

June 2016 Newsletter – Dealing With Emotions – Review

“*My days are past, my purposes are broken off, even the thoughts of my heart.*” Job 17:11 -

מִי עָבְרוּ, זְמַתִּי נִתְקַוּ--מִזְרָשִׁי לְבָבִי.

“*My days have passed, my plans are shattered. Yet the desires of my heart.*” NIV

Job's trial was so severe, so long, so intense that it brought to the surface things he had treasured in his heart; desires of the heart that he had secretly hoped and wished would come true one day, but the trial also brought to the surface the reality that they would never come to pass. These are the hard trials to deal with because oftentimes people will have things treasured in their hearts that are so special that they will never tell anyone about them. They also become one of, or the chief motivator to go on in life in spite of all the difficulties they face.

So when these treasured things in the heart are taken away from the believer, or when they realize they will never come to pass, where they are torn from the heart, the believer is left utterly hopeless for the thing they had been secretly hoping for, which was their motivator in life, is now gone. Now what do they do, they ask? One is left with an emptiness, a sadness, a void in the heart that leaves them with such a void in the heart and despairing of life altogether.

The heart says, “what's the point in going on for that which I have loved, or hoped for has been denied me, or taken from me! One can see the significance of statements such as, “to take heart”, “to believe”, or “to be encouraged”, or “to have hope”. One can now see the importance of doctrines such as, to keep on trusting the Father, or having a personal sense of destiny, and God has a perfect plan for our life.

The NIV has translated *nathaq* as **shattered** for it has the idea of to take away (from the heart), to tear out of (the heart), to tear loose (from the heart), to draw out of (the heart). A common expression of this idea today is, “I feel like I've been gutted. Whatever the treasured desire of the heart was we see that it was firmly entrenched in the heart to the place that it made up a part of the core identity of the person and that's why the ideas of “force” are involved here in getting it out, hence the severe trial.

It wasn't just the physical pain that bothered Job so much, although that was certainly a major factor in his trial, or the loss of his wealth, children and social standing in the community, and they were also a major factor in all this, but was the certain things that he had treasured in his heart, which we notice he doesn't talk about, that were taken away from his heart. There were two things that were driving Job forward in his life, as there are with all of us, and they were first of all, the **plans** we have for our lives, a function of the **mind**; and our **heart's desires**, which is a function of the **heart**.

Now we may not have all the answers for what we're going through in our life right now, but we do have some of the answers and we can exercise faith in the doctrines and promises we do have. And it is dynamic that will enable us to go through the trial and come out the other side victoriously. And in so believing the promises and doctrines of God's Word and trusting him, we can maintain our peace. Remember, it is our emotions that act as a barometer that tell us whether we are operating in the flesh, or in the spirit. When fear, anger, guilt, worry, grief, jealousy, self pity and scar tissue garbage of the soul start flooding the conscious mind, instead of the peace of God, then we are alerted that we are operating outside of the spiritual life dynamic from God.

Christ told us in 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.” that he has given us his peace, therefore we are to stop letting our hearts be **stressed** because of all the problems we are going through in life and to stop being **afraid**. (Once stress enters into the soul it creates fear in the heart.)

He also told us in John 16:33, “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.” that he gives us both the **prevention and cure for stress and anxiety**. He tells us that he has spoken to us, (given us doctrine), for the purpose that we won't live in fear in our lives. We will have pressure, that pressure exists because we live in a world controlled by the devil and because we live in these frail mortal bodies. But he also wants us to be encouraged because he has overcome the world and so have we because of our union with him.

In Proverbs 3:5,6, “**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.**” he tells us to **start trusting in the Lord, batash**, with all our hearts, *kol* and *leb*, and to **stop leaning on rationalism** to figure things out in our lives, both of which are a command. Why? So we can get back to that place of faith where we will find the **peace** we need to keep stress out of our souls.

The **flesh** produces desires and feelings; that's all it can do and that's all it wants to do. The flesh is unable to produce any spiritual phenomena whatsoever. It cannot do it and it doesn't want to do it, in fact, it is totally opposed to any spiritual life phenomena. The believer-priest has to realize that he not only has to contend with his/her own flesh nature with its lusts and emotions, but will have to do it each and everyday of their lives! And the types of lusts and emotions the flesh produces will change, or become stronger in an area, after one gets older.

