

August 2017 Newsletter – Dealing With Emotions – Review

The faith rest dynamic is explained in Proverbs 3:5, “**Trust** in the LORD with all thine heart; and lean not unto thine own understanding.” The word for **trust** here is the qal imperative of *batach*, which is a command to trust the Lord, but also *batach* tells us that we will have a sense of security and peace in the soul when we do!

When we are trusting the Lord with all our heart, which is what the NT Christian life is all about, we are transferring our problems over to the Lord. And there is no other solution for the child of God than to do just that – than to trust God.

There is no **merit** in faith; the only merit is in God. There is no **strength** in faith; the strength is in God through his Spirit. There is no **solution** in faith; the solution is found only in God. There is no **peace** in faith; there is only peace in the Holy Spirit.

Psalms 55:22, “**Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.**” **Thy burden** refers to one's lot in life. It encompasses God's appointed will for our lives, such as, prophets, priests, kings, farmers, housewives, pastors, etc., plus what we have gone through in life with our trials and sufferings; what we do, what we have gone through, where we live, our responsibilities, etc..

To **cast** is *shâlak* and it meant to transfer the problem, which tells us that we are to transfer the pressure of life, the weight of our responsibility over to the Lord and we do that by prayer! What we are doing is placing the burden of our responsibilities and problems on the Lord and when we do he will sustain us.

To **sustain** is *kûl* and it meant to provide for, to be a container around something, to hold it up, to encapsulate it. It denoted the idea that we are in the hands of God, that he encompasses us about, that we are carried about by God, that he holds us up, he strengthens us, goes with us and before us, that he provides for us.

Faith or trust is to stop trying, to stop thinking that it depends on me, to stop thinking about how to solve the problem, to stop thinking that we are responsible for the solution; it's to realize the human limit and take it to the Lord in prayer and faith. (Faith actually is the thing that motivates us to take our problems and responsibilities to the Lord in prayer!)

And if we do, then we will never be **moved**, never be unstable, not only that we will not be moved from our walk with the Lord, but also that our souls will remain stable, peaceful and confident. Believers in every generation have had to face “trying times” and pressure situations. Acts 14:22, “*Confirming the souls of the disciples, and exhorting them to continue in the faith, and that we must through much **tribulation** (pressure) enter into the kingdom of God.*” and even more so for the believers going into the Tribulation. But the divine solution has always been to cast our burdens on the Lord.

In Psalms 32:10, “*Many sorrows shall be to the wicked: but he that **trusteth** in the LORD, mercy shall compass him about.*” we have the qal participle of *batach* for **trust**, which tells us that the believer is to be living their life based upon the principle of faith or trust in the Lord and when they do, then he or she will be surrounded, (*sâbab* – to be surrounded by, or encompassed by), by the grace of God. Why? Because faith works in cooperation with the grace of God.

Psalms 84:12, “*O LORD of hosts, blessed is the man that trusteth in thee.*” tells us by the use of the qal participle of *batach* that the believer who lives their life by the principle of faith in the Word will not have the problem of emotional sins and that they will be blessed. The word for **blessed** here is *'esher* and it meant to be happy or more accurately joyful! The spiritual life dynamic of faith in the Word and the filling of the Holy Spirit takes us outside the emotional complex of the soul with the result that spiritual joy will be our conscious state.

It is the spiritual life dynamic that prevents the pressures and trials of life from being converted into stress in the soul, which stress will be converted into sin in the soul; the first sin in the soul will be the activation of the emotional complex of the soul, the first of which will be fear, then anger, then the rest. Following after that will be the lusts of the flesh nature, pleasures, then scar tissue garbage of the soul, then into false doctrine and the inevitable loss of the soul's well being and mental illness. But it is also the spiritual life dynamic that will heal the soul of all these problems if they are currently present. The principle is that we have to live our lives in the spiritual life dynamic of prayer, faith, and concentration on Bible Doctrine. That's what the participle is all about.

James 5:13, “*Is any among you afflicted (kakopatheō - bad mood)? let him pray. Is any merry? let him sing psalms.*” explains the principle we are to follow whenever we are down, discouraged, in a bad mood, or having a problem with our emotions. We are not only to pray, but we are commanded to keep on praying until we get the answers or get out of it.

The prayers should reflect, obviously, on what's going on and what to do about it, etc., for we need the wisdom of God in these matters, James 1:5, “*If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.*”, but they should also go into the area of just telling God about how we feel.

