

## December 2016 Newsletter – Dealing With Emotions – Review

If we're not experiencing God's peace in our lives, and we know he wants us to, then we have to ask the question why? What's holding us back? What's preventing us from enjoying the peace that Christ gave to us? *“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

When we can get past the “blame game” and realize that the reason why we're not living in Christ's peace is not because of the church, or our pastor, or our parents, or society, but because of ourselves, then we're ready to see: 1) that Christ has given us his peace; 2) he wants us to live in it; 3) if we're not, then something is going on inside of us that prevents it; 4) we keep on going to God in prayer and faith for God to reveal to us what it is and deal with it.

Our feelings can and will prevent us from living in the filling of the Holy Spirit. In fact, they are the direct result of not living in the filling of the Holy Spirit! They block the flow of the spiritual life dynamic in our souls and we can get caught up in them. We've got to learn to recognize the dynamic of the flesh's emotions in each one of us, as well as the lusts of the flesh, confess them and recover the filling of the Holy Spirit.

There are certain inherited traits that each one of us have; traits that we have acquired genetically in the flesh, that act to prevent us from living in the Spirit, in fact, they war against the spirit inside of us. *“For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.”* Galatians 5:17

These **genetic traits** have been passed down from the parents to the children in our flesh natures and affect us to a great degree physically and psychologically giving us certain things that we will have to learn to spiritually deal with and overcome in our Christian growth. In addition to that there is also the problem of our **upbringing**, how we were raised by our parents. Were we nurtured? Abused? Neglected? Was there trauma in our lives? What kind of trauma? And then there were **environmental** issues that played a part on the flesh before we believed on Christ. Were we raised in a nation at war? Was there very little food to eat? Were we raised in neighborhoods where there were gangs? These are some of the things that put scar tissue on the soul, which will be removed as we grow in Doctrine.

All these things belong to the flesh nature, recognize it as such, then turn to the Lord, his Word and his power to overcome them. We may be “worry warts”, or fearful and insecure; we may be angry and moody, but all that is in the flesh nature, not the new nature! We need to step out of that dynamic and get into the spiritual life of peace that Christ has given to us.

Emotions that have been repressed over the years, especially in childhood, tend to want to surface into the conscious mind as adults and usually unbeknownst to us. It is this repression/surfacing dynamic that causes tremendous tension in the soul, which can be another source for stress in the soul. Again, the procedure we need to follow is *“If any of you lack wisdom, let him ask (aiteo – to ask) of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”*, James 1:5, *“Is any among you afflicted? let him pray (proseuchomai - converse). Is any merry? let him sing psalms.”* James 5:13

We are familiar with the concept of *ananke* where we are forced to go through something we don't want to go through; something that seems to be an impenetrable barrier and will destroy our souls, but God uses it **to rid our souls of scar tissue!**

*“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.”* 2 Corinthians 12:10 *Ananke* describes the distress that we experience in our souls when we have to face old buried feelings and painful memories. We spent our lives running away from them, but now, in the plan of God for our lives, we are forced to face them so as to bring about peace, spiritual growth and conform us to the image of Christ.

But remember, when the repressed **memory** of the traumatic event, when the repressed **thoughts** and **feelings** connected to it come to the surface, (we can no longer avoid it now), then the Spirit of Christ will transcend all that, take it away from us and we will be healed of it and have peace. How it works is when the believer claims the promises of God by faith, focuses entirely on Bible Doctrine, and lives in the filling of the Holy Spirit; he or she will go through the impossible trial and come out the other side at a higher level of spiritual growth than when they entered into the trial.

The world system, the flesh nature and the devil will array everything they can to stop us dead in our tracks, but it is the per-ordained will of God the Father that compels us to keep moving forward. The last barrier we will face is our physical death when our souls are finally released to go into the presence of Christ in heaven.

The flesh nature is a barrier to the spiritual growth of the believer in Christ and the completion of his/her soul and it does so in the following ways: 1) through the 28 categories of lust, 2) through the 7 emotional complexes of the soul, 3) through the various categories of pleasure, 4) and through repressed memories, repressed emotions, scar tissue of the soul, repressed personality, adopted personas, multiple personality disorders and role playing, acting a part.

Often we call people “phonies” because they're trying to be somebody other than they are. But there is a concept that addresses that in the NT with the use of the word *hupokrisis*, which was the mask that the actor wore on stage. To a degree most people are wearing masks everyday, some wear many masks! These masks are something that the true personality of the soul hides behind so no one can see him. Some people, in time, think that their mask is them! Which isn't true.

