

# WHAT HAPPENS WHEN YOUR BUBBLE BURSTS



ChatGPT

# WHAT HAPPENS WHEN YOUR BUBBLE BURSTS

Sadie and Fred had been married for two years. They had worked out some differences and were seemingly happily married. But in her heart Sadie was having some doubts. Bitterness was creeping in because of some differences. Marriage was not as blissful as she had believed. And thus, the bubble burst.

Joe and Rachel had built a good life together and had been blessed with three children. Two were in college and one was finishing high school. They prayed that all their children would follow God's will for their lives. But the youngest had begun to run with a bad crowd, got into a bit of trouble and shattered their dreams for him. Their bubble burst.

Many stories could be told of bubbles that burst. In fact, all of us have had or have bubbles that have burst. If not, they will someday in the future.

What are things that burst our bubbles? How do we react to them? Can anything be done to put them back together? We hope to help you answer these questions.

What is the basis of our burst bubbles? What are bubbles made of? There are bubbles of hopes, bubbles of ideals, bubbles of obsession, bubbles of dreams, bubbles of goals, etc.

Some bubbles need to be burst: an unhealthy bubble of desire for fame, wealth, power, unreasonable dreams, unfair dreams, prideful dreams, etc.

Who can burst our bubbles? Family, sons and daughters, grandchildren, co-workers, friends, spouse, and sometimes even God!

How do we react when a bubble bursts? Some have negative reactions. We cry. We get depressed. We become bitter. We turn into a "witch". We misplace anger. We blame others, etc.

What are positive reactions to burst bubbles? We can turn to God and pray for help. We can surrender to His will in the matter. We can make the most of a bad situation. We can accept a situation that cannot or should not be changed. We can determine to do what is right. We can confess to pride in our lives.

How one deals with burst bubbles affects those around us. We are influencing them in all we do. If they see and experience our bad reactions it will greatly affect their lives. If, however, they see us handle it in a good spiritual way, they will learn the right way to deal with it in their lives.

# Chapter 1

## Kinds of Bubbles

Bubbles: beautiful, fragile, colorful, desirable, dreamy, short lived, fun. Do you remember how much fun they were to play with? It is so much fun watching our children and grandchildren and great grandchildren play with them. We had fun chasing and bursting them. When a bubble bursts, do we quit blowing bubbles? We keep blowing, trying to make bigger and better ones!

### **There are many different kinds of bubbles in our lives:**

**Loss**, loss of a loved one, loss of a possession, loss of love, loss of position, loss of respect, loss of happiness, etc.

**Expectations**, the way we thought something would be, the way we were taught things should be, things we were told that didn't happen, broken promises, etc.

**Idealism**, OCD, unrealistic goals. Bubbles don't last forever. Only bubbles that God has given us can last.

### **What are some of the roots from which these bubbles are born?**

**Background**, culture and education form the way we think and react. Many bubbles burst when there is a change of exposure to another culture. Something that is all right or proper in one culture and may not be in the culture of the person with whom we are living and can result in bursting bubbles.

The **differences** between men and women and a lack of understanding or refusal to accept them will cause rifts in a relationship. Our differences should be studied and accepted because we think very differently. Unreasonable situations are the result of an unwillingness to accept differences.

**Goals**, Many couples, instead of having one common goal, still have two; and so are not functioning as one with the same goals in mind. This will lead to many broken bubbles.

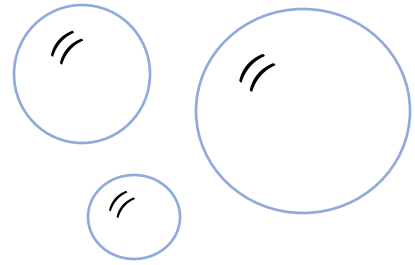
**Control** is another bubble that is soon to burst. It can be an ongoing disaster that causes much damage to the couple and also to those living with them.

