

March 2016 Newsletter – Dealing With Emotions – Review

There is often a connection between the emotions of the flesh nature and some physiological problems. Even today they have linked heart disease and other problems to stress. And stress is certainly a problem, which the Lord warns us about to avoid because it leads to fear in the soul. *“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, (tarasso - stressed) neither let it be afraid.”* John 14:27

In Psalms 38 David had pain in his bones, *“there is no soundness in my bones because of my sin.”* v.3, and his back was filled with searing pain, *“My back is filled with searing pain;”* v.7, which he attributed to God's discipline over personal sin, *“I confess my iniquity; I am troubled by my sin.”* v.18. So sin can cause our bodies pain due to self-induced misery; and sin can also bring about divine discipline, which also can result in pain in the body.

Job concluded that his personal misery had to be coming from God due to some personal sin in his life, even though he had no idea of what it could be. His “friends” were certainly pushing that idea. But unbeknownst to all of them is that Job's personal suffering was due to Satan's attack against him! So now we have the idea of Satan or one of his demons causing pain in the body.

In Psalms 55 David was suffering from an involuntary muscle spasm, **trembling**, due to having fear in the soul and that fear existed because there was stress in the soul. *“Fearfulness and trembling are come upon me, and horror hath overwhelmed me.”* Psalms 55:5 Stress in the soul came about due to not having faith in the promises of God, this led to fear in the soul, then involuntary muscle spasms and finally wanting to run away to solve the problem. Faith in the Word is the answer to solving our problems, not running away. *“And I said, Oh that I had wings like a dove! for then would I fly away, and be at rest.”* Psalms 55:6

So what's the point? The point is in any given situation where we are suffering and in pain, we may not and probably don't know the reason why we are suffering. It may be due to personal sin where under the principle of self-induced misery we brought it on ourselves. It may be due to divine discipline due to personal sin. It may be due to a demonic attack against our bodies. It may be due to a demonic attack against our souls, which could result in physical suffering. It could be due to operating outside the field of faith and our spiritual center.

The point is because we don't know why we are suffering we are to seek the face of God in prayer to find out why and what course of action he would have us to follow. *“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”* James 1:5 *“Is any among you afflicted? let him pray. Is any merry? let him sing psalms.”* James 5:13 If it is due to personal sin, then we need to ask God to reveal that sin to us so we can confess it and put it behind us. If it is due to Satan, then we are to go on the alert, put on the armor of God and then resist him in every aspect of our life. If it's due to unbelief, then we need to get back to claiming the promises of God.

I don't think that we appreciate the fact that Paul was really suffering and in real pain in 2 Corinthians 12:7-10 to the place where he asked God three times to take it away from him to which Christ replied that his grace was sufficient for him and anything else he would have to go through in life. This provision of God is covered in my Online study of, “Christ's Grace Is Good Enough”. Concerning the many reasons why Christians suffer, and there are many of them, see my study on “27 Reasons Why Christians Suffer”.

From the standpoint of the **flesh** the unconscious mind uses TMS, which can wander from one area of the body to another, to mask or divert the conscious mind's attention away from repressed emotions, or scar tissue garbage of the soul. This is one of the problems that we have to deal with in the flesh nature, along with the lusts and pleasures of the soul. From the standpoint of the **spirit** the soul must be totally focused on the Word of God in faith, and when it is, then we will find ourselves in the sphere of peace.

Now the problem of **lusts** can be dealt with by learning the 28 categories of lusts and seeing if they're something we are currently involved in and applying spiritual problem solving devices. And the same thing would go for the problem of **pleasures**. The problem of the 7 **emotional** complexes of the soul have been dealt with in our study and they too must be handled by the spiritual life dynamic.

But there is another area, and one that is more difficult to deal with, and that is if we are bound up by, or our mind and behavior is affected by, or controlled by something we can't explain. We may have a problem with a repressed emotion that goes way back in our lives to some past event that triggered the whole thing, which affects us negatively to this day.

