

August 2016 Newsletter – Dealing With Emotions – Review

In dealing with our emotions, and that is dealing with them not living in them, we have to see that there are feelings that we are consciously aware of and feelings that are trapped down in the subconscious that we aren't. The ones that we are consciously aware of can be dealt with by confessing them to God, recovering the filling of the Holy Spirit and start claiming the promises of God. The ones we aren't aware of can be dealt with as the Holy Spirit brings them up into the level of consciousness where we, then, can confess 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

Feelings that we are consciously aware of, such as, the feelings of the fear, and and guilt complexes will keep us out of the sphere of the spiritual life and the peace it brings us. But repressed emotions can do the same thing where our moods are affected and we don't consciously know the reason why! They can also bring about TMS and other adverse affects on our physical health.

Being caught up in a mood from repressed emotions not only will keep us out of the sphere of the filling of the Holy Spirit, but they also can keep us from enjoying all the grace blessings that God has for us. Such as, if one is implacable, a function of pride and anger, then there is nothing that one can do for an implacable believer where he or she will enjoy or appreciate the gesture. So they will need to see that they are in a mood, what that mood is, what it is connected to and confess it to God.

The dynamic of conscious **suppression**, or unconscious **repression**, is where we push certain feelings that are painful or embarrassing down into the subconscious – out of sight, out of mind, so we think. What we are doing is burying them not only from public view, but from ourselves! We do this as a self preservation tactic to protect ourselves. But this dynamic really has a bad affect on our minds, bodies and relationships.

Emotions are a part of the flesh nature and when we are caught up in one or the other of them, then we are not living in the spiritual life dynamic. The first thing we must do is recognize that we are having a problem; 2) identify what the emotion is; 3) confess them to God; 4) keep moving forward in faith and the Word of God.

They, (and our lusts as well), need to be dealt with: 1) if they are preventing us from living in the sphere of the spiritual life dynamic God has given to us; 2) if they are causing problems in our body; 3) if they are negatively affecting our personal relationships; 4) if they are preventing us from appropriating and enjoying God's grace blessings; 5) if they are preventing us from communing with God; and 6) so we can go on to maturity and being conformed to the image of Christ.

Now the reasons why believers repress their emotions and bury them down into the subconscious are fairly uniform across the board; we all do it for the same reasons. 1) they reveal our true inner self; 2) fear of repercussion; 3) fear of rejection; 4) fear of retaliation; 5) embarrassment; 6) they're something we are ashamed of; 7) fear of judgment; 8) fear of punishment; 9) they may be what are considered good emotions that we are afraid of experiencing; 10) they may be something we treasure in our hearts.

Originally man did not exercise the dynamic of repressing things in the heart; he didn't do it and there was nothing to hide anyway. It was only after Adam and Eve sinned did they practice the dynamic of hiding. They hid from God; they hid behind fig leaves and they hid the truth from him. Genesis 3:8

*“And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves **aprons**. And they heard the voice of the LORD God walking in the garden in the cool of the day: and Adam and his wife **hid themselves** from the presence of the LORD God amongst the trees of the garden.” Genesis 3:7,8*

Adam then told the Lord why he did it; he was **afraid and ashamed** of his nakedness, *“And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.” Genesis 3:10*; and then as a **guild avoidance dynamic** he passed the buck to Eve, *“And the man said, The **woman** whom thou gavest to be with me, she gave me of the tree, and I did eat.”, Genesis 3:12*; who in turn **blamed the serpent**, *“And the LORD God said unto the woman, What is this that thou hast done? And the woman said, The **serpent** beguiled me, and I did eat.” Genesis 3:13*

One of the first recordings of repressed emotions in human history is with Cain and his anger. *“But unto Cain and to his offering he had not respect. And Cain was **very wrath**, and his countenance fell. And the LORD said unto Cain, Why art thou **wroth**? and why is thy countenance fallen?” Genesis 4:5,6* He may not have expressed it verbally, or acted upon it yet physically, but it did affect him physically because the Lord was able to read it on his face. The word for **countenance** is *pānîym* and is the word for the face, or the countenance of the face.

