

## February 2016 Newsletter – Dealing With Emotions – Review

*“Ye are not straitened in us, but ye are straitened in your own bowels.” 2 Corinthians 6:12*

Paul told the Corinthian believers that they were being constrained by their **emotions**, *splanchna*, or **bowels** as we have here. The spiritual life dynamic is **sustained** by the Word of God, faith and the filling of the Holy Spirit, but it is **constrained** by the emotions of the flesh nature. Fear, anger, guilt, grief, jealousy; all these feelings and more prevent the exercise and free flow of the spiritual life dynamic in the soul. It is to hinder, restrict or prevent an activity. The activity is the flow of spiritual phenomena through the soul, but it the emotional complex of the soul which hinders that.

Paul told the believers in Philippi that believers, who live their lives out of their emotions, are actually enemies of the cross! Christ's death on the cross for our sins, our acquiring of a new nature and the Holy Spirit has enabled every believer in Christ to live their lives on a spiritual level, but by sinking back down into the emotions of the flesh nature, we are saying in effect that everything that Christ has done for us is to no avail because we won't avail ourselves of it! *“Whose end is destruction, whose God is their **belly**, (koilia) and whose glory is in their shame, who mind earthly things.” Philippians 3:19*

The *koilia*, or **belly**, was the abdomen, which took in the stomach, colon, intestines and reproductive system, which in Oriental thinking dealt with certain feelings of the emotional complex. So what it was saying is that these believers had their lives centered around their emotions, rather than around God, his Word and the spiritual life he has provided for us, so their emotions have become their God! Because this area of the anatomy deals with the reproduction system and the digestive system it tells us that these believers were primarily occupied with **food and sex!**

The American culture today, along with so many other concepts, is totally obsessed with food and sex. It's all people talk about and live for, but for the Christian we are to be occupied with the Lord, his Word and the spiritual life he has given us. *“For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.” Romans 14:17*

### Acknowledging

We are all familiar with the concept of **confessing** our sins to God, *homologeō*. *“If we **confess** our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” 1 John 1:9*, but this matter of acknowledging plays a much bigger part in our spiritual life than we have previously thought. *Homologeō* here means to admit, to confess, or to acknowledge with the addition that one is citing a court case precedence where you are tying our sins to Christ's death on the cross as him paying the full penalty for them. But we need to look further into the word.

To **acknowledge** is to admit something to be true or real, to recognize the existence of something, to express the recognition of the fact or truth, to concede, confess, or acknowledge, even if reluctantly. To **confess** would be a more formal acknowledgement of one's guilt, while to **concede** is to intellectually accept the point.

We're familiar with the idea of confessing, such as in our sins to God, which is acknowledging our sins to God, but there's another concept where confessing comes in and that is in the area of scar tissue on the soul, or garbage of the soul, or repressed memories and feelings of the soul, even in the area of the

repressed true identity of the hidden man of the heart.

Remember, **confession**, or **acknowledgement** is the volitional, conscious recognizing and admitting of a truth! There is the dynamic of **knowing** the truth, “*And ye shall know the truth, and the truth shall make you free (or free you).*” John 8:32 And **suppressing** the truth, or holding the truth down. “*For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who hold (katecho – to hold down) the truth in unrighteousness;*”, Romans 1:18

What we are doing by confessing, admitting, or acknowledging is really admitting the truth about ourselves! We're just used to the idea pertaining to the confessing of our sins, but it is to be used about every facet of ourselves; and in the area of spiritual growth and overcoming the scarred areas of our hearts, it's recognizing the truth about ourselves, when God shows us something about ourselves, and admitting it to God. And when we do, then that's when the healing of our souls takes place.

There is also the acknowledging of the truth regardless of what it is, and there is spiritual power involved when we do! Hiding the truth, burying the truth, covering up the truth, denying the truth all deal with the opposite of acknowledgment of the truth. When David kept quiet about his sins, (he didn't acknowledge them to God), he suffered physically, spiritually and emotionally. “*When I kept silence, my bones waxed old through my roaring all the day long.*” Psalms 32:3 But through **confession** of his sins he found forgiveness and **release** from their tyranny.