We have covered about having to go through some traumatic event in our past, usually in the formative years of our youth, which subjected us to a great deal of physical or emotional suffering: severe hurt, a crushing of cherished dreams or hopes, physical, sexual, or emotional abuse and many other things that left us scarred in areas of our souls. We **dissociated** ourselves from them, **distanced** ourselves from them, even to the place of **eradicating** them from our memories,(or so we thought), and even to the place of **repressing or dissociating ourselves from our true core personality!**

Now in spiritual growth the Lord will take us back to face these traumatic events that transpired in the past to overcome them with Christ, but the flesh will fight against this with every fiber of its being, even to the place of fighting against the Lord, as we see with the case of Jacob. Many years later, when Christ was taking Jacob back into the land, he had to face Esau and this is something he definitely did not want to do because he was afraid. Even after everything he possessed had gone safely over to the other side he remained and fought the Lord tooth and nail in the matter. *“So Jacob’s gifts went on ahead of him, but he himself spent the night in the camp.”* Genesis 32:21 Jacob was now all alone and he wrestled with a “man” until daybreak. *“So Jacob was left alone, and a man wrestled with him till daybreak.”* Genesis 32:24 The “man” prevailed by touching his hip wrenching it and then he finally went over to face his past and so it is with us today. Jacob named this place **Peniel** because the man he wrestled with was God and so he named it Peniel because he had seen God's face.

What we have here is God taking Jacob back to face his past, which he definitely did not want to do as evidenced by his fierce resistance to it. Which gets into the idea of how, under doctrinal growth, God will take us back to face certain things in our past that have had such a negative impact on our life and ones that will definitely be causing opposition to our growth in grace and spiritual walk with the Lord. Instead of living in the love, joy and peace available to us in the spiritual life; we will spend most of our time being governed by fear, anger, guilt, or something else from these past events. So God will take us through these things and this is where we will see *ananke* coming into play.

Ananke is the **necessities** found in 2 Corinthians 12:10. *“Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.”* It speaks of being compelled to go through that which you don't want to go through; it refers to something that poses an extremely stressful situation, yet you still have to go through it. It denotes that extreme pain in the soul at the moment of impact as you go through the ordeal.

But once Christ takes us through it, and his power will be sustaining us as we do go through it, then on the other side there will be a tremendous relief and freedom as one has been released from the negative emotions that have been plaguing us for much or most of our lives! Remember, we don't suffer according to the will of God for no reason at all. Our suffering is designed by God to form Christ in us and place our souls in the experiential state of peace, joy and freedom!

Now when we went through traumatic events when we were younger, or young, we could not handle them, so we resorted to childhood problem solving devices, such as, fight or flight, repression, denial, acting out and so on. Those things may have enabled us to survive the traumatic event, but they won't help us in our adult lives. In fact, they will work against us. But with Bible Doctrine in our lives we can go through these things, face them, and overcome them coming out the other side in victory over them.

In 2 Corinthians 12:10 Paul gives us 5 categories of crises that we go through in life: *infirmities, reproaches, necessities, persecutions, and distresses*.

Infirmities is *astheneia* and it refers to our personal weakness to handle something. How many school kids have suffered severe psychological trauma because they were too weak to stand up to the bullies in school, or to abusive parents? Or to cope with other problems in life? Most develop survival defense coping mechanisms, but at the best they come out of that with severe scars on the soul.

Reproaches is *hubris* and it refers to being the brunt of cutting, hurtful, words designed to inflict injury on the person's soul. How many kids and adults have had severe damage done to their souls and sense of self-esteem by their parents, or kids in school? *Hubris* covers the ideas of: being ridiculed, made fun of, being put down, being the brunt of jokes, humiliation, being made to feel less than others, that you're no good, or being told you're stupid, ugly, fat skinny, that you're no good, that you're a loser, etc. We may lash out; we may change our personalities; we may adopt a different persona; we may repress the hurt, shame and anger, but we will carry those scars into adult life where they will still affect us in one way or another and to one degree or another. They may stay dormant for years, until God forces them to the surface where they will have to be dealt with Bible Doctrine, faith and the spiritual life.

