

January 2015 Newsletter – Dealing With Emotions – Review

If we can think of the soul as having compartments or rooms in a house and each one of these rooms having their own capacity for life, and then we bring in the factor of emotions that constrict, then what we are left with are our own various negative emotions that so constrict that area of the soul barring the access of the spiritual life into these areas.

Scar tissue, rather a calcification concept much like sediment build-up on the walls of water pipes. Build up over the entrance into these areas of the soul, thus restricting and preventing the flow of the spiritual life dynamic into these various compartments of the soul, which in turn translates into the believer not having the full capacity of soul intended for him by God.

The difficulty in all this goes back to the repressed and suppressed emotions that came about as the result of encountering various forms of psychological, social, emotional, physical, or sexual abuse that left us traumatized in our youth, and even in adult life. Split personalities, multiple personality disorders and many other conditions were developed as the result. At some point in time one will have to deal with these issues in their spiritual growth.

Lot In Life

“Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.” Psalms 55:22

The believer will have to often deal with their emotions that spring up as the result of their lot in life; it's not all lollipops and roses. The word for **burden** here is *yehab* and was regarded back then as “one's lot in life”. It denoted every aspect of our existence here on earth. It was what had been allotted to us by God, just as God allotted to each Israelite the particular piece of land he had given them.

It was generally accepted by people in days gone by that one's lot in life was more or less what they had to live with, but today the general consensus is that we can change it. Now we are educated; we have many self help books to aid us; and there are teams of people out there who can help us get out of our lot in life to something better, if we have the money or insurance. But the older generations knew that there were some things in life that they couldn't change, so they accepted them as their lot in life.

In days gone by a young girl would get married, have several kids and spent her days tending a garden, cooking, cleaning, washing dirty diapers and living out some remote place on a farm. Were there days she would get tired of it? Yes. But she accepted it as her lot in life because she loved the man she was married to. Today they would divorce their husband, take the kids, go back to school to get an education and become a professional; leaving behind a trail of broken hearts and souls.

A young boy growing up could have plans for attending an Ivy league college, but his Dad died in a wreck and now he has to tend the farm. Later on he would fall in love with a beautiful girl, get married, and then the kids start coming. Now he has to spend every waking moment just to feed all the hungry mouths back in the house. But he would accept it as his lot in life. Today they would leave and take up with someone else; someone younger, prettier and a nicer figure. In times past people would accept the aging process with all the sagging skin, wrinkles and loss of hair as part of their lot in life. Today they go down and get implants, facial peels, plastic surgery and hair replacement technology.

When Joseph was sold off into slavery by his older brothers he could have resented it and turned into a bitter old drunk, but he didn't. He accepted it as his lot in life and sought to live life to his full potential with the Lord's help. How many husband's or wives have had to live the rest of their lives with a mate who became crippled and no longer able to function like they used to? **Have we never considered that our lot in life has been assigned to us by the Lord to shape and form us into the men and women he wants us to become?** If we could see the wisdom in this, we would stop cursing our lot in life and start thanking God for it!

The list of problems that God's people have had to live with is endless. Some women were burdened down with ten kids, while others had none; some were born blind, deaf, crippled; some were born poor; some into caste systems; some into slavery; some with mental or physical handicaps; some were born during times of war; some into economic hard times; some into dysfunctional homes; many as victims of injustice; some had every opportunity laid before them, while others had none. This is what is meant by our lot in life.

This is what is meant by our burden, our lot in life. What God wants is to do is accept the things in life that can't be changed and cast them upon him! *"In every thing give thanks: for this is the will of God in Christ Jesus concerning you."* 1 Thessalonians 5:18 *"And the LORD said unto him, Who hath made man's mouth? or who maketh the dumb, or deaf, or the seeing, or the blind? have not I the LORD?"* Exodus 4:11

Now there will be two major areas that one will have to deal with in learning to accept and adjust to one's lot in life and they are 1) the pressure that comes with it, which will always be there; and 2) the potential for one's own old sin nature, negative volition reaction to it. The third area, which is not a reaction, but is needed in it is our faith rest reliance on the Lord to help us. Whether we are dealing with financial pressure, or physical problems, failing health, or anything else these things will be a pressure on our souls, which can create stress in our souls, if not handled by faith in the Word. So we are really going to have to trust the Lord and cast the burden of our lot on him!

If we do not learn to accept our lot in life, which stems from pride and lack of humility, and handle it by utilizing God's spiritual problem solving devices, then the result will be constant stress in the soul, sin in the soul, false doctrines in the soul and the continuing on of the defense mechanisms of the soul. For there will always be pressure that comes with our lot in life, and pressure, if not handled by faith in the Word, will always be converted to stress in the soul.

