

Elephant in the Room

(2 Samuel 13:21-22 MSG) "King David heard the whole story and was enraged, but he didn't discipline Amnon. David doted on him because he was his firstborn. Absalom quit speaking to Amnon—not a word, whether good or bad—because he hated him for violating his sister Tamar."

Our elephants never go away willingly, they go away when we kick them out of our lives.

Deal with the elephant, don't adopt it!

How to Deal With the Elephant

1. Deal with the elephant inwardly.

Change doesn't occur when someone else knows, but when we know and allow God to change us.

(Psalm 139:23-24 NLT) "Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life."

2. Deal with the elephant outwardly.

(James 5:16-18 MSG) "Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed."

3. Eat the elephant one bite at a time.

(Exodus 23:30 AMP) "I will drive them out before you little by little, until you have increased and are strong enough to take possession of the land."

(Proverbs 15:1 NLT) "A gentle answer deflects anger, but harsh words make tempers flare."

(Proverbs 29:11 NLT) "Fools vent their anger, but the wise quietly hold it back."