

January 2016 Newsletter – Dealing With Emotions – Review
Focusing on our position in Christ in relationship to the three areas of the devil, the world and the flesh, so as to remain centered in the spiritual life dynamic.

1. The devil – Various passages that state that we no longer belong to the devil, but to the Lord.
 - a. We are now partakers of the inheritance saints of the saints in light. *“Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light:”* Colossians 1:12
 - b. Because we are now in the light, we are no longer in darkness, that is, we are no longer operating under Satan's system. *“Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness.”* 1 Thessalonians 5:5
 - c. God chose us and saved us out of darkness to be in his light. *“But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:”* 1 Peter 2:9
 - d. Being cast into outer darkness is reserved for those who lived in darkness in this life, that is, the unsaved in Satan's world. *“Then said the king to the servants, Bind him hand and foot, and take him away, and cast him into outer darkness; there shall be weeping and gnashing of teeth.”* Matthew 22:13
 - e. The fact that we war against the demonic powers of Satan on this earth shows that there exists a state of hostility between the two camps. *“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”* Ephesians 6:12
 - f. This passage refers to our being transferred from the dominion of Satan's rule over us to the reign of Christ. *“Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:”* Colossians 1:13
 - g. The angels that sinned against God were thrown into Tartarus, and at the end, the devil and all his angels will be thrown into the Lake of Fire, and with them will be all those who reject Christ as their Savior. *“For if God spared not the angels that sinned, but cast them down to hell, and delivered them into chains of darkness, to be reserved unto judgment;”* 2 Peter 2:4 *“These are wells without water, clouds that are carried with a tempest; to whom the mist of darkness is reserved for ever.”* 2 Peter 2:17
 - h. One more point that shows we no longer belong to Satan, as the rest of the world does, is that we will not share his future. He is going to be thrown into outer darkness, but we will inherit God's kingdom of light. *“And the angels which kept not their first estate, but left their own habitation, he hath reserved in everlasting chains under darkness unto the judgment of the great day.”* Jude 6
 - i. So, in this matter of keeping spiritually centered in our lives, with so many attacks from the devil against us, and the potential of being taken captive by the devil, we need to constantly remind ourselves of our new position in Christ and that we no longer belong to the devil! We recover and escape from the devil's snare by using our faith directed toward the doctrines of God's Word. *“Those who oppose him he must gently instruct, in the hope that God will grant them repentance leading them to a knowledge of the truth, and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will.”* 2 Timothy 2:25,26 (NIV)

2. The World – Various passages that show we are no longer are a part of Satan's world system.

a. Satan became the ruler over the earth, when he defeated Adam in the garden of Eden, and has been ruling over the earth and its people ever since then. His world system rule is divided up into three categories: a religious system called Babylon, or the mother-goddess cult, an economic system, which uses debt and interest, and a political system of government, now vested in the United Nations. The Word refers to this as the **world** or the *kosmos*, and we refer to it as the World System, or *cosmos diabolicus*. “*And the devil, taking him up into an high mountain, shewed unto him all the kingdoms of the world in a moment of time. 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.*” Luke 4:5,6 But God took us completely out of it when he saved us!

b. Believers in Christ are called the light of the world, while the world is referred to as darkness. Because of the absolute contrast between light and darkness it is demonstrated that we are not a part of it any longer. “*Ye are the light of the world. A city that is set on an hill cannot be hid.*” Matthew 5:14

c. We are referred to as **children of light**, while the unsaved are referred to as the children of the world. It is these *children of the world* that still belong to Satan. And because Christ makes the distinction between us and them, it once again demonstrates that our new position in Christ is no longer a part of their world system. “*And the lord commended the unjust steward, because he had done wisely: for the children of this world are in their generation wiser than the children of light.*” Luke 16:8

d. Satan is the prince of this world, its *archon*, its absolute ruler. He rules over the entire earth, over all its people, and over all the systems he has established on earth. All the people born on this planet come under the rule of the devil the moment they are born and remain his slaves until they die, and then they go to Hell at death, if they haven't believed on Christ as their Savior. “*Now is the judgment of this world: now shall the prince of this world be cast out.*” John 12:31