There is the acknowledgement of the **Mystery of God**. “*That their hearts might be comforted, being knit together in love, and unto all riches of the full assurance of understanding, to the acknowledgement of the **mystery of God**, and of the Father, and of Christ;*” Colossians 2:2

There is the acknowledging of God. “*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

**David** acknowledged that he had sinned against God. “*I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah.*” Psalms 32:5 “*For I **acknowledge my transgressions**: and my sin is ever before me.*” Psalms 51:3

All Israel had to do was **acknowledge their iniquity to God**. “*Only **acknowledge thine iniquity**, that thou hast transgressed against the LORD thy God, and hast scattered thy ways to the strangers under every green tree, and ye have not obeyed my voice, saith the LORD.*” Jeremiah 3:13

**Jeremiah** acknowledged Israel's and his iniquity to God. “*We **acknowledge, O LORD, our wickedness, and the iniquity of our fathers: for we have sinned against thee.***” Jeremiah 14:20 God told **Hosea** that he was withdrawing himself from Israel until they acknowledged their sins to him. “*I will go and return to my place, till they **acknowledge their offence**, and seek my face: in their affliction they will seek me early.*” Hosea 5:15

God is the God of truth and he loves truth; he walks in the truth and he wants us to walk in the truth; his Son is the embodiment of truth; he is truth through and through and that's what he wants from us. Now when we don't, then we are to admit, or acknowledge that to him. To acknowledge the truth entails four things: 1) knowing what the truth is; 2) knowing what the truth about ourselves is; 3) accepting the truth about ourselves and: 4) acknowledging that truth to God. When we do, we are forgiven, and, we are cleansed in our souls and freed from the negative troubling feelings.

Whenever we experienced a traumatic event in our past, either of our own doing, or someone else's, and we did not handle it the doctrinal way, then we repressed the feelings connected to that event, dissociated ourselves from it, which is a mental disconnection from it, distanced ourselves from it, and eventually forgot all about it, or so we think.

The feelings that might be connected to these traumatic events, and they do come in clusters, can be in the fear complex, or anger, or the feelings of grief, or feelings of guilt and shame, embarrassment, fear of being found out, fear of having to face the feelings, shame over having to face the feelings, many various feelings re found clustered in these traumatic events, so it's no wonder that people bury these things down into the soul because he can deal with all that?

The problem is that we did not doctrinally process them through so as to deal with them. Once we process them, then we have delivered ourselves from their tyranny. For example, let's take the matter of grief. Someone you love has passed away, which brings about tremendous feelings of grief and sorrow. Some bury those feelings into the subconscious so they don't have to experience them. While others may just go on and on for years to come grieving over the loss of their loved one.

But there is another way by which the feelings of grief can be processed and in our culture it's the funeral process. Arrangements have to be made; you have a service at the funeral home; people who care about you show up to express their condolences and pay their respects; a perhaps smaller group goes out to the graveside where words are spoken as you place the casket into the ground; then later on food is set out at your home; where friends, family and well-wishers can express their love and support. During the whole time the tears are flowing. People leave to go back to their own lives, and friends and family members are there to clean up after everybody and then they go home and you're alone with tears flowing and the Lord is there to comfort you. You have your times of sorrow and depression over the weeks to come, but it gets easier; you visit the graveside, the tears flow again, but it gets easier as time goes by. In this manner you are able to process the emotion of grief, and every culture has a system in place to deal with grief. So what the believer has to do is find out the doctrinal approach to deal with each one of our feelings and apply it, and in so doing they are freed from the feeling.

