

December 2015 Newsletter – Dealing With Emotions – Review

In the **four concentric circles** of our existence on earth: the spirit, the flesh, the world and the devil; the closest one to us is the flesh And it is the flesh with its genetic sin nature that gives us so many problems, either in trying to pull us away from living in the spiritual life, or by fighting it altogether in an aggressive manner.

It does this in five areas: 1) the **emotions** - the seven feelings of the emotional complex; 2) the 28 categories of **lust** – those strong desires of always wanting things; 3) the **pleasures** – where we pursue after the things that please the five senses of the body; 4) the **defense mechanisms of the soul** – repression, suppression, transference, projection, denial, distancing, etc.; and 5) **physiology**, which gets into the many needs and weaknesses of the body.

And we notice the **direction** that the flesh pulls us in; away from our spiritual center out into the world system and the devil! Whether it is the flesh's emotions kicking in or its lusts vying to be gratified, or the slipperiness of its defense mechanisms, or our bodies acting up; the direction of the soul's focus is always being pulled away from Christ and our spiritual center out to the world!

Which takes the believer, if not stopped, out into the world and ultimately the things of the devil. And this will be more so of a problem living in the Last Days because of all the things going on in our countries and world and even in the skies. Things that will be a source of great pressure on our souls. *“And great earthquakes shall be in divers places, and famines, and pestilences; and fearful sights and great signs shall there be from heaven.”* Luke 21:11 *“And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares.”* Luke 21:34

This **inner circle** consists of such things as: the filling of the Holy Spirit, faith, prayer occupation with Christ through his Word the new nature that God created in us, etc., and can also be referred to as the Spirit's dynasphere, or the divine dynasphere. So we can say that it is this new man, that which created in us that is standing there in the inner circle. But there is another man standing there in the circle with us and that is Jesus Christ!

As long as we are living in the sphere of this spiritual dynamic we are free from the emotions, lusts, pleasures, defense mechanisms and everything else that the flesh can throw at us; those things lie outside the circle, but are not inside it. And it is there in this inner spiritual circle that we have soul to soul communion with Christ over his Word. When the believer's soul is turned towards Christ and his Word, which is being occupied with Christ, then we have *koinonia*, or fellowship with God. When we are in that spiritual state of face to face communion with Christ, then we will enjoy the deepest experience of peace and joy.

But when that believer turns their soul away from the Lord and the Spirit's dynasphere out to the things of the flesh, the world and the devil, then that believer will lose their experience of joy and peace and will begin to get caught up by the many things connected to the flesh nature and their souls' will begin to go downhill. When we begin to be looking outward, and start gravitating in that direction, then we will be caught up in a **spiritual maelstrom** and be whisked away from our center in an ever spiraling action of outward and downward. The only recovery is to once again turn our souls toward Christ and his Word and we will now start moving toward our spiritual center.

Perhaps Ephesians 5:14 can give us a picture that will help us understand this dynamic. *“This is why it is said: “Wake up, sleeper, rise from the dead, and Christ will **shine on you.**”* Christ is light and when we go into his presence, then his light will shine upon us, thus shining light into our souls. The spiritual blessings that God has for every believer in Christ are also put as light, while all the negative stuff of the world, flesh and the devil are put as darkness.

The issue is what will we choose? Will we choose to fellowship with God or something else? Our emotions? Our lusts? Our husbands or wives? The world? Our career or job? Our home? Our pursuits? Our interests? Our children? Our parents? TV? Entertainment? Being occupied with our problems? Our position in life? Our accomplishments? It's no problem for God to create beings with beauty and place them in the highest positions; we have seen that with Lucifer, but will these beings choose fellowship with God over his Word, or something else?

God created Adam and Eve as perfect human beings and placed them in a perfect environment. We want to note that the relationship that the two had with God was not worshipping him every day but fellowshiping with him. The Lord instructed them, gave them Bible Doctrine and the three of them conversed with each other. But Eve got her eyes on other things and that's where the problem started.

Adam's inner circle for fellowshiping with the Lord was there in the Garden. Moses' “inner circle” for fellowshiping with the Lord was at the tent of the meeting. Daniel's inner circle was there back in his room where he prayed to God each day. For us today we do not have to go to some specific place to have fellowship with God, although it may help the idea by having some place private where we can do so, as long as we spend time each day with the Lord no matter where it is.