e. John 15:18 states very clearly that the World hates believers in Christ. “*If the world hate you, (and it does), ye know that it hated me before it hated you.*” The Lord uses the first class condition of if here, if something is true and it is, to state the fact that the world does hate believers in Christ. But he also wants us to know that the world hated him **first!**

f. Then he goes on in John 15:19 to say that if we were of the world, (which isn't the case), then the world would love us as one of its own, but we're not of the world and it doesn't love us as one of its own. And then he goes on to tell us why the world hates us; it's because he has chosen us. “*If ye were of the world, (and you're not), the world would love his own: but because ye are not of the world, but I have chosen you out of the world, therefore the world hateth you.*”

g. Another concept that demonstrates that we are not one of the world's people is that it persecutes us because we are Christians. “*Remember the word that I said unto you, The servant is not greater than his lord. If they have persecuted me, they will also persecute you; if they have kept my saying, they will keep yours also.*” John 15:20

h. In Christ's prayer to the Father he talked about us saying that we are not of the world. He uses the emphatic negative, ouk, to stress a point; we are **definitely not** of this world. He goes on to use the word *kathos* as a comparison to illustrate the point that we are not of this world to the same degree that he is not of this world! “*They are not of the world, even as I am not of the world.*” John 17:16

- i. Christ's kingdom, which is the kingdom we belong to, is not of this world. His kingdom is going to be established on earth at his second advent. *“Jesus answered, My kingdom is not of this world: if my kingdom were of this world, then would my servants fight, that I should not be delivered to the Jews: but now is my kingdom not from hence.”* John 18:36
- j. Believers in Christ are mandated not to be conformed in their thinking to the way that the people of the world think, but are to be renewed in the spirits of their minds through the intake of Bible teaching under the ministry of the Holy Spirit. *“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.”* Romans 12:2 Once again showing the distinction that exists between us and the world.
- k. Another things that sets us as being apart from this world system is that the people of the world have the spirit of the world in them, the spiritus mundi, while we all have the Spirit of Christ, the Holy Spirit living in us. *“Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God.”* 1 Corinthians 2:12
- l. And then there is the matter of us judging the world. By the very fact that we will be judging the people of the world shows that we are on the opposite side of the table. Obviously, we are no longer one of them. *“Do ye not know that the saints shall judge the world? and if the world shall be judged by you, are ye unworthy to judge the smallest matters?”* 1 Corinthians 6:2
- m. Satan is the god of this world and the god of the people of this world. While our God, on the other hand, is the Lord God Yahweh, the Father of our Lord Jesus Christ. *“In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.”* 2 Corinthians 4:4
- n. We have been rescued out of this world by the Lord Jesus according to the will of the Father, who has given us to him. *“Who gave himself for our sins, that he might deliver us from this present evil world, according to the will of God and our Father:”* Galatians 1:4
- o. When we believed on Christ as our Savior, the world became crucified to us and us to it. *“But God forbid that I should glory, save in the cross of our Lord Jesus Christ, by whom the world is crucified unto me, and I unto the world.”* Galatians 6:14
- p. The Apostle James admonishes us to not be friends with the world. *“Ye adulterers and adulteresses, know ye not that the friendship of the world is enmity with God? whosoever therefore will be a friend of the world is the enemy of God.”* James 4:4
- q. Every reference we have to Christians is that we are in the world. This distinction brings out the positional truth that we are not of the world. *“Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world.”* 1 Peter 5:9
- r. Because we are living in the world, as we await the return of Christ to earth, one of the problems that we will face is getting our eyes on the world and the things of the world. We are definitely commanded to not love the world, nor the things that can be found in this world. Instead we are to be setting our affection on things in heaven. *“Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.”* 1 John 2:15 *“Set your affection on things above, not on things on the earth.”* Colossians 3:2

s. The moment we believed on Christ as our Savior we became victors over, not only the world, but over the devil who controls the world! *“For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. Who is he that overcometh the world, but he that believeth that Jesus is the Son of God?”* 1 John 5:4,5