He did act upon it later for he murdered his brother Abel. *“And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and **slew him**.” Genesis 4:8* And when confronted about it later, he denied his actions and his guilt and lied. *“And the LORD said unto Cain, Where is Abel thy brother? And he said, I know not: Am I my brother's keeper?” Genesis 4:9*

God punished Cain by banishing him and later on had a son through his wife, (he could have had other children as well), and five generations later there was a son born through his line named Lamech. *“And unto Enoch was born Irad: and Irad begat Mehujael: and Mehujael begat Methusael: and Methusael begat **Lamech**.” Genesis 4:18*

Lamech made a boast of killing a man and what's interesting is that he mentions his forefather's Cain's vengeance as a legal precedent. *“And Lamech said unto his wives, Adah and Zillah, Hear my voice; ye wives of Lamech, hearken unto my speech: for I have slain a man to my wounding, and a young man to my hurt. If Cain shall be avenged sevenfold, truly Lamech seventy and sevenfold.” Genesis 4:23,24* OSN trends are passed down to the generations to follow both genetically and environmentally.

Certain sin trends are passed down through the **genes** of individuals and they are also **learned** in the home. The curse of God is to visit them upon the third and fourth generation. *“Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;” Exodus 20:5* But this can be broken by faith in Jesus Christ and the intake and application of Bible Doctrine.

What we see here are the concepts of pride, anger, boasting, hate, murder and self-justification being passed down in the genetic line as a predominant trait. We also see what appears to be a sympathetic vengeance energy in Lamech. Anger, as well as all the other emotions, have energy, this energy would affect the DNA of the individual and be transmitted down to succeeding generations. The reason why we must deal with our flesh nature's emotions is because they prevent us from living in the new nature and by our understanding our OSN trends will help us do so.

One of the more common emotions people have to deal with is **fear**, especially the fear of what might happen to them. We're afraid of pain, sickness, injury, of loss, of ending out on the streets, cancer, our death or the death of those we love; we all have certain fears that bother us. Even that great believer Job had his fears. *"For the thing which I **greatly feared** is come upon me, and that which I was **afraid of** is come unto me."* Job 3:25

Even the disciples with the Lord standing there with them were afraid; what were they going to eat, what were they going to clothe themselves with, how were they going to make it? The Lord then and went on to tell them how the Father has promised to take care of all of us. *"And he said unto his disciples, Therefore I say unto you, Take no thought for your life, (**worry**) what ye shall eat; neither for the body, what ye shall put on."* Luke 12:22 *"**Fear** not, little flock; for it is your Father's good pleasure to give you the kingdom."* Luke 12:32

To overcome fear in our life we have to turn our souls to the Word of God where we thereupon receive faith and as we get faith we have peace instead and our fears subside. *"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 *"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

Another emotion that is commonly repressed is **love**. You say, what's wrong with love? Nothing! The problem is we're afraid we'll be hurt, or rejected, or they'll leave us, or die, so we repress the feelings of love we have for another person. We won't allow ourselves to experience consciously the feeling we have, but we do the same thing with anger and guilt.

Under doctrinal growth the believer will develop the capacity to love, but in so doing we will have to deal with certain emotions along the way. We must remember that in dealing with our emotions we must not be focusing on them all day. Instead we are to be focusing in faith concentration on the doctrines and promises of God's Word as we live in the filling of the Holy Spirit.

We saw in 2 Corinthians 6:11-12, *"Our mouth has spoken freely to you, O Corinthians, our heart is opened wide. You are not restrained by us, but you are restrained in your own affections."* NASB that the emotions constrict, or pinch off the flow of the spiritual life phenomena in the soul. To change this the believer has to recover the filling of the Holy Spirit.

When our emotions are activated there are two ways that they can be directed: 1) outwardly toward others in our speech and actions; 2) inwardly where they are repressed and internalized. Feelings such as fear, anger, guilt, jealousy, shame are destructive toward other people or our own souls and bodies. Obviously the solution is to get out from them as soon as possible and back into the sphere of the spiritual life. We do this by confessing them to God.

The emotions of anger and jealousy motivated Cain to murder his brother. Genesis 4:8, *"And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him."* Fear motivated Abraham to lie about Sarah. Genesis 12:12, *"Therefore it shall come to pass, when the Egyptians shall see thee, that they shall say, This is his wife: and they will kill me, but they will save thee alive."* Abraham's subjective family love motivated Abraham to plead to the Lord over Lot. Rachel's jealousy of her sister motivated her to put demands on Jacob Genesis 30:1, *"And when Rachel saw that she bare Jacob no children, Rachel envied her sister; and said unto Jacob, Give me children, or else I die."*

Samson's "love" for Delilah caused him to depart from his walk with the Lord. Solomon's feelings for his wives caused him to depart from his walk with the Lord. Jonathan's subjective love/loyalty for his father, king Saul, resulted in Jonathan dying with him. Asaph's feelings of jealousy and resentment, which is anger, had a tremendously negative impact on his soul, body and walk with the Lord. Psalms 73 Demas forsook Bible Doctrine, his ministry and his time with the apostle Paul because he "loved" the world system. "*For Demas hath forsaken me, having **loved** this present world, and is departed unto Thessalonica; Crescens to Galatia, Titus unto Dalmatia.*" 2 Timothy 4:10