God deals with those issues with believers in Christ because he knows who they truly are on the inside because he created that new nature on the inside when that believer trusted Jesus Christ as his Savior. Now for the believer in Christ the issue is to have that new man or woman come to the surface, or to be manifested to the outside. How this is accomplished is by the systematic intake of Bible Doctrine over the years, going through the many trials we have to go through, passing those trials by the application of Bible Doctrine to them, then gradually, over the years, the true personality will come forth to the glory of God the Father and his Son, Jesus Christ.

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.*” can be divided up into five categories: 1) **infirmities** – which denotes our personal weaknesses, 2) **reproaches** – being insulted, treated and spoken to in a despicable manner accompanied by a mental attitude of *hubris*, 3) **necessities** – soul pain of having to go through things you don't want to go through, 4) **persecutions** – where we are put to flight over our faith or the application of the Word of God, 5) **distresses** – being in a no way out situation. But in all these things it is the power of Christ that gives us the victory, but his power operates in our weakness in the sphere of faith for it is only there when we are not trying to do these things in our own strength that we find his strength there.

In Genesis 15:1, “*After these things the word of the LORD came unto Abram in a vision, saying, **Fear not, Abram: I am thy shield, and thy exceeding great reward.***”, we see that Abram was fearful and worrying. He had been offered part of the spoils of war by the King of Sodom, but he refused it standing on doctrinal principles. This left him with a sense of vulnerability and insecurity in his senior years. How was he going to take care of himself and his wife, Sarai, in their old age? How was he going to protect them and provide for them? The Lord answered this problem by telling him that he was his shield and his exceeding great reward.

He had acted in faith on the call of God to leave his homeland and family and the security that provided for him to go into a strange land and people. He had acted on faith and a doctrinal principle when he refused the spoils of war by the king of Sodom. But here he is now worrying. How was he going to take care of Sarai and himself? The answer was supplied to him by a personal appearance of God who reassured him that **he was going to protect him and provide for him.**

Abraham and Sarah have been referred to as the father and mother of our faith and that's because everything: Isaac, Jacob, the 12 tribes, Jesus Christ and Christianity today come from these two! So it will greatly profit Christians today to go over and over **their journey of faith** in this life from their leaving the comfort and security of their own land, people and family, to the different things they had to face in their lives and their eventual passing away.

The pressure of life had got through to Abram's soul and it activated the emotion of fear inside him. So what did God do to deal with the problem of Abram's emotions? He spoke the Word to him, actually he made a promise to him, which promise extends down to this day to every born again believer in Christ. Such as found in Deuteronomy 31:6, “*Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he it is that doth go with thee; **he will not fail thee, nor forsake thee.***”; and in Deuteronomy 31:8, “*And the LORD, he it is that doth go before thee; he will be with thee, **he will not fail thee, neither forsake thee: fear not, neither be dismayed.***”; and in Hebrews 13:5, “*Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, **I will never leave thee, nor forsake thee.***”

When Abram turned his soul to the promise that God made to him, then **his fear went away**. And the same thing will happen to us today 4,000 years later, when we turn our souls in faith to the promises that God makes to us; **the fear will go away!** For it is in the sphere of faith that the power of God, through the indwelling Holy Spirit, will set aside all our emotions, fear included!

**Stress** can only come into our souls to harm us, if we open the door and let it in! And we open the door to let it in, when we decide to handle our problems in our own strength, instead of relying on the Lord! The spiritual life dynamic that God has given to every believer in Christ is more than sufficient to handle anything we face in life.

It's like living comfortably and securely in your own home, (the new man inside of us), in peace, while outside are snarling wolves. As long as you keep the door closed you are fine, but as soon as you decide to go outside in your pride, and do something about it in your works of the flesh, then you have opened the door to a problem. There are always wolves outside in the world system seeking to destroy the peace and tranquility of the people of God. If we decide to stay in our “house”, the new man of the soul, and handle the outside problems with faith, prayer and the filling of the Holy Spirit, which is the spiritual life dynamic, then God will handle them for us. But if we decide to “do something about it”, then we are opening up “Pandora's Box”.

God outlines a procedure in Philippians 4:4-9 where if we follow it, we will have peace in our souls and in our lives. 1) to keep on rejoicing in the Lord; 2) have an over reasonable mental attitude toward everyone in life; 3) realize that the Lord is always in us and near to us and will be with us wherever we go in life; 4) to stop worrying about even one thing in life; 5) to keep on praying about everything in life; 6) to be a thankful person and remember to always be thanking God for everything; 7) to occupy our minds with positive and excellent concepts.

