

July 2017 Newsletter – Dealing With Emotions – Review

Happiness versus Joy

Contrary to what many Christians believe **happiness** is not a spiritual phenomenon, but is a phenomenon indigenous to the flesh nature; believers can experience it, but so can unbelievers. It is one of the seven feelings of the emotional complex of the soul. Every human being can experience it and every human being wants to have it. While **joy** is a spiritual phenomenon produced by the Holy Spirit in the sphere of our new nature.. Only born again believers in Jesus Christ can experience joy.

Happiness is aroused in the flesh when we get what we want, when things go our way, when there are pleasant or desired circumstances, or when it is internally induced through drugs or alcohol. Fun, which is a variant of happiness, requires an external stimulant, such as, dancing, entertainment, sports activities, thrills, etc..

While joy is not dependent upon any external circumstances, or artificially induced through drugs, alcohol, etc.. In fact, one can experience joy while everything is going against you, when you are under tremendous pressure, when you are suffering. For joy is a spiritual phenomenon that takes place in the soul brought about by the filling of the Holy Spirit in the sphere of the faith rest dynamic. *“Now the God of hope fill you with all **joy** and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.”* Romans 15:13

We inherited the emotion for the capacity for human happiness through the original couple Adam and Eve, but there is no way of knowing the feeling of happiness that we all have is exactly the feeling of happiness that Adam and Eve experienced due to the acquired old sin nature. After Adam and Eve sinned against God whatever feelings of happiness they experienced were not the same as the feelings of happiness they had before in the Garden.

What we do know is that we have all experienced happiness at one time or another in our lives; we liked it and want more of it. As the result we spend the rest of our lives in a frantic pursuit after it; always wanting it, but rarely ever getting it. And when we do get it; it rapidly goes away like a cloud in the sky. We get married because we want to be happy; we get divorced because we want to be happy again. We pursue careers, money, fun, thrills, drugs, alcohol, partying, sports, recreation all to get that feeling of happiness. But God has joy for us free in the spiritual life dynamic!

There is a phrase used in an American movie classic “Gone With The Wind”. That phrase describes the life and culture that the South enjoyed before the Civil War. But after the war was over the life they knew and enjoyed in the South was gone with the wind. All the feelings they may have had before the war were now gone with the wind.

This might help us understand the seven feelings of the emotional complex. In Eden Adam and Eve were able to enjoy the feelings of love and happiness, but after they sinned they lost the capacity to love and be happy at the same level they had before; it was now gone with the wind. All they could experience was a fleeting, distorted glimpse of what was there before. And their children in no way could ever experience what their parents had once experienced.

They, (and us today), still had the desire to be happy, to have what they once had, but lacked the ability to get it back, and even if they could get it back, (and they couldn't), they lacked the capacity to enjoy it. It's similar to the idea of being "in love" with someone only to have it taken away from you. Years later, after the experience, all that is left is a faint distant memory of what one used to feel. You can try to get it back, but that is only a chasing after the wind". It's like trying to go back and hold on to that cloud in the sky that just passed by. But God has something infinitely better for us; he has spiritual **joy!** It is the joy that he possesses and what he wants us to experience!

To have true happiness of the flesh we would need two things: 1) we would need to be back in the idyllic conditions of the Garden of Eden, but that would have to be on another planet for this one has been cursed by sin and ruled by the devil; 2) and we would need perfect flesh bodies, such as Adam had, without sin natures.

Obviously this is not the present reality, but God has found a way where we can experience his joy, along with his love and peace. And he has done this while we are living on this sin-cursed, angry planet ruled by the devil, and while we are living in these sin-cursed bodies. And this is done through faith in Christ, the act of regeneration where God created a new nature in us free from any contaminant of sin, and by living in the spiritual life dynamic of faith in the Word of God, the promises of God and Bible Doctrine, all under the empowerment of the indwelling Holy Spirit. These are all internal dynamics separate and free from external circumstances.

Recovery From Fearfulness

Pressure on the outside of the soul, without faith in the promises and doctrines of God's Word on the inside, is converted to **stress** in the soul. Stress in the soul triggers the complex of emotional sins; the first emotional sin that is triggered is usually **fear**.

