

May 2016 Newsletter – Dealing With Emotions – Review

Ephesians 4:17,18, “*This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, Having the understanding **darkened**, (skotizō - **darkness is the absence of light because porosis has built up on the channels of the soul**), being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:*”

“*Being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:*” The word for **being alienated** is the perfect active participle of *apallotrioō*, which denotes someone who is living in a foreign land. Believers who operate outside the spiritual life dynamic are like foreigners living in a different nation having a different people, (not your own), having different customs and cultures and speaking a different language. We were made by God, through regeneration, to live in the spiritual life and anything outside of that is foreign to us. We also want to notice that this has become a spiritual condition and that of their own doing.

If the problem of the soul is **scar tissue**, *porosis*, then a consistent intake of Bible Doctrine under the filling of the Holy Spirit will remove it in time from the mind and even the heart. If the problem is a **constriction of the energy channels**, *stereophonic*, caused by one or more of the 7 emotions of the emotional complex of the soul: fear, anger, guilt, grief, jealousy, human love and human happiness, then once the negative emotion is gone through confession of sin and recovering the filling of the Holy Spirit, then the spiritual energy will start to flow once again through the soul.

It's very similar to blood flowing throughout our body; if a vein is crimped off, or if it is plugged up due to plaque and cholesterol, then that area of the body to which the blood is supposed to flow will become adversely affected. The only difference is in the soul that part of the soul doesn't die, it becomes sickly and will not function as God designed it to do.

The writers of the Septuagint used the word *mataiotes* to describe what Solomon was talking about when he wrote Ecclesiastes 1:2, “*Vanity of vanities, saith the Preacher, vanity of vanities; all is vanity.*” *Mataiotes* has the idea of pursuing after that which is not real, or not truly attainable, therefore it results in worthless pursuits, aimlessness of life, chasing after the wind, looking for the pot of gold at the end of the rainbow, fruitlessness as to results, waste of time and a waste of life.

Mataiotes so **affects** the mind that it causes the individual to have a distorted and incorrect perception of reality where that which is **not** true, real, or attainable now seems to be true! The individual will be convinced that it is true. What a **mirage** is to the eyes, *mataiotes* is to the mind! So we can term it **the illusions of the mind**. From there the desires of the flesh kick in, (lusts), and now the individual will pursue after his mental illusions. But because the individual is pursuing after that which is not real or attainable, after that which does not satisfy the soul, **his life ends up fruitless and wasted!**

This is what Solomon experienced in his life and that's why he termed it emptiness, or *mataiotes* as the Septuagint has translated it. Solomon had the money and the power to acquire or create anything his mind could think of in his futile attempt to satisfy that aching emptiness in his soul, but only a daily communion with God could satisfy that, not all the things he had done, purchased and built. He bought this, he built that, he had sex with hundred of women; he was worth billions of dollars; he had immense power, but none of them satisfied his soul

Porosis, the buildup of deposits in the soul, causes the mind and heart to develop the condition of *mataiotes*. The mind now perceives the world and things from the standpoint of an **illusion**. The mind now is convinced that illusion is reality with the result that the individual chases after the illusion. The result is futility, emptiness and a wasted life. They may get the things that they are chasing after, as guided by their mental illusions, but they will miss out on what really matters and that's a relationship and communion with the eternal Creator through his Son, Jesus Christ. *Mataiotes* speaks of the illusions or delusions of the mind. An **illusion** is a mistaken perception, while a **delusion** is a mistaken conviction. **Illusions** are wholly of the senses where one has a false or mistaken sensory impression, while **delusion** involves mental error or faulty judgment. One is what you think you see with your eyes, or feel with your heart, the other involves thinking, judging and decisions.

As stated before, what the mirage is to the eyes, illusion or *mataiotes* is to the mind. And operating under illusion, as most Christians are and all unbelievers are, what the mind sees and perceives is not the reality. It thinks it is! It is convinced it is! It feels it is, but it isn't. The mind has been deceived by scar tissue in the soul; it is operating under one or more illusions and now, as the deception develops and continues further on, the believer will go off in pursuit of these mental illusions to try to make them real, just as the person in the desert wanders off after water.

They acquire one thing after another that they were convinced would fill that emptiness in their souls; they chase after money, fame, love, things, success, but none of them are what they are looking for, so they keep looking and acquiring, then one day, life for them is over! They've been **deceived** by the *mataiotes* of the mind and **their life has been wasted**.

