

PACIFIC RIM BIBLE MINISTRIES POLICY  
March 2014 Newsletter – Dealing With Emotions - Review

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SALVATION

If you are not a believer in Jesus Christ, or aren't sure and would like to become one, then you need to believe that Jesus Christ was and is the Son of God, that he was God who became a man, that he lived a sinless and perfect life, keeping the Law of God perfect in every way, that he kept faith perfectly, and that he was crucified on that cruel cross for your sins, mine and the entire world - he died for our sins! His death on the cross paid the penalty fully, one time for all sins that we have ever committed and that we will ever commit. He died; he went down into the bowels of the earth, even into Hell, and was raised from the dead on the third day in a resurrected, eternal body. He ascended back into heaven, was seated at the right hand of God, and is now Lord over heaven and earth. He is coming again to judge the world, to raise the dead, where he will give an eternal, resurrected, glorified body to everyone that has believed on him as their Lord and Savior, and to establish his kingdom on earth.

You come become a Christian right now as you read this by personally placing your faith and trust in Jesus Christ as your Lord and Savior; believing that he is God's only begotten Son, that he died on the cross for you and that he was raised from the dead and is now seated in heaven at the right hand of God the Father. *“Believe on the Lord Jesus, and you will be saved..”* [Acts 16:31a](#) And when you do trust Christ, and Christ alone, as your Lord and Savior, then go to God the Father in heaven in prayer and tell him so. Tell him that you have believed on his Son, thank him for his Son, and thank him for forgiving your sins and saving you! *“That if you confess with your mouth, “Jesus is Lord”, and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.”* [Romans 10:9,10](#) *“For, “Everyone who calls on the name of the Lord will be saved.”* [Romans 10:13](#) *“Therefore, being justified by faith (declared righteous), we have peace with God through our Lord Jesus Christ.”* [Romans 5:1](#)

What this means is that instead of drifting along through life with the same pattern of reading the same books, watching the same kind of TV shows and news broadcasts, (which are all orchestrated to enforce the government propaganda), and listening to the same kind of negative music, all of which contribute to the stimulating of negative feelings, such as, fear, anger, anxiety, jealousy, etc..

We need to go on the offensive in our lives and start changing all these things around by replacing them with things that contribute to our peace of mind, and having a tranquil environment. And the most important is having a disciplined, daily study of Bible Doctrine. This is being **proactive** for the good, instead of **reacting** to what is bad!

**We deal with negative emotions** by concentrating on Bible Doctrine. We deal with negative emotions by believing the promises of God's Word. We deal with negative emotions by recovering the filling of the Holy Spirit. We deal with negative emotions by dealing with demons. We deal with negative emotions by understanding the psychological process whereby our sub-conscious creates physical pain to keep us from feeling the emotions that are painful, that are embarrassing, or that we're afraid of. We deal with negative emotions by learning all the doctrinal truth we can and learning all the truth we can about our psychological makeup. We deal with negative emotions by asking God for the wisdom on how to deal with them. We deal with negative emotions by prayer. We deal with negative emotions by being proactive in creating a peaceful, tranquil life in your home, business, or job. We deal with negative emotions by exercising the faith rest dynamic.

By taking a proactive stance of applying the Word in our lives we minimize the things in life that create agitation in our emotions. *“But if the unbelieving depart, let him depart. A brother or a sister is not under bondage in such cases: but **God hath called us to peace.**”* 1 Corinthians 7:15 and *“For kings, and for all that are in authority; that **we may lead a quiet and peaceable life** in all godliness and honesty.”*, 1 Timothy 2:2

It makes good sense that instead of going around “putting out fires” all day, we start living our lives in such a manner whereby **we avoid the things in life that emotionally agitate us!** Instead of being pulled down by negative, angry people, why not separate from them? *“Be not deceived: evil communications corrupt good manners.”* 1 Corinthians 15:33

1 Corinthians 7:15 tells us that **God has called us to peace**, *“But if the unbelieving depart, let him depart. A brother or a sister is not under bondage in such cases: but **God hath called us to peace.**”* In the context it deals with being married to a non-doctrinal, or non-faith spouse. And, as the case usually is, there is nothing but strife, hostility, anger and arguments in the home. And in between the bouts of anger and arguments, there is anxiety and stress over the situation.

