

# Just a Thought



## It Just Feels Right

*Written by: Paulette Gobel*

If something feels right, can it still be wrong? Of course it can. Our society would have us believe that “if it feels good, do it.” Our Lord gives us instructions for life. Our feelings are indicators. We feel sad. Why? What to do. We feel angry. Why? What to do?

There are many popular “sayings” that are just not true. They can be true sometimes, but not always. One that I hear frequently is “What doesn’t kill you makes you stronger.” It can be true, because we are strengthened physically and mentally by challenges. It is not true when wounds remain in our hearts, minds, and spirits from things that we have experienced.

Love is essential for the human being. Children brought up without being loved have huge holes in their souls. God can bring healing and flood them with His love; but until that happens, they are not stronger from their experience. They may be hard and tough, but not in a healthy way.

Even things that would seem minor as an adult seem very important to a child. As a prayer minister, I have prayed with people over something that happened to them as a child. Even they say it seems so unimportant but still causes them pain.

We must all examine our feelings. Do we overreact to something again and again? Does something feel right but we know it to be wrong? Are we sad and don’t know why?

God knows the reason for our feelings, even when we do not. Take them to Him. He can bring healing from past wounds, help us understand ourselves, and work to redeem all our experiences so that they really do make us stronger and closer to Him. Following His rules and not our feelings makes good sense, especially when we consider that we are not always sure where the feelings are coming from.