

PACIFIC RIM BIBLE MINISTRIES POLICY
February 2014 Newsletter – Dealing With Emotions - Review

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SALVATION

If you are not a believer in Jesus Christ, or aren't sure and would like to become one, then you need to believe that Jesus Christ was and is the Son of God, that he was God who became a man, that he lived a sinless and perfect life, keeping the Law of God perfect in every way, that he kept faith perfectly, and that he was crucified on that cruel cross for your sins, mine and the entire world - he died for our sins! His death on the cross paid the penalty fully, one time for all sins that we have ever committed and that we will ever commit. He died; he went down into the bowels of the earth, even into Hell, and was raised from the dead on the third day in a resurrected, eternal body. He ascended back into heaven, was seated at the right hand of God, and is now Lord over heaven and earth. He is coming again to judge the world, to raise the dead, where he will give an eternal, resurrected, glorified body to everyone that has believed on him as their Lord and Savior, and to establish his kingdom on earth.

You come become a Christian right now as you read this by personally placing your faith and trust in Jesus Christ as your Lord and Savior; believing that he is God's only begotten Son, that he died on the cross for you and that he was raised from the dead and is now seated in heaven at the right hand of God the Father. *“Believe on the Lord Jesus, and you will be saved..”* Acts 16:31a And when you do trust Christ, and Christ alone, as your Lord and Savior, then go to God the Father in heaven in prayer and tell him so. Tell him that you have believed on his Son, thank him for his Son, and thank him for forgiving your sins and saving you! *“That if you confess with your mouth, “Jesus is Lord”, and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.”* Romans 10:9,10 *“For, “Everyone who calls on the name of the Lord will be saved.”* Romans 10:13 *“Therefore, being justified by faith (declared righteous), we have peace with God through our Lord Jesus Christ.”* Romans 5:1

Dealing With Emotions

One

We begin with what is **hidden** so we can understand how to deal with our emotions. Some of the concepts concerning what is hidden. ***Krupto*** – to hide, or to conceal, for the purpose of self-interest, or to protect oneself. There is that which is hidden and there is the act of hiding.

Buried treasure in the field. *“Again, the kingdom of heaven is like unto treasure hid in a field; the which when a man hath found, he hideth, and for joy thereof goeth and selleth all that he hath, and buyeth that field.”* Matthew 13:44 The **field** is the world. The **treasure** is the elect. **Selling** everything he had is Christ giving his life. Christ gave his life to buy the field because the elect were hidden in it.

Keeping it secret. Question: How do you understand something, when it doesn't want to be understood? How do you see something, when it doesn't want to be seen? How do you bring something to the light of day, when it wants to stay in obscurity? Yet it is there and needs to be understood.

One conceals that which one is ashamed of, or embarrassed over. One conceals concerning fear of judgment. One conceals concerning fear of punishment. To cover, to bury, to disguise so as to blend in are acts of concealing. There are both good and bad purposes behind hiding something.

There is the keeping of the trusted secrets of the **mysteries**. All the inner workings and knowledge of the mystery religions were kept hidden. Cryptograms, writings and symbols were used to hide their secrets. Plato's state had the *kruptoi*, the secret police, or rangers. Sparta had secret police, who were assassins for the state. In ancient times it was understood that the deity was hidden. A veil of mystery surrounded it. No one saw it, unless it chose to be seen.

Christ used **parables** to hide the meanings of certain concepts from the unsaved. **Revelation**, revealing, is the act of making known what was hidden. God dwells in the concealment of the clouds. His works are hidden. To him belong future things which are still hidden. But nothing is hidden from God. Even our thoughts and feelings of the heart, including the subconscious, are open before him. No man can flee from God; no man can hide from God. He is hidden from us, but we are all open before him. And God has chosen to reveal himself through the teaching of Bible doctrine.