The approach for dealing with the emotions of the flesh, or the flesh's lust patterns, is to recognize that we are caught up in one of them, realize that we are operating outside of the spiritual life, confess it to God, be filled with the Holy Spirit, start claiming the promises of God, orient our thinking back to the teaching of God's Word, and orient to God and his grace once again. In so doing we will be able to stay operating in the peace of God. “*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*” Isaiah 26:3

The Christian's enemy is the world, flesh and devil because they lead us away from living in our spiritual life. The world system is a constant source for pressure, a distractor and source of temptation in that it is always putting forth things that are desirable made even more attractive by TV and mass advertising. It puts forth things for us to see, things that we can have and so lust is aroused in the flesh and we want them, so we end up in a state of constantly lusting. We spend our cash to buy them, or if we don't have the cash we go into debt to get them.

But the world system is also a source of having our emotions aroused, either fear, or anger, or jealousy, or guilt. It is portraying things before us that either make us afraid, or angry, or feeling guilty about something, as far as the emotions go. As far as the lusts of the flesh go, TV has become the biggest tool of Babylon to stimulate people's lust patterns and the perfect mass brainwashing tool ever invented by the wicked heart of man and we submit ourselves to it everyday. Whenever we find ourselves wrapped in various lusts (desires), or any of the 7 feelings of the emotional complex of the soul, it's important that we recognize this, confess them to God, and get back to being filled with the Holy Spirit. Then focus our souls, once again, back on the Word of God.

The Christian's enemy is the world, flesh and the devil and anyone of these three sources are a constant source of distraction and temptation for us and will keep us away from the spiritual life. This problem will be greatly intensified in the Last Days. *"This know also, that in the last days perilous times shall come."* 2 Timothy 3:1

TV is constantly stimulating our lusts to buy more, to have more, so we go out and take our cash to buy things to gratify the lusts of covetousness. And if we don't have the money, then we will go in debt to buy things. This brings about the emotion of fear because we have placed ourselves in a less secure position. We've either depleted our cash reserves, or go into debt, or both! Then we anxiously think, how am I going to pay my bills? What happens if I lose my job? So we get caught up in the anxiety complex and are virtually outside of the spiritual life dynamic all the time. Or if we didn't buy the stuff that Babylon advertises because we didn't have the money, or had bad credit, or couldn't afford them, then we react with bitterness, anger, jealousy over what others have, or self pity concerning ourselves, etc., and are outside the spiritual life all the time.

James addresses this very problem about the anger and arguments that arise in the home over believers lusting after things, not getting them and then arguing with their spouses. *"From whence come wars and fightings among you? come they not hence, even of your lusts that war in your members? Ye lust, and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet ye have not, because ye ask not. Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts. 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 4:1-4

It brings out the idea also that believers are praying to God for him to give them money to buy the things they are lusting after, but God refuses to grant their requests because they stem out of their lusts! Then they go around saying that God doesn't answer their prayers! *"Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts."* James 4:3

Believers that are constantly in their flesh natures wanting this and that and are not getting them are not only controlled by their lust patterns, but also by their emotions. The result of which brings them into an ever downward spiral of misery. *"Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and your joy to heaviness."* James 4:9

God not only addresses what our **problem** is in verse 3, the **results** of it in verse 9, but **what to do about it** in verses 7,8, *"Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded."*

To **submit** is to place ourselves under the authority of God by doing what he tells us to do, which in this case is to recover the filling of the Holy Spirit and get away from the lusts pattern. Next is to stand our ground by **resisting** the devil in our lives. Then to **draw near to God**, which entails our getting away from our involvement in the world and lusting after the things of the world. To **cleanse** our hands is to confess our sins to God, recover the filling of the Holy Spirit and stop sinning. And then purify **our hearts** is to deal with the lusts and emotions of the flesh nature.

God did not promise to take our pressure away, but he did leave us with a spiritual provision whereby we will be able to handle all the pressure that life throws at us and this provision is his peace through the filling of the Holy Spirit as we exercise faith in his Word.

When we are in a pressure situation and we find ourselves getting stressed out over it, then we have to conclude that we are not living in the sphere of the spiritual life and the first thing we need to do is confess our sins, then recover the filling of the Holy Spirit, start exercising the faith rest drill, orient to God's grace once again, orient to Bible Doctrine once again and start believing that God has a purpose for us in this life. If we don't then that pressure will be converted into stress in the soul, which in turn will activate the emotions of the soul, then the first emotion that will surface will be the fear complex, then the anger complex and the lust pattern will be activated and finally scar tissue garbage will come up again.