Necessities is *ananke*, and as we have seen, it has the idea of being compelled to go through something in life in the plan of the Father for our lives that we don't want to go through. It's sort of like the irresistible force meeting the immovable object. *Ananke* is that pain of soul when we impact the concept, which can be of a short or long duration.

Persecutions is *diogmos* and it meant to be put to flight for one's faith in Christ, or because of trying to live in the spiritual life dynamic and apply Bible Doctrine to one's life. **Persecution** can range from being snubbed by others, or socially ostracized, all the way to beatings, no one shopping at your store, not being hired in the work force, to having to run to another country to save your life. “*Yea, and all that will live **godly** in Christ Jesus shall suffer persecution.*” 2 Timothy 3:12

Distresses is *stenochoria* and it referred to the idea of being trapped in a “no way out” situation, or where one feels like they are trapped. A child growing up in an abusive home will end up feeling like this, or spouses in a loveless abusive marriage. This feeling of being trapped will create a whole host of negative emotional dynamics that will carry on with the individual for many years, until dealt with by Bible Doctrine, faith and the spiritual life dynamic. These are some of the things that we will often have to face and overcome in our journey of spiritual growth unto spiritual maturity.

There is an expression used 4 times in the Gospel of John and it's, "**For fear of the Jews**". John 7:13, "*Howbeit no man spake openly of him **for fear of the Jews**.*" John 9:22, "*These words spake his parents, because they **feared the Jews**: for the Jews had agreed already, that if any man did confess that he was Christ, he should be put out of the synagogue.*" John 19:38, "*And after this Joseph of Arimathaea, being a disciple of Jesus, but secretly **for fear of the Jews**, besought Pilate that he might take away the body of Jesus: and Pilate gave him leave. He came therefore, and took the body of Jesus.*" John 20:19, "*Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled **for fear of the Jews**, came Jesus and stood in the midst, and saith unto them, Peace be unto you.*"

Its impact on the believers living then was so powerful that it caused them to suppress how they felt and what they really believed. It was this **fear of reprisal** from unloving Jews that caused them to suppress what they really believed and how they felt about Christ. In John 7:12 we see that the people were only whispering about Christ to one another, because of their fear of the Jews. "*And there was much murmuring among the people concerning him: for some said, He is a good man: others said, Nay; but he deceiveth the people.*" But no one spoke openly about him.

In John 9:22 where the Lord had healed the blind man on the Sabbath, the Pharisees came out to investigate the matter and interrogated the man and his parents. But their reply to the Pharisees was less than direct and complete. They could have stated openly that it was Jesus Christ and gave him the glory, but they didn't because they were afraid that the Jews would kick them out of the Synagogue!

In John 19:38 we saw that Joseph of Arimathaea was a believer in Jesus Christ, one of his disciples and he loved him. It was he who came to retrieve the body of Christ and place it in the tomb. But he was a secret believer for fear of the Jews.

In John 20:19 we see that on the first evening after the crucifixion and resurrection of the Lord, the disciples had met together in a house with the doors shut for fear of the Jews.

This is what we studied at the beginning of our study on emotions in the suppressing of our emotions. Fear of reprisal, ridicule, rejection, humiliation, being embarrassed, put to shame, or pain of some sort will cause us to suppress, to push down into our subconscious and even deny, how we really feel about someone or something.

We have examples of believers in Jesus Christ, who had not only believed on him, but also loved him, followed him and had given their lives over to him, who suppressed how they really felt about the Lord for **fear of reprisal**! Even Peter did this three times, "*Then began he to curse and to swear, saying, I know not the man. And immediately the cock crew.*" Matthew 26:74

There's no denying that these men loved the Lord with all their hearts and souls; Christ was at the core of their existence. Yet the fear of reprisal caused them to push all that down to the place where they would not openly admit how they felt about him! And it is this same fear of reprisal that can keep us today from openly admitting how we really feel about something, or someone.

Often we won't admit this even to ourselves; we have denied this for so long, we won't admit it to others, even to ourselves. Openly confessing is really **telling the truth about how you feel**. Most of us have some secrets we have all kept buried inside, not necessarily bad things, but things that can keep us from being fully integrated and completed in our souls.