But we have another problem that comes with our lot in life, other than the pressure accompanying it, and that can be our negative reaction to it! At times one can resent some things about our lot in life, many things, or everything! Sometimes we resent the pressure; sometimes we resent the responsibility; sometimes we resent the demands put on us by the job or those we take care of; sometimes we resent having to do all the things connected to our responsibilities and not be able to do what we want to do. And remember, resentment is the reaction of pride.

We need to remember that our lot in life, which God as allotted to us, has to be lived in the power of the Holy Spirit. The flesh cannot handle it, nor does it want to. Psalms 55:22, *"Cast thy **burden** upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved."* tells us how to handle it and so does Matthew 11:28-30, *"Come unto me, all ye that **labour and are heavy laden**, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find **rest unto your souls**. For my yoke is easy, and my burden is light."*

Casting, shalak, is a concept of trust and a ceasing of one's own works. It has the idea of one who has been carrying an heavy load, so he goes over and places that load on an ox cart, or a camel. Once has transferred his load over to the cart or camel, then he is no longer carrying the load! That is, not unless he wants to go over and unload it and start carrying it again! The believer is not able to handle the problem; he is unable to bear his burden any longer; whether due to the pressure involved in it all, or his reaction to it, or he is not able to get his soul to be at peace, so he turns it all over to the Lord.

Living in the spiritual life dynamic is necessary for believers in Christ to keep stress out of the soul. If we don't, then we will end up with **stress** in the soul, which is a nondescript agitation of the soul. "*Let not your heart be **troubled**: ye believe in God, believe also in me.*" John 14:1 Stress in the soul will end up in **sin** in the soul with the first sins being activated are the sins of the emotional complex: fear, anger, guilt, grief, jealousy, human love and human happiness. "*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 From there it goes further downward into the **defense mechanisms of the soul**, such as: projection, denial, acting out, transference and repression. And if not caught and corrected it will end up in **false doctrine in the soul**.

So one can see how vital it is for us to keep stress out of our souls! The three enemies of the spiritual life are: the **world system** with its allurements, attractions, involvement and distractions. The **flesh nature** with its lusts, pleasures, emotions and pride. And the tempting and attacks of the **devil**. But living in the new nature will keep us away from all that.

In John 14 the Lord gives us the solution for keeping stress out of the soul – **faith!** Faith in the Father, his plan, his protection, his power, his promises, his provision, in the process he is taking us through to perfect us and faith in his Son! Christ then gives us the doctrines we are to believe; God is preparing for us a place to live in his heavenly city. "*In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.*" John 14:2,3

"*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 In verse 27 where he says don't let your hearts be **troubled** he uses the word *tarasso*, which refers to stress in the soul. He then shows us how stress becomes converted to the emotion of fear, when faith is not present. He also tells them that the prevention and cure for stress and fear is the peace he has given to every believer in Christ.

In John 16:33 Christ emphatically states that we will have **pressure** in this world that is controlled by Satan and full of sin, harshness, threat and hostility. "*These things I have spoken unto you, that in me ye might have peace. In the world ye shall have **tribulation**: but be of good cheer; I have overcome the world.*" John 16:33 The word **tribulation** – *thlipsis* = pressure.

He then goes on to tell us to "take heart", to be of good cheer because he has overcome the word. How did he overcome it? How was he victorious over all the pressure and stress? By personally living in the same spiritual life dynamic that the Father has given to everyone who has believed in him!

The external pressure found in the world can become stress in the soul, but **it doesn't have to!** It can be kept out of the soul by living in the faith rest dynamic of faith in the promises of God. But stress, that is the feeling of agitation in the soul, can become a warning signal for all believers to get back into the faith rest drill and recover the spiritual life dynamic.

Some may wonder why all these classes on emotions and the reason why is because the problem of believer's feelings or so prevalent today they keep most believers outside the spiritual life. Some even mistakenly think that emotions are a part of the spiritual life! As the wind and waves so blow a little boat all around at sea, so do believer's emotions blow them all over the place. **It is the spiritual life dynamic that will carry us through the trials of life, not our feelings!**

Christ said in John 16:33, “*In the world ye shall have **tribulation**.*” - εν τω κοσμω θλιψιν εξετε. The word **will** is in the future active indicative, which expresses the absolute certainty of this. As a gnomic future it tells us that pressure can be expected; it's par for the course, which tells us that the world system and pressure go together for believers in Christ.