The spiritual life dynamic is more than sufficient to handle all our problems in life, whether from the outside world, satanic attacks, physical problems, or garbage in the soul. What we have to watch out for is reacting to situations, getting angry, not trusting the Lord, not believing the promises of God and resorting to self-help activities, which are our works! Christ's peace is more than sufficient to protect our souls regardless of what we go through in life, but to live in his peace we must live in the sphere of faith in the Word of God.

The spiritual life dynamic is God's grace provision for every believer in Christ and being from his grace it sets aside all of our works, striving and trying to figure things out. And because it is of his **grace**, then it means that God now is the one who is going to handle the problem. When we live in **faith**, it means that we are trusting God to handle the problem, either way it goes back to **God!**

We need to remind ourselves that the new man lives in a “bubble”, if you will; a spiritual bubble living inside a flesh body that has a sinful nature in rebellion against God. And this fleshly body is a “bubble” living in a world corrupted by sin ruled over by an enraged celestial being. If God's people are going to survive all that, then a **perfect God** had to come up with a **perfect plan** and a **perfect solution** and a **perfect provision!** And he has done so by giving us his **perfect peace**, which is activated as we live in the sphere of faith in his Word.

For us to be successful in living within the sphere of his peace, which protects our soul from stress, destructive emotions, lusts and garbage in the soul, then we are going to have to follow the protocol of the spiritual life dynamic, which means that we are going to have **to stop living emotionally and start living doctrinally!** This means that we are going to have to be confessing our sins, when necessary, be praying to God, claiming the promises of God by faith, sitting under the doctrinal teaching of the Word of God, putting matters into the hands of the Lord, forgiving others, etc..

We must remember that our *eusebeia*, mistranslated as **godliness**, is our very own unique and spiritual life that God created for us and in us at the moment of our salvation on an individual basis. It is ours; it is eternal; it is what we will be living in for all eternity and it is what we are to be living in now! It was created by God for us. James 1:17,18, “Every good gift and every **perfect gift is from above**, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning. Of his own will **begat** he us with the word of truth, that we should be a kind of firstfruits of his creatures.” It can be and is to be renewed on a daily basis. 2 Corinthians 4:16, “For which cause we faint not; but though our outward man perish, yet the inward man is **renewed day by day**.” And it is renewed by a spiritual process called *epignosis*, which centers around the idea of metabolizing Bible Doctrine by faith, which converts doctrinal information into spiritual phenomena. Colossians 3:10, “And have put on the new man, which is **renewed in knowledge** after the image of him that created him:”

This becomes especially important to us in the light of our present situation. We are living on the earth in bodies of corrupt natures, among people who hate Jesus Christ and us, and ruled over by an enraged, very powerful celestial being who is at war with our God!

How this applies to us is that it is our spiritual life, if we live in it, or while we are living in it, that will protect our souls from the cares and worries of this life, the things we are afraid of, pressure, temptation, stress, allurements, the attacks of Satan, the emotions, the lusts, from everything that the world, flesh and devil can throw at us. If it protected and sustained Christ on the cross from all the demonic hate channeled at him, then it will protect us. And if under attack, we can always go back to our place of refuge, the spiritual life inside us.

Even though many Christians are moral, and that's a good thing, and many churches teach the Bible, and that's a good thing also, there is one thing so many lack, which is so important, and that's teaching believers how to live in their own spiritual life. Some offshoot churches teach a "spiritual life", but it's a fake one based upon emotions. The true spiritual life is living in the filling of the Holy Spirit, which produces the fruit of love, joy, peace, etc., as the believer lives in the sphere of faith in the Word.

Colossians 3:2, "**Set** your affection on things above, not on things on the earth." tells us to set our minds on things above, where there is peace, and not on the things of the earth, to set our minds on things pertaining to eternity, on things pertaining to the spiritual reality. To **set** is the present active imperative of *phroneo*, which deals with having a particular mind-set, or perspective, and the way it is constructed tells us to shift the way we are looking at things presently and adopt a spiritual perspective.

Christians can get caught up in the things of this life ; job, family, money, fun, shopping, career, things to the place where they become preoccupied with them, follow after them, even adopt them as their viewpoint on life. They have now become their reality! But the true reality for all believers in Christ is eternity with Christ!