“Have pity upon me, have pity upon me, O ye my friends; for the hand of God hath touched me.”
Job 19:21

Pity is to show mercy, or compassion, or kindly sorrow to another individual, who is suffering, to show that you care for them and to somehow try to alleviate their suffering over what they had to go through. It is commonly practiced throughout the world and is a part of human society. The problem is when we get into **self-pity** where we are feeling sorry for ourselves.

Self pity is characterized by a person's belief that he or she is a victim of events and is deserving of condolences. Now when this person doesn't get the kind of sympathy they think they should have coming, or if the sympathy isn't at the level they think it should, then they give it to themselves; hence the idea of self-pity, or feeling sorry for one's self.

It is considered somewhat normal, and in some circumstances even be considered healthy or helpful, as long as it is **transitory** leading to acceptance, enlightenment and the resolve to grow and mature from the experience. But it often becomes an excuse for one's behavior, for avoiding personal responsibility and for not going on to enjoy any and all normal aspects of life. The sentiment of self-pity is, “I can't and I won't because this happened to me”. There are many out there in America today who choose to stay in a personal victim status, which is unhealthy for them and the country as a whole.

There are three situations over which self-pity can arise: 1) that which makes, or that which could make me **happy** has been denied me, or taken away from me. This leads to **resentment**. 2) that which gives, or that which could give **meaning and purpose to my life** has been denied me, or taken away from me. This leads to **despair**. 3) that which enables me, or could enable me to **cope with life** has been denied me, or taken away from me. This leads to **cowardice and timidity**.

Self-pity is a combination of three dynamics in the soul: the mental attitude of **pride** and the emotions of **grief** and **resentment**, which is a function of the anger complex where you're angry because you didn't get what you want, or had it and lost it. These three, along with the non-acceptance of what the believer has had to go through, will result in self-pity.

Even though the believer will need to constantly be applying the doctrinal provisions of God in getting over self-pity, such as, acknowledging and confessing one's pride, anger, etc., the filling of the Holy Spirit, prayer and the faith rest dynamic; the ultimate solution lies in acceptance. One has got to forget the things that lie behind, press forward to what lies ahead in the future, but accept the present. One also has to learn to stop bemoaning what we have lost in life and be thankful for what we have left!

When one has to go through that which he does not want to go through, when he has to go through that which is painful and cannot change; the believer must **accept** it. Christ accepted the cup that the Father had for him and so must we accept what the Father's will for us is in the same spirit of meekness that the Lord had, but with the knowledge that God will give us the grace and strength to go through it and come out the other side victoriously! *“I can do (I am strong for) all things through Christ which strengtheneth me.”* Philippians 4:13

The mental attitude of **meekness**, *prautes*, is to be the Christian's **perspective** directed toward God's dealings with us, in that we accept his dealings with us as being wise, fair, loving, etc., and we do so without murmurings, arguments, resistance, complaining, or resentment. It takes in the idea of having an understanding that you were saved by the unmerited, unearned, undeserved grace of God, (which he didn't have to do). It realizes that God forgave our sins and has promised to give us a new body to live

with him and his Son throughout eternity. It also is the perspective that whatever God does for you, whatever he supplies to you, whatever he gives to you, whatever his provisions are for you, are simply his gift to you out of his grace and we should be thankful for them and not be complaining about what we don't have! **It's how we look at things and at God's dealing with us.**

The food he provides; whether steak and potatoes, or beans and corn bread; the Christian friends we have, or don't have; our transportation, be it by car, foot, or bus; the clothes he provides, whether they are expensive, or from thrift shops; our home, be it a trailer, tent, apartment, or mansion on the hill; a wife, husband, or being single; children, or not; the church he provides for you, the pastor he provides to you; everything we have now as believers in Christ is not only his direct will for us, but also is a gift of his grace to us! **Therefore we should be thankful and content for all of it. That's meekness.**

But **pride** enters into our thinking and we think that we should have so much more, and that God exists for the purpose of giving us what we want! **Pride** is the mental attitude that is just the opposite of meekness and is the enemy to the mental attitude of meekness, as well as many other concepts. It is the mental attitude of entitlement, that it has a right to something, that it is entitled to things, that it deserves things. It is the mental attitude of Satan, who is the king over all who are proud. "*He beholdeth all high things: he is a king over all the children of pride.*" Job 41:34 How often do we see this spirit of pride in the churches today, instead of the spirit of meekness?

