

March 2015 Newsletter – Dealing With Emotions – Review

Dealing with the difficult.

“*And he said unto them, This **kind** can come forth by nothing, but by prayer and fasting.” Mark 9:29 - και ειπεν αυτοις τουτο το γενος εν ουδενι δυναται εξελθειν ει μη εν προσευχη και νηστεια. See the entire passage of Mark 9:17-29.*

This passage, although it deals with demon possession, gives us an insight into an approach we can use when dealing with very difficult, well-entrenched problems in the soul that are difficult to detect, difficult to diagnose and difficult to deal with. I'm sure that most believers have had to deal with things in their souls that we never seem to get on top of, things that perplex us and things that hold us back from living in the spiritual life.

To begin with we see a boy suffering physically as the result of having a devil (demon), as Matthew brings out, “*And Jesus rebuked the **devil**; and he departed out of him: and the child was cured from that very hour.*” Matthew 17:18. While Mark refers to it as an foul spirit. “*When Jesus saw that the people came running together, he rebuked the **foul** spirit, saying unto him, Thou dumb and deaf spirit, I charge thee, come out of him, and enter no more into him.*” Mark 9:25. This demon controlled every aspect of this boy's life: physically, socially, psychologically and any desires he might have for his life.

Although they are different phenomena, I see a parallel between demon possession and deeply entrenched scars or problems in the soul. This is not to say that scar tissue problems, or garbage in the soul is linked to demon possession, but there is a similarity in that there is something inside us that causes us great distress of the soul, which affects every area of our lives, whether we are aware of its impact or not. And there is an example here in how we can deal with scar tissue problems.

When the man came to the disciples with his demon-possessed son, they weren't able to cast the demon out! Literally, they lacked the **power** to do it. We must interject that they did not inherently possess the power in themselves to do this, for the power came from God not man. The problem was they were not sufficiently **accessing** the power that God had at their disposal to do this at the level needed to cast this kind of demon out. They had been successfully doing this with other people, but when they came to this case of demon-possession they weren't able to do it. This is where the Lord told them that they were dealing with a special kind of demon that was more difficult to deal with.

When he said, **this kind**, *touto to genos*, he uses the word *genos* to denote a specific sub-species, or species of something. For example, *genos* would refer to a specific nation out of a body of nations, a nation that was different than other nations, or a race of people. There are many people on earth, but different races. There are many demons on earth, but different kinds or species of demons.

So what he's bringing out is that this is a **different kind** or species of demon, one that is more entrenched and difficult to deal with. So when we have something more difficult to deal with on a spiritual level, **then there has to be an intensification of the spiritual life dynamic process to overcome the difficulty factor!** The Lord in both Gospel passages brings out two critical things that need to be brought into play, if they're going to successfully get this demon to leave this young man, prayer and fasting designed to get one's faith up. And by way of application we can use this same pattern for dealing with deeply entrenched problems in our souls.

In Matthew he records that the reason why they did not have the power to cast the demons out was due to their **unbelief**. *“And Jesus said unto them, Because of your **unbelief**: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.”* Matthew 17:20. So here we see the vital need for faith in our lives when dealing with, in our cases, deeply entrenched garbage in the soul. And we know that faith is developed by Bible Doctrine in the soul.

Mark records about prayer in the matter and some translations have it as prayer and fasting. The concept of fasting has the idea of removing yourself from the daily grind and distractions of everyday living to give yourself wholly over to the spiritual life dynamic. *“And he said unto them, This kind can come forth by nothing, but by **prayer and fasting**.”* Prayer we know about in James 5:13 where it says, *“Is any among you afflicted? let him **pray**. Is any merry? let him sing psalms.”*

So the parallel is if the disciples could cast a willful demon out by the intense application of prayer, faith and giving themselves over to the spiritual life dynamic, then we have an approach we can use when we come up against something in our lives or our souls that seems insurmountable! We need to intensely focus ourselves on prayer, faith and the things pertaining to the spiritual life. **We are to keep praying, keep in the Word and keep going over the promises, until we get the faith to prevail over the situation!** We are to do it ourselves and it is helpful to seek those positive to this concept, who will help us in doing so.