The sinner runs and hides from the light of God. Adam and Eve did after they sinned, so did Cain the murderer, Achan the thief; the entire world will be trying to hide from Christ when he returns to the earth by hiding in the rocks wanting the mountains to fall upon them – all in vain! One cannot hide from the omni-presence of the all-seeing God! *“And the kings of the earth, and the great men, and the rich men, and the chief captains, and the mighty men, and every bondman, and every free man, hid themselves in the dens and in the rocks of the mountains; And said to the mountains and rocks, **Fall on us, and hide us** from the face of him that sitteth on the throne, and from the wrath of the Lamb: For the great day of his wrath is come; and who shall be able to stand?”* Revelation 6:15-17

The righteous does not do this. He does not hide from God, but discloses everything to him for he knows that living his life openly before God and confession is the prerequisite for restoration to fellowship with him who sees all! He is hidden from us, but we are open before him. We know that he knows every thought and feeling both conscious and subconscious.

Men love darkness because their deeds are evil. **Darkness** is one of the ways that men hide their wrongdoing. “*And this is the condemnation, that light is come into the world, and men loved **darkness** rather than light, because their deeds were evil.*” John 3:19 At times we may be tempted to cover our deeds, to try to conceal them, but in time, and with doctrinal instruction and/or divine discipline, we will give up this futility for our God sees all, that we are all open before him and nothing is hidden from his sight!

There are reasons why God hides things and hides himself. Always for good reasons. There are reasons why we hide things and hide our true, inner self. Sometimes for good reasons and sometimes for bad. Hiding something is not necessarily bad in itself. It goes back to the purpose behind hiding. Because of original sin, and subsequently inheriting our fallen natures from Adam, man, in his flesh nature, acquired the dynamic of **repressing emotions**.

Repression of our feelings is immediate, it is done in the subconscious and it is non-volitional. We repress our feelings because we are afraid of them, embarrassed by them, ashamed of them, afraid of repercussion, because of the pain they may bring, and because they will **reveal our inner self!** Our feelings, our true feelings, bring us out into the open where we are exposed, vulnerable, where we will be seen by all. They would leave us psychologically naked.

Working, drinking, addictions, anger, shallowness, evasiveness, repression, suppression, transference, projection and many other things are **hiding techniques**. The body can't be healthy without a healthy soul. And the soul can't be healthy with repressed emotions. People tend to give too much credit to their emotions, but I wonder how many have really looked at the negative impact our emotions have had on our souls and lives? Most churches today confuse emotional phenomena with spiritual phenomena and they are **not** the same!

Two

2 Corinthians 6:11-13, “*O ye Corinthians, our mouth is open unto you, our heart is enlarged. Ye are not straitened in us, but ye are **straitened** in your own **bowels**. Now for a recompense in the same, (I speak as unto my children,) be ye also enlarged.*”, talks about the Apostle Paul wanting to teach Bible doctrine to the believers in Corinth, but they weren't receptive to it. He uses the metaphor of a mother bird trying to feed her children, but there was **something blocking the process**.

He uses the two words *stenochoria* and *splanchnon* to describe what is going on in their souls that prevents their intake of Bible doctrine. He says they are **restrained**, *stenochoria*, but this word really has the idea of being constricted, like the pinching off a hose to prevent the flow of water through it. So something was going on inside of them that was constricting the flow of Bible doctrine in their souls.

He then goes on to tell them what it is – their **emotions!** *Splanchnon* was the word used to denote one's feelings. This is clear proof that our emotions can and do have a negative impact on our souls and on living in the spiritual life dynamic. If our emotions can prevent our intake and metabolization of Bible doctrine, which our new natures so desperately need, then we can see how detrimental they can be. And remember, emotions are a part of the flesh nature not the new nature.

This **confusing of the two phenomena** is rampant throughout Christianity today. Most churches and their programs are set to cater to people's feelings! Pleasant surroundings, nice people, musical programs, stage productions, likeable pastors, positive messages, the emphasis on giving people a positive experience are all established to appeal to people's feelings!

But what is the one thing that is missing in these “feel good” churches, but should be preeminent? Doctrinal truth! And why is that? Because their emotions are restraining it! They don't want the truth, for the truth is reality. And reality is not welcome in the land of fantasy. Fantasy land is where all those who are negative to Bible doctrine live. We'll get more into the unconscious repressing of our feelings and how they impact us physically, but first we'll look at some of the many examples in the Bible of people's emotions affecting their actions.