Now the Scriptures teach us that we will have the spiritual perspective of meekness as the result of being filled with the Holy Spirit! "*But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness (praotes), temperance: against such there is no law.*" Galatians 5:22,23 What this tells us that the flesh is incapable of producing this perspective, and that it comes to us only through the filling of the Holy Spirit!

The fact that the mental attitude of **meekness** is a spiritual attitude brought about by the filling of the Holy Spirit is also brought out in Colossians 3:12, "*Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;*" And in Ephesians 4:2 as well, "*With all lowliness and meekness, with longsuffering, forbearing one another in love;*"

The spirit of **meekness** is to be the mental attitude of all believers in Christ. "*But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.*" 1 Peter 3:4 "*But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear.*" 1 Peter 3:15 "*Blessed are the meek: for they shall inherit the earth.*" Matthew 5:5

Meekness is one of the defining qualities of our Lord and Savior, Jesus Christ, who, even though he was God in the flesh, humbled himself in submitting to the Father's will for his life, even though that meant his death on the cross. "*Let this mind (phroneo – spiritual perspective) be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross. Wherefore God also hath highly exalted him, and given him a name which is above every name: That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth; And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.*" Philippians 2:5-11 "*Tell ye the daughter of Sion, Behold, thy King cometh unto thee, meek, and sitting upon an ass, and a colt the foal of an ass.*" Matthew 21:5

God has a perfect solution for dealing with past childhood traumas and that is accepting them with the disposition of meekness. We didn't want them; we couldn't change them; the past is the past and one can do nothing about it, so instead of being bitter and angry about what we had to go through; we accept them as part of our life experience here on earth with the knowledge that God in his grace will cause them to work out for our good. *“And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”* Romans 8:28

And taking meekness beyond acceptance, with the understanding that doctrine gives, we can eventually take them to the place of being able to thank God for all the things in life that we had to go through, even if they were painful to us. *“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”* 1 Thessalonians 5:18 When God spoke to Job in Job 38 he basically told him in the passage, “I know what I'm doing”.

Acceptance is an understanding of what happened, in that, you understand that what you went through can't be changed and won't be changed, but you also understand that you can still live life to the fullest and enjoy it; you can be happy and successful, even though you lost this or that, or you were denied this or that, or had to go through this or that. You understand that these things do not have to define your existence, nor ruin your life. They are just things that we went through in our journey in life and we are confident toward the future because God promised to make them work out for our good!

Self-pity has the elements of pride, resentment, grief and narcissistic self centeredness in it, while **meekness** has the elements of humility, acceptance and thankfulness in it. Acceptance is not resignation. Acceptance is positive for it accepts what one has had to go through, but continues to move forward in life. While resignation is negative where one gives up on life and stops moving forward.

Life is! It is not this or that. **Life just is.** And in this life are both pleasant and painful experiences; joy and sorrow, good times and bad times, when things go your way and when they don't. Life has all sorts of experiences in it and to live life is to experience whatever comes with life. And that includes when you get the desires of your hearts and when you don't! Ecclesiastes 3:1-8

Self-pity arises when one has had bad experiences in life, and this is not to discount or minimize the trauma of these experiences, but when one reacts in anger to these experiences. With the onset reaction of pride over the bad experiences, resentment enters in and then the individual starts feeling sorry for themselves for what they had to go through, what they were denied, or what they lost. The pain avoidance emotion of fear will kick in to prevent the individual from going out and living life to the fullest, but it's not the only one. Self-pity is that deeply embedded sorrow in the soul that will control the believer from going out and enjoying life for it's still mourning over what it went through.