One can go through the entire Bible and you will find that wherever there was a negative act, or negative speech, or a negative effect on other people or one's own body and soul there were certain emotions preceding it. These negative, destructive acts or speech may come about as soon as the emotion arises, or they may come about months or years later. One may be **angry** and lose his temper immediately, or may "bottle it up" for a long time. Some people "blow their cork" immediately, while others "bottle it up" for years, then fly off the handle, or keep it buried down until later on it has a destructive effect on their bodies and relationships with others.

Part of the process of healing our souls, which is what "purifying our hearts" is all about, is where God brings these buried feelings to the surface where they can be recognized and then confessed to God; we now are filled with the Holy Spirit and are able to recommence the faith rest drill and occupy ourselves with the Word of God and his grace. The **pressure** of the trials we go through is part of the process of bringing these repressed feelings to the surface.

Emotions are a good indicator that we are still in the flesh and not living in the spiritual life of the new nature. When there is the absence of faith in the Word of God, then the emotions of the soul will be activated and we are totally out of fellowship, the spiritual life dynamic is not present, and we will be trying to solve our problems with human solutions, which are no solution at all.

Psalms 55,56 gives us insight into what David was going through when he stepped outside the faith rest life. David's enemies were threatening him with death. "*Because of the voice of the **enemy**, because of the oppression of the wicked: for they cast iniquity upon me, and in wrath they hate me.*" Psalms 55:3 The effect of it on him was fear to the ultimate; he was absolutely terrified in his soul. "*My heart is sore pained within me: and the **terrors** of death are fallen upon me.*" Psalms 55:4 His fear was so strong that it affected him physically. "***Fearfulness and trembling** are come upon me, and **horror** hath overwhelmed me.*" Psalms 55:5 His human solution was to run away from it all. "*And I said, Oh that I had wings like a dove! for then would I **fly away**, and be at rest.*" Psalms 55:6 But the divine solution was to get back to trusting the Lord in the faith rest drill. "*What time I am afraid, I will **trust** in thee.*" Psalms 56:3 Getting back to trusting the Lord resulted in David having joy, peace and confidence instead of fear. "*In God I will praise his word, in God I have put my trust; **I will not fear what flesh can do unto me.***" Psalms 56:4

When what has been buried comes to the surface it can be very distressing for we are seeing the truth about ourselves. After all, there was a reason we repressed into the subconscious in the first place! Self awareness or self realization is just the opposite of denial, but we have to comfort and strengthen ourselves in the knowledge that God already knows who we are deep down inside and he loves us. He loved us he had his Son die for us. Only Bible Doctrine can help us sort through this over a period of time where we can see these things about ourselves, our sins and shortcomings, and realize that Christ paid the penalty for all these things on the cross so as to redeem our souls, that hidden person of the heart we are so afraid to embrace.

Projection, transference, denial, self deception, **false personae** are all peeled away and there we are seeing ourselves for the first time, our eternal soul being conformed to the image of Christ. The reason why we do these things is because we have never accepted ourselves. In fact, we have been running from our self our entire lives! But doctrinal growth gets us to the place we can and we are able to when we can finally see ourselves in the Beloved.

One of the things that the soul does is create a fictionalized person, sometimes even more than one. It is an alter ego that it puts before the public as representing us. We can even convince ourselves that it is us! We often do this in our youth and as time goes by we may even create other alter egos depending upon our circumstances and the crowd we hang around with.

It's very similar to an idol; an **idol** is something a craftsman forms out of wood, metal or stone as a representation of a deity, the elements of a deity, or what the deity looks like – but it isn't a deity! It's a figment of their imagination; something that their mind has invented. The same thing goes on in our minds where we create a fictional person that we show to the world; sometimes several fictional persons that we create over the years. We do this to protect our inner person; we do this so we can give them something that we think they will accept. But as the believer in Christ grows under bible Doctrine, then the idol begins to crumble before our very eyes until all that is left is the real you standing behind a very transparent veil!

When the soul is put under pressure through various kinds of trials, and the spiritual life dynamic is not in operation to protect it, then the emotions will start to surface: worrying about whether God will provide for us, fear if we'll be protected, anger if we're hurt or offended, jealousy when others have more than we do, guilt when we've done something wrong, wanting fun, love and happiness. If we lose our peace and various emotions are present, then that should be our signal for us telling us we need to get back into the dynamic of the spiritual life of occupying our minds on God's promises through faith.