The **faith rest drill** accompanied by prayer and the confession of sin to God is the procedure for recovering from fear. Such as, Psalms 56:3, "*What time I am afraid, I will trust in thee.*" Faith in the Word and trust in God is the recovery from and prevention of fear.

Insecurity, which is a sense of vulnerability, is indigenous to living on this planet in these bodies. Any threat, real or imagined, will trigger the emotion of fear in us. Sometimes we just think of things to be afraid about. Some believers are more insecure than others, but everyone has a problem of insecurity and fear! Some are rarely fearful or anxious, others are occasionally fearful, and still others live in a constant state of fear! It all depends upon their background, how they were raised, what they have been exposed to and so on. For someone to claim they aren't afraid is pride, ignorance or downright denial.

God doesn't want us to be **fearful**, but to trust him. Isaiah 35:4, "*Say to them that are of a fearful heart, Be strong, fear not: behold, your God will come with vengeance, even God with a recompence; he will come and save you.*" Matthew 8:26, "*And he saith unto them, Why are ye fearful, O ye of little faith? Then he arose, and rebuked the winds and the sea; and there was a great calm.*" Mark 4:48, "*And he said unto them, Why are ye so fearful? how is it that ye have no faith?*" **Faith** is the key to dispel fear from our souls. John 14:27, "*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.*"

In Psalms 56:1b, “*Be merciful unto me, O God: for man ('ēnōsh) would swallow me up; he fighting daily oppresseth me.*” David stated that he was being pursued by men using the word *enosh* for man. The word *enosh* brings out the sinful characteristics of man, men who are sinful and evil, man at his worse, men who destroy that which is good. The effect of this caused great fear in his soul to the place where he wanted to run away.

He said in Psalms 55:4-7, “*My heart is sore pained within me: and the terrors of death are fallen upon me. Fearfulness and trembling are come upon me, and horror hath overwhelmed me. And I said, Oh that I had wings like a dove! for then would I fly away, and be at rest. Lo, then would I wander far off, and **remain** (lûn – stay permanently) in the wilderness. Selah*”

In Psalms 56:4, “*In God I will praise his word, in God I have put my trust; I will not fear what **flesh** can do unto me.*” he brings forth the doctrine, which shows that he is recovering from his fear, that the battle he is fighting is spiritual; it is the warfare of the spirit against the flesh. He shows this by the use of the word *bâsâr*. *Basar* refers to Adam's flesh nature with its resident old sin nature. So whatever is driving these men, whether politics, or money, or revenge, or power, or glory are all of the flesh nature. But David was God's doctrinal man and his warfare against them was the spirit against the flesh.

In Psalms 56:11, “*In God have I put my trust: I will not be afraid what **man** ('âdâm – man, or Adam's race) can do unto me.*” So we have David using three words for man: 1) *enosh* – which is man at his worse, his violence, his evil and destructiveness: 2) *basar* – man's flesh nature with its indwelling sin nature; 3) *adam* - the entire human race. These three concepts are all wrapped up in Adam's race and are at war against God's people here on earth.

And what gave David the victory over them and their attacks of the flesh was **faith** Psalms 56:3, “*What time I am afraid, I will **trust** in thee.*”; and **prayer** Psalms 55:17, “*Evening, and morning, and at noon, will I **pray**, and cry aloud: and he shall hear my voice.*”

The Greek Drama – A Metaphor For Our Life

The whole world revolves around emotion; a trait of the flesh nature passed down from Adam and Eve. The religions of the world revolve around emotions; the Mysteries revolve around emotions; and Roman Catholicism revolves around emotions. Tragically so many churches today do the same thing, in fact, most of them. The function of the Greek dramas, which was a part of the Mystery Religions, was designed to deal with the emotions.

The **choregos** – was the leader of the chorus with lyrical interchanges between him and the rest of the chorus.

Tragoida – the goat sang that dealt with tragedy.

Satyr – a being that was half goat, half human.

Tragedy – was any serious drama not necessarily with a sad ending. It resulted in a katharsis, which was a cleansing of the emotions. As the audience observed the drama they experienced its emotions thus being cleansed. The general idea was not that you were happy that somebody else was suffering, but somebody else had it worse than you!

Katharsis – does mean to cleanse, purge, or purify, but it was a Greek drama term that referred to the elimination of the feelings that were bothering the soul getting rid of toxic emotions.