t. John's knowledge that we belong to God is absolute, and so is his knowledge that the whole world lies under the control of **the wicked one**, τὸ πονηρῶν, which is the devil. *“And we **know** that we are of God, and the whole world lieth in wickedness.”* 1 John 5:19

u. Satan operates by many dynamics concerning the people of the world, he rewards those who follow him; he first tempts those who don't, then persecutes them; he's a tempter; he's a liar; he's a murderer and here we see he's a deceiver. The word to **deceive** is *planoo*, which means to lead astray. *“And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him.”* Revelation 12:9

3. The Flesh – Even though we dwell in the flesh, we are not flesh creatures.

a. Even though believers in Christ are created **anew**, (*neos*), at a point in time when they believed on Christ as their Savior; they are also **new**, (*kainos*), as to being something totally different than before! *“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”* 2 Corinthians 5:17

b. Christians are created in the image of Jesus Christ; they are actually a new species of humanity on the earth; new in time and new as to being totally different than anything that has existed before. The Church Age believer in Christ is a new species of humanity patterned after Jesus Christ, who is the prototype. And our essence, as with the Lord's, is spirit and truth. This is one of the reasons why we need the continual ministry of the Holy Spirit in us and the teaching of the Word of God.

c. This new man in us needs to be constantly renewed also, and this is done through the metabolization of the teaching of God's Word by faith. *“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 renewed is *anakainoo*, which has the idea of refreshed, or reinvigorated, to be brought back to its original fresh condition. **It does not mean to be recreated all over again!** **In knowledge** is actually be means of knowledge and the word for **knowledge** here is *epignosis*, which refers to the metabolization of the teaching of Bible Doctrine by faith, which changes knowledge into spiritual phenomena.

d. The fact that our outer man, the flesh body, is deteriorating right before our very eyes, combined with the presence of the new man, helps us orient to, not only our position in Christ, but the fact that we are eternal beings created by God for eternity! *“For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.”* 2 Corinthians 4:16

e. Every day that we get up and look in the mirror; every time we go to church to take in the Word of God should prod our thinking back to our position in Christ and the fact that we are bound for heaven and eternity's shores. By doing this we will be enabled to keep our eyes on the **spiritual center** and be kept from being swept away by the emotions of the flesh, the lusts of the flesh, the defense mechanism problems of the flesh, the attractions and allurements of the world system and the pull of the devil.

f. When the external pressures of life are not handled by the faith concentration on the Word of God, then they will be converted to stress (*tarasso*) in the soul. *Tarasso* is best described as an uneasiness in the soul, unrest in the soul, or an agitation in the soul, but it can be avoided. “*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 It isn't fear or anger, or any other of the emotions because it's more of a generalized troubling of the soul ranging from uneasiness to full blown agitation.

g. But external pressure, the things going on around us, are not the only source of pressure that can cause stress in the soul, but inner stressors can as well. Inner stressors can be the flesh nature fighting against the growth of the new man into the image of Christ namely from: the defense mechanisms of the soul fighting this growth of the new man inside us, the emotions and lusts of the soul, and from tension myositis syndrome. All of which create tension in the soul, which becomes stress in the soul.

h. Repressing or suppressing the emotions, especially those connected to painful events of the past, is one of the greater sources of tension/stress in the soul. As these old memories and their connected feelings try to surface to the conscious mind, and at the same time the subconscious is trying to keep them buried, the result of this dynamic creates tension therefore stress in the soul. But remember, not all emotions that are trying to surface are bad, many of them are emotions like love! Many people are afraid of the intense feelings of love because it can be so painful, especially with the prospect that the one you love could die or leave you.

i. But in both situations, whether the pressure is from an external source, (the problems and trials of life in the world system, having flesh natures and dealing with the angelic conflict), or from an inner source; the solution is found by living in the spiritual life dynamic, which consists of prayer, faith in the Word, living by faith in life, and the filling of the Holy Spirit.

