

## December 2014 Newsletter – Dealing With Emotions – Review

*“What time I am afraid, I will trust in thee. 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 56:3,4*

**Pressure without faith in the promises of God is converted to stress in the soul. Stress in the soul activates the emotional complex of sins. The first emotional sin that is activated is fear. So the external adversities of life, pressure – *thlipsis*, if not met at the border of our souls with faith in the promises of God, will be converted to stress in the soul thus triggering fear in the soul. The recovery solution from fear is, “What time I am afraid, I will trust in thee.” Psalms 56:3**

When we are under pressure and not handling it by faith in the Word of God, then that pressure will be converted to stress in the soul and stress in the soul triggers fear in the soul producing anxiety. From this one can live in a state of fear/anxiety for months, years, even the rest of their lives! And the only solution for this is confessing one's sins to God, 1 John 1:9, recovering the filling of the Holy Spirit, then exercising the faith rest drill of faith in the promises of God!

Hurt, provocation, insults, things that offend us, or things that displease us, or not getting to do what we want to do, or having been made to do what we don't want to do without faith in the Word, the filling of the Holy Spirit and the *agape* mental attitude will trigger the **anger** complex of the soul. Bitterness being the first one, then the inner burning anger of *thumos*, then the vindictive anger of orge, then on to arguments, screaming, cussing, etc., and then on to physical violence.

But another reason for anger is **we become angry over that which is causing our anxiety!** And the sources over which we can become anxious are many telling us that there are many reasons out there over which we can get angry. Where **fear** is an emotional response to perceived threat; **anger** is an OSN reaction to pressure. It is volitional and has the mental attitude of personal pride driving it.

*“What time I am afraid, I will trust in thee.”* uses the word *yom* for **time**, which is the word for day, which is a point in time, or a moment in time. The word for **afraid** is *yara*; and the word for **trust** is *batach*, which emphasizes the sense of security that comes about from trusting the Lord. And if fear is the by-product of feeling insecure and vulnerable **what better antidote than to feel secure!**

In Psalms 56:1, *“Be merciful unto me, O God: for man would swallow me up; he fighting daily oppresseth me.”* David says that man would swallow him up. The word he uses for **man** here is *enosh*, which denotes man without character, unsaved man, OSN man, fallen man, violent evil men, or man at his worse, or as we would say the basest of men.

But in verse four he says, *“In God I will praise his word, in God I have put my trust; I will not fear what **flesh** can do unto me.”* and the word used in some translations for **man** is *basar*, which is the word for **flesh**. This brings out the doctrine that our warfare in life is not flesh against flesh, but the Spirit against the flesh; and that **the Spirit always prevails over the flesh!**

The emotion of fear is a natural reaction of the flesh to threat. It's an emotional sin and the first emotion that is usually activated. And fear proceeds out of a **felt sense of insecurity**, or perhaps a better word would be vulnerability. **Vulnerability** comes from the Latin *vulnerare* – to wound, likely to be affected, easily affected by something because we have no protection from it. It is where one is susceptible to physical or emotional injury.

## 2 Peter 1:2-7

*“Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord, According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue: Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity.”*

The Greek dramas and tragedies that were acted out on stage give us insight into how our pride and emotions can keep us from being the heroes in our own plays in life and bring us down to the place of being losers. The tragedy of it all is that it doesn't have to be that way, but because of our own bad decisions, because we were proud and chose to live in our emotions, and because we wouldn't listen to the members of the chorus, (whose identities are revealed here), we end up being losers.

**Choregos** – the leader of the chorus with lyrical interchanges between him and the rest of the chorus.

**Tragoidia** – tragedy, the goat song.

**Satyrs** – half goat, half human.

**Tragedy** – any serious drama, not necessarily with a bad ending.

**Tragedy** – results in a catharsis, a cleansing of the emotions. As the audience watched the drama they experienced the emotions thus being cleansed from them. The general idea was not that you were happy that somebody else was suffering, but that someone else had it worse than you!

