

May 2017 Newsletter – Dealing With Emotions – Review

Old Nature – New Nature Comparisons – Anger

The **flesh's** emotion of anger begins with bitterness, or resentment, then it festers into a seething, burning anger that is strictly internal, then its next stage is where it bursts forth into a desire to hurt, then it is vocalized by complaining, bad-mouthing, negative speaking and arguments, then it goes into a more intense form of all that where the desire is to hurt the other person with words. If not stopped, then it escalates into the next stage of physical violence.

But the **new nature's** “anger” is actually righteous indignation, which is aroused over wrongdoing and evil. While the flesh's anger is aroused when it doesn't “get its way”, who has to do what it doesn't want to do, or is prevented from doing what it wants to do, or when it's hurt or offended.

When anger, usually translated as wrath in the Bible, is used in context with God, it denotes the idea of God's anger being aroused over the offending of his righteous nature. God is righteous and holy and whenever his nature is offended, then his justice goes into action to deal with it.

This is why forgiveness and salvation come to us on the basis of grace. God has established a salvation protocol that is rigidly adhered to by God whereby people can be saved and given eternal life and that is has to be through faith alone in Christ alone. If anyone attempts to gain God's favor through works of righteousness, morality, merit, or some form of spiritual technique, they will be promptly rejected by God for they offend his righteous nature.

We cannot call the wrath of God the divine displeasure for that s to weak a term. Think of it as a throne of fire where the fire of God's wrath pours forth from him sweeping everyone and everything that offends his righteous nature away from him and totally consuming them, which is what is going to take place at the final judgment of God on mankind and the angels.

When Christ died on the cross bearing the penalty for our sins he was bearing the wrath of God that we deserved and should have received. To those who trust in Christ, though, we will never see that wrath for our Savior bore it for us. But for those who do not believe on Christ, then the wrath of God still abides on them and they will have to receive it at the final judgment. John 3:36, “*He that believeth on the Son hath everlasting life: and he that believeth not the Son shall not see life; **but the wrath of God abideth on him.***”

We see the beginning of this final wrath take place at the opening of the 6th Seal where the unrighteous of the world know that the wrath of the Father and the Son has finally come upon them, Revelations 6:15-17, “*And the kings of the earth, and the great men, and the rich men, and the chief captains, and the mighty men, and every bondman, and every free man, hid themselves in the dens and in the rocks of the mountains; And said to the mountains and rocks, Fall on us, and hide us from the face of him that sitteth on the throne, and from the **wrath** of the Lamb: For the great day of his **wrath** is come; and who shall be able to stand?*”

We also see the human emotion of fear being manifested in these people by them hiding in caves calling for the mountains to fall on them because of their sheer terror of God's wrath.

We also see **God's wrath** ultimately, perfectly and completely manifested at the great White Throne Judgment where all unbelievers will be thrown into the Lake of Fire and there will be **wailing** and **gnashing** of teeth. Their **gnashing** of teeth denotes their great rage against Christ and their **weeping** their bitter self pity – but we are not to pity them. Matthew 13:41,42, “*The Son of man shall send forth his angels, and they shall gather out of his kingdom all things that offend, and them which do iniquity; And shall cast them into a furnace of fire: there shall be wailing and gnashing of teeth.*”

Grief

On the human emotion of **grief**, the pathos is so great for the unbeliever when they lose a loved one because they don't know if they will ever see their loved one again, or they're sure they will never see that loved one again; a part of their soul has been ripped away from them through death and they don't know if it will ever come back to them again.. But for the Christian we know that our grief over the loss of a loved one is only temporary for we know that we will see them again. Besides we have the Spirit of Christ to comfort us and for the mature believer they have a completed soul to comfort them.