In dealing with our emotions we have to recognize what is going on. When any of the seven emotional complexes of the soul is present, then we have to conclude we are in the flesh nature. Pressure, stress and the fear complex are indeed problems for our souls, but we have the power over whether they're going to be our reality or not! *“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](#) The key lies in the last sentence where it says let not your heart be troubled, stressed, neither let it be afraid, the fear complex. This tells us that **we can prevent stress and fear from being in our souls!**

Now just knowing this is not sufficient to solve the problem; all this does is make us **aware** of the problem. The solution lies in directing our souls back to the Word of God once again, confessing our sins to God, if necessary, then we are to believe the promises and doctrines of God's Word. The spiritual life consists of the believer in Christ directing his/her soul in faith toward the promises and doctrines of God's Word; it takes place in the new nature as the believer is filled with the Holy Spirit.

The spiritual life is the provision of God to protect our souls from the pressures of the world system and the flesh nature, but also from the attacks of the devil. It is created inside of every born again believer in Christ and is unique only to the individual; God created our own spiritual life inside of us that is unique only to us and no one else on earth has one like ours. The **key to victory** in this area is not occupation with our problems, our emotions, our lusts, demons, or the things going on in the devil's world. The key to victory over the world, flesh and the devil is occupation with Christ through his Word and the filling of the Holy Spirit, who empowers us.

Pressure exists in this world, that's a given and nothing can be done about it and nothing will be done about it until Christ returns to earth and sets up his kingdom. The devil is the present ruler of this world and all the people here on earth are under the devil's rule, which includes all the institutions and governments they establish here on earth. We live on a sin cursed earth where everyone living on it have sin cursed bodies. So yes, we do have pressure in this life. *“And we know that we are of God, and the whole world lieth in wickedness.”* 1 John 5:19 *“We know that we are children of God, and that the whole world is under the control of the **evil one**.”* NIV *“In whom the **god of this world** hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.”* 2 Corinthians 4:4 *“Now judgment is upon this world; now the **ruler of this world** will be cast out.”* John 12:31

Paul uses a military metaphor in Ephesians 6:14 as our approach to dealing with our emotions and his statement is that we are to **protect** them! *“Stand therefore, having your **loins** girt about with truth, and having on the breastplate of righteousness;”*. If we are to stand our ground in the angelic conflict, then we are going to have to have the helmet of salvation firmly in place, be wearing the breastplate of righteousness, having our feet shod with the sandals of peace, having our shield of faith up in place, the sword of the Spirit, which is the Word of God, but we're to also have our loins girt about with truth.

The word for **loins** is *osphus*, which refers to the soft areas in the abdomen. This area of body has no natural defenses built into it, such as bone, so it is very vulnerable to being hurt. The Roman soldier used a wide belt having strops that hang down from it. The wide leather belt protected the waist line, and the strops protected the abdomen down past the groin area. These strops were overlapping, which provided further protection and allowed for flexibility in movement.

For us it is the **belt** of truth, not just the truth referring to the Word of god, which is of utmost importance, but all truth in general that protects our emotions. And the overlapping idea comes from one learning a truth about something, then another truth that “touches” on the same idea abuts it, then from these two truths other truths are developed so that the heart is protected by overlapping truth.

For example, we have learned many, many things about the nature of the flesh's emotions; the different kinds of feelings, how each one has its own complex, what they're connected to, how they can become repressed into the soul, how they can affect the body, how they are flesh phenomena not spiritual phenomena, how they can stay buried for years, how to deal with them spiritually, etc., etc.. These things constitute overlapping truth and the more we learn about them and see them in ourselves, and the more we apply spiritual problem solving devices to them, then the more protected our feelings will be so they aren't agitated or damaged.

They are not going to go away. We cannot get rid of them for they come with our human flesh natures and hardening our hearts, denying them, repressing them, acting on them is not the way to handle them. We must protect them from the world system, the flesh nature and the attacks of Satan and how we do that is by leaning truth about them and applying the spiritual life dynamic to solve the problem.

And the belt of truth is an excellent approach to dealing with our emotions for it gives us the flexibility to move around in life and interact with different kinds of people, as well as be able to serve the Lord in the devil's world, for while we are doing that the belt of truth with its overlapping strops gives us the flexibility to do that! It keeps us from hiding in our rooms, or restricting where we go and what we do because of certain emotional problems. It enables us to live more on a grace basis in life, rather than being a strict, “stiff” legalist.