Entrenched feelings don't always have to be something like anger or fear; they can be something innocent as human **love**. How many believers have allowed human love for a parent, a child, a spouse, or family keep them back from going for Bible Doctrine? From living by faith? From doing the will of God for their life? From being used by the Lord? From moving forward and appropriating the grace blessings God has for them? We see that in the son's loyalty for his father. *“And he said unto another, Follow me. But he said, Lord, suffer me first to go and bury my father.”* Luke 9:59

And how many believers have allowed the desire for human **happiness** and fun keep them back from moving forward in the the plan of God for their lives and living in the spiritual life dynamic? Millions! Millions of Christians are allowing their feelings dictate and control their lives. Mega-churches have been erected to serve that purpose. *“Whose end is destruction, whose God is their **belly**, (emotions) and whose glory is in their shame, who mind earthly things.)”* Philippians 3:19

The question we all face is, **what** is it that is preventing me from living in the spiritual life dynamic? It may be something obvious and it may be something deeply entrenched deep in the soul. If it's on the surface, obvious, then that makes it easier to confess. But if it's buried down inside, then we are going to have to apply the dynamic of prayer and faith to get at the bottom of it all. There are the lusts (desires) of the flesh and there are the emotions of the flesh.

These are the things we inherited from Adam and Eve. But God has something infinitely better for us and that is the spiritual life, which he has granted access to every believer in Christ. When we have the emotion of **fear**, which we have all experienced, we don't have to let it stop us in our tracks, or send us retreating; we don't have to let it overpower us so that we don't keep moving forward in the plan of God. We do so by exercising faith in the promises of God and living in the filling of the Holy Spirit.

We don't have to let the feelings of **guilt and shame** keep us from the life of grace blessing that God has for us. We apply the doctrines that teach how we have been cleansed from all our sins.

When we have the emotion of **anger**, or old buried **resentments** that affect us, we don't have to stay angry, or stay embittered and fall short of the grace blessings that God has for us. We can confess our bitterness and anger to God, recover the filling of the Holy Spirit, have the mental attitude of *agape* love and deal with our past resentments as part of our post salvation experience. *“Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;”* Hebrews 12:15

We don't have to be a casualty of human love. Many a Christian man has missed out on a life of serving the Lord because of his love for his parents or wife. Many a wife has held her husband back from serving the Lord out of a love for her children, parents and/or the life she wants to have. Bible Doctrine in the soul, the filling of the Holy Spirit, growth and living in *agape* love, in time, will give the believer the strength they need to make the right decisions. Remember, we will all be judged based upon the decisions we make in this life, not how we felt about something!

We need to ask ourselves what affect does **pride** have on us and our emotions? Pride is the mental attitude behind the emotion of **anger**. The greater the pride, the greater the anger and the quicker one is to react with anger. Pride also impacts the emotion of **fear**. When we have a threat to our well being, the reaction of the flesh controlled soul is one of fear. Pride is there because the individual sees himself above others, and above applying doctrinal solutions, leaving them at the place where they believe that they going to handle all their own problems in life. “No one's going to help me, I can do this myself”. Pride creates an independent, self-reliant mental attitude, instead of a reliance on God. **In Chinese medicine they believed that all sickness and disease was caused by the seven emotions.**

The Christian life is a life of faith; living by faith; walking by faith and the rest of faith, which does not mean inactivity in life, but where **the soul is at rest**. *“Now the just shall live by faith: but if any man draw back, my soul shall have no pleasure in him.”* Hebrews 10:38 *“(For we walk by faith, not by sight:)”* 2 Corinthians 5:7 *“For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world.”* Hebrews 4:3 **Even Jesus Christ lived by faith!** *“Knowing that a man is not justified by the works of the law, but by the faith of Jesus Christ, even we have believed in Jesus Christ, that we might be justified by the faith of Christ, and not by the works of the law: for by the works of the law shall no flesh be justified.”* Galatians 2:17 *“I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.”* Galatians 2:20

But the mental attitude of pride enters in and motivates the believer, if he or she is under the control of the flesh nature, toward being works oriented. Now they are operating outside the sphere of grace and the power of the Holy Spirit. Usually it's the overwhelming pressure of the trial that forces the believer to abandon his attempts to solve his own problems, (and that's because his attempts always fail), and to return to trusting the Lord.