Guilt

The **flesh** has a problem with **guilt**, a guilty conscience and a guilt complex included in which is the problem of shame. There is real guilt where you **are** guilty, and there is sensed guilt where you **feel** guilty. Guilt being the inner conviction that you have done something wrong. One can have done nothing wrong, yet feel guilty; and one can do something wrong and not feel guilty. Shame is a part of the guilt complex where you feel that you are no longer a part of the “group”, that you have been put outside the “group”, that you're not good enough for the group. Along with that comes an inferiority complex. (See my Online studies on Sin, Guilt and Shame).

The **New Nature**, however, **does not feel guilty**. There may be an inner conviction, a pointing out by Bible Doctrine or the Holy Spirit an area one is failing in, but that is not the same thing as feeling guilty and ashamed for the believer in Christ knows that all sin, all guilt and all shame has been removed from him when he was cleansed by Christ in his salvation.

Envy and Jealousy

The feelings of **envy** and **jealousy** also come from the flesh nature. **Jealousy** would be where you want what someone else has, while **envy** is where you want what someone else has and want to take it from them for yourself, or depriving them of it so they can't have it.

These are the substances of sibling rivalry where your brother or sister has something; you can't stand it, so you try to take what they have from them, so they can't have it! And it's not so much the idea that you want it, it's just that **you don't want them to have it!** This is also the issue behind the dynamic of grace versus legalism, freedom versus bondage or slavery. Galatians 4:29, “*But as then he that was born after the flesh persecuted him that was born after the Spirit, even so it is now.*”

Legalists, (those living under some form of law), persecute grace believers, not because they want grace, which they could have; they just don't want us to live in grace and be free! Legalists persecute grace believers because they are free! They could be free as well, if they wanted to, it's just that **they don't want us to be free!** The slave persecutes the free man because they resent that we are free.

In societies and government slave-minded people persecute free people, as we see going on in America today. Why? They could live in the same freedom that we do, but they don't want to be free. They don't want to be free and they don't want us to be free and live in freedom, so they work to deprive us of our freedom! You find these types in religion, in churches and in government. Their legalism and envy drives them to the place where they constantly seek to deprive us from what we have – freedom!

Fleshly Love versus Spiritual Love

The **flesh nature** has feelings of **love** in different categories: love for one's country, love for one's family, for one's relatives, for one's brothers or sisters, for one's friends, one's parents, one's children, one's boyfriend or girlfriend, one's husband or wife, even for one's pets. These are all complexes of feelings in a myriad of ways.

The **new nature loves**, but it's a totally different kind of love and is spiritual in nature. The flesh's love is emotional phenomena, while the new nature love is spiritual phenomena brought about by operating in the new nature as one has doctrinal capacity and is filled with the Holy Spirit. There are two kinds of love in the new nature: 1) *agape*, which is an impersonal love; and 2) *phileo*, which is a personal love relationship of several categories in itself.

Agape is based upon the virtue of the one exercising it, not the one receiving it. While *phileo* is based upon the one exercising it and the one to whom it is directed. *Agape* is activated as one is filled with the Holy Spirit; it is the normal mental attitude of the new nature and it is spiritual, not emotional. *Phileo* is there only when one is filled with the Holy Spirit operating in their new nature, along with capacity of soul both on the part of the one loving with *phileo* and the one receiving it. There must also be some area of compatibility between the two believers: doctrinal friends, doctrinal boyfriend girlfriend, doctrinal parents, doctrinal children, etc..

Fleshly Human Happiness

Human happiness covers the feelings that range from fun to temporary euphoria. It's probably one of the most compelling drives going on in America today, not that people have it, but they want it, It's the drive behind people wanting more money, success, drugs, alcohol, partying, cars, RV's, etc., everybody wants to have fun. But human happiness is an emotion of the flesh nature; it is only temporal, that is, it lasts only for a short time and is based upon pleasant external circumstances. It comes from having fun, having one's senses stimulated, getting one's way, etc..

But the **joy** found in the new nature under the filling of the Holy Spirit is completely different. First of all, it is not a feeling; it is not an emotion, but a spiritual phenomenon. It is not determined by external circumstances, but is an internal dynamic. It is not based upon pleasant external circumstances or environment, but upon the operation of faith in the Word of God under the filling of the Holy Spirit. It can be experienced even in the midst of terrible external circumstances and suffering.

