

**WATCH:** [tinman.org/emotions](https://tinman.org/emotions)

In this passage, Jesus says something stark but straightforward: *“In the world you will have tribulation.”* He didn’t sugarcoat it; he didn’t suggest that there is a way to avoid how hard life is. He went straight to the point: “You will have tribulation.” The word Jesus used in that statement means “distress,” “pressed,” or “oppressed.” It is the same word used in John 16:21, which the ESV translates as “anguish.” In other words, life is more than hard. It is stressful, agonizing, and painful. We are going to hurt.

“But take heart...” When Jesus says to “take heart,” he is telling us to hurt well. It is vital to notice what Jesus did not say. He did not say “Do not be afraid.” He did not say, “Be strong and figure it out.” He did not say, “Fight fire with fire; stand up for yourself.” He said, “Take heart.” What does it mean to take heart? It means to have courage.

---

### DISCONNECTION:

If we do not healthily walk through our hurt, it hardens into a very powerful substance: *resentment*. Resentment paves the way to avoid the pain of hurt and to escape the feeling of vulnerability. Resentment provides a means of escaping relational woundedness and a way of avoiding relational connection and the risk of being hurt again.

“Resentment” is a word that explains itself: It is a “re-sending” of the offense over and over again. When we ignore our heart and neglect our wounded hearts, the hurt hardens into a powerful weapon. As we repeatedly resend the offense our hearts grow harder and the lure of the power of resentment increases.

Resentment has a magnetic pull due to how it protects our hearts from further injury, but it comes at a great price: isolation. Hearts that have hardened into resentment become unavailable to relationship, reconciliation, restoration, and replenishment. The movement from resentment back to healthy hurt is scary, but the reward is healing and a fresh reminder of the fulfillment found in courage.

---

### BUILDING RESILIENCE:

Fully experiencing and feeling hurt puts our hearts in a position to receive healing. As our hearts heal, we regain the courage to be vulnerable and to make ourselves available to relationships again. When an infection invades a wound, if left untreated, it can lead to dire consequences. However, if the infection is attended to, healing occurs as the medicine moves into that space and administers what is needed. It is in giving attention to our emotional and relational wounds that we experience healing and build resilience to remain present to God, to ourselves, and to others.

In the same way, when hurt is acknowledged, named, and spoken, the “medicine” of reconnection and reconciliation becomes possible. The “vehicle” of that attention is courage. Courage comes from the French word “cor,” from which we get our word “coronary.” In other words, “heart.” As we name, investigate, and speak our hurt, courage (heart) gets reclaimed, which leads to healing through vulnerability and connection.