**Katharsis** – it did mean to purify, cleanse, or purge, but it was a word connected to the Greek drama that referred to the elimination or cleansing of the feelings that were bothering the soul.

**Climax** – as the tragedy unfolded it built to a climax where there would be an emotional breakdown and the feelings, whether pity, or sorrow, love, etc., would suddenly fill the soul releasing the emotions.

**Ecstasy** – after the catharsis the audience would go into a state of ecstasy at the end of the play, a sort of a trance, an astonishment from being cleansed of their feelings with the result of a sense of renewal, restoration and revitalization for living. (There is very little of this going on today in the movies, which do nothing but arouse people's lusts, and the emotions of fear and anger, which continue to build up in the souls of people causing frustration and further scarring of the souls).

**Drama** – a literary part given to actors to perform, which was the action from to do; it was also combined with music and dance.

**Chorus** – The chorus offered background information, either spoken or sung, to help the audience follow the theme.

**Main Actor** – would leave the stage to follow the roles and the chorus would speak or sing while he was gone to explain what was happening.

**The Hero** – the drama always centered around a legendary hero; later the chorus would impersonate the hero and not just sing about him. The Hero was put with superhuman qualities, or idealized traits, usually fulfilling the idea of what was good and noble in their culture.

**Tragic Flaw** – in the Tragedy the Hero was put with serious flaws, which led to his downfall thus being tragic flaws, hence the Tragedy.

**Hamartia** – was the word for the tragic flaw of the Hero and it's the word for sin.

**Hero** – Homer said that all the free men fighting in the Trojan war were heroes.

**Agamemnon** – was the commander-in-chief of the Greek army that warred against Troy. After defeating them and coming back some ten years later he had his wife Clytemnestra, who had taken a lover in the mean time, prepare a bath for him. It was during this time that her lover sneaked back and slit his throat with a knife.

**Agamemnon** – was a hero, but he had a flaw and those around him said that he was haughty. This tragic flaw, plus what other flaws he had, resulted in his death, which was acted out on stage.

**Dune** – the science fiction movie “Dune” was based upon this tragedy by Frank Herbert. The noble family Atreides came from Agamemnon's father Atreus.

There were many Greek tragedies that were performed in the Greek theater. The important theme they brought out that there was an Hero, or Heroine that had a tragic flaw, some emotion, or pride that resulted in his/her demise. The tragedy of all this is that they met their untimely due to this flaw they had, where it all could have prevented and they could have gone on to greatness.

All this was acted out on stage by the main actor, or chorus leader, with supporting minor actors, or chorus members. In the tragedy the chorus would bring out what happened to the Hero and why it happened and reveal his tragic flaw that ended in his demise. The actors and chorus on stage would fill in all the details, each one representing some aspect concerning the Hero. They would **warn** him; they would **instruct** him, but tragically he would not listen to them, so they would **mourn** him in song.

The whole drama would build to a climax where the emotions of the audience would gush forth resulting in their *katharsis*. Now that they had been cleansed of their emotions they would have a new lease on life. And they would try to learn a lesson from their Hero's tragedy by looking at their own lives and watching for any tragic flaw they might have, so they wouldn't end up like their Hero!

2 Peter 1:2-9, which was written by the Apostle Peter, is patterned exactly after the Greek tragedy to give us the background for our own walk of faith in this life. Only in our drama we are the Hero, the chief actor on stage and the chief actor is **Faith** and the rest of the chorus is comprised of: **Virtue, Knowledge, Temperance, Patience, Godliness, Kindness and Charity**.

Now why is all this important to us in our walk of faith? We have been talking about the problem of fear and vulnerability, which is the opposite of faith and security! We have to have something that gives us faith and also strengthens our faith, lest we, too, become a victim of our tragic flaws, which could be fear, or some other emotion.

