

## April 2015 Newsletter - Dealing With Emotions – Review

### Examples of **guilt**.

Of course there was **Cain** who said that his punishment or guilt was too great for him to bear when God banished him from the land. “*And Cain said unto the LORD, My punishment is greater than I can bear.*” Genesis 4:13

**David** felt guilty after he had numbered the men in Israel who could fight, but recovered through God's spiritual recovery process, which included severe discipline. “*And David's heart smote him after that he had numbered the people. And David said unto the LORD, I have sinned greatly in that I have done: and now, I beseech thee, O LORD, take away the iniquity of thy servant; for I have done very foolishly.*” 2 Samuel 24:10

The conscience's of the **unsaved** convict them of their sinning, but they don't turn to the Lord for forgiveness. “*Which shew the work of the law written in their hearts, their conscience also bearing witness, and their thoughts the mean while accusing or else excusing one another;)*” Romans 2:15

Many **Christians** feel guilty about certain foods, alcoholic beverages, or other issues, but don't appropriate God's spiritual provisions through Bible Doctrine, faith, truth and the filling of the Holy Spirit. But Paul did and that's why he said, why is my freedom judged by someone else's conscience? “*Conscience, I say, not thine own, but of the other: for why is my liberty judged of another man's conscience?*” 1 Corinthians 10:29

Grace, faith truth and the filling of the Holy Spirit are the NT provisions of God for spiritual **recovery** from the feelings of guilt. “*How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God?*” Hebrews 9:14 “*Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.*” Hebrews 10:22

### Examples of **envy**.

We know that **Cain** was envious of his brother Abel, whom he later murdered, and this was the first case of human envy in sibling rivalry. “*But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell.*” Genesis 4:5 Cain made the mistake of looking at the whole issue of the sacrifice **subjectively** and not **objectively**. To him the issue was his brother and not the sacrifice. He assumed that the Lord chose his brother over him, when he couldn't look at the whole matter from an objective perspective, which had nothing to do with his brother – it was the sacrifice that was the issue not his brother! Which the Lord made it quite clear to him afterward. “*If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him.*” Genesis 4:7

We had studied how **Hannah** was provoked and envious of her husband's other wife, Peninnah, who had bore Elkanah sons and daughters and this because the Lord had closed her womb so she couldn't have children. “*But unto Hannah he gave a worthy portion; for he loved Hannah: but the LORD had shut up her womb. And her adversary also provoked her sore, for to make her fret, because the LORD had shut up her womb.*” 1 Samuel 1:5,6

For years **Hannah** was allowing herself to be controlled and ruined by her emotions of grief, bitterness and jealousy, not to mention its negative impact on her marriage, until she got right with the Lord! For years she was dealing with her personal problems out of her emotions, instead of applying a doctrinal solution and for years it was ruining her life!

Now she had been going to the Temple all that time, like going to church today, but nothing happened until she decided to personally deal with the matter before the Lord, instead of emoting about it! And when that happened God resolved her problem. Oh how many years do we waste in our emotions, instead of applying a spiritual problem solving solution? She recovered spiritually from grief, anger, depression, frustration and envy and now had a son!

**Rachel**, who was barren, was jealous of her sister Leah because she had children through Jacob. Anger jealousy, arguments and frustration consumed Rachel's life. And when Rachel prayed, God did not answer. But when Leah prayed, God answered her and gave her a child. Then one day, when Rachel got right with the Lord, he answered her prayer! Genesis 30

Examples of human happiness.

Probably the best one is **Solomon's** testimony in Ecclesiastes 2:1,2, *“I said in mine heart, Go to now, I will prove thee with mirth, therefore enjoy pleasure: and, behold, this also is vanity. I said of laughter, It is mad: and of mirth, What doeth it?”* He said it was all vanity, or emptiness, that there was nothing to it. It's the flesh's cheap and inferior substitute for spiritual joy.

