

## Doctrine of Hyper-sensitivity

1. It is good to be kind, sensitive, and to have a tender heart.
  - *Ephesians 4:32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.*
  
2. It is not good to be hypersensitive, meaning, it is not good to be quick to take offense, or be offended.
  
3. Christians are to have “a tender heart, but a tough hide”. Having a tough hide comes by being a good soldier, and by dying to sin and self.
  - *2 Timothy 2:3 Thou therefore endure hardness, as a good soldier of Jesus Christ.*
  - *Matthew 16:24 Then said Jesus unto His disciples, If any man will come after Me, let him deny himself, and take up his cross, and follow Me. 25 For whosoever will save his life shall lose it: and whosoever will lose his life for My sake shall find it.*
  - *1 Corinthians 15:31 I protest by your rejoicing which I have in Christ Jesus our Lord, I die daily.*
  - *2 Corinthians 5:15 And that He died for all, that they which live should not henceforth live unto themselves, but unto Him which died for them, and rose again.*
  - *Galatians 2:20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, Who loved me, and gave Himself for me.*
  
4. A person knows if they are hyper-sensitive or not.
  
5. Hyper-sensitivity is a symptom of unholy pride, which is having an exalted opinion of oneself that is not justified.
  - *Proverbs 11:2 When pride cometh, then cometh shame, but with the lowly is wisdom.*
  - *Proverbs 16:18 Pride goeth before destruction, and an haughty spirit before a fall.*
  - *Proverbs 29:23 A man's pride shall bring him low: but honour shall uphold the humble in spirit.*
  - *1 Timothy 3:6 Not a novice, lest being lifted up with pride he fall into the condemnation of the Devil.*
  
6. Being hyper-sensitive robs the soul of peace because attention is turned from the Lord and His Word to self.

- *Psalm 119:165 Great peace have they which love Thy law: and nothing shall offend them.*
  - *Isaiah 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on Thee: because he trusteth in Thee.*
  - *Isaiah 32:17 And the work of righteousness shall be peace; and the effect of righteousness quietness and assurance for ever.*
  - *Philippians 4:6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*
7. The person who allows a spirit of hyper-sensitivity to dominate the soul will accuse others of evil, which may, or may not, be fair or true. It is the will of the Lord that true judgment be executed, and that mercy and compassion be shown.
- *Zechariah 7:8 And the word of the Lord came unto Zechariah, saying, 9 Thus speaketh the Lord of hosts, saying, Execute true judgment, and shew mercy and compassions every man to his brother: 10 And oppress not the widow, nor the fatherless, the stranger, nor the poor; and let none of you imagine evil against his brother in your heart.*
8. The person who is hyper-sensitive is an angry person, and an angry person will often act in a foolish manner in public, or in private.
- *Proverbs 14:17 He that is soon angry dealeth foolishly: and a man of wicked devices is hated.*
  - *Proverbs 16:32 He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.*
  - *James 1:19 Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:*
9. The hyper-sensitive person may become unteachable and unapproachable. The Christian must be both teachable and approachable. Sometimes the truth about oneself is not easy to hear.
- *Proverbs 15:31 The ear that heareth the reproof of life abideth among the wise. 32 He that refuseth instruction despiseth his own soul: but he that heareth reproof getteth understanding. 33 The fear of the Lord is the instruction of wisdom; and before honour is humility.*
  - *Proverbs 19:20 Hear counsel, and receive instruction, that thou mayest be wise in thy latter end.*

- *1 Corinthians 3:1 And I, brethren, could not speak unto you as unto spiritual, but as unto carnal, even as unto babes in Christ. 2 I have fed you with milk, and not with meat: for hitherto ye were not able to bear it, neither yet now are ye able.*
- *Ephesians 4:15 But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:*
- *Hebrews 12:11 Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby.*

10. The hyper-sensitive person discourages honest conversations, and open communications. Others are afraid of how the hyper-sensitive person will react, usually with explosive hatred and anger.

- *Galatians 4:16 Am I therefore become your enemy, because I tell you the truth?*
- *Proverbs 9:8 Reprove not a scorner, lest he hate thee: rebuke a wise man, and he will love thee.*
- *Proverbs 18:19 A brother offended is harder to be won than a strong city: and their contentions are like the bars of a castle.*
- *Amos 3:3 Can two walk together, except they be agreed?*
- *1 Corinthians 1:10 Now I beseech you, brethren, by the Name of our Lord Jesus Christ, that ye all speak the same thing, and that there be no divisions among you; but that ye be perfectly joined together in the same mind and in the same judgment.*

11. The failure to repent of being a hyper-sensitive personality will results in being ineffective in the work of the Lord.