Happiness is an emotional phenomenon, **joy** a spiritual phenomenon; **happiness** is externally dependent, **joy** is internally dependent on the spiritual life dynamic. **Happiness** comes when we get what we want, **joy** comes from living in the spiritual life dynamic. **Happiness** can be experienced by believers and unbelievers. **Joy** can only be experienced by believers.

The Problems Emotions Cause

We think back to Cain's **murder** of his brother Abel. Genesis 4:10, “*And he said, What hast thou done? the voice of thy brother's blood crieth unto me from the ground.*” And what was the driving force behind that? It was Cain's jealousy and his fierce anger; two emotions right off the bat. And how many billions on this planet have died because of the emotions of envying what someone else has, or anger? How many thefts have been committed because of jealousy? How many arguments because of anger? How much potential has been missed out on due to the feelings of inferiority due to guilt and shame? How many lives have been wasted because of wanting to have fun?

The problems of the soul and its emotions come about as the result of living in a sin-cursed world, having bodies with the genetic element of sin in them and being raised in our environments. Growing up the soul wanted love, happiness, peace, gentleness, affection, the softer virtues, but instead it got harshness, vulgarity, anger, yelling, hate, violence, meanness and ridicule. All this was further compounded by the total inability of the fleshly body and unregenerate soul to deal with the harsh reality of living on a sin-cursed earth ruled over by an angry fallen angel.

Now we can begin to understand why we have such a problem with the emotions for they are the result of our reaction to all this. Many of our emotional problems can be traced back to the family dynamic of the homes we were raised in. This is not about casting blame or dumping our problems on other people. Neither one of them solve the problem. This is about recognizing what our problems are, how they came about, and then applying the biblical solution to them so we can live in the spiritual life dynamic!

When dealing with the problems that our emotions cause we will have to learn to recognize that the emotions is, whether fear, or anger, or guilt, or envy, but also one we don't think about – love! Not spiritual love, but love involving our parents, siblings, same sex parent, opposite sex parent, etc., where there was a failure to provide the child the love they needed growing up in the home. (Remember they had their own problems). And the inability of the child to receive what love the others were giving. The child had their own things going on too!)

This breakdown in the love connection created problems in our souls that we carried on into adult life, not to mention our own old sin nature reactor factors to the whole situation, which reactor factors we will also have to deal with so we can get at the nexus of the problem in the soul. One of the problems is where we picked up the habit of dissociation and distancing ourselves from the whole thing. Another is where our emotional reaction to not getting love was where we “pinched off the love pipe” by which the love for our fathers and mothers was constrained, which later on in our adult life, even as Christians, resulted in our inability to love in that area.

And in addition to that, scar tissue would build up in that area of the soul to the place where we are unable to love in that area with that kind of capacity love. We want to, but can't. But under spiritual growth the scars in that area of the soul are removed and the Holy Spirit's love can flow into that area of the soul that was formerly “pinched off”.

We accumulated scar tissue in our hearts by our reaction to things that went on in the home, but one can remove scar tissue on the mind and thinking in a relatively short time: 6 months, 1 year or so, by sitting under the teaching of Bible Doctrine, living in the filling of the Holy Spirit, confession of sin biblically, etc., but the removal of scar tissue from the heart takes much longer.

The solution for our souls, our *nepsheshes*, is a spiritual solution, a doctrinal solution and much of our soul's problems are related to love and our experiences in the home growing up and our **reaction** to them! Which **reactor factors** would be: 1) our fear of them, or having them reoccur again, 2) our anger over them, 3) sometimes guilt connected to them, 4) sometimes envy of others, 5) sometimes grief over them, 6) in the area of love, 7) having a frantic search for happiness because of them.