We also want to notice that the word *ge* isn't used here for the **world**, which is the word for the earth, but he uses the word *kosmos*, which denotes the world system made up of unbelievers as they are ruled over by Satan, who controls the world and its people through his various religious systems, his economic systems and political systems. As he told the Lord in Luke 4:6, “*And the devil said unto him, All this **power** will I give thee, and the glory of them: for that is delivered unto me; and to whomsoever I will I give it.*”

There is pressure from just living on the earth: toxic plants, poisonous creepy things, snakes, scorpions, lack of ready food supply, clean water to drink, exposure to the elements, having to work hard just to eke out a living to stay alive, psychological injury, diseases, threats from predators, threats from evil men, the aging process; all these things and more exist on the earth (*ge*) putting pressure on us, but there is something else and more that us pressure on us and that is the world system (*kosmos*).

The Lord emphatically states that **you** (we) will have pressure in the world. But somehow we miss the point where he says “**you**” will have pressure; you believers in Christ will be under pressure from the world system. The unbelievers don't have it; it's just that we do! The world is their home; it is the water they swim in, the air they breathe. They belong to Satan and the world is their home. While we belong to Christ and heaven is our home.

It is the **earth** that puts pressure on our bodies, but the **world** puts pressure on our souls. And the more evil the world system becomes, as it is presently doing, then the more pressure it will put on our souls culminating in the greatest pressure since the beginning of man – the Great Tribulation, or the time of great pressure on believers in Christ. But the faith rest dynamic, prayer and the filling of the Holy Spirit is more than sufficient to deal with the pressure of the world.

If a man wanted to keep the elements of the earth away from his body he would build a cabin. Inside the cabin he would have protection from the wind and rain, the cold and heat, the storms, the snow, even from predators. If he wanted further protection from man he could build a wall around it and turn it into a fort. The believer is to do a similar thing and build a wall of protection for his soul and it is accomplished through living in the spiritual life dynamic, where in it is peace, while outside there is pressure and trouble.

Everything about the world is antithetical to the soul and nature of Christians. We love the light, but it loves darkness and hates the light. We love the truth of God's Word, but it hates the truth. We live by love; the world lives by lust. We love God and his Son; the world hates them. We love peace; it loves war. We love righteousness; it loves wickedness. So it is no wonder that Christians have pressure put on their souls because of the world.

It is the spiritual life dynamic that protects our souls from stress in the soul, sin in the soul, the defense mechanisms of the soul, scar tissue of the soul and false doctrine in the soul and it all centers around faith in the Word of God and the filling of the Holy Spirit. It also protects our souls from: the fear complex, the anger complex, the grief complex, the guilt complex, jealousy, human love problems and human happiness pursuits.

Even the simple matter of grief can have such a destructive effect on our souls. Not only can we mourn a loved one we lost, a parent, or spouse, or child, but we can also mourn the life that we once had, but no longer do. Or we mourn the life that we wanted to have, could have had, but did not have. And mixed in with those feelings of grief can be anger and guilt that complicate the matter. To deal with grief we have to live in the spiritual life and apply doctrinal teaching to the problem.

We all have our own ideas as to what life is about, not only our physical life – *bios*, but our soul life – *psuche*. People want to fall in love, get married, have kids, get an education, start a career, buy a home, travel, retire, have fun, etc.. But have we ever considered what the real purpose of life is? Have we ever thought that the real reason for life is not accumulating things and doing things, but our spiritual life? Have we ever considered that this life is for the purpose of preparing us for the next life?

Did you know that God has ordained for us to know Christ in this life and be conformed to his image? This is the real purpose for our lives here on earth, not just having things. *“For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren.”* Romans 8:29 *“That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death;”* Philippians 3:10

When we were born we were born into this world, so we were quite familiar with its ways. Get an education, get married, buy some things, do things, go places, have fun, travel, retire, some good times and some bad times and make and lose some friends along the way. *“Wherein in time past ye **walked according to the course of this world**, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience:”* Ephesians 2:2

This is how the Gentiles live and this is how we lived before Christ saved us, but God took us off that path and started us in another direction; now we are to live for Christ and the will of the Father. But there will be quite a few adjustments along the way. Just as when God took the Israelites out of Egypt, then he had to get “Egypt” (the world) out of them.