When we spend time each day with the Lord over his Word our souls will be prospered and be in good health. But if we don't, if we allow ourselves to drift away from the Spirit's dynasphere, then our souls will start to go downhill. The first thing we will notice is that our souls will start to become more and more miserable. If we do not check the problem there, and if we continue to drift away from the Lord, then the Lord will bring in divine discipline to correct the problem. The farther away we drift the more intense the discipline will be. *“Come, and let us return unto the LORD: for he hath torn, and he will heal us; he hath smitten, and he will bind us up. After two days will he revive us: in the third day he will raise us up, and we shall live in his sight (presence).”* Hosea 6:1,2

But as long as we are in our emotions there is no fellowship with God. When we are emotional, when we are controlled by our emotions, then we are being controlled by our fallen flesh nature and we are definitely outside the spiritual dynamic. When we are emotional: 1) we are incapable of thinking Bible Doctrine; 2) we are unable to apply the doctrinal rationale to the problem; 3) unable to discuss Bible Doctrine; 4) or receiving doctrinal advice or counsel from another believer.

Arguments in the home exist because one or more people are in their emotions. If **both** are emotional, regardless of the emotion, then there can be no resolution of the problem. In fact, the problem will not only continue to be there, but get worse. If one is spiritual, while the other is emotional, then any doctrinal advice, suggestion, counsel, or input will fall on “deaf ears” because the flesh is unable and unwilling to hear it.

Subjectivity is thinking based upon one's emotions; the Greek word for that is *dokeo*. When this occurs, which will always occur if one is emotional, then everything that comes out of their mouth is human viewpoint and so much **blather**.

The *phroneo*, *phronesis* word group in the Greek is very interesting because it denotes one's perception, or one's viewpoint toward life, other people and themselves. A mental attitude of **pride** will cause the individual to think of themselves above what they truly are and higher than other people. **Guilt** will cause people to view themselves in a negative sense. It is only through the inculcation of Bible Doctrine that we can see ourselves as we truly are.

The emotion of **guilt** distorts the way believers view themselves. It brings a sense of shame, of feeling less than others, of being outside the group, of not measuring up, of being no good, of being unworthy, of guilt complexes, inferiority complexes and no self-esteem. From there it can deteriorate down into self-condemnation, then self-rejection, self-hatred and loathing and finally down into self-punishment.

There's a difference between **being guilty** and **feeling guilty**; between **real guilt** and **sensed guilt**. **Real guilt**, or **being guilty** is where you have actually done something wrong. **Feeling guilty**, or **sensed guilt** is where you feel like you've done something wrong, even if you haven't! You can **feel guilty**, even if you've done nothing wrong; and you can **not feel any guilt** at all, even if you have done something wrong! Both come from a **malfunctioning conscience**. How one overcomes this is by truly understanding what took place with our sins in the atoning death of Christ on the cross; the imputed righteousness we have received through faith in Christ as our Savior; and how we have been received by the Father.

Sosphroneo, which has the idea of saving the mind, is where the believer can see himself as he truly is and the only way this occurs is through taking in Bible Doctrine, metabolizing it by faith, and especially those doctrines that deal with Jesus Christ, the believer, what Christ has accomplished for him on the cross, his new position as a born again child of God, his eternal destiny, etc..

True, spiritual self-perception does not come by how we presently perceive ourselves, nor how our parents, friends and society perceive us, but by how **God** sees us! How God views us is the only thing that matters. And he sees one of his precious children, who are now righteous in his eyes, he sees the new man or woman that he has created inside and he loves us with an everlasting love. Now we have to start viewing ourselves from the perspective of God.

This process of self-discovery is a life long process where we can get to the place that we can see and accept ourselves for who we truly are; and it is accomplished through the metabolizing of Bible Doctrine by faith in the filling of the Holy Spirit. But even though we will be able to see ourselves more and more clearly as the years go by, it will still be looking through a dark glass. Only when we stand before Christ will the picture be 100% clear. *“For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known.”* 1 Corinthians 13:12 There's a question asked from Paul's statement, *“shall I know”*. The question is know what? The answer comes in the second part of the passage and it's *“as also I am known”*. So it's saying that I shall know me as I am known by the Father.

It is as we are conformed to the image of Christ where Christ is formed in us that we will be able to see ourselves as we truly are as to the uniqueness of our own individual personalities; accept ourselves as to our own unique personality; and see and accept ourselves as to where we fit in God's universe. God has a certain and special place he has designated for each of us in his celestial hierarchy. Most people, Christians included, have not come to this place; perhaps the thought is too frightening to them. What they do, instead, is adopt different personalities as a projection of what they want to be and how they want others to view them. These are the **masks** we wear in life.

