

service that He wants to make available to us; if we keep crushing them down, they may explode sometime and we may get into a position where it takes a trained psychologist to open up our minds and find what's there and find these things we've repressed and these frustrations and emotions. Find them.

But the Holy Spirit can and will solve them for us in the light of the Lord Jesus Christ if we will come to him and have him do it. I heard about a doctor who had a man come to him, and he had an awful misery in his neck. He felt miserable. The doctor tried to help him. He examined him, and could find no physical cause for it. So he wondered if there was something else. In talking to the man and asking him who all lived in his home, he found out that his wife's brother was staying with them and the brother was evidently a fellow who sponged off them and did not do much himself. He was a lazy shiftless sort of fellow. Oh, he said the fellow is just a pain in the neck. The psychiatrist said, That's where your pain in the neck comes from! He said you are so agitated about him it is giving you this pain there. The doctor said, You tell that fellow to get out and take care of himself. You get rid of him. He did and the pain in his neck disappeared.

We can't always do that. There are situations we often put up with which there is no need for us to put up with and we can clear up and get rid of them. All of us have a great many situations which we can't clear up but which are a burden to us and press upon us and injure us. We can look to the Holy Spirit to bring our feelings about those situations to the surface where we see them, understand what they are and ask ourselves, Am I justified in this feeling? Maybe it's my selfishness that's leading me to this feeling; maybe I can look at this as an opportunity to serve the Lord, and bring it to the foot of the cross and get rid of it and it won't have that feeling upon us.

Maybe it will be something we can rejoice in, we can bear tribulations for the sake of the Lord and honor Him by it. Instead of just trying to ignore it and getting it pressed deeper and deeper into our consciousness until we perhaps get to the point where we need professional help.

But here is this tremendous truth which is so vital for the life of everyone who wants to live a life of wholesome, happy joy in the Lord