A stressful and/or hostile relationship produces all sorts of negative, destructive emotions that one has to contend with. That's why God says, if the negative spouse leaves, departs, wants a divorce, then **let them go**. For **he has called us to peace**. And with the negative, contentious spouse gone, then one major source of emotional agitation has been removed!

The same thing would apply to every other relationship as well: our parents, our children, our relatives, friends, neighbors, co-workers, etc.. If they constantly stress us out, or get us emotionally worked up, which is detrimental to our well being, which we will have to constantly deal with, then we're better off staying away from them. It's time that believers stop being the passive victims in their lives and complaining about them and start changing them by applying Bible doctrine.

In John 14:1, “*Let not your heart be troubled: ye believe in God, believe also in me.*” and 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.*”, Christ tells us to stop letting our hearts be troubled, which is a command to stop an action in progress. Then he goes on to tell us that **he has given us his peace** and for us **to stop being afraid**. The word used for **troubled** is *tarasso* and it spoke of agitating the emotions. This tells us that it is within us the ability to stop the agitating of our emotions and we do this through the faith rest dynamic.

## Six

A good way of explaining the concept of separating ourselves from those who are negative is by using a physical analogy. Let's say that someone has an allergic reaction to certain kinds of foods or spices, which causes them heartburn, nausea, diarrhea, or a rash. Now they can keep on eating the things that bother them, keep on being miserable and keep on complaining about it all the time. Or they can eliminate from their diets the things that “agitate” their bodies!

As the **body** reacts to certain things that bother it, (and everybody's body is different), so does the **soul** react to certain things that bother it. So we have to learn to keep the things out of our life that bother us emotionally. If we do, then we will have less things to deal with. If we are having problems with our emotions, and everyone does at times, then we need to eliminate, or minimize, the things in life that are constantly stirring them up! Associations, activities, music, entertainment, current events are all to be scrutinized with a view to change.

This is the thrust of what Paul was talking about in 1 Timothy 2:1,2, “*I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.*” Where we have little, or no control, over our leaders and the political process, then we are to pray for them. Concerning what? That we might be able to **live a peaceful and tranquil life** with devotion to God and living in our spiritual life.

But in the areas where we do have control, our thought life, our immediate life, our home or apartment, or a room in the home, our cars, property, and to some degree our work place, then we are to do what needs to be done, what needs to be changed, so we can live in peace and tranquility. For it is inner peace and external tranquility that provide a buffer for our souls. Inner peace we get from living in the spiritual life dynamic that Christ gave us, while tranquility is where we effect quietness and calm in our external environment. **Inner peace plus external quietness and calm add up to tranquility!**

The word for **peaceful** is *eremos*, (long e), which is related to *eremos*, (long e). Note that the only difference is in the long e's. *Erēmos* is the word for **peaceful**, while *eremos* is the word for a **desert**, or **a deserted place**. The significance of a desert is not the absence of trees, but the absence of people! What makes a place a **deserted place** is because people have deserted it! By the way, the word for wilderness in the Bible refers to mountainous areas with trees, as well as, deserts without trees. When Christ went off into the wilderness to pray, as did the prophets, it was to get away from people!

Wherever people go they bring with them nervous energy, noise, restlessness, running to and fro, old sin nature activity, anger, hostility, rage, pride, arrogance, attitudes, destruction, demonic activity, negative emotional energy, etc., etc.. You're enjoying a peaceful scene on a lake, then the power boats go racing across the waters thus destroying the tranquility. You go up into the snow in the mountains and the calm is destroyed by snowmobiles, or dirt bikes in the summer. You go to a campground only to have the tranquility destroyed by screaming kids, people, boom box radios and portable generators.

## Seven

Cars racing up and down the streets, power mowers, blowers and tools going all the time, noisy neighbors, freeway traffic, noise pollution in America is right behind air and water pollution and it has a definite negative effect on people's emotions and physical health. Then there is the negative energy of hundreds of millions of people with their anger, rage, worry, fear, mental illnesses, etc., that their flesh natures radiate around them wherever they go!

But when people are gone, then there is **solitude**. And when there is solitude, there is **calm**. And when there is calm, and we have peace in our souls, then there is **tranquility**. And when there is tranquility in one's life, or immediate surroundings, then you minimize the things that can agitate the emotions. Less to deal with. And if the agitators of life won't get away from you, then you get away from them! After all, we still do have the right to **not be** around certain types of people.