So when we are dealing with our emotions we're not saying that we have to live by our emotions, or let our emotions control us, but that we have to learn to recognize our emotions and deal with them so we can continue to live in the spiritual life dynamic. And the first step is to be able to recognize that we are in an emotion and acknowledge it to ourselves and to God. And if we're not able to recognize it, then that's where we have to go to God in prayer and ask him to give us wisdom on the matter. *"If any of you lack **wisdom**, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him."* James 1:5 If we're stuck on trying to figure out exactly what's wrong, then that's where we need to be constantly praying to God over the matter. *"Is any among you afflicted? let him **pray**. Is any merry? let him sing psalms."* James 5:13

Now there are a lot of things about ourselves that we have repressed over the years, some things that we have done that are wrong, and other things are connected to our true hidden personality being found out. This is probably the worse because we are afraid of reprisal, rejection, ridicule, being made fun of, scoldings, and all the other forms of shame-based techniques of suppressing our inner man. Spiritual growth is not just about the growth of faith, and the growth of knowledge; it's about the growth and emergence of the true hidden personality of the heart, where we no longer are wearing a mask, but exist publicly for all to see in our true person.

In dealing with our emotions, or our lusts, or garbage in the soul one of the first things we must do is make a choice. We must choose as to whether we are going to spend the rest of our lives controlled by these things, or are we going to live our lives in the new nature and the filling of the Holy Spirit? The next thing we need to see is that the emotional complex of the soul will shut down, or at least hinder the spiritual life dynamic inside us. “*Ye are not straitened in us, but ye are straitened in your own bowels.*” 2 Corinthians 6:12 The spiritual life dynamic is constrained by the emotions.

Any one of the seven feelings of the emotional complex of the soul is sufficient to shut down, restrict, or put a crimp in the flow of spiritual phenomena in the soul. Fear will do it; anger will do it; grief will do it; guilt will do it; jealousy will do it; looking for human love concepts will do it; and searching after human happiness will do it. But so will lusts do it, hedonism and garbage in the soul, so we have got to learn to recognize these things, acknowledge them to God and live in the spiritual life.

Even Cain had a choice to make back in the Garden, when the Lord told him what kind of a sacrifice that he had to bring. Abel chose right and brought the proper sacrifice, but Cain chose wrong. Afterward, God appeared to Cain, who was caught up in great anger, and told him what he had to do to have victory over this emotion, but Cain chose wrong again. “*And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the LORD had respect unto Abel and to his offering: But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell. And the LORD said unto Cain, Why art thou wroth? and why is thy countenance fallen? If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him.*” Genesis 4:4-7 It's interesting that the first sin with Eve was a **lust** and the next big sin with Cain was an **emotion**. So you tell me if dealing with our emotions is important. Actually Cain's sins were negative volition, jealousy, pride and anger in addition to murder.

If we're prone to the emotion of fear, anxiety and worry, then we're going to have to confess that to God and get all the doctrines we can on faith and God's promises to protect us and provide our needs. If we're prone to the emotion of bitterness, resentment and anger. Then we're going to have to confess that to God, forgive, let it go, put it into the hands of God and get all the doctrines we can that deal with that subject. If we're prone to the emotion of guilt and shame, then we're going to have to confess that to God and get all the material we can that deal with how we've been forgiven, our righteous state, and the blood atonement of Christ. If we're prone to the emotion of sadness, then we have to confess that to God and go over the doctrines that deal with our eternal destiny and God's great love for us. If we're prone to the emotion of jealousy, or envy, then we're going to have to confess that to God and the doctrines that God has provided for us what he wants us to have and how that covers all our needs – not our wants, but our needs. If we're prone to wanting the emotion of love in our life, then we need to see that God has given us a perfect love to live by – *agape* love. And if we're prone to wanting to be happy, then we need to see that God has given us spiritual joy.

One of the things that believers need to understand and accept is it is our personal responsibility to deal with our own soul problems; not other people's soul problems, but our own. We may not have been responsible for the problems caused our souls in days gone by, but now that we have them we are responsible to deal with them.