Then there was the thousand year history of **Israel** in its frantic search for fun and happiness, like America today. *“Neither be ye idolaters, as were some of them; as it is written, The people sat down to eat and drink, and rose up to play.”* 1 Corinthians 10:17 God has provided every Christian the opportunity to have spiritual joy in their life through the spiritual life dynamic.

Examples of human love.

**Samson** wanted to marry a young Philistine woman against his parent's wishes. *“And Samson went down to Timnath, and saw a woman in Timnath of the daughters of the Philistines. And he came up, and told his father and his mother, and said, I have seen a woman in Timnath of the daughters of the Philistines: now therefore get her for me to wife. Then his father and his mother said unto him, Is there never a woman among the daughters of thy brethren, or among all my people, that thou goest to take a wife of the uncircumcised Philistines? And Samson said unto his father, Get her for me; for she pleaseth me well.”* Judges 14:1-3 And later on we all know the story of how Samson fell in love with Delilah and how that all worked out. *“And it came to pass afterward, that he loved a woman in the valley of Sorek, whose name was Delilah.”* Judges 16:4

**Solomon** started out good in his life under his father, David, but later on human love turned his heart away from the Lord as he was warned it would. You see, human love is an emotional phenomenon; it is not a spiritual phenomenon! He held fast to these women out of the feeling of love all the way to his old age and his heart was not fully devoted to the Lord. *“But king Solomon loved many strange women, together with the daughter of Pharaoh, women of the Moabites, Ammonites, Edomites, Zidonians, and Hittites; Of the nations concerning which the LORD said unto the children of Israel, Ye shall not go in to them, neither shall they come in unto you: for surely they will turn away your heart after their gods: Solomon clave unto these in love.”* 1 Kings 11:1,2

**Paul's** human love for the Israelites in Jerusalem motivated him to go against what the Lord wanted him to do, but he persisted anyway, Acts 20:22-21:14. But Paul did recover spiritually over the emotion of human love during the next 4-5 years while he was incarcerated. “*And when they agreed not among themselves, they departed, after that Paul had spoken one word, Well spake the Holy Ghost by Esaias the prophet unto our fathers,*” Acts 28:25, see verses 26-28.

Then there was the young **disciple**, whom the Lord had called, but wanted to go and bury his father, a human love concept. “*And another of his disciples said unto him, Lord, suffer me first to go and bury my father. But Jesus said unto him, Follow me; and let the dead bury their dead.*” Matthew 8:21,22

Our emotions can control our thinking, our speech, our actions and our lives, but we are not to be controlled by them! They are there due to our fallen natures we acquired from Adam, but God has a spiritual solution for all of them. “*Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.)*”, Philippians 3:19

It cannot be emphasized enough how important this matter of faith in the Word of God is for maintaining the spiritual life dynamic and preventing the flesh's emotions from flooding into our souls and reaping havoc. We need constant daily spiritual renewal for the new man. “*And have put on the new man, which is renewed in knowledge after the image of him that created him:*” Colossians 3:10

In Romans 4:20 it says that **Abraham** did not waver by unbelief, but was strengthened by faith, or by “*the faith*”, *te pistei*, which refers to placing one's faith in the promises of God. “*He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God;*” To be **strengthened** is the arist passive indicative of *endunamoo*, which tells us that this strengthening took place inwardly in the soul, but the passive voice tells us that we receive this strengthening from the Lord.

And we note that this **strengthening** comes to us through faith in the Word. It is in the **sphere** of faith that the believer is strengthened and renewed in the soul. It is our faith in the Word of God that creates the spiritual life dynamic inside of us in which the Holy Spirit operates thus empowering and renewing us inwardly. Inside this spiritual dynamic are to be found: love, joy, peace, gentleness, goodness, meekness, longsuffering, patience, faith, confidence, power and hope.