j. There will always be problems from the world around us and the flesh natures of our human bodies; the more occupied with them we are, the more miserable we will be. The solution for us is abiding in the peace of Christ, which is found only in the sphere of fellowshiping with Christ over his Word through his Spirit. This is our spiritual center and this is to be our focus. “*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

k. We must keep in mind there is the world system outside of us, the fallen angels that rule over this world system, and our flesh natures. But there is also our spiritual center revolving around Jesus Christ. The concepts of being centered are: turning our souls away from the world and the things in the world; confessing our sins to God, if necessary; being filled with the Holy Spirit; prayer; and concentrating on the Word of God, which things actually make up the concept of meditation.

l. Christ told us that in this world we will have much pressure and the more we do the Father's will in this life, the more pressure we will have. There is much pressure that also comes from the flesh nature, which we have noted in our study with its emotions and defense mechanisms. But another source of pressure and stress for the believer are the **lusts** of the flesh nature. “*Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul;*” 1 Peter 2:11 Peter also tells us that our victory over them is found by living in the spiritual life, which is activated by believing God's promises, which is why God gave us his **promises**. “*Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.*” 2 Peter 1:4

There are five categories of crises that Paul talked about in 2 Corinthians 12:9,10 that are very strong potentials for stress in our lives, if they are not handled by faith in the Word of God and the filling of the Holy Spirit. “*And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in **infirmities**, in **reproaches**, in **necessities**, in **persecutions**, in **distresses** for Christ's sake: for when I am weak, then am I strong.*”

Infirmities – *astheneia* deals with our personal inability, our inherent weakness, to handle problems, perform in some area, to deal with the world, the flesh nature and the devil; it covers every aspect of our existence. The stress comes in when we try to do something, or are called upon to do something, but aren't able to; we then become frustrated, angry and stressed. The solution is the spiritual life.

Reproaches – *hubris* deals with our being put down, ridiculed, threatened, being the brunt of hurtful words, of being treated despicably by arrogant, insolent men. If we do not handle this treatment by others with the spiritual life dynamic, then our souls will become stressed, harmed and even scarred.

Necessities – *anankē* deals with being compelled to go on a certain course in your life, which would be the will of the Father for you, and at the same time having to face the opposition of the world system, the flesh nature, (yours and others), and the devil. But you can't turn away; you must keep moving forward despite all that opposition; and it will be there at the moment of impact that stress will be a real possibility if we are not existing at that moment in the spiritual life dynamic.

Persecutions – *diōgmos* deals with everything from ridicule, social ostracism, loss of business, not being able to get work, to running for your life. Paul said that those who go for Bible Doctrine and want to live by it in their lives will suffer persecution. “*Yea, and all that will live godly in Christ Jesus shall suffer **persecution**.*” it's easy to see how persecution can be a real source for stress, if the believer does not live in the spiritual life God has given to him or her.

Distresses – *stenochōria* deals with the idea of feeling trapped, of being trapped, or of being closed into a situation of any kind with no way out. It's similar to the idea of claustrophobia, but different in that people can feel trapped in their jobs, in a geographical area, in an abusive home, or their life in general. Again, this can be a source for potential stress, if not handled by the spiritual life dynamic.

And we note all of these deal with, “For the sake of Christ”. Believers can and do suffer for the sake of Christ in their lives. The will of the Father will lead us into all kinds of trials and situations and all are a source of potential stress, if not handled by the spiritual life of faith in the Word and the filling of the Holy Spirit, which is his provision for every Christian.

So there will always be pressure on the soul because of the **world** itself, that is the planet we live on, from nature, from trying to survive and make a living, the weather, etc.. That in itself is hard enough to deal with, but there is also the added pressure of the **world system** by which Satan controls the planet and the people that inhabit it.

Then there is the constant pressure from the **flesh**, its lusts, its emotions, its defense mechanisms, its weaknesses, its problems, the aging factor, injuries, sicknesses and diseases. And there is the pressure from the **devil** and the demons under him against our souls because of the angelic conflict and having his rage directed at us. All of these things are sources for tremendous pressure, but God has provided Bible Doctrine and the spiritual life dynamic to handle them.