The attitude of pride says, “I don't need help; I can do it myself; I don't need anyone to help me; I can take care of my own problems; I don't need the Lord's help, etc.. Pride seeks its own solutions, but not Biblical solutions. Pride is the enemy of grace and it keeps us from living by faith. But we forget that it is the worse sin of all! *“These six things doth the LORD hate: yea, seven are an abomination unto him: A proud look, a lying tongue, and hands that shed innocent blood,”* Proverbs 6:16 And it was the original sin of Satan. *“By thy great wisdom and by thy traffick hast thou increased thy riches, and thine heart is lifted up because of thy riches:”* Ezekiel 28:5

The spiritual life dynamic is accessed by faith, by trusting the Lord; it is God's provision for dealing with fear. But what happens if the believer isn't trusting the Lord, if he doesn't believe the promises of God? Then he will be overcome by **fear**! And what is it that motivates him not to believe? It's his or her pride! Pride says I can do this by myself without any help; I don't need to trust the Lord. It is this mental attitude of **pride that views itself above** living in the spiritual life dynamic, which God has provided for everyone of his children, that keeps them out of it. So the result is that they are left with fear, anxiety, worry and all sorts of human ideas and human solutions to cope with their fear. Which could have all been avoided if they had just lived the faith rest life!

When we are faced with the things that we have to go through in life, things ranging from the burden of responsibility, or life-threatening concepts, we have two choices. One we can turn them over to God via faith and prayer. Or two we can handle them ourselves. Pride says, I can handle them myself, or I have to handle them myself because no one will help me. But subconsciously we know we can't, so we slip back into fear and anxiety. But when faith turns the problem over to God, then we have peace! So the question is, do we want peace or fear?

Now we want to look at the feelings of **guilt and shame** and how they are connected to pride. There is **real guilt** where we **are** guilty of doing something wrong and then there is **imagined guilt** where we **feel** guilty. Guilty feelings are a conviction of the conscience. It's a feeling that you have done wrong, that you're to blame, that you have sinned in some area. **Shame** is the spin-off of the feeling of guilt. From that we get the sense that we're no good, that we'll never measure up, that we're unworthy.

It comes from the conscience that acts as a miniature judge and jury either accusing ourselves, or defending ourselves. *"They show that the requirements of the law are written on their hearts, their consciences also bearing witness, and their thoughts sometimes accusing them and at other times even defending them."* Romans 2:15 But the conscience not only **convicts – it punishes the individual!**

Letting "your conscience be your guide" is never a good principle to operate by, although we don't want to abuse our consciences, we need to realize that one's conscience never operates as it should. Some people's conscience convicts them over everything they do in life, including things that are not sinful at all, while other people's consciences don't convict them over anything, including sin. Some people sear their consciences, when they are convicted of doing something that is actually sin, but they persist in it anyway. Bible Doctrine is to be our guide on determining what's right and what's wrong.

Pride enters into the convicting of the conscience and the resultant feelings of guilt and shame, because that believer puts his/her prideful mental attitude above what the Bible teaches! It says that its feelings and standards for life are above what God has revealed in his Word. Pride determines what it thinks is right or wrong, and when the feelings of guilt arise, then pride determines what it thinks is the solution!

In the area of **salvation** pride refuses to accept what the Bible says that everyone has sinned against God. And for those who admit they have sinned, their pride refuses to accept what Christ has done for them in his atoning death on the cross! And for those who have believed on Christ, but think there are some sins they have committed that are beyond Christ's forgiveness, it is their pride that keeps them from accepting the fact that Christ has paid the full penalty for all their sin.