When the spiritual life dynamic is **not** present, then all we have left is the **flesh nature** and what it produces: pride, fear, anger, guilt, grief, envy, human love, human happiness, human sin, human good, sexual immorality, impurity, lying, cheating, deceiving, debauchery, idolatry, witchcraft, the occult, hatred, discord, gossiping, fits of rage, selfish ambition, narcissism, dissensions, factions, drugs, drunkenness, orgies, partying, carousing, bragging, and all the other mental attitude sins, emotional sins, sin of the tongue and physical sins.

When we look at the life of **Abraham** in Genesis 15 we see fear and worry present in the absence of his faith. There was no bitterness and resentment because there was no reaction of pride on his part. But we do see the emotion of fear and his attempt to solve the problem with a human viewpoint solution. The approach to our problems has to be spiritual, doctrinal. Sheer logic will not solve our problems.

Faith in the promises and doctrines of God's Word is extremely important for maintaining the spiritual life dynamic in our souls, which prevents stress in the soul, sin in the soul and the soul from being ravaged by our emotions. That's why we need to learn to recognize our emotions and deal with them.

The problem we have in recognizing our emotions is that many of them have been suppressed, or repressed down into the subconscious. It is a defense mechanism we learned back in childhood to avoid pain, embarrassment, ridicule, or repercussion from others. We learned this as children as a self-defense survival mechanism and it helped us as children to survive, but it became destructive as adults. And how can we recognize and confess that which we have kept hidden in the sub-conscious?

When we felt fear or concern over something, people would laugh at us. When we were angry about something, it would be met by their overriding anger. If we became sad over a loss of a family member, the adults would comfort each other, but dismiss us. When we wanted to laugh and have fun, they would call us silly. When we wanted love, they brushed it aside. When we wanted something, they told us to be happy with what we had. When we felt guilty about something, they played it to the hilt.

This is not to say that our feelings were always right and pure, but the result of all this is that we learned to suppress how we really felt about something to avoid embarrassment or repercussion. An entire childhood of this conditioned us to do the same thing as adults, but now all of that has bad consequences for us, one of which is that it keeps us from confessing our sins, our faults and failings, and our feelings to God. We end up in denial and self-justification.

This is not to say that we are to live by our feelings, nor go around always expressing how we feel to others, but that our repression of them creates the problem of **tension** in the soul. On the one hand the Holy Spirit is always trying to bring our feelings, and other garbage in the soul, up to the surface of the conscious mind, but our mental conditioning is directed at keeping them buried in the sub-conscious! Tension in the soul leads to stress in the soul, which leads to sin in the soul, which leads to the soul being overrun by the emotional complex of the soul, leading to scar-tissue garbage in the soul, which ends up in false doctrine in the soul and finally mental illness in the soul.

When God saved us, through faith in Christ, he did everything at a moment in time to save us permanently and eternally. This saving act of God had direct impact on our relationship to the world system, the flesh nature and the devil.

In regards to the **world system** God took us out of it legally and dynamically, when he transferred us over to the kingdom of his Son. *“Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:” Colossians 1:13* As the result of God's action, we are no longer citizens of Satan's earthly domain, but citizens of heaven. *“For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ:” Philippians 3:20*

In regard to our **flesh nature**, which we acquired from Adam and Eve through physical birth, there was absolutely nothing that God could do with it for sin had corrupted every part of our bodies and our souls. Every aspect of our humanity, our minds, our wills, our emotions, as well as the physical aspect of our bodies, has been tainted by sin. Like an incurable disease that is in every cell of the body. So what God did in regard to that matter is create an entirely new and different nature in every believer in Christ. This creation is new in time and new in quality. *“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.” 2 Corinthians 5:17*

In regard to **the devil**, who ruled over us from physical birth on, God took us out of his rule and away from his dominion when he gave us to his Son, Jesus Christ, in salvation. Satan may be the ruler of this world, but **he is not our ruler!** He may be the god of this age, but **he is not our God!** And God also delivered us from the sting of death, which is under Satan's dominion.