And Peter starts off with, “*According as his divine power hath given unto us all things that pertain unto life and godliness,*”, verse one. What Peter is saying is that God has given us everything for this life, our physical and spiritual life. So, if he has already provided everything we need for life and godliness, then there is no reason to be afraid! He also says that he has given us his great promises, wherein God cannot lie, “*Whereby are given unto us exceeding great and precious promises:*”

Everyone on earth has a problem with fear and it gets more pronounced as we get older. And that's because we know that there is no way that we can protect ourselves from every hurt to our souls or our bodies. Will we have enough to eat? A place to sleep? Clothes to wear? A place to live? What about my older years when I won't be able to work or protect myself? The list goes on of things that we worry about because of our built in vulnerability.

Many spend their lives trying to address those issues; they work hard; they save their money; they invest it; they buy every kind of insurance they can think of; they turn to the government. They do everything they can do humanly possible to gain some form of security for themselves, but we are all still vulnerable. And that's where the Hebrew word *batach* for **trust** or faith comes in. *Batach* denotes that sense of inner security that comes from trusting the Lord.

Batach has the idea of a child laying out in the fields looking up at the sky without a care in the world. His mom and dad take care of him; they feed him, clothe him, give him a place to love and provide his needs; they have all the responsibility. So he feels safe, secure, protected and under no pressure. That's the idea of *batach* and the effect it has on the soul, but that effect exists because of the element of trust.

The child trusts his parents to take care of him, but the Christian is to trust in the Lord! “*What time I am afraid, I will **trust** in thee.*” Psalms 56:3 We are **not** to trust in other people, nor the systems they have created. In fact, if we do, then we will be cursed! “*Thus saith the LORD; Cursed be the man that trusteth in man, and maketh flesh his arm, and whose heart departeth from the LORD.*” Jeremiah 17:5

In Psalms 55:4-8 it reveals that David is experiencing fear in his soul: anguish of the heart, terror, fear, trembling, horror, the mental torment John described in 1 John 4:18, “*There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.*” and wanting to run away to a place where he felt safe and secure. “*And I said, Oh that I had wings like a dove! for then would I **fly** away, and be at rest. Lo, then would I wander far off, and remain in the wilderness. Selah. I would hasten **my escape from** the windy storm and tempest.*” Psalms 55:6-8

And **why** did he want to go to this one certain place out there in the desert? Because he knew that he would be safe there. And once he felt safe, then his soul would be at rest with no fear. What David was wanting to do is the same thing we all do when confronted by something that is a threat to our well being and security; it's the fight or flight syndrome. Only here David was so out-numbered that fight was not an option, so in his soul he wanted to run away and not just run away, but go to a place where he knew he would be protected and safe!

These wicked men were oppressing David in verse one. The word for **oppress** is *lachsats*, which meant to put pressure on someone, to drive them into a corner, to try to corner them. It's the same idea in the Greek as feeling trapped and it matters not what it is that is trapping us, whether health, finances, circumstances, responsibilities, etc., they will all put pressure on the believer's soul and if we don't handle it by faith in God's promises, then we will end up feeling like David did.

But David remembered the procedure for spiritual recovery, (which is something that everyone of us should have firmly ingrained into our minds), and that is to start trusting the Lord once again. Once he started trusting in *Elohim* and realizing that our warfare is spiritual and not of the flesh, then he recovered spiritually and his peace and well being returned to his soul! “*What time I am afraid, I will trust in thee.*” Psalms 56:3

**Fear** is an emotional reaction to a recognized threat where the individual is aware of his vulnerability, as David was with the enemy soldiers. **Apprehension** is where we're afraid of what might happen to us because we know that we are so vulnerable. People who are **fearful** are those who live in a state of fear. In any case, fear is automatically aroused when we're not living by faith in the promises of God. Some people live in a constant state of fear! The solution is we always have to turn to the promises and doctrines of God's Word in faith to get fear out of our souls!

The child in the home feels secure because he trusts that his parents will protect him and provide for him, but when he grows up and leaves the home, he knows that his parents aren't going to be there for him like they were when he was young, (we're on our own now). So we go out and get our bumps and bruises in life trying to protect ourselves and provide for ourselves and find that it's not as easy as we thought and we become afraid!