In Genesis 4:5,6 we have the account of Cain murdering his brother, Abel, and the **emotion** that was behind that was **intense anger**. *“But unto Cain and to his offering he had not respect. And Cain was very **wroth**, charah, and his countenance fell. And the LORD said unto Cain, Why art thou **wroth**, charah? and why is thy countenance fallen?”* Cain was angry because God had rejected his sacrifice, while at the same time, God accepted Abel's sacrifice! Why did God accept Abel's sacrifice? Because Abel offered up the sacrifice as per God's instructions, while Cain rejected them to do his own thing.

Now Christians may know that, but what they don't know is that Cain offered his sacrifice out of **human good**! A lesson to learn for all of us to learn, because most of the churches that are emotionally driven are putting forth their own brand of human good. They are doing what **they** want to do and expecting God to accept it! Rather than obeying the instructions of God in the matter of how he is to be approached, worshipped and served. One is based upon human good, what man is doing for God to gain his approbation, while the other is based on grace.

Another thing they don't know is that when Christ died on the cross, he paid the penalty for human sin, but not for human good! That's why at the great white throne judgment, the books will be opened that cover people's works of human good, where they will be judged to see if they are good enough, based upon their works, to be allowed entrance into the eternal state. But the standard of goodness they will be judged by is God's Son, Jesus Christ! All will fail! All will come short of the glory of God! And all those at that judgment will be thrown into the lake of fire!

*“And I saw a **great white throne**, and him that sat on it, from whose face the earth and the heaven fled away; and there was found no place for them. And I saw the dead, small and great, stand before God; and the **books** were opened: and another book was opened, which is the book of life: and the dead were judged out of those things which were written in the books, according to their **works**. And the sea gave up the dead which were in it; and death and hell delivered up the dead which were in them: and they were **judged every man according to their works**. And death and hell were cast into the lake of fire. This is the second death. And whosoever was not found written in the book of life was **cast into the lake of fire**.” Revelation 20:11-15*

While Christians are those who have accepted God's gracious forgiveness of their sins by their faith in Jesus Christ. Our sins have been paid for, so we will not be judged for them because they were already judged by Christ's atoning death on the cross. But we will have our thoughts, actions, feelings and motives evaluated at the Bema seat of Christ to determine our rewards. *“For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad.” 2 Corinthians 5:10*

Fear motivated **Abraham** to have Sarah lie about being just his sister in Genesis 12:12,13, *“Therefore it shall come to pass, when the Egyptians shall see thee, that they shall say, This is his wife: and they will kill me, but they will save thee alive. Say, I pray thee, thou art my sister: that it may be well with me for thy sake; and my soul shall live because of thee.”*

We see **anger** and **resentment** in **Hagar**, (Sarah's maid servant), when Abraham got her pregnant. *“And he went in unto Hagar, and she conceived: and when she saw that she had conceived, her mistress was **despised** in her eyes.”* Genesis 16:4

Abraham's bargaining with the Lord not to destroy Sodom was motivated by a **subjective love** for his nephew, Lot, not because of the Sodomites, who he could have cared less about. He lived as far away from them as he could get and still be in the land. *“And the men turned their faces from thence, and went toward Sodom: but Abraham stood yet before the LORD. And Abraham drew near, and said, Wilt thou also destroy the righteous with the wicked?”* Genesis 18:22,23

Rachel was **jealous** of her sister because she had borne children, while she was still barren. *“And when Rachel saw that she bare Jacob no children, Rachel **envied** her sister; and said unto Jacob, Give me children, or else I die.”* Genesis 30:1 (“Or else I die”, is kind of dramatic isn't it).

Samson went into reversionism and the world system because of the emotion of **love** for Delilah, which ended up badly for him toward the end. *“And it came to pass afterward, that he **loved** a woman in the valley of Sorek, whose name was Delilah.”* Judges 16:4

Jonathan died alongside his father, King Saul, because of an emotional **love** for his father. Paternal love being one of the many kinds of feelings found in the love complex of the emotions. *“And they mourned, and wept, and fasted until even, for Saul, and for Jonathan his son, and for the people of the LORD, and for the house of Israel; because they were **fallen by the sword.**”* 2 Samuel 1:12

Demas forsook the ministry, the Apostle Paul and Bible doctrine, because he loved the world system. *“For Demas hath forsaken me, having **loved** this present world, and is departed unto Thessalonica; Crescens to Galatia, Titus unto Dalmatia.”* 2 Timothy 2:10 The Scriptures are full of people, who have made bad decisions in life, out of one emotion or another.