The process can be traumatic at times and can be a crisis in our lives. What gets us through these times is spiritual renewal. *“For which cause we faint not; but though our outward man perish, yet the inward man is **renewed** day by day.”* 2 Corinthians 4:17 *“And have put on the new man, which is **renewed** in knowledge after the image of him that created him:”* Colossians 3:10

The word for **renewal** is *anakainosis*, which meant to refresh, to reinvigorate, to renew, to bring back to its original condition. It's like exchanging the old stale air in the room for fresh air. One does not create air all over again; one simply refreshes it. The same for the new man. One does not recreate the new man over and over again, but renews him. It is also mentioned in Hebrews 6:6, *“If they shall fall away, to renew them again unto repentance; seeing they crucify to themselves the Son of God afresh, and put him to an open shame.”*; Romans 12:2, *“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”*; and Titus 3:5, *“Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost;”*

Spiritual renewal is how we keep stress and sin out of the soul and it's how we get the garbage out of our soul! It is both the prevention and the cure. And spiritual renewal comes about as the result of *epignosis* doctrine in the soul, which is the Word that we have learned and believed under the filling of the Holy Spirit. “*which is renewed in knowledge after the image of him that created him.*” And Paul said that he was being renewed every day.

So if we're having a problem of **fear**, worry, anxiety, consternation, dread, apprehension, feeling vulnerable to physical or emotional injury, which all cause mental torment, then the procedure we are to follow is to confess our fears to God, confess that we are not trusting him, start the faith rest drill up once again by going over the promises of God especially those promises that deal with God providing for us and protecting us and start occupying ourselves again with the Word of God.

If we're being hit with the feelings of **guilt**, then we are to confess to God that we are feeling guilty, start the faith rest drill once again and occupying ourselves with the Word of God, especially those doctrines that show how all our sin, our guilt and shame have been taken away from us because Christ has paid the full penalty for all our sins.

Many have done things in their past that they are ashamed of so they repress these feelings of guilt. The same procedure applies to them when these feelings start to come to the surface, which can be traumatic in itself. But we have to see that all our sins have been paid for by the atoning death of Christ on the cross and God has forgiven every last one of them. We also need to see that these are carry-over feelings of something that took place in the past and that they have already been forgiven!

It would be helpful to understand the dynamic involved in all this. There is the **event**, which took place at some point in time in the past, then there were the **feelings** that came about as the result of the event. Maybe the feelings were anger and maybe they were feelings of guilt and shame. And maybe we repressed the feelings down inside of us because they were too painful or embarrassing to bear. And so we go through life like that. What we will be dealing with are the subsequent feelings.

But in spiritual growth these old feelings that have been hanging on to us many years after the event start to surface. This is where the believer will need to recover the filling of the Holy Spirit, start the faith rest drill in the promises of God, but, and this is very important, they will need to apply doctrine to the specific problem they are dealing with regardless of whether it is fear, anger, guilt, etc..

In the area of **guilt** we will need to understand what took place 2,000 years ago when Christ died on the cross, for there he paid the full penalty for all our sins thereby removing our sin, our guilt and our shame from us. We will need to remind ourselves of these things on a constant bases in our post-salvation experience, regardless of what these legalistic hacks say on TV. We will need to see that Christ paid the penalty and has forgiven us for all our sins we committed before we were saved **and after we were saved!** All our sins, including the sins of the soul are under the blood of Christ.

One of the problems of guilty feelings, which can lead to a guilt complex and a shame index, is that we will feel like we're no good, that we're unworthy of anything good in life with the result that we will make us not want to accept God's grace. Pride and implacability can do that also, but when believers reject God's grace because they feel guilty about their past, or themselves for that matter, it just shows that they have not been taught about God's grace, which is where God does things for us not based upon who we are, but who he is! He blesses us even though we don't deserve it!

The new man is surrounded by the old man. The new man lives in a flesh body...for now. So when we look at the pressures of life without faith, then the flesh reacts with fear. The issue for us is to face these pressures utilizing the spiritual problem solving devices that he has given all of us and not resort, as we usually do, to the flesh's approach.

One of the main approaches that we usually resort to when handling pressure, or any other problem we might encounter, is by the **coping skills** we learned in childhood. Now they may have enabled us to handle or survive the things we faced when we were young, but they are not sufficient for handling problems as adults, in fact they can be quite destructive for the soul's well being and our relationships with other people.

Divine solutions are the only solution; human solutions are no solution at all. Doctrinal problem solving solutions, which we must learn from his Word, are the only solutions for our problems. And the first thing we need to learn is that emotions will not solve our problems! They are the problem! It's our emotional reactions to the problems and pressures we face that end up being far worse than the problem itself. We can be hurt or offended by someone, which quickly passes, but be bitter about it for years.

Defense mechanisms, which we inherited from Adam and also acquired in our childhood, such as: denial, dissociation, transference, projection, repression, self-justification, etc., keep us from solving our problems, ensure that the garbage in our souls never gets out, stop our spiritual growth and keep us out of the spiritual life dynamic.