We have seen that the emotion of fear proceeds out of a sense of insecurity, where one feels vulnerable to harm; and fear produces mental torment, which is definitely stress in the soul. The flesh also produces over 28 categories of lust, which is an intense desire for something. The problem with lust is not just the thing one is lusting for, many of which are not sinful in themselves, the but lusting!

But there is a dynamic that can go on between the two where the emotions will set the lusts in motion! For example, one can be afraid because they feel insecure so they now have a desire to feel secure! The desire becomes action; and the action for most people becomes a drive; and the drive, for many, becomes an obsession. For what? To feel secure! They are motivated now to follow many roads in life: fame, fortune, education, ambition, greed, hoarding, thrift, money hard work, taking risks, success, etc.. They are driven to accumulate wealth to avoid the feelings of insecurity and fear.

The feelings of insecurity come with our flesh natures; the problem and sin is when we don't turn to God to deal with it by faith and the spiritual life dynamic. We all feel insecure! It's just that some turn to God and his Word in faith to address our insecurities, while most don't. Most turn to man-made institutions and/or their own strength to deal with the problem of vulnerability. But there is a Hebrew word for **faith**, *batach*, and it speaks of believing the promises of God and trusting in the Father, but its emphasis is on the sense of security we get from doing so.

But there are other interacting and interconnecting dynamics going on in the flesh's emotions and they are the connections that exist between love, faith and feeling secure. But we are not talking about love, faith and feeling secure in the spiritual dynamic, but in the flesh's dynamic. It all began when we were infants and children with our mothers. It was there that we first felt secure and it was all tied up with love and trust, which stayed with us on into life. This feeling of security was wrapped up in a trusting and love relationship, first with our mothers, then with other family members. And what happened in the child's mind is associate the feelings of love with the feelings of security.

That's why it's easy to confuse feelings and perhaps by understanding their definitions we can have insight into what's going on: 1) **confuse** – to associate one thing with another by mistake; 2) **blend** – to mix together where we can't distinguish one thing from another, that is, love and feeling secure; 3) **associate** – to connect a thought or feeling to another thought or feeling. Like many people confuse sex with love, so they go out having sex, when what they're looking for is love.

Academically there is a difference between the feeling of love and the feeling of security, but it's difficult to sort out the difference between the two when one is experiencing them, and especially more so when one is young and has no doctrine. This is due to the two being intertwined from childhood on. Even most adults have the problem of not being able to differentiate between the two. And even more difficult if one has fallen in love! One can easily see how the desire to feel secure is now satisfied by romantic love. And if one falls out of love, then their world has fallen apart because they have lost their security basis.

The problem really begins in the emotional complex of the soul where are sorts of feelings take place, and as we can see, many of these feelings are confused with other feelings or blended together with them. This takes place below the level of conscious thought and the rational process of the mind. The problem gets worse, though, as the subconscious sensed level affects the conscious mind and the person goes off in pursuit of these feelings. The only protection that Christians have from this is to base their life and decisions upon the clear teaching of God's Word and remain filled with the Holy Spirit, which shuts down the operation of the sin nature.

Paul deals with this matter of the growth of the soul, dealing with the emotions, subjective thinking and scar tissue garbage in the soul by way of a metaphor in 2 Corinthians 10:3-5, “*For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;*”

When an army invaded a land, it did so to conquer the people and their rulers so as to bring that territory under the rule of their own king. This land had geographical borders, a king or other ruler; it had people in it; and it had a fort or fortresses in it, which were the hardened centers of rule, military power and the ideology of its king and people. Conquest was never completed until every last fort was torn down, invaded and the king and his people were conquered. To accomplish this would take, not just one battle usually, but a campaign of war that could go on for months, even years, until its people were brought into submission to the conquering king. Fierce opposition by the inhabitants of the land and their king would be expected.