The Scriptures also tell us that our physical health and well being are directly connected to the **heart**, the seat of emotions; and that the solution is Bible doctrine. *“My son, attend to my **words**; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine **heart**. For they are life unto those that find them, and health to all their flesh. Keep thy heart with all diligence; for out of it are the issues of life.”* Proverbs 4:20-23

When Adam and Eve sinned against God, every aspect of their humanity was affected by it, including the emotions. It's our unruly, out of control feelings, which we inherited from Adam, that create so many problems for us. And it is only the spiritual dynamic of Bible doctrine metabolized by faith, under the filling of the Holy Spirit, that gives us freedom from them. So we need to be aware of them, how they work, and how to deal with them to protect our souls from them.

Three

Three are three ways that our feelings, or the flesh's feelings, direct themselves. One, outwardly in action toward others. Two, in our speech. And three, repressing them down into the subconscious where the conscious mind is not aware of them.

Most people are deceived by the idea that they have volitional control over their emotions. While it may be true that we are volitionally responsible for our thoughts, feelings and actions, we are not

always volitionally on top of the matter. They are also unaware of how great their lives are negatively impacted by their emotions! Feelings have destroyed many lives and families.

God uses pressure to bring one's feelings to the surface, to the conscious mind for us to deal with them. This is a part of what growth is, for God knows what unrecognized, unconfessed, repressed feelings do to our souls, our bodies and to those around us. Only by recognizing what is going on inside us will we see ourselves as we truly are. Perhaps this, too, is what we are afraid of. Perhaps this, too, is what we're angry about. **Self-awareness** is seeing the truth about ourselves, warts and all. The opposite is denial and self-deception.

One may be totally deceived about themselves. They may deceive others about themselves. But they **can never deceive God**. We are totally open before him: the conscious, the sub-conscious, the mind, the heart, the thinking, the feelings, even our intentions are open before him. **Yet God still loves us and accepts us in Christ**. This becomes the basis for us accepting ourselves, which is accomplished by self-awareness, self-realization, confession to God and truth in the soul.

The soul creates an alter ego, a fictionalized person, that it now states it is us! It creates **an image**, an ideal, of what it wants us to be. The problem is – **it isn't us!** It's merely a figment of our imagination and it's how we now view ourselves. It's the same dynamic that takes place in religion, where man creates a fictionalization of God. They make up things they want to see in their god; the way they want god to be like, and then create a whole religion and system of worship around it, even making 3-D representations of him called **idols**.

It starts with the fiction of their ideas about god, then comes the layering of things around him: a structured religion, worship, priests, temples, icons, etc., to establish and protect their idea of their god. But none of this stuff is true! It's all a figment of their imagination that they have brought about in the world of reality. But even if they have created massive stone temples, a vast priesthood and a formal structure of worship, it's all phony. It all is a figment of their imaginations! We do this with God and we do it with ourselves! If anyone comes along and challenges their idea of deity and says, “that's not true, that's not the real God”, then it is met with hostility, as the adherents of this fictionalization rush out to destroy reality!

And so it is with ourselves. We have a fictionalization of ourselves going on inside of us. Now maybe we created it, or our parents, or others, maybe it was a joint effort. Maybe we gave them what we thought they wanted. And we, too, have created a vast array of self defense tactics to protect this image. And it's even worse than that, for what we have today is not people walking around, but TV characters!

If someone comes along, or if God comes along, and says, “that's not you, that's not the real you”, we do everything to drown out their words. You see, to us fiction is preferable over reality. That's where the repression of feelings come in. **We can't allow ourselves to experience what we're feeling, because that would reveal the truth about us** and that would topple the false image of ourselves that we have created!

We all have created an **image** of ourselves that doesn't exist. It's a stylized product of our imaginations. It's our **mask** that we put on everyday. The Greeks referred to it as *hupokrisis* from the masks that the actors wore on stage. And the Latin refers to it as the persona. In essence it is an **idol** that we have created in our minds as the representation of our true inner self, just the same as a crafted **idol** is the representation of what people believe God to be like.