When people have a guilty conscience they not only have guilty feelings, but are also punishing themselves. One of the ways they punish themselves is by rejecting God's grace blessings, or by refusing to allow themselves to enjoy what God does for them.

When this happens they become their own worse enemy. Satan doesn't have to sabotage their life and happiness because they are doing it themselves. If a believer feels guilty about something, and it doesn't have to be something recent, but something a long time ago, even in childhood, where guilty feelings were repressed over something they did, then that believer will carry those feelings of guilt and unworthiness throughout life. They will carry with them the sense of not: being worthy, of being no good, of being something shameful and bad. So they push the good things away from them because they feel that they are bad, no good, not worthy of anything good being done for them, even by God!

Pride comes into play on this when we don't believe, accept and apply to one's life all the doctrines connected to Christ's death on the cross and his resurrection from the dead. 1) God took all our sins from us and placed them on Jesus Christ, therefore what has been removed from us is no longer our concern. 2) God punished Christ for our sins, **once**, therefore there is no legal basis for us punishing ourselves! 3) God never delegated to us to be the punisher of our sins! He alone has the right as judge to punish sin. 4) Christ died for our sins; dying for our sins is not our area either. 5) Christ not only bore our sins, he bore our guilt and shame also, thereby removing them from us.

Therefore, because God has completely taken all our sins away from us, and because he has taken all our sins and placed them on his Son some 2,000 years ago, and because he has punished Christ for our sins, not us, but Christ, and because Christ not only bore our sins, but our guilt and shame as well, there is no basis whatsoever for us to feel guilty or shamed, or to persist in feelings of guilt and shame! Or to persist in self-punishment ever some sin one has committed!

Therefore, **any believer who persists in feelings of guilt and shame** has placed themselves above the content of Bible Doctrine; they have rejected the truth connected to the blood atonement of Jesus Christ; they have set themselves as a special case that God's grace didn't handle; and they have rejected the authority of God's Word being above their own personal feelings. In short it is their **pride** that not only rejects BD concerning their sin, but refuses to apply it in their case!

Pressure on the outside, if not handled by faith in the Word, becomes stress in the soul. **Stress** in the soul will result in sins of the soul and the first sin that is activated is the emotional complex of the soul with fear being the first emotional sin, then anger, and the other emotions will follow: guilt, grief, envy, and a pursuit for human happiness and human love.

When we come down to feeling guilty it also is a soul sin and it creates a complex of other soul sins: a sense of feeling worthless, of feeling no good, or not good enough, shame, toxic shame, of low self esteem, of never measuring up, of being outside the group, of being an outcast and many other concepts along that line.

Guilt feelings also trigger the dynamic of **self punishment**. When a believer has done anything wrong in their lives, or think they have, and not dealt with it biblically and objectively, then the conscience will act as judge, jury and executioner and punish the individual in a myriad of ways. Many times the experience of believers being mad at themselves will go back to a malfunctioning conscience. That one needs to apply the atoning death of Christ on the cross to their own life along with believing the great love that the Father, who sent his Son to die for them, has for them.

Any one of the seven emotions will keep us outside the spiritual life dynamic that's why its so important for us to be able to recognize them and deal with them. And the procedure for that is confession of sin, and focusing our attention once again on the Word of God and the faith rest life.

Whatever the emotion is **pride** enters in to keep us from applying God's doctrinal, spiritual provision. Whether we are dealing with the emotion of fear, anger, guilt, grief, envy, human love or human happiness, they all destroy our peace of mind and take away our joy and you will find always there behind the problem, even in when repressed emotions are trying to surface and we hold them down.

Now we want to look at the effect that **pride** has on the emotion of **grief**. Grief is a normal human emotion today, but was not there before the fall of Adam and Eve. There was nothing to grieve about in the garden, but because of our acquired old sin nature, or fallen nature, we have abnormal grief. We can **repress** our grief because we don't want to experience the pain. And others can **suppress** our grief in us because they don't want to hear it.