Oftentimes our suffering is related to some problem of the soul and if we don't know what it is, then we re to go to God in prayer to find out why. “*Is any among you afflicted? let him pray. Is any merry? let him sing psalms.*” James 5:13

Now our suffering may be related to self-induced misery as the results of our sins, or failing or refusing to live in the spiritual life, or scar tissue garbage of the soul, or to divine discipline, but whatever the reason we are to **seek his face** in the matter. 1) **preventative discipline** - “*Before I was afflicted I went astray: but now have I kept thy word.*” Psalms 119:67 2) **motivational discipline** - “*It is good for me that I have been afflicted; that I might learn thy statutes.*” v.71 3) **corrective discipline** - “*I know, O LORD, that thy judgments are right, and that thou in faithfulness hast afflicted me.*” v.75

We're not to resent the discipline from God, but go to God to find out why. “*But the hypocrites in heart heap up wrath: **they cry not** when he bindeth them. They die in youth, and their life is among the unclean. He delivereth the poor in his affliction, and openeth their ears in oppression.*” Job 36:13-15 “*The godless in heart harbor resentment; even when he fetters them, they do not cry for help. They die in their youth, among male prostitutes of the shrines. But those who suffer he delivers in their suffering; he speaks to them in their affliction.*” Job 36:13-15 NIV

The spiritual recovery procedure starts with the idea of understanding the need for power in our souls. Virtually everything in America either runs on electricity, or is made using electricity. Electricity is the power that enables every gadget out there to operate. And electricity comes from: 1) coal fired plants, 2) nuclear plants, 3) solar, 4) wind farms, 5) or hydro-electric dams, such as, Shasta Dam. Once the electricity is generated it travels over transmission lines to the home where it is used.

The new man is similar because it too takes power to operate on, as Paul stated, “*I can do all things through Christ which strengtheneth me.*” Philippians 4:13 The word for **strengthen** here is a compound of en – inside me, and dunamoo – power. So Paul is saying that he has the strength to go through anything in life and come out the other side victoriously because Christ **empowers** him.

Now the new man doesn't have transmission lines hooking it up to some power source here on earth, but it is very similar to photo-voltaic cells, in that, as photo-voltaic cells get their power from the sun, our new man gets its power from the Son of God! And as these photo cells get their power by converting the light of the sun into electrical energy, so our souls get their spiritual power (*pneumatika*) by converting the spiritual light that comes from god through his Word. All we need to do is make sure that our little cells are turned toward God every day.

Even our bodies run on electricity, which it manufactures by converting food into electricity for the body and the brain, but also by converting sunlight into electricity through photo synthesis. And as the body can get run down if it is running out of energy, so can the soul. The body needs food, water, rest and exercise, and the soul needs the food of God's Word, rest and the exercise of faith.

Sin, Satan, the World and the people of the World are all put as **darkness**, while the children of God are put as **light**; we are lights shining in the world. But as light we need continual power to keep our lights burning; the more power, the greater the light. This power we operate by is spiritual power, and as such, we constantly need to be empowered by God. This we do by occupying ourselves by faith in the Word of God through the filling of the Holy Spirit.

Our physical bodies need **air, water and food** to keep going without which we will die; we can only go 3 minutes without air, 3 days without water and 3 weeks without food. Up to that time limit we become weak are really going downhill. The same with the soul; the soul needs spiritual energy, pneumatika, to operate as God intended, and if we don't have it, then the soul starts to go downhill and can get into the place where it becomes critical.

The ideas of *strepheo* and *apostrepheo* come into play here, which deals with the idea of the turning of the soul. *Strepheo* denotes the turning of the soul, while *apostrepheo* deals with the turning of the soul away from something to redirect it as something else. If you understand that our souls are like spiritual photo-voltaic solar cells it becomes quite easy to understand the dynamic. As the solar cell is pointed toward the sun it generates electricity to power the gadget, whatever it is. The soul turned toward God, that is, the Word of God, spiritual power is generated so the soul can operate as God intended.

We must turn our souls away from the darkness of this world, (no power source there only a big drain), and turn them to God's Word. "*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*" Isaiah 26:3 Once we point or direct our souls in faith toward God's Word, then the Spirit of God will empower us with spiritual power. **And to have the maximum effectiveness in this dynamic the souls must be pointed completely and directly to God and his Word!**

When we do that the new nature will start to "*power up*", like a generator, and at the same time, the old nature will start to "*power down*". When the new nature comes "*on line*", then the fruit of the Spirit will start to be produced: love, joy, peace, gentleness, goodness, meekness, temperance, long-suffering and faith. But if the new nature is taken "*off line*", then the old nature will start to "*power up*" producing: stress in the soul, the emotional complex of the soul, scar tissue garbage of the soul, getting into false teaching and general over all misery in the soul.