But what if the child did not grow up in a loving home? What if his parents abandoned him, neglected him, abused him, hurt him? This child will not only leave the home with scar tissue on the soul, but also being **fearful**! Fearful over many things, apprehensive of what might happen to them in the future, worrying all the time, being made fun of because they are not bold, dynamic and strong like others. They too will have to live by the faith rest dynamic, but even more so than others because of their deep-seated feelings of insecurity. *“What time I am afraid, [which for them will be all the time], I will trust in thee.”* Psalms 56:3

To **trust** is a transference of the problem and solution over to another person. You have a problem with your car, so you take it down to the local mechanic that you use because you trust that he can fix it. You take it to him, leave it with him and he fixes it. You have entrusted your car to him because you trust his abilities, skill and integrity.

And it's like that with God. We have a problem, but no solution, so we take it to God for him to fix it – that's what trust is about. And the vehicle by which we do this is **prayer**! It is through prayer that we let our requests be known to God, but remember, if you want him to fix them, we have to leave them at the shop with him, not take them back home with us.

One of the problems with fear is that it isn't always activated by things that we are **consciously** aware of, as it was with David and the men who were trying to kill him. Fearful people are plagued by fears that they are not consciously aware of; fears that are in the subconscious. Fear of rejection, fear of being hurt, fear of being abandoned, fear of being alone, fear of failure, fear of success, fear of losing a loved one, fear of death, fear of intimacy, fear of being destitute, etc..

All these fears and many other phobias plague the subconscious of many believers and they are tormented in their souls. For these believers the faith rest drill, confessing their sins to God, living in the filling of the Holy Spirit and occupying their minds with the Word of God on a daily basis will have to be a way of life for them.

The solution for them, and all other believers in Christ, is trust in God. There is no **merit** in faith; the merit is in God. There is no **solution** in faith; the solution lies with God. There is no **strength** in faith; there is only strength in God the object of our faith. There is no **peace** in faith; the peace lies in God. Faith has to have an object and the object of our faith is always God and his Word. God promised that he would protect us, provide for us and that he has a perfect plan for our lives. What he wants us to do is trust him and when we do our fears go away and we have peace!

To keep the emotion of fear out of our souls we have to keep “our eyes on the Lord” through his Word. When Peter exercised faith by looking to the Lord while he was on the water he was able to do the impossible, he was able to walk on water! But as soon as he got his eyes off the Lord and started looking around at the turmoil of what was going on around him, the storm, the waves of the sea, etc., he stopped exercising faith, started to sink and became afraid!

Christ called us his disciples, actually his students. A student was one who learned his teachings from his master and lived by what his master taught; it wasn't just the kind of academics that we learn in school today. So one of the things that we will have to learn is to master our fears by trusting in our heavenly Father. A test that will be more difficult for those who live in the Last Days. *“This know also, that in the last days **perilous** times shall come.”* 2 Timothy 3:1 **Perilous**, *chalepos*, denoted a difficult study you had to pass in school.

“Cast thy **burden** upon the LORD, and he shall **sustain** thee: he shall never suffer the righteous to be moved.” Psalms 55:22 - הַשָּׂלַח עַל-יְהוָה, יְהַבָּהּ -- וְהוּא יְכַלְכְּלֶהּ:  
לא-יִתֵּן לְעוֹלָם מוֹט -- לְצַדִּיק

One's **lot**, *yehab*, is that which has been allotted to him, or one's lot in life. This is really a very encompassing word for it entail such ideas as: being a mother, father, wife, husband, the things one has to deal with, one's responsibilities, God's spiritual plan for your life and all the responsibilities that goes with it, one's physical problems, things that you have to live with that are not necessarily your will, etc..

Now there is something that all of things have in common and that is they put **pressure** on us! And pressure, if not handled by faith in the Word of God, will produce **stress** in the soul. And stress in the soul will produce anxiety followed by anger. The faith rest dynamic is to stop trying, to stop thinking that it all depends upon us and to start trusting the Lord.

David's lot in life was to be the king over Israel. Now that came with money, fame, success, things to amuse oneself with, friends, music, entertainment, etc.. But being a king also carried with it great pressure and all those things that accompanied his monarchy could not prevent those pressures of leadership from being converted into stress in the soul. Only by David living in the spiritual life dynamic of trusting in God could David avoid stress and the same goes for us today.

