,

Philippians 4:6 New International Version (NIV)

⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Acceptance

Isaiah 25:8 New International Version (NIV)

⁸ he will swallow up death forever.
The Sovereign LORD will wipe away the tears
from all faces;
he will remove his people's disgrace
from all the earth.
The LORD has spoken.

Isaiah 43:18-19 New International Version (NIV)

¹⁸"Forget the former things;
do not dwell on the past.
¹⁹See, I am doing a new thing!
Now it springs up; do you not perceive it?
I am making a way in the wilderness
and streams in the wasteland.

Romans 8:28 New International Version (NIV)

²⁸And we know that in all things God works for the good of those who love him, who ^[a] have been called according to his purpose.

2 Corinthians 1:3-4 New International Version (NIV)

Praise to the God of All Comfort

³Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.