When we lose the filling of the Holy Spirit, when we drift away from living in the sphere of the spiritual life dynamic, then we will lose the peace of Christ in our souls. Once that happens then the toxic influence of the sin nature starts to come into our souls producing stress in the soul, the emotional complex of the soul, scar tissue garbage of the soul, getting into false teaching and general over all misery in the soul. So it is vitally important that believers maintain the spiritual life dynamic.

Paul stated that he was not ignorant of how Satan operated, that is, he was well aware of how Satan operated and was always on guard for it. "*Lest Satan should get an advantage of us: for we are not ignorant of his devices.*" 2 Corinthians 2:11 We too should know how Satan operates, how the old sin nature operates, and how Satan uses our sin natures to further his purpose.

Satan is very clever in getting believers to operate in the 7 feelings of the emotional complex of the soul, or in any one of the 28 categories of the lust complex, or getting us to pursue after pleasure, ease and comfort, or to go after the things of the world system, which he controls. Paul knew what our problems are in these areas, and he also knew how Satan tries to activate these areas in us.

Two of the chief areas that he targets in people are the emotions of fear and anger. If he can get us to start doubting God and his Word, then he has gotten the fear complex activated and now all our souls will be doing is being **afraid**. Whether it is fear of a known thing, or apprehension over what might happen, or anxiety disorders. Once he does that, then it's a downward spiral away from our spiritual center with Christ. Or if he can get us to react over something, and then get **angry**, he can keep us wrapped up in bitterness and anger for years to come! It only takes one emotion to get us out of the spiritual life dynamic, and if not caught and corrected, then we can spend the rest of our lives being caught up in one emotion or another, all the time we are going downhill spiritually. And not only spiritually, but the condition of our souls will be going downhill also! If we react to pressure, and there is plenty of that to go around, then that pressure will be converted to stress in the soul, then that will activate the emotions of the soul. So Paul was not ignorant of the devices that Satan uses to keep believers away from their spiritual center with the Lord and neither should we!

We have seen that the external pressures of life here in the devil's world will be a constant source of pressure on the believer's soul. And if not handled by faith in the Word of God, will convert to stress in the soul. *"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**, (stress in the soul) neither let it be afraid."* John 14:27 *"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

This pressure on believers is going to be dramatically increasing as we get closer to the time of the Lord's return to earth, especially in what is called the Tribulation Age. In fact, so much so, that it will be the greatest pressure the people of God will have ever experienced on the earth! *"For then shall be **great tribulation**, such as was not since the beginning of the world to this time, no, nor ever shall be. And except those days should be **shortened**, there should no flesh be saved: but for the elect's sake those days shall be shortened."* Matthew 24:21,22

The second word for **shortened** is the future passive indicative of *koloboo*, which had the idea of a limb being cut so that it was shortened in length. Let's say that an arm is two feet long, but one has severely injured his wrist and hand to the place that it has to be cut off to spare the body. It is to be so many inches long, but one has to cut off the extremity of the limb to save the body. And so it is with the Tribulation; it is supposed to run so many days, months and years, seven years to be exact. But to save the body, the body of Christ, the remaining extremity of those years, or days, has to be shortened.