In Job 6:14, *“To him that is afflicted **pity** should be shewed from his friend; but he forsaketh the fear of the Almighty.”* Job said that the despairing man should have pity from his friends. The word used for **pity** is *chesed*, which can be translated as grace, mercy, or pity. What it's talking about is having the mental attitude of grace toward him, but also extending, or showing that grace in the way they talk to him and treat him, which is the idea of mercy, or pity.

One would not expect mercy or pity from people in society, but one would expect it from their friends! Especially if their friends are supposed to be grace believers!! But, as so often is the case, many grace believers are not really gracious at all, as evidenced by this situation where they were tested in their grace mental attitude and failed the test. *“Have **pity** upon me, have **pity** upon me, O ye my friends; for the hand of God hath touched me.”* Job 19:21

Job said in Job 14:22, “*But his flesh upon him shall have pain, and his soul within him shall mourn.*” NIV, “*They feel but the pain of their own bodies and mourn only for themselves.*” He said in the end man feels only his own pain and mourns only for himself. The word for **mourn** is *abal* and it had the ideas of mourning, crying, or grieving, but here it's for one's self. It's just another way of saying feeling sorry for oneself. Self pity is common to all mankind, but the important thing is to get past it and go on in life with the Lord and Bible Doctrine in the soul.

The problem is where many have suffered a serious set-back in their lives, either as children growing up in the home, or as adults; something that seriously impacted us negatively, a death, a divorce, loss of health or loved ones and it became a condition for us that we never got over. If this is the case, then we are going to have to isolate the event with the Lord's help; identify it for what it was and instead of feeling sorry for ourselves and nursing our wounds, we learn to accept it, embrace it and move on in life. No matter what we have lost in life, or what we have been denied, we can still have fellowship with God each and every day of our lives! We still have him!

Often believers will get into self-pity, or feeling sorry for themselves, and that's because they haven't had anyone show any compassion for them. We believers are to be compassionate toward one another, but, as so often is the case, there is very little of it shown by others today. Generally the sort of “compassion” we hear today is, “Well, you'll just have to get over it”, or, “It's time to move on”, or “Others have gone through this”, etc..

So people will start feeling sorry for themselves because they felt that no one else cared. They use it as a form of self-nurturing because they were not nurtured in their time of trial. Even David expressed this sentiment in Psalms 142:4, “*Look to the right and see; For there is no one who regards me; There is no escape for me; No one cares for my soul.*”

Many have suffered the death of dreams, the death of innocence and the death of a loved one. Job knew full well about the **death of dreams** because his plans and desires of the heart were shattered. “*My days have passed, my plans are shattered. Yet the desires of my heart.*” Job 17:11 NIV He also knew about the **death of a loved one** for he lost all 10 of his children! “*Oh, for the days when I was in my prime, when God's intimate friendship blessed my house, when the Almighty was still with me and my children were around me,*” Job 29:4,5

Now most people get into one form or another of **self-pity** and for differing lengths of time, but what we have to avoid is allowing it to become a **condition** in our lives! It prevents us from the experience of life by using it as an excuse not to live life to its fullest! God has given us the gift of eternal life, but temporal life is a gift from God also! And as such, we have a responsibility to live it to the fullest! The passage in Ecclesiastes 3:1-9 tells us that this is the way life is! So many people live their lives resisting the way life is, instead they need to embrace life and accept what has happened to them in life.

Job 3:20, “*Wherefore is light given to him that is in misery, and life unto the bitter in soul;*” describes how Job felt **during his trial**. Job 42:3-6, “*Who is he that hideth counsel without knowledge? therefore have I uttered that I understood not; things too wonderful for me, which I knew not. Hear, I beseech thee, and I will speak: I will demand of thee, and declare thou unto me. I have heard of thee by the hearing of the ear: but now mine eye seeth thee. Wherefore I abhor myself, and repent in dust and ashes.*” describe **Job's acceptance of it based upon BD**. And Job 42:16,17, “*After this lived Job an hundred and forty years, and saw his sons, and his sons' sons, even four generations. So Job died, being old and full of days.*” **describes Job's full life after his loss.**