In regard to the **flesh nature**, we will always have physical problems that we have to contend with concerning the aging of the body, injury, sickness and disease. And God's ultimate solution for that is the daily renewal of the new man. "*For which cause we faint not; but though our outward man perish, yet the inward man is **renewed** day by day.*" 2 Corinthians 4:16

But the flesh nature is not just limited to the flesh, but the **soul** as well, which includes the mind, the will and the emotions. These were there before we got saved and they are there afterward. We find that the **will** is indecisive and vacillates, not to mention that it does not want to do what God wants us to do. The many functions of the **mind** do not operate correctly. And our **emotions**? They plague us continually, in fact, they are one of the biggest problems in society. And yet in our new birth God gave us a new nature, and through the process of spiritual renewal, the metabolization of Bible Doctrine through faith in the Word, and the filling of the Holy Spirit, we are delivered from the fleshly mind, the fleshly will and the fleshly emotions.

As we continue on in our faith journey in life, we will have to deal with these things at ever-increasing levels. Bible Doctrine delivers our minds, but the rebellious will, due to pride, will always be a problem for us. And we will have to spend a great deal of time in the study of doctrine so we can learn to identify what our emotions are and deal with them so we can continue on in the spiritual life.

In regard to the **devil** and his attacks against us; attacks motivated by his great hatred of us because we belong to Jesus Christ, God has provided us the armor of God, the filling of the Holy Spirit and faith in his Word, so we can stand against them and prevail victoriously over them!

It is important for us to know that we have to apply ourselves everyday to dealing with the World, the flesh, including its emotions, and the attacks of the devil because they do not go away. As long as we live in this present life, in these bodies of flesh we will have to apply the spiritual problem solving devices of faith in the Word, prayer, the filling of the Holy Spirit and spiritual renewal.

As mentioned before, the **pressure** of the world system will always be a problem for believers. "*These things I have spoken unto you, that in me ye might have peace. In the world ye shall have **tribulation**: but be of good cheer; I have overcome the world.*" John 16:33 And if the pressure is not kept outside the soul, then it will result in stress in the soul, sin in the soul, the defense mechanisms of the soul, with TMS and its physiological mechanisms being one of them and false doctrine in the soul.

The spiritual solution that God has provided, and I might add it is the **only** solution for believers, for keeping the pressure of the world from getting into our souls is the metabolization of Bible Doctrine by the faith rest drill. It is when we place our faith in the promises and doctrines of God's Word that the spiritual dynamic from God is activated within us leaving us with the peace that eliminates stress and sin from the soul.

Now if the believer in Christ fails to utilize the spiritual life dynamic God has given to him, or refuses to do so, then the result for that believer will be stress in the soul, then sin in the soul, followed by the emotional complex of the soul with the emotions of fear and anger usually being the first emotions to be activated, then all kinds of defense mechanisms ranging from projection, to transference, to denial to rationalizing, to self-justification, to blaming others, then the miserable condition of TMS where the brain triggers physiological problems to mask or detract from the emotions which have gone crazy, the believer will then go away from the teaching of sound doctrine into other kinds of teachings that are false, and finally into mental illness. Not a pretty picture.

God's provision for handling pressure, keeping stress out of the soul, or getting stress in the soul out if it is already there, sin in the soul, the defense mechanisms of the soul and false doctrine in the soul, is not to make the pressure go away, (which is what they want), but to handle the pressure by utilizing the spiritual life dynamic of faith in the Word under the filling of the Holy Spirit, which results in Christ's peace controlling our souls.

But many believers resent the pressure, and they resent that God is allowing them to go through things that cause them pressure. So in their pride they react, they resent, they rebel against the provision of the spiritual life of faith in the Word, and then they peel off from living the true Christian life.

There is only one solution for the believer in this predicament and that is to humble themselves under the mighty hand of God. "***Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time.***" 1 Peter 5:6 Which means that we will have to realize and accept that there is an authority over us, God the Father, and that our place is to submit to his rule over us by obeying him, by doing what he tells us to do as found in the Word of God.