**Money**, the great divider! The bubble of the saver and the spender is very common.

**Discipline**. The disciplined and the undisciplined create many bad feelings.

You can think of other "Bubbles" in your lives. We need to be realistic, truthful and willing to face and resolve our differences.

## Chapter 2

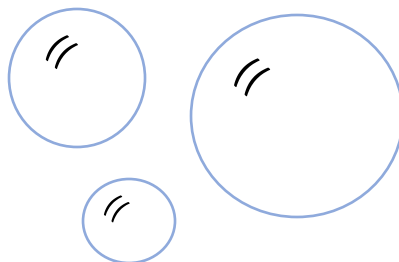


# Growing Bubbles

Do you remember seeing who can blow the biggest bubble? Or the bubble that could last the longest? Many bubbles in our lives can last a long time. What makes them grow and last? A slow inflating and a strong bubble. If we allow ourselves to think and dwell on a difficult bubble, they can be stubborn and when they burst, they do it splendidly! It's best to pop them before they take over and cause a lot of damage.

Constantly feeding on our problem bubbles will blow them out of proportion. They will grow bitterness and take over our lives. Putting up "Stop" signs can help deal with them. At the start of the party, stop and pray for God to help you stop and to think on the things that please Him. Philippians 4:8 gives a list of the things on which we should think. "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

When we yield to negative bubbles they will spill over onto those around us and they will be contaminated and when they burst, others will feel the result.





## Chapter 3

# Prideful Bubbles

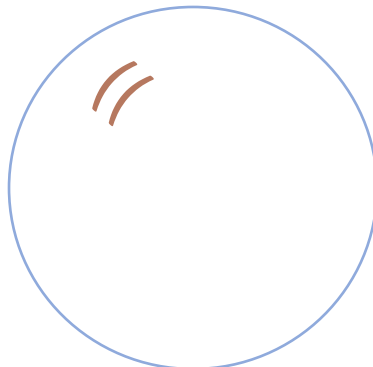
Bubbles that are filled with pride do not please God. I was told by someone to look up and read all the Bible verses I could find on pride. It changed my life. When I realized what pride was and what God thinks about it I was horrified! I found out that a lot of things I thought were normal or ok were actually sin. Try it, it will change your life.

What are prideful bubbles? An inordinate desire to look good to others, thinking you deserve more than others, putting yourself first, demanding attention, thinking you are the only or best one, pity partying, etc. Romans 12 can help with this bubble.

*“For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.”*

*Romans 12:3*

We know that “pride goes before a fall”, so what can we do about it? Admitting the problem is the beginning. Then confessing and forsaking must happen. Putting into practice biblical humility, thinking of others first and asking God to prompt us and help us burst this bad bubble will help us win.





## Chapter 4

# The “Worry” Bubble

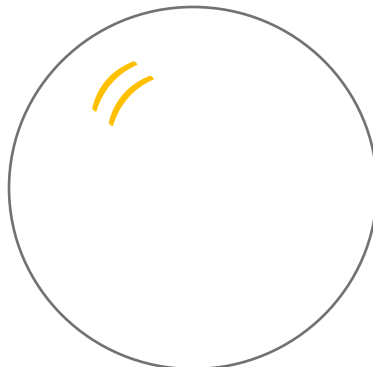
Why do we think that worry is a good thing? Does it help us? Is it a reverse virtue? Does it help others? Does it change anything? Matthew 6 shows us that if we put God first in our lives, he will supply our every need! How much better than that can you get?

*“Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?”*

*Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?” Matthew 6:25,26*

Why do we do it? We don’t believe God. We don’t trust God. Maybe we like pity parties!

How to....? Practice believing God. Trust His goodness and promises. Stop worry in it’s tracks. Quote a Scripture dealing with the problem and believe it. Leave it aside; kick it out the door!





## Chapter 5

# Bubbles of Disappointment

### Dreams, goals, careers, beliefs

There are lots of them! Do we sink before them? Do we complain? Do we get mad? All of the above!

What is the alternative of these reactions? Some just have to be accepted. Some can be worked on. All can be prayed about.