There are the things we need to do in our lives, so we can live in God's peace. But there are also the things that we need to do, and we can do them, so we can have peaceful lives. It's not just that our spiritual life is important, and it is. And it's not just that our psychological life is important, and it is. But so are our physical lives!

When setting about to live peaceful lives in tranquil settings, a lot of this has to do with the personality of the individual, the trauma in life they've been through, and the pressure of their present lives. If a believer has a sensitive personality, or if their physical makeup is sensitive to many things, or if they have been traumatized in their lives due to physical, sexual, or emotional abuse, or from soldiers coming back from combat, or if they are under much pressure in their lives, then they will have to **apply** themselves more than the next person to make certain that they are not only living in the peace of Christ each day, but that they are also transforming their surroundings into pockets of **tranquility**! Inner peace and external calm, equaling tranquility, provide a buffer to protect our souls from the ravages of negative emotions.

Now as important and needful as that is in our lives, the thing that is of paramount importance is the **peace** that comes to us in the spiritual dynamic, for it is Christ's peace that **protects** our souls from the emotions of the flesh nature. *“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the **peace** of God, which passeth all understanding, **shall keep your hearts and minds through Christ Jesus.**”* Philippians 4:6,7

The problem we run into is the agitation of the emotions and there are many things in life that agitate our emotions! **So what we need to do is eliminate as many things as we can that cause our emotions distress.** But even so, we will need to have on the first of our list of priorities is that daily fellowship with God over his Word in the filling of the Holy Spirit so we can live in peace.

If Christians want to have peace in their souls and peaceful lives in their surroundings, then they are going to have **to stop sitting around acting like passive victims complaining about their situations and waiting for something to happen! They and they alone are responsible to take the initiative and start changing their lives!** They're re going to have to learn the doctrines about how they can enjoy the peace that Christ bestowed upon them, and they are going to have to start affecting change in their immediate lives and surroundings, so their lives are tranquil! Every imperative mood, every doctrine on these subjects is a call to action! We are not allowed to be passive in these areas.

## Eight

Christianity is not formulaic, but there are some doctrinal formulas brought out in our studies. Bible Doctrine + faith > epignosis doctrine – spiritual phenomena. BD learned > understood + applied = wisdom. Sin confessed to God > results in forgiveness and cleansing. “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

Philippians 4:4-7, “Rejoice in the Lord always: and again I say, Rejoice. Let your moderation be known unto all men. The Lord is at hand. Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”, is another one of these formulas where we have constantly rejoicing + having a live and let live mental attitude toward others + knowing that the Lord is near to us in proximity + not worrying about anything + praying about everything + our requests accompanied with thanksgivings > brings about the peace of God, which protects our hearts and our minds, our conscious and subconscious, our thinking and emotions.

In this passage God provided for us in grace a way of living for his people, whereby they can enjoy his peace everyday of their lives and all day long. But each part of it must be diligently applied. And that also includes the positive mental attitude dynamics of Philippians 4:8,9, “Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, **think on these things**. Those things, which ye have both learned, and received, and heard, and seen in me, **do**: and the God of peace shall be with you.”

The issue for us is dealing with our emotions. The reality is they are there, they are a part of the flesh nature, and they aren't going to go away, because they are a part of the flesh nature passed down from Adam. So we need to understand, as much as we can, how they operate, what they are, how they act upon us, how they are aroused, how they are affected by outside sources and how God wants us to deal with them by utilizing the spiritual life provision he has supplied to us in grace.

There are those who pooh-poo the whole idea of emotions, who consider them a weakness, something effeminate, something not manly, so they take the whole Stoic approach and repress them. And in the process their bodies suffer, not to mention their social life, such people are not able to have any lasting successful opposite sex relationships.

Personal pride, denial of their existence, suppression, ignorance of the nature of their emotions, and/or a refusal to deal with their emotions, even though they are a part of the flesh nature, always results in a loss of balance, health and well being in the soul and in one's social life. Then there are those who don't deny or repress their emotions, but are either **acting** upon them, or are constantly **expressing** them to others. Prisons are full of the **former** and society is tired of the **latter**.