As NT Christians our place is: members of the royal family of God, we are his sons and daughters; we belong to the house of God; we are the bride of Christ; we are both kings and priests; we will rule over the universe under Jesus Christ; we will live forever; we will reign over cities; we will conduct the worship of the eternal Father; we will teach the Word of God to others. That's our place in the celestial hierarchy in the universe and we all will have a position somewhere in it. And eventually, then and there, be in our "right minds", that is, be in our true personality forever.

But Christ wants us to get to this place of self perception, as much as we can, before we arrive in heaven. He wants us to know the truth about ourselves, who we are, who we belong to, what we truly are, while we are still here on earth. This will bring maximum glory to the Father and the Son, this will bring us the highest level of love self acceptance, confidence, joy, hope and peace, as well as enable us to truly minister to the suffering saints of God.

When Christ cast the demons out of the man in the tombs of Gerasene, he didn't just leave him there without demons, which is wonderful all by itself, but he left him to go on in life in his "right mind". *"And they come to Jesus, and see him that was possessed with the devil, and had the legion, sitting, and clothed, and in his **right mind**: and they were afraid."* Mark 5:15 *"Howbeit Jesus suffered him not, but saith unto him, Go home to thy friends, and tell them how great things the Lord hath done for thee, and hath had compassion on thee."* Mark 5:19 It makes one wonder how many of us are really in our right minds? How many of us have had our minds, our identities and personalities, shaped by our family, friends, schools, churches, music, television shows and the rest?

How many of us are willing to do what we have to do, go through what we have to go through, to strip away the phony facades of defense mechanisms to find ourselves hiding there afraid, or kept captive in the recesses of our minds? This is what 2 Corinthians 10:4,5 are about. *"(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;"*

When Israel finally came into the land, they were to come before these fortresses where the enemy lived, tear down the walls and take over the area. This was an analogy for Christ entering into our souls, when we believed on him, and now Christ is to go into each and every area of our souls and conquer it and settle down and make it his home. This is done by the continual intake of Bible Doctrine in the soul. When we get into an area that has deeply embedded thoughts of false self-perception, the fortresses in our souls, then the walls, which represent the self defense mechanisms of the soul, are torn down one stone at a time, which stones represent incorrect, negative, unbiblical thoughts, so we can make penetration into that area and take these negative thoughts captive. The lofty parts of the fortress walls refer to the element of pride firing down on Christ's army of doctrine to prevent this.

The concept of a distorted self-perception that pride and guilt create are flesh dynamics, which we get from ourselves and others. And we can only be free of them through the spiritual life dynamic. Part of the many doctrines that Christians need to learn, understand and apply to themselves is the doctrine on **sin**, the atoning death of Christ on the cross, our forgiveness and acceptance by both the Father and the Son, our relationship to them as their children, the removal of all sin, guilt and shame; and the banishment forever from our thinking of any concepts dealing with self-condemnation, self-rejection, self-hatred and self-punishment. *"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 We have to see that all sin, guilt and shame have been removed from us by the blood of Christ!

It's tragic that so many churches today use these issues of sin, guilt and shame for the purpose of manipulating their people to go along with their religious agendas. Legalism is where other people establish **their** own laws that they want **other** people to live by. It will bring other believers into a system of bondage, which is actually slavery. Slavery is where one is controlled by another person's: will, emotions,, norms and standards. *“And that because of false brethren unawares brought in, who came in privily to spy out our **liberty** which we have in Christ Jesus, that they might bring us into **bondage**.”*, Galatians 2:4 But God wants us to stand fast in the liberty he has placed us in. *“Stand fast therefore in the **liberty** wherewith Christ hath made us free, and be not entangled again with the yoke of **bondage**.”* Galatians 5:1

But remember we are not to use our liberty in Christ as an excuse or opportunity to gratify the lusts and pleasures of the flesh, but to serve one another. *“For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another.”* Galatians 5:13 Concerning our flesh we also need to remember that **lusts gratified** results in human happiness; **lusts delayed** end up in frustration; and **lusts denied** end up in bitterness and anger.