Paul told the Corinthians that they were being constrained or restricted by their emotions as the result their emotions had shut down their spiritual life. "*Ye are not **straitened** in us, but ye are straitened in your own bowels.*" 2 Corinthians 6:12 Our emotional reaction to the things we have gone through in life, which can be ongoing, prevent the flow of the spiritual life in our souls. Sometimes the blockage can be so strong that the believer may need to seek professional help in the matter.

A question arises of, why is it that we didn't have a problem with the garbage in the soul when we were young believers, but are now having it years later? We're the same believer, the same soul, the same negative experiences of the past, so why are they now popping up? It could be that something someone said or did has triggered it. It could be spiritual growth where you are at point in your life where it needs to be dealt with and with Doctrine you can deal with it now where you couldn't years ago. Another is where you have been living your life to stay one step ahead of these old feelings and now they have caught up to you. The point is now we have to deal with them.

This is like having a large house with many rooms in it and wonderful views of the surrounding countryside, but the owner chooses to live in just one or two rooms! You walk down the hallway and see one room after another with the doors locked; others are nailed shut; and still other rooms have had sheet rock over the doors so as to fool people into thinking there is no room there. Some of the locked rooms are full of junk, others are full of garbage, and others are full of things that frighten them.

But God did not design our souls to just live in one or two rooms. He has given us this great mansion of the soul and he wants us to enjoy every compartment in it! So Christ comes over to visit you in your house and proceeds to go down the hallway one room at a time to get rid of the clutter and junk in one room and the garbage in the other room and open up the windows so you can see out. He wants you and he to enjoy every compartment in our souls that he has created for us. This is what spiritual growth is about and it is our emotions that hinder that.

Bitterness is our reaction to that which we don't want to do, that which has hurt us or is hurting us, to not getting our way, or not getting what we wanted. It can come about as the result of a recent event, or it can be there as the result of something happening to us long ago. It can grow and fester into a burning anger, then into an anger that wants to hurt others, to hurt the one's who hurt you or others in general, then on into bickering, quarreling and arguing, then into malicious speech characterized by violent arguments, name-calling, screaming; speech that is designed to hurt the other person, then finally into physical violence directed at people and things.

Bitterness, if not dealt with, doesn't go away. It is simply repressed into the subconscious, along with the hurt, and will affect people in their lives from that point forward. It is imperative that believers keep short accounts with the Lord and that is we're to admit to God we are bitter and then forgive the other person, if that's the case, and go on in the spiritual life. If we've reacted because of our petty pride, then we confess that also and humble ourselves under God.

We may even have to trace that root of bitterness down to the event where it was triggered, to where we reacted over something. *"Looking diligently lest any man fail of the grace of God; lest any **root of bitterness** springing up trouble you, and thereby many be defiled;"* Hebrews 12:15

Repression is a defense mechanism technique whereby we push the feeling down inside of us where it is out of sight and out of mind. We do this to isolate and protect the soul from further hurt and so we can go on with life. But it is still there down inside of us and the soul builds up scar tissue around it, which diminishes our capacity for life.

Fear is also a reaction of the emotions, but it is a reaction to that which threatens us, while **bitterness** is our reaction that pertains to things that are contrary to our will. When we have had to do that which we don't want to do; when we had to go through something we didn't want to go through, or be hurt in some way, then our volition reacts and the emotion of bitterness ensues.

Stress in the soul is the nondescript agitation of the soul. **Sin in the soul** is pride, fear, anger, guilt, grief, envy and the other feelings of the emotional complex of the soul. **Defense mechanisms of the soul** are denial, repression, suppression, avoidance, transference, projection and TMS. **False doctrine in the soul** is the acceptance of non-biblical teaching.

We must always remember that it is the mental attitude of **pride** that is behind the emotion of bitterness and anger and that's because the sinful nature of the flesh controls our volition and self perception. The sinful nature reacts over that which it doesn't want, then the sinful emotions are activated. Now God can and will help us in dealing with all this by the spiritual provision of confessing our sins to him, but there are two problems on our part in doing so. *"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

The first one is our **inability** to see our bitterness, (or any other repressed emotion for that matter for they are buried in the subconscious), and to see where it came from. And the second one is our **unwillingness** to see these things about ourselves! We all have an image of how we see ourselves, (an idol), and the truth will eradicate that image.

Now 1 John 1:9 deals with the matter of **our confessing sins to God** and the word for **confess** is *homologeō*, which meant to admit, to agree, or to acknowledge. When we do, and if we do, then God will do two things for us; he will forgive our sins and he will cleanse us from them, that is, remove those troubling feelings from our souls.