Prayer is to be our spiritual activity when we are “*afflicted*”. We don't know what the problem is. Our mood could be caused by anger, unbeknownst to us, but it could also be caused by worry, or it could be caused by repressed grief, or by guilt, but it could be caused by hormonal problems, or neurological problems, or by marital or family problems, or fear of love and intimacy, or a combination of any one of them!

The point is we don't know! All we know is that we are suffering and we don't know why, or how to fix it! We've tried to figure it out in our own minds and always keep coming back to square one of not knowing what's happening or how to fix it and we just keep on suffering. So what do we do? We keep on praying! Why? Because God knows what's going on and what to do about it. Besides there is also comfort and strength in the sphere of prayer.

Prayer is extremely beneficial to us for when we're suffering because: 1) it gets our minds off our problems; 2) we enter into the peace of God; 3) we can ask God for the wisdom on what we're going through and what our negative emotions are and what they're connected to.

In 2 Corinthians 6:12, “*Ye are not straitened in us, but ye are straitened in your own bowels.*” Paul told the Corinthians that they were being constrained by their bowels, or emotions. The analogy was one of a mother bird trying to feed her young, but for some reason the food is not going all the way down to the stomach; something is constraining it. Paul had learned and digested; the intake of Bible Doctrine, faith and the understanding of doctrine; now he was feeding them with it, but something inside of them was blocking it, which was the emotions of the soul.

The doctrinal food was not getting down into their hearts where it will do any good. So there are 3 problems: 1) they are not opening their mouths to take it in; 2) they are not “swallowing” it by faith; 3) there is something constricting the passageway of the “throat” that prevents the spiritual energy of the Word from going throughout the soul.

And that something is their emotions. Either on a conscious level, or a subconscious level, our negative emotions are constricting the spiritual flow of the Word in our souls. What this means is that we're going to have to find out what it is that is triggering such a negative reaction and deal with it. It could be the mental attitude of pride, or as the result of something we've gone through in the past and reacted to it.

On the first point of “not opening their mouths” this would take in such as ideas as: 1) not attending a Bible teaching church, 2) or if one is near, then not attending it on a regular, consistent basis, 3) rejecting the doctrines the Pastor is teaching out of pride, or an emotional reaction to something. On the second point of “not swallowing” tells us that they don't apply their faith to the doctrines being taught, or that they refuse to believe them. On the third point of constraining this tells us that there is an emotional reaction going on down in the subconscious that prevents the Bible Doctrine or promises they have believed from going on into the soul.

Many times the subconscious mind will use existing physical problems, or create physical problems, to divert our attention away from inner psychological dynamics; things such as pain in different parts of the body, or pain that travels from one area of the body to another. Dr. Sarko in his book, “Healing Back Pain”, has documented a spastic colon, irritable bowel syndrome, hay fever, asthma, tension headache, migraine headache, eczema, psoriasis, prostatitis, acne, dizziness, ringing in the ears, frequent urination, along with back, knees, elbows and neck pain.

He, of course, recommends that these things need to be checked out by a doctor, but in his studies he has found out that the subconscious uses these things to divert the conscious mind from feeling the painful emotions going on inside. From our perspective of the spiritual dynamic we know that the pain, the fears, the anger, the TMS are all what the flesh throws at us to prevent the flow of spiritual phenomena in the soul. That's what the warfare of the flesh and the spirit are all about.

We also know that our solution, cure and healing lies in continuing to move forward in faith, BD and prayer; especially prayer for wisdom in the area we are dealing with in our own souls, in our own spiritual life existence for we may be wrestling with something inside of us, a negative thought or emotion from some traumatic event that our fellow believer in Christ isn't. James 1:5; 5:13

We must also remember that our spiritual journey is one of going toward completion of the soul, our faith and our being conformed to the image of Christ. Which means at a practical level that we have attained to a certain level of peace, stability and healing of our souls, but that doesn't mean that we have overcome other dynamics going on inside us. We may have adjusted to our lives as they are, our bodies, our jobs and many other things, which are all fantastic concepts of blessing, but we may still have inside of us deep fear over certain things that haunt us.

We must remember that TMS is a dynamic of the flesh nature where the flesh manifest certain physical problems all to draw the conscious mind away from the emotions, and even away from the spiritual life dynamic. Remember, the flesh is the enemy of the spiritual life! When we get caught up in TMS our emotions will start to run amok pulling us further away from the spiritual life.