Some of the things that will be occurring in the Last Days are: 1) believers turning away from the faith, betraying and hating each other, with many false prophets. *"And then shall many be offended, and shall betray one another, and shall hate one another. And many false prophets shall rise, and shall deceive many."* Matthew 24:10,11; 2) wickedness increasing and the love of the majority growing cold. *"And because iniquity (lawlessness) shall abound, the love of many shall wax cold."* Matthew 24:12; 3) the greatest of pressure for all times of human history, *"For then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be."* Matthew 24:21; 4) the earth will be at war; nation against nation, kingdom against kingdom. *"Then said he unto them, Nation shall rise against nation, and kingdom against kingdom."* Luke 21:10; 5) there will be great earthquakes, famine, pestilence, fearful events and signs in the heavens, *"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; 6) there will be signs in the sun, moon and stars, *"And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring;"* Luke 21:25; 7) men's hearts will faint in terror apprehensive of what's to come, *"Men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken."* Luke 21:26; 8) we're to lift up our heads in faith and encouragement for Christ's return is rapidly approaching. *"And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh."* Luke 21:8; 9) we're to avoid drunkenness, dissipation and worry, *"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; 10) then the end will come suddenly, *"For as a snare shall it come on all them that dwell on the face of the whole earth."* Luke 21:35

This calls for the intensive application of the faith rest drill for believers coupled with their prayers to God. And as all this becomes more and more intense, then the believer will have to intensify the faith rest drill in their lives. Thankfully the Lord is going to cut those days short for the sake of the elect. Some have put it at around 110 days short of a full 7 years.

The 7 Seals gives us an idea of how difficult it will be for believers in the Tribulation Age.

**1<sup>st</sup> Seal** – Revelations 6:2 – the antichrist will conquer the world. *“And I saw, and behold a white horse: and he that sat on him had a bow; and a crown was given unto him: and he went forth conquering, and to conquer.”*

**2<sup>nd</sup> Seal** – Revelations 6:4 – worldwide war. *“And there went out another horse that was red: and power was given to him that sat thereon to take peace from the earth, and that they should kill one another: and there was given unto him a great sword.”*

**3<sup>rd</sup> Seal** - Revelations 6:6 – worldwide drought. *“And I heard a voice in the midst of the four beasts say, A measure of wheat for a penny, and three measures of barley for a penny; and see thou hurt not the oil and the wine.”*

**4<sup>th</sup> Seal** – Revelations 6:8 – drought, famine, infrastructure breakdowns, and wars kill ¼ of people. *“And I looked, and behold a pale horse: and his name that sat on him was Death, and Hell followed with him. And power was given unto them over the fourth part of the earth, to kill with sword, and with hunger, and with death, and with the beasts of the earth.”*

**5<sup>th</sup> Seal** – Revelations 6:9-11 – the souls of those Christians who were slain are in heaven under the altar of God. *“And when he had opened the fifth seal, I saw under the altar the souls of them that were slain for the word of God, and for the testimony which they held: And they cried with a loud voice, saying, How long, O Lord, holy and true, dost thou not judge and avenge our blood on them that dwell on the earth? And white robes were given unto every one of them; and it was said unto them, that they should rest yet for a little season, until their fellowservants also and their brethren, that should be killed as they were, should be fulfilled.”*

**6<sup>th</sup> Seal** – Revelations 6:12-14 – a great earthquake, asteroids and meteors hitting the earth, mountains and islands toppled from their place. *“And I beheld when he had opened the sixth seal, and, lo, there was a great earthquake; and the sun became black as sackcloth of hair, and the moon became as blood; And the stars of heaven fell unto the earth, even as a fig tree casteth her untimely figs, when she is shaken of a mighty wind. And the heaven departed as a scroll when it is rolled together; and every mountain and island were moved out of their places.”*

**7<sup>th</sup> Seal** – Revelations 8:2 – the seven trumpets begin. *“And I saw the seven angels which stood before God; and to them were given seven trumpets.”* And from here it continues to get worse all they way up to Christ's appearance on earth.

As one can see, (although they may not want to), the situation is going to get more and more dire here on earth, which raises the potential for increased stress in the believer's soul with all its negative impacts on our mental health and peace of mind.

The solution for us is the faith rest drill, which entails claiming the promises of God; keeping our eyes focused on Christ and his Word; going over the doctrines we have that pertain to our individual soul problems, which can keep us outside the spiritual life dynamic; reviewing the doctrines that deal with our righteous position before God, through Jesus Christ; getting the various passages that deal with end times phenomena and passages that deal with our eternal destiny. All combined with our confessing our sins to God and our priesthood function of prayer.