Protecting the image: Now in creating this idol, this image, there is always the “**story**” that goes with it. The story is the thing you always hear, when listening to people talk about themselves, or just plain talk in general. It's a fabrication that people think up to paint this image of themselves. And even **lies** come into play on this. So often, when listening to people talk, you know that they are lying even when they have no reason to lie! Usually people lie for fear of repercussion, sort of a self preservation idea. But other people lie over even small stuff! Why? Because the lies are part of the fabrication of the story in connection to their self image. Truth, lies, all from the same paint brush.

But when one's true feelings come to the surface, love, hate, jealousy, anger, fear, etc., they paint a different picture of ourselves than what we're trying to show to the public! So we repress our feelings, deny we have them, project them into others, (takes the heat off us), anything we can do to distance ourselves from them for they are exposing us to the real world as to what we're really like, and so the image/idol begins to totter and fall.

Who wants to realize about themselves, let alone have the world see, that inwardly, on the other side of the mask, the facade, that they are angry, resentful, hateful? Who wants to see that in back of the bluster, the braggadocio, the bravado, that we are fearful cowards at heart? Who wants to realize that in back of the mask of respectability, we are guilt-ridden and covered with shame? So what does the heart, the sub-conscious do? Immediately represses all these feelings we have so the conscious mind stays unaware of them. Why? **So we won't realize the truth about ourselves!**

But when the Bible talks about loving the truth and knowing the truth so we will be set free, it's also talking about knowing the truth about **ourselves!** So we can know ourselves as we are known. This is where tension myositis syndrome (TMS) comes in. The subconscious creates pain in our bodies to distract our conscious mind, so it is occupied with the physical pain, instead of the emotions, away from feelings that are even more painful, embarrassing, or that we're ashamed of.

Very few people, including those who call themselves Christians, want to know the truth about God, to see God as he truly is. And out of those, very few Christians want to know the truth about themselves. Most people on earth are content with a fictionalized version of God. And sad to say, most Christian are content with their fictionalized version of God. Which really is an idol. How do we know this? Because they are not under the sound teaching of Bible Doctrine! For it is through doctrine that God reveals himself and it is how we perceive him as he truly is! And most Christians, along with the world, (it's a flesh operation), are content with their self-created fictionalization of themselves. They live in the illusions of their minds in the “Land of Fantasy”. Most Americans today have become nothing more than TV characters!

Four

In dealing with our emotions, which are a function of the flesh nature, we need to see that the spiritual life dynamic is the most important approach and the only solution. In Ephesians 6:14 Paul instructs us to gird our loins with truth. “*Stand therefore, having your **loins** girt about with truth, and having on the breastplate of righteousness;*” In a time of spiritual combat in the angelic conflict, it is vitally important that the loins be protected.

In the ancient world, the loins were that area that encompassed both the abdomen and the genitals. There is not a man alive that does not know how vulnerable the loins are. They are extremely sensitive, have no natural protection, such as, muscle and bone, and one blow to them will incapacitate us.

The physical loins of a man are used as an analogy for the **emotions**, our feelings. What this is telling us is that **our loins are our weak link!** They are the thing by which, and through which, Satan so readily defeats us in the angelic conflict and preventing us living in our spiritual life. Either by living in them, being occupied with them, acting upon them, repressing them, or reacting with them!

So it is key, it is vital, that we take measure to protect them, not by hardening our hearts, nor by repressing them, but by living in the spiritual life dynamic. And Paul tells us what the spiritual provision from God is for us to protect this sensitive emotional life and it's **truth!** In the passage it says, to gird truth around our loins. Found without the definite article, the, it tells us that it's not just doctrinal truth in mind here, which would be a given, but **all truth!** Truth is truth and there is truth that will help us and give us insight into this problem we have with the emotional complex of the flesh.

Which is to say that we need to understand what our emotions are, where they came from, how they operate, the effect they can have on us, our vulnerability in life and in the angelic conflict because of them, which would certainly include our repressing our feelings, and the negative impact they can have on our physical health. We also need to understand and apply the doctrines of God's spiritual provisions to deal with our emotions, as well as, shining the spotlight of truth on our hidden feelings that like to operate in the dark.

The part of the Roman armor that protected the loins was a thick leather belt that was buckled around the waist and went down from the waist to mid-thigh with long, thick, over-lapping straps. This protected the kidneys, the liver, the stomach, the colon, the intestines, the genitals and the arteries in the inner, upper thigh. Obviously, these areas are vital and vulnerable. They are extremely sensitive and lack any natural protection, such as, bone.