The only way out of this is living in the sphere of the spiritual life dynamic of faith in the teaching of the Word of God, being filled with the Holy Spirit and living in the new nature. When one does, then a phenomena called disillusionment will be there periodically. **Disillusionment** is being freed from the illusions of our minds by having them taken away so we can accept reality. But the whole matter can be painful at times and be accompanied by the emotional reaction of: fear, anger, grief, despair, etc..

Now *mataiotes*, or illusion is the effect of *porosis* in the soul. *Porosis* would be the buildup of deposits in the soul, while *mataiotes* would be the effect that they cause. Apparently there are "pipes" or some kind of channels in the soul where spiritual phenomena, or energy, or spiritual light is circulated around the soul, much like the blood veins in the body. If there is something blocking these "pipes", (*porosis*) then that spiritual light will not get to that part of the soul resulting in *mataiotes*. The soul now malfunctions, which explains the illusions and delusions of the mind, but also the soul spirals downward into mental illness, polarization and fragmentation of the soul.

So when Solomon says in Ecclesiastes 1:2, "*Vanity of vanities, saith the Preacher, vanity of vanities; all is vanity.*", and when we use the Septuagint translation of *mataiotes* we end up with "Illusion of illusions; all is an illusion". So when Solomon says that everything is an illusion, he was saying that everything he had been chasing after in life and acquired turned out to be an illusion! Whether it was money, or power, or earthly projects, or sex did nothing to satisfy his soul. The KJV translates Ecclesiastes 1:14 as, "*I have seen all the works that are done under the sun; and, behold, all is vanity and vexation of spirit.*" and the NIV puts it in modern day terms as, "*I have seen all **the things that are done under the sun; all of them are meaningless, a chasing after the wind.***" Which is what the idea of *mataiotes* is all about where the individual chases after the mirage of water in the desert, or people who chase after their feelings, or lusts, or whatever it is that they are chasing after because they think this thing will bring them what their heart desires, which it won't for only Christ will satisfy our hearts.

Chasing after the things in life that we think will bring us satisfaction is in essence **a chasing after the wind**. This is what Solomon did and this is what virtually every person on earth today is doing! The difference between Solomon and the rest of the people is that 1) he had the money to do it all and 2) he realized in time that it was all an illusion! Chasing after an illusion always ends up in non-satisfaction of the soul, which results in meaningless and futility of a life wasted.

Ecclesiastes 2:1, “*I said in mine heart, Go to now, I will prove thee with **mirth** (fun), therefore enjoy pleasure: and, behold, this also is vanity.*” shows that scar tissue was already operating in his heart in his thinking that pleasure would satisfy his soul, but it doesn't; it was an illusion of the mind.

Ecclesiastes 2:11, “*Then I looked on all the works that my hands had wrought, and on the labour that I had laboured to do: and, behold, all was vanity and vexation of spirit, and there was no profit under the sun.*” expresses the scar tissue he had in his soul deluding him into thinking that accomplishing great things in life would satisfy his soul, but they didn't and couldn't. Another illusion of the mind.

Ecclesiastes 2:17, “*Therefore I hated life; because the work that is wrought under the sun is grievous unto me: for all is vanity and vexation of spirit.*” expresses his emotional reaction of bitterness and anger that came with his **disillusionment**. Solomon realized that it was all an illusion and that he had wasted his life chasing after an illusion! He ended up hating the things that he had accomplished and acquired in life.

So what did we have here with Solomon? 1) he had been neglecting the doctrinal intake of the Word of God; 2) scar tissue (*porosis*) began to form in his soul; 3) he started to get illusions in his mind about life; 4) he had the wealth needed to go after these illusions; 5) he devoted his life to pursuing after these illusions; 6) he finally arrived, at a much later time in life, realizing that there was nothing to them and became disillusioned; 7) in his disillusionment he became angry; 8) he misguidedly directed his anger toward inanimate objects and life itself; in a sense he was blaming them for his problem.

Ecclesiastes 4:4, “*Again, I considered all travail, and every right work, that for this a man is **envied** of his neighbour. This is also vanity and vexation of spirit.*” reveals Solomon's insight to see that everything that people chase after in life: money, political power, things, and all the rest, stem from their **jealousy** over what other people have!

The **illusion** is that we think that all of these things that the world has to offer will satisfy our souls, when they will only gratify our **lusts**, but even in that there is no true satisfaction of the soul but only a continual lusting for more. It's like scratching poison oak; it only gives temporary relief, but the itching comes back even more. You will find the operation of **deception** in this because we will have a false impression leading us to go astray after these illusions and **wander** away from the path of living in the spiritual life dynamic.