Ecclesiastes 3:4 says, “*A time to weep, and a time to laugh; a time to mourn, and a time to dance;*”. There is a season for weeping and mourning over your loss in life, but there is a time when it needs to come to an end. Grieving is the emotional experience of the **soul letting go**, but pride enters in, like bitterness, and stops the grieving process. The attitude of many men in our culture is, “I'm a man, or I can't show any emotions, or crying is a sign of weakness.

So the mental attitude of pride suppresses the feelings of grief down into the subconscious where it adversely affects us both psychologically and physically. But pride can also motivate us to inordinate expressions of grief: wailing out loud, fainting and many other grandiose displays of emotion to get people to pay attention to you. Personal pride couples with bitterness can come in and say, “I'll never love again as long as I don't have you”. It's the mental attitude that says I'll never be happy in life, or be blessed in life because I lost that person or that thing.

Pride keeps us locked into our grief, instead of moving forward in life and in the spiritual life with God! There is a spiritual solution that God has provided for dealing with our grief and it is spiritual renewal! But it is our pride that holds us back from appropriating it. God says, Here's the solution”, but pride says, “I don't want to”. When Adam and Eve sinned against God, they not only acquired a sin nature, they also acquired **Satan's spirit of pride!**

Yes there will be times of sadness and weeping and there will be times that it occurs regularly, but God has provided something infinitely better for fellow believers in Christ and that is spiritual renewal. Spiritual renewal is the renewing of the new man and is accomplished as the believer is concentrating on the teaching of the Word of God under the filling of the Holy Spirit, claiming the promises of God, prayer, living by faith and confessing our sins to God if necessary. It is pride that rejects that dynamic and seeks to avoid it. Once one is in the Spirit, then they can apply Bible Doctrine to their grief.

Pride is a major factor in **jealousy**. Now the Greek makes a distinction between jealousy and envy. **Envy** would have the idea of wanting what others have for yourself, while **jealousy** would seek to deprive the other person of what they have. They both have the same common emotion of displeasure over the success, benefit, profit, etc., that someone else has; and can be greatly intensified if they don't have that thing themselves!

To list a few things: envious of those who are married, when you are single; of those who have children, when you are childless; of those who have a nicer home, car, furniture and clothes than you do; of those who have better paying jobs; of those who have higher positions in a company; of women who are beautiful, when you are plain; of those who have greater figures, when you struggle to lose weight; of those who have money and travel, when you're broke and have to stay home.

Obviously this is a sin nature concept; it is a feeling, but the mental attitude that drives it is **pride!** It is not the spiritual mental attitude of *agape* love that rejoices when others are blessed, but reacts instead with **displeasure**. “Why them and not me?”, it says. The lofty thinking of pride views oneself as being above other people, so when they are blessed, benefited, or prospered in some way, and you're not, it means they are now “one up on you”, or above you. And pride won't have that.

Pride also has the thinking that it deserves this or that and it has a problem when others have things you don't have. It reasons, “why can't I have that?” I work harder than they do, or I'm better than they are, or I'm more moral, or this or that. What pride definitely lacks is grace humility. **Grace humility** is the mental attitude that everything I do receive from the Lord is a gift from the grace of God. Whether it is one of his provisions, or a grace blessing, it is all from the undeserved grace of God.

Pride is the mental attitude that drives **human happiness**. It says, “I deserve to be happy, I have the right to be happy”, and then makes it one's life ambition to do things and have things so they can derive some happiness in this life. It is self centered all the way and puts one's own happiness above other people and how it effects them. **Pride does not care about whether or not another person is made unhappy by its actions, only that it is happy!**

Human happiness is a feeling, and a fleeting one at that, which comes about as the result of pleasant, desired stimuli. A bride at her wedding reception, a young man getting the car of his dreams, someone winning the lottery all have the same thing in common and that is they're happy! But happiness is an emotion not spiritual phenomenon; something that is external stimulates happiness in them. While **joy** is a spiritual phenomenon produced in the soul of the Christian, as he or she is filled with the Holy Spirit. It is internal and not dependent upon pleasant, or desired circumstances.