The Biblical example and analogy of this would be the nation of Israel being brought into the promised land by Jesus Christ. This action would be fiercely opposed by the Canaanites and the hardest place to break through would be their fortress, or city wall. And when the Lord brought Israel into the land, it was not to stop at the walls of Jericho, but to **conquer the entire land he was giving them!**

But in our case a literal physical land is not in view, but rather our souls! When Christ saved us, he came and indwelt our souls with no intention whatsoever of living in just one little corner of them. His purpose is to conquer every part of our souls and bring them into subjection to our King, God the Father, thus establishing peace within every part of our souls.

As can be expected the flesh nature will fight against this with every weapon it has at its disposal. Which is what the great inner battle is among all believers in Christ. “*This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.*” Galatians 5:16,17

The flesh builds walls around certain thoughts and feelings we have accepted, which can cause us problems in life. It's like living in a beautiful land blessed by God wanting to enjoy what God has given to you, but the inhabitants in the land come out periodically from behind their fortress walls to cause us grief, which is what would have happened if the inhabitants of Canaan were allowed to remain there. Our passage in 2 Corinthians 10:3-5 describes the assault on these fortresses in our souls; and to aid us in understanding of the analogy we can look at the meanings of the different terms.

War – strateuo doesn't look an individual battle, but a campaign of war that could go on for years. Many battles to be fought, many hills and fortresses to be taken, but one campaign of war that could go on for years. The war is over when every last hill is taken, every fortress demolished and every last enemy citizen is taken captive.

Weapons – the *hopla* were the tools of war: siege mounds, battering rams, fire, fire towers were some of the machines of war used in those days, but the foot soldier had his shield, his sword, breastplate, helmet, sandals, belt and often two throwing javelins. Other soldiers were archers, so they would carry those things plus their bows and arrows.

Pulling down – *kathairesin* was to destroy by pulling down. Fortresses in those days were made up of large stones stacked up top of each other and the only way they could breach the walls was by tearing down these stones, which because of their large size and weight was a very difficult job. Which was how the Lord prophesied that the temple would be destroyed. “*And Jesus said unto them, See ye not all these things? verily I say unto you, There shall not be left here one stone upon another, that shall not be thrown down.*” Matthew 24:2

Strong holds – *ochurōma* was the word for a fort or fortress. In the plural it tells us that there will be several or many of these fortresses in our souls. Typically the walls were tall, thick and served as a defense for the people living inside. They had gates, towers, elaborate systems of defense and inside the walls were the people, their homes, businesses and places of worship.

Casting down imaginations – *kathaireō logismos* tells us this demolishing or casting down will be accomplished one stone at a time. *Logismous* in the plural shows that there will be many of these things and the word refers to the reasonings of the mind, here it's reasonings used as a **defense mechanism**. Excuses, denial, self-justification, arguing the point, projection, transference, repression, TMS and more are all a part of the soul's defense mechanism put as a fortress wall, or as some refer to it today as the heart wall. Other's might refer to this as the layers of the onion peel. But the walls of the fortress refers to the defense mechanism of the soul and the individual stones in the walls, each one, refers to some particular thought or idea used to repel anyone going any further.

Every high thing – *pan hupsoma* would refer to the turrets or towers from which the enemy could shoot fiery arrows, that is, burning arrows of bitterness, anger and implacability and worry at the conquering army and this refers to the entrenched bastions of pride that resists and fights against Christ's advancement into our souls. And remember, there will be many of these fortress that Christ, his Spirit and his Word, will come up against in our souls. These are the lofty tower of personal pride.

Exalteth itself – *epairomenon* refers to the believer's pride that raises itself up against the advance of the spiritual life. Pride is that mental attitude that sees itself above others and above things. Here it sees itself as above the spiritual life, which is to say it doesn't need it.

Bringing into captivity – *aichmalōtizō* means just that to take an inhabitant into captivity as a prisoner of war. Just as the thoughts, feelings, beliefs and worship of the Canaanites were just the opposite of what pertained to Jesus Christ and so they had to be removed and be replaced by the things of Christ.