There are some concepts that we need to understand:

- 1) Lusts – an intense desire for something.
- 2) Pleasures – anything that pleases the five senses of the body.
- 3) Emotions – the seven different feelings of the flesh nature.
- 4) Legalism - the desire to have other people live by your norms and standards.
- 5) Distractions – anything that hinders or prevents us from concentrating on something.
- 6) Diversions – a turning aside from a course, or one's purpose in life.
- 7) Center – the place where a particular activity is concentrated.
- 8) Centered – where the individual is oriented to and focused on the center.
- 9) Focused – where one is concentrating on the center.
- 10) Sin – a missing of the mark.
- 11) Transgression - a stepping across a known boundary.
- 12) Faith – a believing something is true.
- 13) Trust – a depending upon what one believes.
- 14) Christ is the center of the spiritual life.
- 15) The fruits of the Holy Spirit are found only in the spiritual life.
- 16) Christ is the point of origin for love, joy, peace, etc..
- 17) The Christian who is oriented to the spiritual life is centered.
- 18) The Christian who is concentrating in faith on the Word of God is focused.
- 19) Everything else in life other than the spiritual life is a distraction.
- 20) Turning aside from the spiritual center, whether momentarily or temporarily, is a diversion.
- 21) Turning to is the decision to turn the soul's attention to Christ.
- 22) Focus is a part of faith to concentrate on the Word.
- 23) Christ dwells in our spiritual center.
- 24) Communion with Christ is done in the human spirit through the filling of the Holy Spirit.
- 25) Christ is in the center and he is the center and the origin of our peace.
- 26) For us to have peace we have to turn our souls away from the world, flesh and the devil to Christ.
- 27) Because of distractions we will have to constantly be refocusing on Christ.
- 28) The Word of God is the object of what our minds are focused on.
- 29) When our minds get off our spiritual center they get swept away into the maelstrom of the world.
- 30) To recover from that we have to refocus our minds back again on Christ and his Word.

When we sit under the teaching of the Word of God, we not only are renewed in the new man, but also we are learning spiritual problem solving devices that we can use to solve the many problems we face as we go through various trials and suffering. *“And have put on the new man, which is **renewed** in knowledge after the image of him that created him.” Colossians 3:10*

When people are subjected to traumatic events in their youth, the normal way they handled them is by suppression, dissociation, distancing, denial and eventually a total loss of memory concerning the event. This was done as a self defense mechanism to protect the soul. But as so often the case is these things start to surface later on in life and cause many problems for the believer.

Now if there was no doctrine to handle the surfacing feelings, then or later on, the believer will go out into the world and party on so they can forget the problem. Many of them will leave the church altogether because their churches offer no real help or solution for their problem and that's because their churches are not teaching the many doctrines needed to deal with these types of situations. There is healing of the soul for these believers and it comes under the consistent teach of Bible Doctrine.

Christ healed many people of their **physical ailments**, such as, the woman who had been afflicted by Satan for 18 years. She was a believer in Christ and had been crippled by a spirit from Satan while she was a believer back then. *“And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the sabbath day?” Luke 13:16*

Christ also healed people of **demon possession**, such as, the boy who fell often into the fire. *“Lord, have mercy on my son: for he is lunatick, and sore vexed: for oftentimes he falleth into the fire, and oft into the water.” Matthew 17:15* Or the man in the tombs of Gadarenes. *“Who had his dwelling among the tombs; and no man could bind him, no, not with chains:” Mark 5:3*

Christ healed the deaf, the blind, the lame, the sick; and he raised the dead back to life, but all these things dealt with the physical, with demons, or life and death concepts! But what about the soul? What about scar tissue in the soul, garbage in the soul, multiple personality disorders, PTSD, dissociation, repression, and so many other problems that Christians have and try to live with?

Christ will heal our soul's diseases and he does this through the consistent intake of Bible Doctrine and living in the Spirit's dynasphere. *“Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy **diseases**;” Psalms 103:2,3* This is one of the spiritual blessings that God has in store for everyone of his children in addition to the fruit of the Holy Spirit. *“Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with **all spiritual blessings** in heavenly places in Christ.” Ephesians 1:3*

It as we deal with the soul's many problems through God's Spirit and his Word, we are healed and this is Christ being formed in us! This is also where the war in the soul kicks in because sin indwelling our flesh will fight it every step of the way. And not only does the flesh nature fight this, but also Satan and the many demons who operate under him; and this is a big part of the angelic conflict we fight.

The “spiritual center” for Christians is centered around the teaching of the Word of God, faith in God and his promises to us, the filling of the Holy Spirit and our minds stayed upon him everyday. When we are entered we have peace and mental stability, as well as the healing of our souls' many problems. Religious activity, emotionalism, programs, tabooism, legalism and the rest will do nothing for our souls. Our new natures are made up of spirit and truth and only spirit and truth can help them.