To **sustain** is *kul*, which meant to provide for, to be a container around something, to hold it up, to carry it, to encapsulate. It reminds us that we are in the hands of God. He carries us throughout life; he strengthens us; he protects us; he provides for us; he encapsulates us. We may have this treasure of the Gospel and the new nature in earthen vessels, but he encapsulates these vessels.

Psalms 37 deals with believers who are living in their right geographical location, finding work in one area or another and more than likely being married with a home and children. It also deals with the emotions of fear, anger and jealousy! What this tells us is that we can be married to the right person, living in the right geographical location, sitting under the teaching of the Word of God, having an abundance of God's blessings on our lives: spouse, children, home, health, material prosperity, etc., and not be able to enjoy them due to the emotions of fear, anger, or jealousy!

In this passage we have a doctrinal believer who reacts in anger to the sinfulness, arrogance, negativity and general apostasy of the society they live in. Something we are all too familiar with today in America. The solution for the believer is to avoid **anger** is to adopt the attitude of true humility by not letting yourself react with anger over what is going on around you in people who have rejected the Word of God and are out of control.

To deal with the emotion of fear, which is an OSN phenomenon proceeding out of a feeling of insecurity and vulnerability we are commanded to trust *batach* in the Lord! “Trust in the LORD, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.” Psalms 37:3 We're to do good, the outworking of a righteous doctrinal life, to continue to dwell in the right geographical location where God put you and to enjoy the life he has for you there.

Psalms 32:10, “Many sorrows shall be to the wicked: but he that **trusteth** in the LORD, **mercy** shall compass him about.” has the gal participle of *batach* telling us that when the believer is living his/her life by the faith rest principle the grace of God will surround them in their life!

Psalms 84:12, “O LORD of hosts, **blessed** (sheer) is the man that trusteth in thee.” tells us that the faithful life of trusting the Lord will not only deal with the problem of the emotional sins, but also gives us peace and joy in our lives! The spiritual life, which is produced by living in faith in the promises of God, is the barrier that keeps stress out of our souls. **It is both the prevention and cure for stress!**

Christ has given the spiritual life dynamic to every believer in him, but for it to be of advantage to us we have to live in the sphere of its dynamic! We have to make the conscious decision to live in the filling of the Holy Spirit, to confess our sins to God when we sin, to claim the promises of God by going over them and believing them, to be sitting under the doctrinal teaching of the Word of God in some local church and to live in sphere of Christ's peace.

If we do, then peace and joy will be our experience here on earth. If we don't, then we will end up being traumatized by fear, anger, guilt, grief, envy, human love and its problems and the frantic pursuit for human happiness and fun! If we don't, then discouragement, despair and depression will be our daily norm, or being in a “bad mood”, as we say. Many times we won't know what our problem is, what our emotion is, we're just “out of it” for some reason. Now the Scripture has a word for it and it's *kakopattheo*: *kakos* – bad or evil, and *pathos* – the passions or emotions.

It's a human condition known to all men and the Apostle James wrote about it in the first NT letter, when he wrote, “Is any among you **afflicted** (*kakopattheo*)? let him pray. Is any merry? let him sing psalms.” James 5:13 Is anyone among you suffering ill? Is anyone down or in a bad mood, or having stress in the soul, or suffering from what might be an emotional sin?

**Afflicted**, *kakopattheo*, is found in the present active indicative, which brings out the believer's present reality. If this is what is happening in his/her life, then he is to keep on praying! **Praying** is found in the present active imperative telling us that this believer is commanded to keep on praying, and in the active voice it tells us that he is the one who is responsible to keep on praying.