One of the problems with human happiness is the acquired lust or desire to be happy to the point that they go off in life in pursuit of the things they think will make them happy! They pursue after money, education, material possessions, marriage, children, alcohol, music, notoriety, fame, being in the lime light, etc.. **They pursue after the things they think will make them happy!**

Human happiness is not in itself a sin like theft or murder, nor is it a lust like lust for power, although one can lust after happiness, but is an emotion produced by the fallen flesh nature. **Joy**, however, is a spiritual phenomenon, which God has provided free of charge for every believer in Christ, and is produced by the filling of the Holy Spirit in the new nature of born again Christians, who are metabolizing the Word of God by faith.

Pride, though, enters in and rejects the entire concept. It rejects the idea that human happiness is not a spiritual phenomenon; it rejects the idea of a spiritual phenomenon altogether; it rejects the idea of being under the authority of Bible Doctrine and the Pastor-Teacher gift in a local church; it rejects the idea of spiritual joy because it rather have fun and human happiness.

So pride drives the believer all over the place in a frantic pursuit for happiness. It refuses to learn the lesson of Solomon's folly. “*I said in mine heart, Go to now, I will prove thee with **mirth**, therefore enjoy pleasure: and, behold, this also is vanity. I said of **laughter**, It is mad: and of **mirth**, What doeth it? I sought in mine heart to give myself unto wine, yet acquainting mine heart with wisdom; and to lay hold on folly, till I might see what was that good for the sons of men, which they should do under the heaven all the days of their life.*” Ecclesiastes 2:1-3 The question and issue for us today is will we learn from Solomon, or pursue on our own frantic pursuit for fleeting happiness?

Examples of fear.

In Genesis 14:22–15:1-6 **Abram** became afraid after turning down the fortune offered to him by the king of Sodom. Insecurity had set in, due to his advancing years, and he realized he was getting older. The question that would arise is how am I going to take care of myself and Sarai? His advancing years caused him to think about having the son he wanted, which prompted him to thin of Eliezer again.

Insecurity and a lack of faith always ends up in the emotion of fear. Fear means we're controlled by the flesh nature, which means we're looking to our flesh for the answers. Eliezer was nothing more than the fleshly response to his problem. But with Abram he utilized the spiritual solution provided by God in restating his promise to him and he recovered from fear.

David became afraid of Achish, so he feigned insanity and later escaped to the cave of Adullam. *“And David laid up these words in his heart, and was sore afraid of Achish the king of Gath. And he changed his behaviour before them, and feigned himself mad in their hands, and scrabbled on the doors of the gate, and let his spittle fall down upon his beard.”* 1 Samuel 21:12,13 *“David therefore departed thence, and escaped to the cave Adullam: and when his brethren and all his father's house heard it, they went down thither to him.”* 1 Samuel 22:1

Examples of anger.

The first one listed in the Bible is with **Cain**. Cain was so angry that he murdered his brother Abel. And he not only was angry with Abel he was also angry at the Lord. *“But unto Cain and to his offering he had not respect. And Cain was very **wroth**, (charah – intense anger), (charah – intense anger), and his countenance fell. And the LORD said unto Cain, Why art thou **wroth**? and why is thy countenance fallen? And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him.”* Genesis 4:5,6,8

Cain did not utilize God's spiritual grace provision of trusting in the Lord to be saved before the murder, nor afterward. He rejected the sacrifice needed to be in right standing before the Lord, instead he expected the Lord to accept his human good sacrifice demonstrated in the produce of his garden. The animal sacrifice looked forward to the time when the Lord would pay for his sins in his atoning death on the cross. While Cain rejected all that and stated by his offering that he was good enough in himself. A classic case of human good demanding acceptance by God. And we see where all this human good led to – the murder of an innocent, righteous human being!