And in this matter of the pressure that is found from living in the world, or the pressure that comes from doing his will in life, or our lot in life, then it means that we are to stop resenting it, stop rebelling against it and start living by faith and utilizing the spiritual problem solving devices that he has given us in Bible Doctrine and the filling of the Holy Spirit!

When it comes to **trials**, as we refer to them, trials are nothing more than added or increased pressure! And trials are to be handled the same way that we handle the pressure from the world, which is by faith in the Word, only at an intensified level.

James 5:7-10 uses the example of the prophets and how they handled the pressure of their lives. They had **patience** when dealing with unwanted situations, which would be **endurance**, and they had **patience** when dealing with difficult people. "*Take, my brethren, the prophets, who have spoken in the name of the Lord, for an example of suffering affliction, and of **patience**.*" James 5:10

Even the patience of Job is brought out here, and some may look at this and say, what about his anger, or bitterness, or self pity, or complaining? But the word used here for **patience** is *hupomone*, which means endurance telling us that Job endured the situation. And sometimes that's all you can do – **endure!** It also had the idea of forward momentum in it, which gives us the idea of **perseverance**. He did not give up his faith and trust in the Lord while he was enduring a miserable situation. Which gives us insight in how to handle our trials when we go through them.

The Holmes – Rahe Stress Inventory lists the stress factors for the things we go through and assigns to them a numerical value. 150-300 points in one year means that the individual has a 50% chance of having a major health breakdown within two years. 300+ points in one year says that the individual has an 80% chance of a major health problem. Death, divorce, marriage problems, finances are at the top.

When we consider what Job went through in one year, his stress point levels went through the roof. 10 children dying, his wife's hostility, loss of friends, loss of his finances, loss of his business empire, all his employees who died, loss of community respect, even the low-life's turned against him and then his health problems where he was racked with pain, loss of his plans and the dreams of his heart, etc.; and it's very possible that his wife divorced him after he had lost everything. Job was probably over 1,000 points for the year!

James uses the word *kakopatheia* for **suffering**, which points to not just physical suffering, but also the suffering of the soul. When James referred to the suffering of the prophets, it is true that they did suffer physically at times in their ministries, but they also suffered in their souls as well. “*Take, my brethren, the **prophets**, who have spoken in the name of the Lord, for an example of **suffering affliction**, and of **patience**.*” James 5:10

It's important for us to understand the nature of suffering, why we suffer in our bodies and souls, how suffering is a part of this life, and how it is even in the plan of God for us. We also need to understand the aspect of how our emotions are affected by suffering, and the need for living the faith rest life in the power of the Holy Spirit. “*But rejoice, inasmuch as ye are **partakers of Christ's sufferings**; that, when his glory shall be revealed, ye may be glad also with exceeding joy.*” 1 Peter 4:13

## Purifying the Heart

“*Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and **purify** your hearts, ye double minded.*” James 4:8 - εγγισατε τω θεω και εγγιει υμιν καθαρισατε χειρας αμαρτωλοι και αγνισατε καρδιας διψυχοι.

The word for **purify** here is *hagnizo* and its fundamental idea is separating oneself, or removing oneself from things that defile for the purpose of consecration to God, service to him and fellowship with him. God is the epitome of all that is holy; he is separated from all sin and evil, therefore to have fellowship with him the believer will have to separate, that is, remove himself from all sin and defilement.