I think most of us miss that; we try everything we can think of and the suggestions from other people to free ourselves from our negative emotions or moods we get into and overlook the Biblical answer for dealing with these things - and that is **to give ourselves entirely over to prayer!** Prayer is extremely helpful for us when we're suffering from negative emotions because: 1) it helps get our minds off our problems; 2) in prayer we enter into the peace of God; 3) it is here in prayer we can ask God for the **wisdom** on what our emotions are so we can deal with them, or be led to seek out professional help that can help us in these matters; 4) and by relying on the reasoning process of the mind we probably will never arrive at the answer. “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.” Proverbs 3:5,6

Paul said in 2 Corinthians 6:12, “Ye are not straitened in us, but ye are straitened in your own bowels (emotions).” We have an analogy of a mother bird feeding her young, who would go out and get food, eat it and then regurgitate it to her young. All they had to do was open their mouths and take it in. Paul would be like the mother bird who would study the Word of God, eat it by faith, understand it and digest it and then communicate what he had believed and understood to the people of God.

All they had to do was open the mouths of their souls and take it in, but there was something going on in them that prevented that. What was it? It was the emotional complex of their soul that was constraining, that is, closing off this flow of the spiritual life dynamic process! The doctrinal words Paul was giving them carried within them spiritual phenomena, but their emotions prevented it.

It is our negative emotions that constrain or constrict the flow of the spiritual life dynamic in our souls, that is why it is so important for us to deal with our emotions! We may have been able to come to a point in our spiritual growth where our emotions were not a problem, but then later come to a place where something triggers one of our emotions, whether fear, anger, jealousy, grief, guilt, wanting happiness or love, now they constrict the spiritual flow in our souls and we must deal with them!

And if the spiritual flow is stopped, then so is spiritual growth. So we must not only deal with the emotion, but if it is persistent and reoccurring then we must go and find out why this is going on at a deeper level, which could mean counseling. A believer is sitting in church taking in the Word of God and enjoying the life God has given him/her, then one day someone says something, or they see a certain trait in someone else and react with anger. They may not even be consciously aware that this is going on, but they are angry. And if one is angry all the time, then there is no way that they can be filled with the Holy Spirit, nor process the doctrines they need for their spiritual growth.

Many of them leave and never come back, but those who recognize the value of Bible Doctrine also recognize **they** have a problem, so they seek counseling in the matter and find out that this anger goes back to some form of child abuse in the home! They deal with the emotional reactor factors of child abuse, which relaxes the constraining dynamic going on in the soul and the spiritual flow continues on once again.

Whether one is dealing with an emotion from the past, or something going on in the present they still have to deal with the emotion so they can go on in the spiritual life. This becomes more pronounced as one is advancing in the spiritual life into the areas of maturity, or the adolescent phase of Christian growth, where the believer will be tested under authority, have their pride humbled and be deprived of what so many others have. When this happens all sorts of emotional reactor factors, such as anger, jealousy and rebellion come to the surface. It's a difficult phase of spiritual growth to go through, but if they keep pressing forward with Bible Doctrine they will make it through.

It's a difficult and often painful area of growth for believers to go through, even for the most positive of believers. How long will it take? As long as it takes! But by staying with Bible Doctrine, the filling of the Holy Spirit, the leading of the Lord, confessing of one's sins to God the believer will make it through. Counseling might also be needed, not as a spiritual answer, but to be able to identify the troubling emotions that hold you back and deal with them.

As the believer goes from super-grace maturity to ultra super-grace, he or she will enter into the "no man's land" of Christian living. They will be in a place of no turning back; they must press forward in faith and the Word. But even there they will have to deal with their mental attitude of pride and various emotions that will pop up.

Many Christians have adopted a "I'm fine as I am" mental attitude; they have adopted their own brand of legalism as the standard for their Christian life. They don't understand that even though they are righteous in the eyes of God doesn't mean that they have the capacity of an enlarged soul, nor have they been conformed to the image of Christ ordained for them by God!

Even the thief hanging on the cross was just as righteous as the Apostle Paul. But that doesn't mean that he had the same capacity of soul for life, love, eternity, friendship and fellowship with God as the Apostle Paul had! You say he didn't have the time to grow as Paul did. Quite true, but we do and that is why God is keeping us alive in this world so we can push on to super grace maturity!