People won't admit to their illusions because they think they're real! Only through Bible Doctrine and spiritual growth will the believer go through the process of disillusionment where he will finally see and accept the truth. It's like trying to show someone they're wrong when they're convinced they're right! Or trying to show an unbeliever he's on the path to Hell when he's convinced there's no Hell!

To remove scar tissue from the soul and be freed of illusions it takes time; it takes time and it takes the exercising of the spiritual life dynamic. “*And ye shall know the truth, and the truth shall make you free.*” John 8:32 But first you have to know the truth.

The root of the cause for illusions in the mind starts with having no metabolized Bible Doctrine circulating in the soul. Regardless of the reason why the spiritual phenomena that comes from metabolized doctrine is absent. From there *porosis* starts to build up in the soul with the result that the individual now starts to have illusions in the mind.

Some may have never been exposed to doctrine, others may have heard it and rejected it, and still others may attend churches that either do not teach the Word, or have no doctrinal content in their messages and all of these add up to no gnosis or Bible Doctrine. Whether we receive no information, false information, or empty information, (no doctrinal substance), it all has the same effect where *porosis* builds up in the soul and a darkening takes place creating mental illusions.

Now **illusions**, like lusts, Ephesians 4:22, “*That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;*”, **deceive** the believer, *apatao*, to deceive is to give the individual a false impression, and once one has a false impression they go astray, planao. No Bible Doctrine in the soul results in mental illusions where the individual is convinced, like the mirage, that his illusion is real. This is where the deceit comes in for the illusion gives them a false impression.

Illusions deceive us; they give us the impression that this thing we are desiring holds forth the promise of happiness, fulfillment, love, or whatever it is we are lacking in our soul, so we go after it in life. So we have illusions, deception, lust or desire, a wandering off the path of the spiritual life dynamic to pursue whatever it is that we are convinced will satisfy our soul. When we get it, we realize that wasn't it, so we go off in pursuit of something else we think is what we're looking for; and when we realize that isn't it either, then we go off in pursuit of something else. The end result is a life wasted looking for the pot of gold at the end of the rainbow.

Illusions hold forth the promise that there is something there that we want or need, something that will satisfy our souls, but once we obtain it, acquire it, attain to it, we find out that there was nothing to it. It did not have what our souls were looking for, it was hollow, empty, so we go off in search of a new thing. Like cracking open a walnut shell only to find it empty, so you go on to the next walnut shell and find it empty, and spend the rest of your life doing that.

Sooner or later, (many years down the road), people will wake up and realize that there is nothing to the things that they have dedicated their lives in pursuit of; these things did not have what their souls were thirsting after. When this happens they will become **disillusioned** and end up being mad at life, as Solomon did. “*Therefore I hated life; because the work that is wrought under the sun is grievous unto me: for all is vanity and vexation of spirit.*” Ecclesiastes 2:17

But disillusionment can be a good thing, if it results in the soul of the believer turning back to Bible Doctrine! Once the believer recovers spiritually they can start removing the scar tissue in their souls that was the cause of them wandering off after the empty things in life. And the sooner this happens, the better off we'll be. This wouldn't have happened to Solomon, if he had listened to his father, David.

Oftentimes our illusions, and they may be only a few, can become a part of our core identity and to have them taken away, which is a good thing, can be quite painful and traumatic for the believer. For they have become so much a part of us that they have defined us, at least in our thinking, especially those illusions in the mind that we have had since childhood. So the question is, do we want the truth regardless of how painful it is, or do we want to remain in our illusions? Our only course is to press on with doctrine and let God handle the results.

The illusion is that we think that we need this person, or that thing, or that emotion, love or whatever it is, to be complete in our souls, when all we really need is for Christ to be at home in our souls. We search the world over looking for lost love, or respect, or success, or validation, or the one that got away, or for a father or mother, or a lost sibling, or whatever it is that we think will fill that void in our souls, that emptiness that will complete us.

But that's the illusion! It's not that they don't exist, they do exist! The illusion is that they will complete us that they will complete our incompleteness! The only thing that will fill our souls in every area is occupation with Christ through his Spirit and the Word.

Paul finally realized this many years after he was saved when he said, “*Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.*” Philippians 4:11 Now there are a couple of words that jump out here and the first one is *mueo* in verse 12, “*I know both how to be abased, and I know how to abound: every where and in all things I am instructed (mueo) both to be full and to be hungry, both to abound and to suffer need.*” Philippians 4:12 *Mueo* was a word from the Mystery religions and it meant to be initiated into the mystery.

And the other one is “*learned to be content*” in verse 11. The word **learned** or instructed is *manthano* and it was not the word used for the process of academic learning that we would find in school, but the process of initiation found in the mystery religions, which went on over a period of time where knowledge combined with personal experience led the initiate into an inner realization of something.