One can never underestimate the destructive impact on our souls from having to live around negative people during a time of apostasy. Their pride, anger, negativity and all the other sinful aspects of fallen humanity will be more pronounced. It impacted Job's soul negatively and it will impact ours making it more difficult to orient to our spiritual life each day. *“(For that righteous man dwelling among them, in seeing and hearing, **vexed** his righteous soul from day to day with their unlawful deeds;)”* 2 Peter 2:8 *“This know also, that in the last days **perilous** (difficult) times shall come.”* 2 Timothy 3:1

As negativity, unbelief, sinful activity, apostasy and evil around us increases, so we will have to increase our applying ourselves to living in the spiritual life. And the closer we get to the time of Christ's return to earth, then the more rapid the increase of sinful people will be and at the same time the increase in demonic activity, which creates such pressure on our souls that it will be increasingly difficult for us to stay in fellowship and live in Christ's peace! But live in Christ's peace we must, so we will have to apply ourselves even more so to applying the doctrines of God's Word on these matters.

The emotion of **fear** has always a problem in normal life because people are always asking, 'what shall I eat and what shall I wear?' *“Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?”* Matthew 6:25

But then add to that the evil and tyranny of the anti-christ's rule over the earth and the threat of what that brings will bring the potential problem of fear way over the top. But then add to that the natural disasters on the planet that will be occurring in the Last Days, droughts, flooding, earthquakes, volcanic activity, plus meteors and other things that will be impacting the earth, then we can see how much a problem fear can be for us, if we do not handle it by faith in the Word and living in our spiritual priesthood. *“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 So we better start applying the Word of God to our lives and learn to stay in the sphere of our spiritual priesthood.

The emotion of anger has always been a problem for people, Christians included. *“Be ye angry, and sin not: let not the sun go down upon your wrath:”* Ephesians 4:26 *“Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:”* Ephesians 4:31 Fear and anger are the two emotions that plague us so much, so we need to learn to identify them and deal with them spiritually, so we can stay in the sphere of peace that comes with our spiritual priesthood.

So we must ascertain, Am I angry? Perturbed? Irritated? Bitter? Resentful? Fuming mad? Steaming mad? There are many shade of anger in the anger complex, but it's up to us to identify these things in our life, admit them to God, recover the filling of the Holy Spirit and get back to living in the faith rest dynamic. Once we do, then we will be able to recover the peace of Christ and live within it, instead of going around being angry all the time. The same thing goes for fear.

One should also have a selection of verses memorized that they can turn their minds toward in going through trials or spiritual recovery. *“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 *“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 *“Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.”* Hebrews 12:2 *“Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul;”* 1 Peter 2:11

Life is always changing and our perception of life, due to *mataiotes* in the soul, does not always perceive how it is. Scar tissue in the soul, (*mataiotes*), so affects the soul in every way that the soul's perception of life is incorrect and distorted. The only thing that adjusts our perception of life is Bible Doctrine in the soul and a continual keeping our souls' focused on Christ each day.

People have illusions about all sorts of things: politics, government, work, friendships, marriage, love, kids, parents, money, success, fame, material possessions, the medical field, public service, owning your own business, death, eternity. If it exists then people will have illusions about it. And the reason why is because of *mataiotes* in the soul.

It is only Bible Doctrine metabolized by faith coupled with the filling of the Holy Spirit that enables us to be free from the illusions of the mind and see life, both eternal and temporal, as it truly is. This is enlightenment. *“The eyes of your understanding being **enlightened**; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints,”* Ephesians 1:18

But if one is negative to the truth, as there will be many in the Last Days and it can happen to anybody, then they are doomed to stay in their bubble of illusion never seeing life as it is. *“And with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved.”* 2 Thessalonians 2:10

Ephesians 4:18, *“Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:”* talks about the **understanding** (*Dianna*) being **darkened** (no light in it), alienated from the life (spiritual dynamic) of God, because of **ignorance** (*agnoia* – no doctrine), because of the **blindness** (*porosis* – scar tissue) of their heart. But once we start getting doctrine in the soul, then spiritual light enters in.