- *Psalms 81:11 But My people would not hearken to My voice; and Israel would none of Me. 12 So I gave them up unto their own hearts' lust: and they walked in their own counsels.*
- *Proverbs 15:10 Correction is grievous unto him that forsaketh the way: and he that hateth reproof shall die. 32 He that refuseth instruction despiseth his own soul: but he that heareth reproof getteth understanding.*
- *Proverbs 28:13 He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.*

- *Isaiah 30:9 This is a rebellious people, lying children, children that will not hear the law of the Lord: 10 Which say to the seers, See not; and to the prophets, Prophecy not unto us right things, speak unto us smooth things, prophesy deceits: 11 Get you out of the way, turn aside out of the path, cause the Holy One of Israel to cease from before us.*
- *Matthew 5:13 Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? It is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men.*
- *Matthew 13:15 For this people's heart is waxed gross, and their ears are dull of hearing, and their eyes they have closed; lest at any time they should see with their eyes, and hear with their ears, and should understand with their heart, and should be converted, and I should heal them.*

12. The Lord will help a person overcome being hyper-sensitive.

- *Psalms 138:8a The Lord will perfect that which concerneth me.*
- *1 Corinthians 15:57 But thanks be to God, which giveth us the victory through our Lord Jesus Christ.*
- *2 Corinthians 5:17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.*
- *Philippians 4:13 I can do all things through Christ which strengtheneth me.*
- *Hebrews 12:1 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,*

13. The Biblical solution for hyper-sensitivity is love.

- *Leviticus 19:17 Thou shalt not hate thy brother in thine heart: thou shalt in any wise rebuke thy neighbour, and not suffer sin upon him. 18 Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself: I am the Lord.*
- *Proverbs 28:23 He that rebuketh a man afterwards shall find more favour than he that flattereth with the tongue.*
- *Matthew 18:15 Moreover if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother.*

- *Luke 17:3 Take heed to yourselves: If thy brother trespass against thee, rebuke him; and if he repent, forgive him. 4 And if he trespass against thee seven times in a day, and seven times in a day turn again to thee, saying, I repent; thou shalt forgive him. 5 And the apostles said unto the Lord, Increase our faith.*

14. The hyper-sensitive person faces the danger of self-righteousness. Even if what he charges another person with is true, the hyper-sensitive person must deal with the situation according to gospel terms.

- *Galatians 6:1 Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.*
- *Ephesians 5:21 Submitting yourselves one to another in the fear of God.*
- *Colossians 3:12 Put on therefore, as the elect of God, holy and beloved ... humbleness of mind. ... 14 And above all these things put on charity [love], which is the bond of perfectness.*
- *2 Timothy 4:2 Preach the Word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine.*
- *Hebrews 3:13 Exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin.*
- *1 Peter 5:5 Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble.*

15. The more a person rejects being identified as a hyper-sensitive personality, when he or she really is hyper-sensitive, the less sensitive the individual will become.

- *Job 17:9 The righteous also shall hold on His way, and he that hath clean hands shall be stronger and stronger.*
- *Psalms 141:5 Let the righteous smite me; it shall be a kindness: and let him reprove me; it shall be an excellent oil, which shall not break my head.*
- *Proverbs 4:18 But the path of the just is as the shining light, that shineth more and more unto the perfect day.*

16. Every Christian should pray for the right kind of sensitivity: sensitivity to the Lord's Spirit and the needs of others.

- *Romans 12:15 Rejoice with them that do rejoice, and weep with them that weep.*

- *Romans 15:1 We then that are strong ought to bear the infirmities of the weak, and not to please ourselves. 2 Let every one of us please his neighbour for his good to edification.*
  - *1 Corinthians 12:25 That there should be no schism in the body; but that the members should have the same care one for another. 26 And whether one member suffer, all the members suffer with it; or one member be honoured, all the members rejoice with it.*
  - *Philippians 2:4 Look not every man on his own things, but every man also on the things of others.*
  - *Galatians 6:2 Bear ye one another's burdens, and so fulfil the law of Christ.*
17. Every hyper-sensitive person must remember that there is more to life than being right. God wants His people to be righteous, and wise, in order to glorify God, and be a blessing to others.
- *Daniel 12:3 And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever.*