Anxiety and anger are two dominant feelings that will trigger TMS in us. TMS can come from ordinary living: the demands of the job, family, finances, responsibilities, etc., which can cause stress in our lives and stress can result in anxiety and anger. And because we don't want to appear resentful over these things, (that would put us in a bad light), the subconscious will drum up physical reactions to draw our attention away from how we really feel inside.

To be free of the negative feelings that plague our souls, which prevent us from living in the spiritual life dynamic, we have to acknowledge them to God. But before we can confess them to God they have to come up to the surface so we can "see" them. The problem that TMS creates for us is that it is designed to keep our minds focused on the physical problems we are experiencing and as long as we're doing that we won't be able to see what is really going on.

The answer? We must continue on in faith, prayer and Bible Doctrine in patience and faith that **God** will bring to completion the work **he** began in us at the moment of our salvation. 1 Thessalonians 5:24, "*Faithful is he that calleth you, who also will do it.*" We must also remember that no believer is sufficient in himself for these things. God provides other people to minister to us, including people in the psychological and medical fields. Philippians 1:6, "*Being confident of this very thing, that **he** which hath begun a good work in you will perform it until the day of Jesus Christ.*"

Even in the Church Pastor Teacher's study and teach Bible Doctrine to other believers having various gifts and it is these believers who minister to the body of Christ as a whole, some in this area and others in a different area. 1 Thessalonians 4:18, "*Wherefore comfort one another with these words.*", which means that we are to comfort each other with Bible Doctrine.

Spiritual growth, or doctrinal growth, is really about being conformed to the image of Christ, but each believer's situation, and problems they have in their souls, is unique to them, as unique as their own spiritual life. That's why God arranges various circumstances in their lives to bring their soul problems to the surface. Romans 8:29, "*For whom he did foreknow, he also did predestinate to be **conformed** to the image of his Son, that he might be the firstborn among many brethren.*"

This is why you will find believers living in certain geographical areas, working at certain jobs, having certain friends, or no friends at all, certain health problems, certain financial situations, a variety of things, to bring about certain conditions, to bring up certain soul deficiencies that need to be healed and the need to live by faith. 1 Thessalonians 5:18, "*In every thing give thanks: for this is the will of God in Christ Jesus concerning you.*"

The status quo of **David's** life alone as a shepherd was designed by God to deal with certain areas of his soul and bring him to a place of humility, faithfulness and faith dependence on God, which would prepare him for his future role as king.

The 40 years status quo of **Moses'** existence as a shepherd alone in the desert was the setting designed by God to bring about the levels of soul development in him to prepare him to lead God's people out of Egypt to the promised land. And not only that, but to get out of his soul all the toxic world garbage that he had picked up in Egypt!

But that was only at one level to that point. Now that Moses the leader of the fledgling nation of Israel and later on David was king over Israel both their status quo's had changed. Moses had gone from tremendous power, wealth and influence to a humble shepherd living a quiet life on the backside of the desert, and then it changed from that to the pressure of dealing with a nation of psychotics!

David went from living a quiet life tending sheep out in the wilderness to one of great power, fame, notoriety, prosperity and responsibility. His surrounding environment had changed and with that the external conditions had changed. Yet, in his heart he was still that humble shepherd that lived on the backside of the desert! No wonder he wanted to flee there when he was going through an intense trial. All of this was designed by God to further develop David's soul in humility, faithfulness and dependence on God. David and Moses were going from one level of maturity to ultra maturity.

Different external circumstances for different men, both were humble, mature believers in the Lord, both having completed souls humanly speaking, but now God is going to take them to a higher level all under the added pressure of responsibility. Which we see all the time in the Bible: pressure, plus faith in Bible Doctrine, results in the completing of the soul. But what it took each man to the next level in his spiritual journey differed! And it is with us! God arranges our situation to bring about the desired condition to complete our souls!

There was and is a way of expressing God's will for our lives and it's called "our lot in life". Not because the term comes from the "drawing of lots" in a game of chance, but because of the lot that was assigned to you as your inheritance when Israel came into the land of Canaan. Psalms 16:5,6, "*The LORD is the portion of **mine inheritance** and of my cup: thou maintainest my **lot**. The **lines** are fallen unto me in pleasant places; yea, I have a goodly heritage.*"

I liken Israel's situation in Canaan to living in northern California where we have 12 counties. Here the geography goes from a rich fertile valley to the foothills, to the forested mountains, to high plains desert, to the redwoods on the coast of the Pacific Ocean. And it would be like assigning each of the 12 tribes to live in one of the 12 counties with the geographical differences of those counties. And in each county its area was to be divided up and assigned to the different clans of the tribe, and then each family in the clan would have their area further subdivided. And in your tribe, clan, family area, then it would come down to you to be given your own "lot" in the land, which became your "**lot in life**"!