Here the subject that is in view is the heart. So there is the idea of removing everything from the heart that defiles us. We know that we are to separate ourselves from unbelievers in life and negative believers living in the world system. “*Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?*” 2 Corinthians 6:14 “*Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you.*” 2 Corinthians 6:17

But we are also to “clean up our acts” concerning our lifestyles and getting the garbage out of our hearts! Which is accomplished through living in the Word and applying it to our lives. “*Seeing ye have purified your souls in **obeying** the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently.*” 1 Peter 1:22 “*And every man that hath this **hope** in him **purifieth** himself, even as he is pure.*” 1 John 3:3

Originally the temple of God, and even the pagan cults, had a purification ritual whereby those who had contaminated themselves through sin, dirt, touching dead bodies, disease, foreign gods, demons, etc., could be cleansed so they could achieve the state of purity needed for the enjoyment of the blessing of God. For us, fellowship with him in the spiritual life.

When we talk about **washing**, *katharizo*, we are talking about the removal of dirt from our hands, our feet, or our body by scrubbing with soap and water. We were given a **bath**, John 13, when Christ **saved** us, but we will have to wash our hands and feet, not take another bath, due to our walk and actions here on earth. Foot-washing refers to the dirt we pick up from the world system as we walk through this life. Washing our hands refers to the dirt we get on ourselves due to personal sin. In both cases the protocol for the removal of these sins from us is by confessing them to God, “*If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*” 1 John 1:9

But here James is talking about purifying our hearts. Both the verbs to **wash your hands** and to **purify your hearts** are in the aoist active imperative, which not only commands that we are volitionally responsible to do so, and can do so, but they speak of an action that has not occurred, so we end up having, “*start washing your hands, sinners, and start purifying your hearts double-minded ones*”.

So what we have in view here is the **purifying of the heart**, which is accomplished by removing the things that defile the heart. Which things prevent us from living in the spiritual life dynamic and keep us from fellowshiping with God. So what is it that defiles the heart? The emotions of fear, anger, guilt, shame, abnormal grief, human love concepts, envy, jealousy, fun, bitterness, rage, worry; basically it's referring to stress in the soul, sin in the soul, the defense mechanisms of the soul and false doctrine in the soul.

Now the word for **purify** is *hagnizo*, which comes from the word *hagios*, which has the basic idea of separation. That there is a distance or separation of that which is good from that which is bad or evil. And there are two ways this can be accomplished. 1) by removing oneself from that which defiles you, 2) removing that which defiles you from yourself.

For example, let's say that dirt defiles the body, or that walking through mud will defile one's clothes. So what does one do? One can remove oneself from the things, the dirt or mud by **staying away from** the things that defile the body or clothes. Or one can remove the things that defiles **by washing the clothes or the body!**

Practically speaking it was nigh on impossible to stay away from dirt and mud, when they lived in a society of dirt streets, dirt floors and they worked in the dirt everyday! Now this is not to endorse sin in our lives, but it recognizes that we will pick up dirt on our feet from just living here in the world system and that we do get caught up in mental attitude sins, emotional sins, sins of the tongue and overt sinning of one kind or another.

Acts 15:10 tells us that our hearts were purified by faith when we believed on Christ as our Savior. “*And put no difference between us and them, purifying their hearts by faith.*” The problem is when we let stress get into our souls by not having the protective barrier of faith in the Word in place. “*Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.*” John 14:27

Keeping this shield of faith in the Word up is not only important for keeping stress out of the soul, but also for protecting us from the fiery darts of Satan! “*Above all, taking the shield of faith, wherewith ye shall be able to quench all the **fiery darts** of the wicked.*” Ephesians 6:16

Fiery darts should be thought of as burning darts, or better yet poisonous or **venomous darts**. They are fiery, but they are burning with the venom of bitterness! And once Satan's, (the angriest being in the universe), venom of bitterness gets into our systems, then it is pumped around by the heart until it affects every area of our souls, and even our bodies!

Bitterness and its related complex of anger takes control over all our emotions; it affects every aspect of our thinking; it affects our outlook on life; it affects how we look toward the future; it affects how we view and treat other people and our environment; and it affects our faith and the spiritual life, which now becomes non-existent. And this bitterness affects our bodies where we now begin to have physical problems, including TMS, and our bones, organs and muscles start to suffer because of it.