But when we become occupied with the things of the world, we open up the door for the pressures of the world to come crashing into our souls producing stress in the soul, which triggers the emotional complex of the soul; we lose our spirituality and start spiraling downward. To stop that and to prevent that we must shift our thinking back to the Word of God, to eternity, to the faith rest drill of the spiritual life dynamic that God has provided for us in his grace.

What we need is the mental attitude of humility, *tapeinos*, which is the mental attitude that recognizes that there is an authority over you, God the Father, and we are to be in submission to it in obedience to his Word. Jesus Christ was in submission to the Father's will over his life in every area and so should all Christians be in like submission to the Father's will, Word and doctrines. If we do we will have love, joy and peace in our lives, as well as prosperity, but when we don't then things won't go well for us. The journey we have in this life from our salvation to the time we are face to face with the Lord will be a good one, if we submit to God, but if we don't, then it will be a not so good one.

The problem we run into is personal **pride**, which is a problem of the flesh nature that will cause us to resist God's will for our lives, rebel against it, even resent it with the result that we will not only be hurting ourselves in the process, but also those around us. There is blessing by association, or cursing by association. We need to decide if we want to be a blessing to others, or a cursing!

The only solution for this is to submit ourselves to God's authority over us by being filled with the Holy Spirit, living in the new nature and not the old, living by the impersonal love of *agape*, confessing our sins to God, prayer, claiming the promises by faith, living our lives by faith, learning Bible Doctrine and applying it to our lives, applying doctrinal solutions to our lives, living our lives to do the Father's will not our own will, etc..

And when, or if, we have come down to the point in our lives that we have to deal with our repressed emotions, memories, or painful events of the past, then we are going to have to deal with them. We may have our own agendas going on: making money, career, education, profession, etc., but now we are going to have to deal with them.

No longer are we going to deny that we feel such a way; no longer are we going to keep on acting out our feelings, or transfer our feelings to others, project our feelings, but acknowledge our feelings to God to find the healing and release from them. No longer are we going to be saying, "I don't have a problem". In humility we admit we do have one and seek healing from God in the matter.

Now if we're consciously aware that we're feeling such a way, then that makes the job a little easier because we can admit it to God and seek the appropriate healing for it, say, as being anxious, or having an anger problem. But what if we're not consciously aware that we're angry, or worried, or afraid, or feeling guilty, or jealous? Then in humility we can admit that to God also and ask him for the wisdom to identify what it is and seek the appropriate healing in the matter.

This is where looking for **clues** and seeking **solutions** are vital to the process. Looking for clues would be the first step after we have determined that something is wrong, that something is preventing us from enjoying fellowship with God. It may be lusts! It may be one of our emotions! The problem is we don't know what it is! One of the first clues we want to note is that there is an **absence of peace**. If peace is lacking in our lives, then there is a reason for it, so we have to find out why. Another clue would be is there **divine discipline** in my life? And if there is, what is it connected to?

These clues are often connected to, or associated with our physical health, such as with those who are taking communion without having the proper frame of mind, or some sin in their life. *"But let a man examine himself, and so let him eat of that bread, and drink of that cup. For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body. For this cause many are weak and sickly among you, and many sleep. For if we would judge ourselves, we should not be judged."* 1 Corinthians 11:28-31

All Christians are Believer-Priests and as such have the individual right and responsibility to analyze their own walk with the Lord and deal with such things that are contrary to God's will for their lives. We need to evaluate such things as: **are our bodies suffering?** If so, is it corrective discipline? Is it forward momentum suffering? Is it self-induced misery due to our own bad decisions? Are we violating God's laws for our bodies? Are we eating things that our bad for our bodies? Are our bodies suffering because we live in our emotions? If so, then it is our responsibility to correct these things.

We note that we are physically suffering in an area, and it's hard not to notice that. We have ruled out that it isn't divine discipline; we have also ruled out that it isn't self-induced misery because we have eliminated the things in life that make us miserable: wrong foods, sinning in an area, getting drunk, etc.. So now we go on into other areas and ask ourselves is my problem due to **stress**? Am I being stressed-out in my life? And stress can definitely affect our physical health adversely.

So now we go through our lives to eliminate the things we have allowed in our lives that cause us stress, or at least minimize them as much as we possible can. We also seek to pursue after peace in our lives, both inner and outer peace, and affect a peaceful environment for ourselves. But with that and above that in priority is to start **living the faith rest life** for it is only faith in the promises of God that keep the pressures of life from becoming stress in the soul.