“*Learned to be content*” is the perfect passive indicative, which tells us that this was a process that went on over a period of time, it came to a completed state where he was now **content**, and that he was the subject who received the action of the verb. Paul finally realized a truth on the inside, even if he wasn't aware of it happening at the time and this inner realization now became the reality of his life.

And what was it that Paul finally realized? This brings in the second word in the sentence and that was to be content. *Autarkēs* was a word that the Stoics used to denote the state of self-sufficiency where they did not look to or lean upon other people for what they needed in life. They were independent from all others possessing what was needed for their own existence.

But this is where we as Christians differ from the Stoics in the matter of *autarkes*. We do not believe that we in and of ourselves are sufficient for the all things in life, but our self sufficiency comes through the power of the indwelling Christ and his spiritual life dynamic that he provides. “*I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ which strengtheneth me.*” Philippians 4:12,13

The inner strength for facing all things in life comes from the spiritual life dynamic that Christ pioneered, lived by, perfected and passed down to us, consisting of the filling of the Holy Spirit, the metabolization of Bible Doctrine by faith, and the application of that doctrine to our life experiences. This inner strength found in living in the spiritual life dynamic enables us to meet whatever comes our way, go through the trial and come out the other side victorious over the situation. In time the believer will come to the place (inner realization), that he can meet any situation that the Father allows to come to him, survive the trial and come out the other side victoriously, which will give him a new found confidence, faith and hope in life. He will realize that he doesn't need anyone else to provide for him, sustain him, or provide his emotional needs. He has everything he needs inside in the spiritual life.

Job 6:14, “*To him that is afflicted pity should be shewed from his friend; but he forsaketh the fear of the Almighty.*”; Job 14:22, “*But his flesh upon him shall have pain, and his soul within him shall mourn.*”; Job 17:11, “*My days are past, my purposes are broken off, even the thoughts of my heart.*”; Job 19:21, “*Have pity upon me, have pity upon me, O ye my friends; for the hand of God hath touched me.*”; describe how Job felt during his trial, which is applicable to every believer going through a trial.

Some of the emotions coming to the surface during the trial are: discouragement, pointlessness, no hope, mourning the past, mourning the present, mourning for oneself, bitterness, anger, jealousy; feeling that there is no future so what's the point in going on, absorbed with one's suffering, life has no meaning, guilt, self-justification, fear, anxiety, apprehension, death wish, no self esteem, sense of alienation from other people.

Job 42:1-6, “*Then Job answered the LORD, and said, I know that thou canst do every thing, and that no thought can be withholden from thee. 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 his life and what he went through in the trial of losing everything. But it was only because the Lord spoke directly to him giving him the Bible Doctrine he needed to pass the test. Heretofore Job was not able to process what he was going through, even though he tried at times, because he did not have the doctrine on the angelic conflict.

Sometimes we get the doctrine we need to go through a trial in our life **before** the trial, which we will need to recall and review in the trial so we can pass it. And sometimes we are given the doctrines we need **in** the trial so we can pass it and move on. There's a reason why there are **2 chapters** in Job dedicated to the background; **40 chapters** on the suffering itself; and **6 verses** on the afterward. Why? We need more doctrine during the intensity of the trial.

Job had faith and he had an extensive background on doctrinal truths, as evidenced by the many statements he made to his wife and three friends. But it wasn't until the Lord explained to him his own sovereignty and the workings of Satan that Job was able to put it all together. He finally got the doctrine his faith needed and he passed the trial!

What this tells us is that, even if we have a tremendous background in the Word of God, and we should have, and even if we are applying by faith what doctrines we do know, which will be of tremendous help during the trial, we might be lacking certain doctrines, or a specific doctrine that we need to resolve the trial by faith and pass our test.

This gets us into two major areas in this matter. While we are going through a trial, while we are suffering for any reason, then we are to concentrate on our prayer life with God. “*Is any among you afflicted (kakopatheō)? let him pray. Is any merry? let him sing psalms.*” James 5:13 *Kakopatheo* covers everything from being down to intense suffering. And to **pray** is the present middle imperative of *proseuchomai*, which is a command to keep on praying during the trial, and that it will benefit us.

The second area is in the matter of praying for wisdom as to what's going on, why am I suffering, and what doctrines do I need to apply to the situation? “*If any of you lack wisdom, (and you do), let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.*” James 1:5 To **ask** is the present active imperative of *aiteo*, which is a command to keep on asking God for wisdom.