Every thought – *pan noema* refers to the results of the mind's thinking; its thoughts or conclusions that we have arrived at, what we believe, what we hold to that we live our lives by, or affect us in one way or another. But these thoughts are not based upon what is true, but upon supposition, assumption, our emotions, false teaching, or the negative input from other people. Which thoughts adversely affect us all our lives and rob us of our peace that Christ has given us. From the time of our salvation, when Christ entered our souls through the indwelling Holy Spirit, there has been a campaign of spiritual warfare to bring every thought into obedience to Christ thus establishing the reign of peace in our souls.

Behind the walls of the fortress, that is, the defense mechanisms of the soul are the *noema*, which are firmly entrenched behind hardened walls, which can come out at any time to wreak havoc on the peace and stability of our soul life. These are what make our lives miserable at times. These *noema* are concepts that we have accepted as true, but are not. Thoughts such as: we're no good, having no self-esteem, that we'll never measure up, thoughts of fear and worry about what will happen to us, thoughts put into our minds back in childhood that have stuck with us for years.

Surrounding these *noema*, which are at the core of our problem, are elaborately constructed defense systems, which serve to keep the truth out and the *noema* from being exposed to the light. The walls of these fortresses are thick and tall mounted by the lofty towers of pride, which resist the advance of doctrinal truth. And sometimes it takes the dismantling of the fortress wall one stone at a time, one human viewpoint reasoning at a time, until the fort is taken.

The words **belly** and **bowels** are also used to describe certain things about us. They are found using the words *koilia* in Philippians 3:19, “*Whose end is destruction, whose God is their **belly**, and whose glory is in their shame, who mind earthly things.*”) And the word *splanchnon* in 2 Corinthians 6:12, “*Ye are not straitened in us, but ye are straitened in your own **bowels**.*”

Koilia referred to the hollow part of the body and described the digestive system made up of the stomach, colon and intestines and reproductive organs including the womb. ***Splanchna*** referred to the entrails, the heart, lungs, liver, spleen and sometimes the reproductive organs.

The oriental perspective on the emotions and their relationship to certain organs in the body: the **heart** was regarded as the center for human **happiness**; the **liver** was regarded as the center for the **anger complex**; the **lungs** were regarded as the center for the **grief complex**; the **kidneys** were regarded as the center for the **fear complex**; the **reproductive organs** were the center of the emotion of **love**.

In 2 Corinthians 6:12, “*Ye are not **straitened** (*stenochria* - constricted) in us, but ye are straitened (*stenochoria*) in your own bowels.*” Paul talked about how the flow of the spiritual dynamic through the believer's soul was **constricted** by the believer's emotions.

If we look at one of the organs, such as, the **heart**, which is connected to human happiness; the oriental practitioner, if there were problems connected to the heart, they would look at the person having an excess of the wrong kinds of happiness. Christians who look to the world, or the flesh, for happiness and pursue after it will have an imbalance in their life. What they should be seeking is the **joy** of the Lord, which is a spiritual phenomena. The desire for the emotion of human happiness and not spiritual joy will constrict the flow of the spiritual dynamic in the believer's soul.

The **liver** was the organ generally regarded as the organ associated with the anger complex: bitterness, wrath, anger, malice, vindictiveness, arguments, violent outbursts and physical violence. One can easily see how the emotion of anger will constrict the flow of spiritual phenomena in the soul, not to mention how it will shut down any exercising of faith. Both the OT and NT are constantly addressing the problem of anger and how we're to cease from anger and forsake wrath; and we do so by confessing our anger and living in the filling of the Holy Spirit.

The **lungs** were regarded as the center for grief. Now normal grief is natural and cathartic, but if it isn't allowed to have its day and have its way, then it becomes destructive to the spiritual life and to the health of the soul and the body. **Abnormal grief** would be where one refuses to grieve, rather any feelings of sadness are suppressed down into the subconscious. Or the individual would spend the rest of their lives grieving over the loss of their loved ones. Both concepts are abnormal and both concepts constrict the flow of spiritual phenomena in the soul.

The **kidneys** were regarded as the organ associated with the fear complex: fear, anxiety, worry, dread, fright, terror, apprehension, fear of the future, fear ranging from mild to severe, etc..