Psalms One is the story of the believer living on the lot assigned to him. Psalms 37 is the exhortation to keep our eyes on the Lord, while we are living on our "lot in the land" and not on those who do evil, even though they may be all around us. Which many doctrinal believers are experiencing in various areas of the nation as people are becoming more evil.

The believers living in the foothills should not be jealous of those who got the good bottom land, which grow potatoes, carrots, corn, etc.. Why? There are a lot of reasons why: 1) This is the land and the life that God assigned to him! 2) He needs to content himself with God's will for him. 3) He can grow olive trees, orange trees and plant vineyards for wine. And the believer who lives in the mountains should not be jealous of those who live in the foothills and bottom land, because he has the forests for lumber.

The point is God puts us where he wants us to be with all attendant circumstances and this is our "lot in life". But many today refuse to accept their lot in life; they always want something different. They want to leave it, change it, to gratify their lusts. And Babylon has many programs and credit cards to enable them to do that.

Why not stay where one is at and change it in the sense of making it better? Why not make it a jewel? An oasis in the desert. Why not take your "lot in life" as an opportunity to come up with faith ideas? My lot is an arid desert, you say, then find a way by faith to bring in palm trees and lush gardens.

If one looks at the Sacramento Valley, you will see highways and subdivisions, but when the white man came here there were no crops, no gardens, no houses and the river flooded annually. But people dammed the river at Lake Shasta and crops, houses and orchards soon abounded everywhere. They planted trees and houses, took the rocks of the soil and built fences and foundations; they took what was here and turned it into their oases.

Balboa park in San Diego was built by one woman with helpers later on. She took an arid piece of land with only 10" of rain per year and turned it into a beautiful oasis. Or like the man down by Colusa who took his barren, dry piece of land and planted 160 species of palm trees! To keep them from drying out he went down to the mills and brought back sawdust to plant 18" deep.

The point is we can take where God has placed us in life with all its attendant circumstances and turn it into a paradise, an oasis; an oasis of beauty, an oasis of love, truth and grace. That's what Psalms One is trying to teach us. God places us in our right geographical area with our right Pastor-Teacher and with faith and the application of Bible Doctrine we can have a great life. (See study On Psalms One).

People have many plans for their lives to build a great life for themselves and this may be a hard lesson to learn, but for Christians Christ is our life! Philippians 1:21, "*For to me to live is Christ, and to die is gain.*" To **live** is the infinitive of purpose of *zaō* telling us that the purpose of Paul and all the rest of believers in Christ; the purpose of our existence is Christ. Our lives are centered around him.

Originally we looked to Christ for **salvation**. Romans 10:13, "*For whosoever shall call upon the name of the Lord shall be saved.*" After we were saved we look to Christ to get us through a **bad situation**. Philippians 4:13, "*I can do all things through Christ which strengtheneth me.*" We look to Christ to **deliver us** from trouble. Psalms 34:4-6, "*I sought the LORD, and he heard me, and delivered me from all my fears. They looked unto him, and were lightened: and their faces were not ashamed. This poor man cried, and the LORD heard him, and saved him out of all his troubles.*" We look to him in faith when beset by our **enemies**. Psalms 55:16,17, "*As for me, I will call upon God; and the LORD shall save me. Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.*" We look to Christ when we feel **trapped** in our lives, when we have to go through things we don't want to go through, when we are persecuted, insulted, or have infirmities holding us back from doing things. 2 Corinthians 12:10, "*Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.*" We look to Christ for **stability** in life, when everything in life is changing, when our lives are changing, when familiar landscapes, people, our communities are changing, when our bodies are changing, when our souls are changing. We look to Christ who does not change. Hebrews 13:8, "*Jesus Christ the same yesterday, and to day, and for ever.*"

We have to learn to accept our lot in life by living in the faith rest technique and applying Bible Doctrine to our situation. There also needs to be the element of humility where we humble ourselves under the authority of God and the element of meekness where we willingly accept God's will, God's plan and God's provisions for us.

We also need to watch out for our OSN nature reaction to our lot in life and what we're going through. Pride enters into the picture and we think that we're above all this, the rebellious will kicks in, also fear of what we're going through, anger because we have to go through it, jealousy of others who "have it so much better than us", self pity, bitterness, etc.. We have to watch out for these things and keep our eyes focused on the Lord.