Jonah's pride and resentment of the Ninevites motivated him to rebel against God's will for his life and his ministry and he sailed off in a different direction. (How many communicators have taken a different path than the one chosen for them by the Father?) *“But Jonah rose up to flee unto Tarshish from the presence of the LORD, and went down to Joppa; and he found a ship going to Tarshish: so he paid the fare thereof, and went down into it, to go with them unto Tarshish from the presence of the LORD.”* Jonah 1:3 But after God stepped into the picture and Jonah changed his mind, he went out and did his duty, but he was still angry! *“But it displeased Jonah exceedingly, and he was very **angry**. And he prayed unto the LORD, and said, I pray thee, O LORD, was not this my saying, when I was yet in my country? Therefore I fled before unto Tarshish: for I knew that thou art a gracious God, and merciful, slow to anger, and of great kindness, and repentest thee of the evil. Therefore now, O LORD, take, I beseech thee, my life from me; for it is better for me to die than to live. Then said the LORD, Doest thou well to be **angry**?”* Jonah 4:1-4

Even after God talked to him, which is the communication of Bible Doctrine, to try to get him to recover. He even caused a gourd plant to grow up to give him some shade; he was still bitter and angry over the whole matter. *“And God said to Jonah, Doest thou well to be angry for the gourd? And he said, I do well to be angry, **even unto death.**”* Jonah 4:9 Apparently he was still angry at this point, but may have recovered spiritually later on.

Asaph, who was a fine, doctrinal man, became envious and bitter over the prosperity that the wicked enjoyed, Psalms 73. He tried to understand it through human reasoning, but to no avail. *“When I **thought** to know this, it was too painful for me;”* Psalms 73:16 But he went back to the Temple of God where somebody was teaching the doctrine needed at that time and he was able to recover spiritually from his emotions. *“Until I went into the **sanctuary** of God; then understood I their end.”* Psalms 73:17

It is inevitable that sooner or later God's people are going to have problems with their **emotions**. The question is, are we going to be controlled by them? destroyed by them? (and everyone else around us?) Or are we going to appropriate God's spiritual recovery solution that he provides for us in his grace? Some do; some don't. The question is, which one will we be?

Examples of grief.

David had two children that died; one was his son, Absalom, 2 Samuel 18. The other was the child born to him through Bathsheba, 2 Samuel 12. When the child between him and Bathsheba became sick, because God had struck the child in his discipline of David, David fasted, cried and prayed hoping the child would be saved. But when he found out that the child had died, he got up, washed, changed his clothes, went to the Temple to worship and take in Bible Doctrine, then he went back home to comfort Bathsheba and make love to her from which came Solomon, 2 Samuel 12:15-25.

But when Absalom died, David completely fell apart in his grief crying out loud, *“O my son Absalom, my son, my son Absalom! would God I had died for thee, O Absalom, my son, my son!”* 2 Samuel 18:33 Even later on he was doing this publicly, *“But the king covered his face, and the king cried with a loud voice, O my son Absalom, O Absalom, my son, my son!”* 2 Samuel 19:4

It was **Absalom**, who was leading a rebellion against David's rule as Israel's king and many men fought to save David's throne and many men died. But when David started crying over the man, who had caused Israel so much grief and who was responsible for the deaths of so many fine men, it turned Israel's victory into one of mourning!

What's the difference between the two? In the former David applied the spiritual doctrinal solution in his grief and he recovered quite well and normally, as he should have. But in the latter, he got caught up in his grief, which was totally subjective, and ended up in abnormal, evil grief. In the former there was grief, but he fasted, cried and called out to God. But when he saw the Lord's will in the matter, he went to the Temple to take in doctrine and worship the Lord; he applied Bible Doctrine to the situation, and went on with life. While in the latter, there was a subjective element there that had him trapped in abnormal grief, when there shouldn't have been any at all, maybe a little in private as he thought about his son. It wasn't until one of his generals came in and rebuked him that got him straightened out.

It must be remembered that while **Absalom deserved to die** due to his arrogance, rebellion, assault on the throne and being negative to the Word, **the baby didn't deserve to die. Absalom died because of his own sin! While the baby died because of David's sin!**