Eating disorders, alcoholism, drug addiction and dependence, isolating one's soul from society, video games, entertainment, workaholics and many other things are just some of the ways believers run from their feelings – yet they are still there! The fear complex, anger complex, guilt complex, envy/jealousy complex, grief complex, human love complex and human happiness complex are all feelings that are a part of the emotional complex of the flesh. Many Christians incorrectly assume that some of them are good, now that we have been saved, but in our salvation God created something entirely different and new inside of us in the new man! Doctrine enables us to see the difference.

## Nine

Perhaps one of the reasons that we are so afraid of our feelings, which causes us to deny them, repress them, or runaway from them, other than they're often extremely painful or embarrassing to face, is that **they reveal something about our true character, our true personality!** Which we may not want to be known to us! **Knowledge of God and knowledge of ourselves are two of the most important realities of life, yet we are afraid of both.**

So what are we to do about them? We recognize that the reality that they exist within us, that they are a part of the flesh nature inherited from Adam, that they reflect what's going on inside us, that they are vulnerable, therefore we are vulnerable through them, that they have to be handled properly, and that God has provided the spiritual dynamic for dealing with them.

As far as the **self-esteem factor** goes, where we are ashamed because of them, or we might lose face because of them, we need to see that God sees all of our emotions we are experiencing inside, including all the emotions that we are repressing, and he still loves us. We have been accepted by God in the beloved, his Son, Jesus Christ. We are totally open before God and he still loves and accepts us.

Another thing we need to do is to **protect our emotional life** is by layers and layers of truth, doctrinal truth, truth about ourselves, instead of hardening our hearts, or denial, or repression. This means that we need to be under the doctrinal teaching of the Word of God for the rest of our lives. It also means that a believer, under certain circumstances, may need to, and would be benefited by, a counselor.

We need to be aware of the fact that **our negative emotions may be playing havoc on our physical health, our mental health, and our relationships** with others, that is, our spouses, children, friends, parents, people in the church and in the work place.

We also need to take the initiative to change the things that we allow in our lives that upset us, irritate us, that provoke the negative feelings of anger, fear, anxiety, etc.. This would encompass where we go, what we do, who we associate with, the music we listen to, the stream of information we allow in our minds, what we allow in our homes, or jobs, etc.. What we need to do is go over every aspect of our lives, one by one, with the one thought of effecting more and more peace and tranquility. **A life of peace and tranquility is to be our faith goal and our fervent prayer request to God.**

And lastly, **we need to appropriate God's provision of peace to protect our emotions** from the ravages of the world system, the flesh nature and the attacks of Satan and his army of demons! **For it is Christ's peace that is both the prevention and cure for stress in the soul!**

**Joy** is extremely helpful in dealing with our emotions also. It is something that we can have because God is always there to give to us, because we are commanded to have it, and we're commanded to keep on rejoicing, (which is not the same thing as being happy, a flesh operation dependent on pleasant external circumstances). Our joy is directly connected to the death, burial, resurrection and ascension of Christ into heaven, our relationship with him and our union with him through the Holy Spirit.

When the Lord was talking about his death to the disciples, he said that they would be grieving but the world would rejoice. But upon his resurrection, the world would be grieving, but they would be rejoicing! *“Verily, verily, I say unto you, That ye shall weep and lament, but the world shall rejoice: and ye shall be sorrowful, but your sorrow shall be turned into joy.”* John 16:20

## Ten

Then in John 16:33, Christ tells us to take heart, to be encouraged, for he has overcome the world. “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.” He is the victor over the world and so we are victors because of our faith in him! *“For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith.”* 1 John 5:4

Hebrews 13:13 says, *“Let us go forth therefore unto him without the **camp**, bearing his reproach.”* Scriptures tells us that Christ was not of this world. He was in the world, but not a part of the world; he had actually come to us from another world. They also tell us to go to him outside the camp, because he was outside the camp. The camp referring to organized religion, family life, social life, community life, everything that was found in the city of Jerusalem.

One needs to keep these things in mind, when mistakenly thinking that people come to Christ. (People are brought to Christ by the Holy Spirit). It was Christ who came into the world. It was Christ who came to the disciples that he had chosen. It was Christ who sent his disciples to the ones that the Father had chosen and given him. Why? Because the lost have neither the ability nor the desire to come to Christ, so complete is the world's hold on their minds. The world's control over its people is not just legal and one of allurements and distraction; it has a **total mind control over all the unsaved!**

Paul puts this mind control as being **blind** in 2 Corinthians 4:4, *“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.”*, where he says that Satan has blinded the minds of unbelievers so they cannot see the light of the gospel. And, as total as his concept of blinding is, so is the totality of mind control so that the unsaved cannot see, that is, think, choose, or desire.