The **kidneys** were the metaphorical organs for the emotion of fear, and the **liver** was the metaphorical organ for the emotion of anger. Anger and fear are the two primary emotions that cause us so many problems in every area of our lives: spiritual, emotional, and social. They are also the two emotions that Satan uses predominantly to defeat us in our spiritual walk with God.

As mentioned, the **belt** one put around his waist was not only **thick** having a depth of leather (truth) to act as a barrier to prevent the penetration of arrows, spears and swords, but also **wide** to be sure it adequately protected the vital areas that needed protecting: the kidneys, liver and stomach. Hanging down from this belt were long, thick, over-lapping leather straps.

Straps were needed to provide **flexibility** as one moved about in life, or combat, and they also had to be **thick** to protect against penetration from sharp objects. (neither our flesh, nor our emotions, like sharp, pointy objects). They also had to be **over-lapping**, so that as one moved about there would be no exposed flesh. The **thickness** of the leather denotes possessing a depth of truth, not only doctrinal truth, (Bible Doctrine), but also a depth of truth concerning the emotions, how they operate, their vulnerability and many other things. By building up our knowledge of the truth, we are adding protection for our emotions.

The **many straps** that hang down from the belt refer to the many concepts of truth that are involved here. One cannot say they have learned one concept of truth and expect that to protect their emotions. Our emotions, our feelings, are extremely complex and there are many concepts connected to them. We also want to see that the straps hang down from the belt of truth.

This process begins with the **belt of truth**, which is Bible Doctrine taught from the Word of God. Now attached to that belt, and hanging down from that belt are many over-lapping concepts of truth. Many concepts to know and apply and these concepts will be over-lapping each other. One concept is taught, learned and understood, (one strap), then right next to it another concept will be taught that sounds exactly the same, but with something added that makes it a little different. And next to it will be another strap of truth taught and learned. But the two straps bring out further ideas, another strap of truth, which will overlap the two straps it came from. Straps **abutting** each other, straps **over-lapping** each other, all truths that **line up from and proceed from** the belt of the truth of God's Word, with the result that the overall effect **protects the emotions**.

This also points out the need for **flexibility** in our thinking and approach concerning the emotions. A rigid, inflexible, closed mind will not help the believer in this matter. We're dealing with hearts of flesh, not tablets of stone. Legalists, with their unbending, rigid, closed minds will poo-hoo all this to their detriment and to the detriment to those who listen to them. One has to be flexible enough in their thinking to accept new truths! After all, truth is truth and we need all the straps and over-lapping straps on our belt that we can get! But the choice is yours.

Five

Another approach, in addition to learning truth in these areas, is by the stabilizing of our souls by means of the faith rest dynamic occupying ourselves with Christ through his Word. *"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."* Isaiah 26:3

Christ told us that in this world we will have much **tribulation**, (pressure), and pressure puts demands on us, and demands impact us in such a way that we react emotionally with fear, anxiety and anger. *"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have **tribulation** (pressure): but be of good cheer; I have overcome the world."* John 16:33 The Apostle Paul stated the same thing in Acts 14:22, *"Confirming the souls of the disciples, and exhorting them to continue in the faith, and that we must through **much tribulation** enter into the kingdom of God."*

As our minds ponder the many things that are in the world that can and do affect us, things such as, our health, making a living, surviving, physical needs, our families, etc., our faith can start to falter and the emotions of fear and anger take over. So the key is **minimizing** our occupation with the things of the world and **maximizing** our occupation with Christ by focusing on the promises of God.

Understanding the dynamic of TMS, the repression of our feelings, etc., is very helpful in what is going on in the sub-conscious, **but we need to be more proactive by turning the attention of our minds away from the things that make us fearful and angry and turn our minds to the things of God's Word and to things that contribute to our peace of mind and emotional calmness!**

We need to take a more proactive stance in our lives concerning what we allow in them, instead of reacting to the things we allow! *"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, **think on these things**. Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you."* Philippians 4:8,9 Instead of reacting to the news channel we are watching, stop watching it and watch the travel channel! Instead of watching movies that are violent and stir up anger; watch movies that are gentle, positive and inspiring! Better yet, listen to BD.