Climax – as the tragedy unfolded it built to a climax where there would be an emotional breakdown and the feelings: anger, pity, sadness, laughter, etc., would suddenly burst forth and the soul would experience the feelings as they were released.

Ecstasy - the listeners, then, would go into a state of ecstasy' a sort of trance as the end that lasted a brief time, or longer, where the participant would also experience an astonishment of being cleansed from their feelings with the result of renewal, restoration and revitalization of life.

Drama - a literary part given to actors to perform; it was also combined with music and dance.

Chorus – offered background information, which could be either spoken or sung, to help the audience follow the theme.

Main Actor – would leave the stage to change roles while the main chorus would speak or sing in union in his absence to explain what was happening. The main actor and actors would wear masks to represent the roles they were playing. *Hypokrisis* in the Greek and *persona* in the Latin.

The **Hero** – the drama always centered around a legendary hero. Later the chorus leader would impersonate the hero and not just sing about him. The Hero was put as having superhuman qualities, or idealized traits, usually fulfilling what was considered good and noble in one's culture.

Tragic flaw – But in the Greek Tragedy the Hero is always put with a serious flaw(s), which led to his downfall. It wouldn't be a tragedy without his downfall caused by his flaw.

Sin – *hamartia* was the word used by the Greeks to refer to the Hero's tragic flaw, but in the Christian world *hamartia* is our word for personal sin.

Hero – Homer said that all the free men fighting in the Trojan world were heroes. In Christianity the individual Christian is the Hero in his/her play.

The famous Greek Hero was **Agamemnon**, who had a flaw(s) that caused him not to listen to the advice of the chorus members resulting in his untimely death. His tragic flaw was **pride!**

Many Greek tragedies were acted out on stage and it was always the same; the Hero or Heroine had a tragic flaw, (*hamartia*), a particular mental attitude, (pride), and/or some emotion that resulted in their demise or failure.

The Hero always had a supporting cast of people around him, which on stage was the Chorus, which was instructing him, or warning him all this time, but tragically he would not listen, so they ended up mourning for him.

The audience would watch the drama unfold as it built up to its climax when the Hero died and their emotions would pour forth thus cleansing their souls. Now released from their emotions they would have a new lease on life further resolved to not follow their Hero's tragedy by looking out for their own flaws and listening to those around them.

As NT Christians we are the Heroes in our own play. The “actors” we are to listen to are: 1) the *chief actor* is faith in Christ; 2) mastering the details in life; 3) Bible Doctrine; 4) not being controlled by the sin nature resident in our bodies; 5) staying with God's plan for your life; 6) applying Bible Doctrine to your life; 7) Christian fellowship; and 8) living in *agape* love. By heeding the instructions of our chorus our lives will not end in tragedy, but victory!

Pressure on the outside from the world system, if not handled by faith in the Word under the filling of the Holy Spirit, becomes stress in the soul. Stress in the soul will activate the emotional complex in the soul with fear being the first emotion one will begin to feel, next the emotion of anger will come into play and eventually scar tissue garbage of the soul will come into play. If not corrected spiritually and doctrinally then false doctrines will flood the soul. We will have to deal with scar tissue garbage in the soul as we go on to maturity, but that's not the same as being overcome by it due to rejecting the spiritual life dynamic and being overcome by false doctrine.

Old memories, repressed memories, things long forgotten now vie for our attention to the place where we become occupied with them rather than thinking on the truth of God's Word. Or we might have an inexplicable inner turmoil in the soul that diverts our focus on the Word. The function of scar tissue garbage in the soul is the same as the lusts of the flesh and the emotions of the flesh, in that, they keep our minds occupied with them instead of on God's Word. When the spiritual life wants to come through and control our souls, the flesh wars against that by bringing up things from the past to think about.

What we have to do is overcome that, that is, force our minds to disregard all that by realizing that this is from the flesh nature and by continuing to focus our minds on Bible Doctrine and truth. This is a part of the spirit warring against the flesh. Galatians 5:17, “*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.*” When we do, we will find, in time, that the peace of the Holy Spirit will start to fill our souls and all the negative garbage of the lusts, the emotion's scar tissue garbage of the soul and all the repressed and painful memories of the past will subside.