We tend to forget something in the developing of our theologies. **We forget that at one time we could not see and that our eyes were opened!** But now that we can see, **we act like we could see all along**, only not that good! We forget, now that we have been raised to new life, that at one time we were dead; not dying, but dead! We forget that we were blind at one time, and **we forget what it was like to be blind!** We think that because we can choose now, we could choose all along!

We forget that in our regeneration, where God created a new man in us, he also **regenerated** the will so that **now we can choose for him!** We act like our will was fine all along, that it was not touched by our fallen natures. We act like we're the same person all along, only God made us more clean, more moral. We forget how dead, desperate and helpless we were before! How helpless and dead we were. We act like parts of us were sinful and other parts weren't.

Our pre-salvation minds, hearts and volition were absolutely one with the world in every respect. It was impossible for us to think and choose back then like we do today. We were helpless to help ourselves. The pull of the world was inescapable; the control of the world was inescapable over our minds, at least for us. Yet God saved us! How? He came to us! He broke the world's control over our minds and saved us. He provided us with a Savior and with the faith to trust in him. Going to Jesus outside the camp is something only a born again Christian can do. Free will? The will is not free, it is totally enslaved to sin! If we were dead in trespasses and sins, then our will was dead unto God. Even in repentance, God must grant it. *“In meekness instructing those that oppose themselves; if God peradventure will give them repentance to the acknowledging of the truth;”* 2 Timothy 2:25

If we could just accept that fact that it is **impossible** for us to come to Christ in our unsaved state due to our sin-dominated nature of rebellion against him, the total mind control of the world system and the over powering domination of Satan, then we could realize that our salvation came about solely due to God's acts on our behalf. That's salvation by grace! "*Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.*" Romans 8:7

The unsaved can no more break free of Satan's world to come to Christ outside the camp, than a dead man bring himself back to life. We come to Christ, because we are drawn to Christ like a magnet. It isn't us that does it, but the will and power of God! God did it all! He had to do it all, because there was nothing we could do to help ourselves! We sing the song, but don't believe or appreciate the words of the song, "Amazing Grace". "*It was grace that taught our hearts to fear, and grace our fears relieved*". How glorious is God's grace, when we see that he has done all the work in our salvation – all of it. And how we rob him of his glory, when we say that we have done a part of it by our faith, our will, our coming to Christ, or something else that we have done.

Why is all this important to us in dealing with our emotions? When we begin to see that our salvation is all of God, then our hearts will finally rest in faith and trust. And when there is that rest of faith, then we are filled with joy and peace and our emotions are protected. The activity of the flesh, (works), ends up in troubled, or agitated, emotions. While total grace ends up in calmed emotions.

Negative emotions are stimulated when the OSN acts upon them. The OSN acts when it is in control. When the new nature is not in control, then the OSN is. When the believer is not operating by faith in the Word of God, then his OSN kicks in and negative emotions flood the soul. So **faith in the Word**, under the filling of the Holy Spirit, is **the key to calmed emotions**.

**Charles Spurgeon** spent years defending the election of grace against Arminianism. He said, "*Free will gave Christ a bride that he does not know and does not choose. And it puts him up in the world to be married to anyone who will have him, but he is to have no choice in the matter.*" He was against the Arminianist influence of free will strongly, because he saw that at the root of it, the *spirit* of that system, led directly to legalism. And legalism is a spirit of bondage leading to fear. Even though Arminianists deny salvation by works, the error of their system leads to an emphasis on the sinner's activity, primarily the human will and endeavor.

The Word is very clear on this matter for God says, "*So then it is not of him that **willeth**, (will or desire), nor of him that **runneth**, (effort or trying), but of God that sheweth mercy.*" Romans 9:16 "*It does not, therefore, depend on **human desire or effort**, but on God's mercy.*" Romans 9:16 NIV Our salvation is totally from God.