Illusions of the mind is not just a phenomenon in the NT era, but also back in the days of Israel, as we see with David addressing this issue in Psalms 4:2, *“O ye sons of men, how long will ye turn my glory into shame? how long will ye love vanity, and seek after leasing? Selah.”* *“How long will you people turn my glory into shame? How long will you love **delusions** and seek false gods?”* NIV

They, like Christians today, rejected the sound teaching of God's Word resulting in a buildup in their souls called *porosis* in the Greek, which in turn produces an effect in the soul called *mataiotes*, which is analogous to a phenomenon called an illusion or a mirage. Because they did not want the truth their souls suffered and life now is one big illusion to them, that is, their perception of life what it's about and what it has to offer them, is not in keeping with reality. This is what is happening in America today by the mass majority of Americans; they did not want the truth so God gives them over to believing the lie. It is the strong delusion prophesied about in 2 Thessalonians 2:11, *“And for this cause God shall send them **strong delusion**, that they should believe a lie:”*

We also need to see how the concept of being stiff-necked and hard-hearted play on the matter of dealing with the flesh's emotions, along with the mental attitude of pride and anger and how they all negatively impact the body. And not just the body, but the soul as well in its ability to love, be happy and enjoy life.

The first place we want to visit is Acts 7:51, “*Ye stiffnecked (sklērotrachēlos) and uncircumcised in heart and ears, ye do always resist (antiptō) the Holy Ghost: as your fathers did, so do ye.*” He refers to the Jews as being **stiffnecked**; and he says that they were always **resisting** the Holy Spirit telling us that the concept of being stiff-necked causes the believer to resist the Holy Spirit. The term in the Hebrew for **stiffnecked** was *qâsheh-'ôreph*. When God referred to his OT people he so often called them as, *'am -qâsheh-'ôreph*, **a stiff-necked-people**.

The word for **neck**, *'ôreph*, did refer to the neck, but also the upper, middle and lower back because they were all part of the spinal cord. The neck was emphasized because when one would want to turn the head to point it in the direction that God would want it to go, the neck muscles would stiffen up to prevent or resist God dealing with them and us in life.

That's the analogy for what's going on in the soul, but we also saw that *qasheh* spoke of the stiffening of the muscles so that the muscles in the neck, or any other place in the back, can tighten up or stiffen and in time cause back spasms, or the muscles becoming rigid and unbending. “*Because I knew that thou art obstinate, and thy neck is an iron sinew, and thy brow brass;*” Isaiah 48:4

The mental attitude of pride and the emotions of anger are what's behind our resisting God and his will for our lives, this is the resisting of the Holy Spirit. But we also want to notice that these two negative dynamics are not only the factors of our resisting the Holy Spirit, but they also have a negative impact on our bodies! Which in this case is problems with the back and neck.

When God's will is at cross purposes with our will, (negative volition), our pride immediately reacts with anger, anger restricts the blood flow to the affected part, which is the neck and back here, and then the muscles stiffen. Being **stiff-necked** is found in: Exodus 32:9; 33:3,5; 34:9; Deuteronomy 9:6,13; 10:16; 2 Chronicles 30:8; Proverbs 29:1 in the Septuagint.

Now the problem of being “stiff-necked”, *qâsheh-'ôreph*, referred to a tightening of the muscles of the neck and could go into other areas of the back, but the phenomena of the stiffening of the muscles due to pride and anger could also include other areas of the body. It's also a condition that could be brought about subconsciously by TMS to avoid unpleasant or painful memories. The intense physical pain can be used to dis tract us from even more painful memories and feelings, but as always the believer should consult his doctor in the matter. What being stiff-necked denoted is **obstinacy, which is a stubborn and unyielding holding to one's purpose!**

The reason why we want to understand this dynamic is because when the Hebrew was translated into the Greek, they used one word, *sklērotrachēlos*. The reason why this is important is because it gives us insight into the *skleros* word group, which is usually translated as : hard, hardening, or hard-hearted, with one reference to the neck and all the others to the heart. And when we think of hard we think of things such as: wood, metal, rock, etc. But because we are dealing with living muscle tissue, then we are not talking about hard in the sense of a rock, but being so stiff that it now becomes hard. There's a difference between muscle tissue that has become “hard” due to exercise, and muscles that have become stiff due to no blood flow through them.