Romans 8:28 comes to mind. *“And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”* Can He be trusted with our disappointments? His peace can fill our hearts if we give them to Him.





## Chapter 6

### Unforgiving Bubbles

These can last a long time, floating in the air!

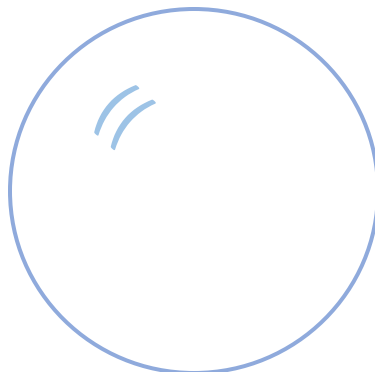
How much has God forgiven you? Are your sins less bad than other people's?

God's Word has much to say about forgiving. Pride has a big part in unforgiveness. Unforgiveness is linked with bitterness and Hebrews 12:15 says,

*"See to it that no one fails to obtain the grace of God; that no root of bitterness springs up and causes trouble, and by it many become defiled."*

*"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*

*Efesians 4:31,32*







## Chapter 7

# Revenge bubbles

Remember when our siblings would pop our bubbles? Then we would get even! One of the things that sticks in my mind is hearing my mother say: “Two wrongs don’t make a right! This is a difficult lesson to practice, but God does say: “*Vengeance is mine, I will repay.*” Romans 12:19. He tells us to “*turn the other cheek.*” Matthew 5:39.





## Chapter 8

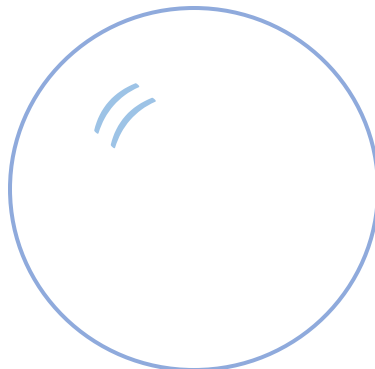
# Future Bubbles

When a bubble bursts, does that mean we should stop blowing bubbles?

As children did we stop blowing them because they burst or did we ask for them again and again? Just because one bursts doesn't mean that we can't blow another and even a bigger one. Keep blowing more hopes, dreams, etc.. Make life work!

Another quote from my mother was: "If at first you don't succeed, try, try again!"

Galatians 6:9 says: *"And let us not be weary in well doing: for in due season we shall reap, if we faint not."*





## Chapter 9

# The results of dealing the right way with Burst Bubbles

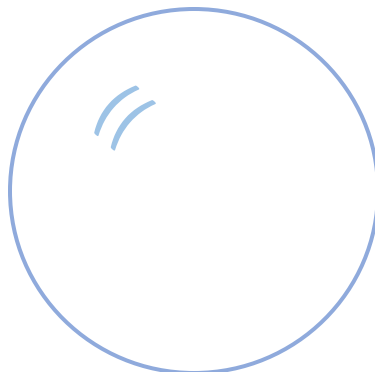
Peace - Psalm 119:165 *“Great peace have they which love thy law: and nothing shall offend them.”*

Patience – James 1:3,4 *“Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.”*

Purpose – Proverbs 3:5,6 *“Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”*

Promise – Romans 8:28 *“And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”*

Premiums – Psalm 119:2,3; *“Blessed are they that keep his testimonies, and that seek him with the whole heart. They also do no iniquity: they walk in his ways.”*



Through life I have had a lot of bubbles burst, but I've also gotten much joy blowing and enjoying them while they lasted. Some of the ones that burst hurt for a while, but believing and trusting God and putting aside pride brought about a great end. Many lessons were learned and shared with others.

A wise doctor once told me that these disappointments happen many times to strong people and that they are to be used to help others get through tough times. I have found this to be true.

I'm sharing these lessons that I learned so that others may find help and comfort through them.

Pray that they will be used of God for His glory.

Sharon Lilly,  
sharonlilly@lillymx.com