**Dr. Hodge**, of the Hodge family who taught at Princeton for a century, also stated, "*The tendency of Arminianism is toward legalism; it is nothing but legalism which lays at the root of Arminianism.*" And the root of legalism is pride. Arminianism undermines the believer's peace of heart and total trust in the Father, thus resulting in fear and emotional turmoil of soul. Because at the root of the problem is the **uncertainty** that one has not really come to Christ, or that one has not fully believed or trusted in Christ, or that one has not fully exercised their free will.

When the emphasis goes back to the believer's free will, then doubts and fears will always arise because the believer will never be sure that he has believed enough, This is one of the many areas of Arminianism. It prompts the thought that, "It all depends on me". The opposite of grace.



Where, under the doctrine of electing grace, where God does all the saving, where there is no co-operation on the part of the sinner with God, where God does some things, but the sinner does other things. In total grace God provides the sacrifice, God seeks us out, God brought us to his Son, when we see that, then our hearts fully rest in assurance and we have no fear but peace!

## Eleven

The soul is divided between the conscious and the subconscious. The dynamic of thinking takes place in the one, while feelings take place in the other one. The difference is that in the mind one is consciously aware of the thought or feeling they are experiencing, but they are not necessarily aware of the feelings they are experiencing in the heart.

The conscious mind is where we are aware of, where we see, where we experience our thoughts and feelings. When we think, memorize, read a book, it is in the conscious mind that we process all that information. When we're angry over something, or afraid of something, it's experienced in the conscious mind.

But the soul is much more complex than that. It's very similar to a computer where the computer monitor is like the conscious mind, while the hard drive is like the sub-conscious. We are consciously aware of the things that we see on the screen, but the rest is hidden in the hard drive where it can be accessed upon command.

The trouble is we have a living dynamic going on in the soul that not only instantly represses unwanted, undesired feelings into the subconscious, but prevents their retrieval. These repressed feelings, though, don't lie dormant like 1's and 0's on some hard drive, but are active. Their active energy produces vibrations that have a negative effect not only on the soul, but the body also.

We **repress** these feelings, and continue to repress these feelings, because we are ashamed of them, embarrassed by them, afraid of them, afraid of the pain they may bring, afraid of the repercussion by others, afraid of the loss of face, and afraid of coming face to face with ourselves! This in itself is an whole other area of study and a mastery of it would launch the believer to another level of growth.

The mental deception in repression is that if we don't see it, or feel it, then it doesn't exist! That is the deception of denial. The truth is that these thoughts and feelings do exist! They only exist at a different level! And they are still causing us pain, only at a subconscious level, not a conscious level. Painful feelings remain buried in the subconscious until something brings them to the surface, or activates, or excites them. Then they must be dealt with.

## Twelve

Nothing is right, until it is made right. Nothing is made right, until it is handled in the right way. **Repressing** angry, or fearful, or painful feelings is not the right way to handle them. It may be the way everyone on earth handles them, but it's not the right way, as evidenced by the damage they do to our souls, our bodies, our loved ones and society in general. We know that the old sin nature (OSN) produces worry, anger, fear and many other mental and emotional concepts, but it is also the thing that causes us to repress our emotions, deny our emotions, keep them buried. But even in this, God knows what is in our hearts, even if we don't.

Is this not what David was talking about in Psalms 139:23,24, when he asked God to search his heart to see if there was any wicked way in him? *“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.”*

If we repress our feelings because they are **sinful**, we can face up to them and confess them to God because he loves us and has forgiven all our sins. If we repress our feelings because they **embarrass** us and make us lose face, we can face up to them because God loves us, sees us as we are and accepts us. If we repress our feelings because they we're **afraid** of them, we can face them and embrace them because God will be there with us, in us, and for us, helping us through them.

Most people, though, don't do this. But there comes a time in some people's lives where they get tired of the pain they are causing other people, or the pain they are causing in themselves through tension myositis syndrome, (TMS), and decide before God, and that with God's help, they'll deal with, face, and release these painful memories and feelings.

There is the **repression** of feelings, which looks at the unintentional pushing of negative feelings down into the subconscious, where we do not have to experience them in our stream of consciousness to avoid their pain. And then there is the **suppression** of our feelings, which is the intentional pushing down of our feelings down into the subconscious, where our conscious mind doesn't have to experience them. Both are pain-avoiding techniques.

These are actually defense mechanisms to protect the soul and are a common childhood defense mechanism to protect the soul from childhood trauma and abuse. But what is a protective and survival defense mechanism in childhood becomes destructive to us in adulthood. That's why we have to deal with these things with BD as adult believers in Christ. Can't run; can't hide any more.