Fear is an emotion that all Christian's have to deal with and it is overcome by faith in the Word, faith in the promises of God and faith in the faithfulness of God to his Word and character. And it's easy to see why we have fear; the harshness of life, the pains and problems of these bodies, people who hurt us, people who do not act out of *agape* love and the painful experiences that we have had in life, which create a Pavlovian fear reaction in us.

We feel insecure because we feel vulnerable to being hurt and we are vulnerable! And this feeling of insecurity and vulnerability lead to the fear complex. But God has something that will counter all that and provide for us a feeling of security and that is found in the Hebrew word for **trust** – *bâṭach*. (And all other words for trust for that matter).

Batach does mean to trust in the Lord, to trust in his Word, his promises and doctrines, but its emphasis is on the personal sense of security that our souls will have as the result of that. Once the believer's soul is settled down by exercising the faith rest dynamic, then he or she will not have any fear. Now the spiritual life dynamic is protecting the soul and there is peace!

In Psalms 56:1 (Psalms 54-56 context) we saw that wicked men were pursuing David, “*To the chief Musician upon Jonathelemrechokim, Michtam of David, when the Philistines took him in Gath. Be merciful unto me, O God: for man would swallow me up; he fighting daily oppresseth, lâchats, me.*”

These men were putting so much pressure on his soul out of their hatred and anger for David, and because he was not exercising the faith rest dynamic, that his soul began to react with fear: anguish in the heart, terror, horror, wanting to run away, which was the fight or flight response to fear. Psalms 55:4,5, “*My heart is sore pained within me: and the terrors of death are fallen upon me. Fearfulness and trembling are come upon me, and horror hath overwhelmed me.*”

David's solution in the flesh was to run away to his shelter in the desert where he felt he would be safe and feel safe. Psalms 55:6,7, “*And I said, Oh that I had wings like a dove! for then would I fly away, and be at rest. Lo, then would I wander far off, and remain in the wilderness. Selah.*” “*I said, “Oh, that I had the wings of a dove! I would fly away and be at rest. I would flee far away and stay in the desert;”* NIV

Regardless of what our problem is; regardless of what the source of our pressure is: finances, health, job, people, etc. human solutions are never the answer! Only divine solutions can solve our problems and they are found in what David did; he turned to the Lord in faith and prayer. Psalms 34:6, “*This poor man cried, and the LORD heard him, and saved him out of all his troubles.*”

In Psalms 55:16,17, “*As for me, I will call upon God; and the LORD shall save me.*”, we see that David turned to the Lord in prayer. In Psalms 55:22, “*Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.*”, he tells us what he did. In Psalms 56:3,4, “*What time I am afraid, I will trust in thee. In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.*”, he tells us that he trusted in the Lord.

What a remarkable contrast between his statement of being terrified and wanting to flee to the desert to the one in v.4 where he now is no longer afraid of what sinful man in his flesh can do to him! What made the difference? He now was operating in the spiritual life dynamic of faith in the Word of God, trusting in the Father and prayer.

We see the difference here between David operating in the flesh and in the spirit. Even though he was a great king and a mighty warrior all that went to nothing when he was gripped by fear! And fear will do that to all of us. But when he turned his soul back to the Lord in faith, he recovered his spiritual strength by placing his faith in trust in God and ended up bold and confident once again – and the same thing goes for all of us today.

For David his pressure factor was “men hotly pursuing” him; for us today it would be: finances, health, jobs, family problems, responsibilities, government regulations, a police state, end time factors, natural disasters, old age, medical problems, etc.. And if we do not deal with our stress factors by the faith rest dynamic, then all these pressures of life will be converted into stress in our souls, which will in turn be converted to old sin nature control of the soul, then the activation of the emotional complex of the soul and then the emotion of fear will take over our souls!

As we get down to the End of the Age, then further down to the Latter Times, and on down into the Last Days and into the Tribulation Age, we will find that pressure and fear will be dominant worldwide; men's hearts will be failing them for fear. Luke 21:26, “*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.*”. But for the believer in Christ both the prevention and cure for fear is living in the faith rest dynamic. Psalms 56:3, “*What time I am afraid, I will trust in thee.*” Psalms 34:4, “*I sought the LORD, and he heard me, and delivered me from all my fears.*”