## Thirteen

One of the mistakes that many Christians make today is confusing emotional phenomena with spiritual phenomena. Fallen humanity had emotions in the soul before salvation and after salvation. They are a part of Adam's fallen nature. The thing that changed in our lives at the time of our salvation was that we **acquired a new nature!** The new man. A human spirit.

Many churches today are focusing on emotional concepts thereby making them carnal. They mistakenly think that emotional phenomena is spiritual phenomena. But for the spiritual dynamic to be there, there must be the true filling of the true Holy Spirit. So we must learn to distinguish what is truly spiritual from what is emotional. *“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.”* Galatians 5:22,23

For example, the emotional side of the soul, all souls, even unsaved souls, are able to experience *love, happiness and peace* of mind. But they are not the same dynamic as the love, joy and peace experienced in the new nature by the filling of the Holy Spirit! Adam's fallen, flesh nature is able to experience all kinds of love; love for one's parents, love for one's children, love for one's spouses, love for one's siblings, love for pets, love for one's country, falling in love, etc.. But the *agape* and *phileo* loves experienced in the new nature are a spiritual love and totally different. Just like **Christian joy**, which is based upon an internal spiritual dynamic, is different than **human happiness**, which is based upon pleasant, or agreeable circumstances.

To elaborate on this further, the spiritual phenomena of love, joy and peace is exactly the same spiritual phenomena that God has and experiences continually. In the Church Age, with the royal family of God, God did not just create a new nature in us, an human spirit, but put his very own nature in us! He took from his spiritual life, he took from his eternal life, and created them in us. The spiritual life that every Christian possesses is as old as God himself. That's why it is **eternal**. It would certainly explain the difficulty that all Christians have in trying to deal with the world, the flesh and the devil, for there is no compatibility of God's nature, that we have within us, with them.

It also helps us to see that the **love** with which we are able to love with now is just some new kind of love that was created in us, but it is the very love of God! It's the love that God loves with. When we look at the aspect of **joy**, it's the very experience of joy that God has all the time! And when we look at the aspect of **peace**, it's the very same peace of soul that the Father, Son and Holy Spirit experience. We may experience love, joy and peace on a moment by moment basis, but God has experienced them continually for all eternity!

And the same thing goes for **hope**. When it says that God is the God of hope, it isn't just saying that he is the source of hope, or that hope comes from him, or that he gives us hope, but that hope is the very nature of God's thinking! "*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 So what this tells us is that God's thinking toward the future is one of absolute positive confidence of good things happening!

The problem is, why do we have such a problem with our emotions, which hinder the spiritual dynamic? Remember, the emotional life is connected to the **flesh** and its problem with the indwelling sin nature. Then there is the **world system** with its many distraction and allurements, demands and fears, and constant enticements to lust. And lastly, there is the problem of Satan's army of **demons** and their great rage against us, who also are always trying to provoke us to fear and anger. They radiate rage toward us, (because they hate us), and try to get us to be angry and fearful.

## Fourteen

In Genesis 4:2-4 Cain and Abel both brought their offerings to the Lord. Cain brought the fruit of the soil, vegetables, perhaps fruit, but Abel brought the firstling offering from the flock, as the Lord specified. "*And she again bare his brother Abel. And Abel was a keeper of sheep, but Cain was a tiller of the ground. And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the LORD. And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the LORD had respect unto Abel and to his offering:*"

When *Yahweh* looked at the offerings of Cain and Abel, he viewed Abel's' offering with respect, but did not look upon Cain's with respect. "*But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell.*" Genesis 4:5 The word is *sha'ah* and it has the idea of being pleased with what you are looking at, versus looking away from it. You see it, but turn your head away.

When the two men, standing by their offerings, saw the Lord's response to their offerings, Cain reacted with intense anger. It says that he became very **wroth** or angry. "*But unto Cain and to his offering he had not respect. And Cain was **very wroth**, and his countenance fell.*" Genesis 4:5 The word for **anger** here is *charah* and is the strongest form of anger in the Hebrew. It meant to burn with intense anger. But it is used with *meod*, which is used to amplify the concept connected with it! So it tells us that Cain's anger, his intense burning anger, was multiplied many times over!