We wanted love, but didn't get it from one parent or the other, so we reacted with anger and went away from home angry at our parents. Or there were things that we loved about our life growing up in the home, but, then, tragedy beyond our control hit and took all that away from us. Somebody died, our parents divorced and our idyllic life ended. So we left the home hurt, confused, lost and angry.

Or we patiently waited for whatever it was that our hearts desired growing up in the home, but it never came to pass. So we left the home angry and went out into the world disappointed, discouraged and defeated. We reasoned, maybe it's out there! Or, maybe there's something out there that will substitute for what it was that I was hoping for.

Every young person growing up has “their story”; their souls being denied love; love taken away from their souls, crushing disappointments, dashed hopes, dreams denied and worse. We leave the home and go out into the world with our emotional life running amuck and we try things to take away the hurt: drugs, alcohol, work, staying busy, chasing after money and success, the opposite sex, having children, cars, toys, homes, things – we try everything and nothing helps.

The reason why this is a spiritual problem and only a spiritual, doctrinal solution will solve it. And this means all those emotional problems will have to be sorted out one by one under the ministry of the Holy Spirit and Bible Doctrine. We will have to learn to recognize and deal with our fears, our anger, our grief, our guilt, our envy and jealousy, our human love relationships and wanting to have fun, so we can keep moving forward in the spiritual life of love, joy and peace.

Agape love is a spiritual and volitional love; we can love with *agape*, in fact, we are commanded to love with *agape*, but not *phileo* love. **Phileo** love is a capacity love that comes about as the result of spiritual growth and the removal of any scar tissue in the soul that would prevent it. And even in that there has to be a same sex or opposite sex believer that we have something in common with that acts as a basis for *phileo* love.

Scar tissue often comes about in the soul as the result of some sort of breakdown in the love relationship that one had with their parents growing up. Jacob and Esau were brothers, but Isaac loved Esau, while Rebekah loved Jacob. Genesis 25:28, “*And Isaac loved Esau, because he did eat of his venison: but Rebekah loved Jacob.*” Parental favoritism is the stuff of sibling rivalry, jealousy, bitterness and anger, but also the inability to love one's mates after they grow up.

Not to mention other problems, such as, Esau **despised** his birthright. Genesis 25:34, “*Then Jacob gave Esau bread and pottage of lentiles; and he did eat and drink, and rose up, and went his way: thus Esau despised his birthright.*” Esau held a **grudge** against Jacob. Genesis 27:41, “*And Esau hated Jacob because of the blessing wherewith his father blessed him: and Esau said in his heart, The days of mourning for my father are at hand; then will I slay my brother Jacob.*” Esau married Canaanite women to **spite** his parents. Genesis 28:8, “*And Esau seeing that the daughters of Canaan pleased not Isaac his father;*” Jacob lived in **fear** of his brother most of his adult life. Esau's descendants were constantly **warring** against Jacob's descendants, the 12 tribes of Israel, generational scar tissue.

It's not that we didn't love our parents, or love them now; every child loves its parents; it's just that for one reason or another we shut down, walled off, repressed, suppressed, denied, hardened, or closed off in our souls the love we had for them, usually because we got angry at them for one reason or another. What this resulted in parts of our souls were closed off, even as believers in our adult lives, so that the flow of the Holy Spirit is shut down to that area of our souls, thus preventing us from having capacity love relationships with others.

Now maybe we were able to function for years as believers without that capacity love, or perhaps in a diminished capacity where the mind keeps the love that's in the heart from surfacing, but when the Lord goes to heal that area of the soul these scar tissue problems will be brought to the surface where doctrine and the enlightening, revealing ministry of the Holy Spirit will make these things real to us and the scar tissue that we have had since youth will be removed and we will be able to love our Mom's and Dad's, as well as rapport love relationships we have today.

Believers will accumulate scar tissue on their souls before they were saved and even after they were saved. Fear anger and guilt pinch off the flow in the soul; porosis starts to accumulate, then that area will eventually become closed off.

The flesh nature fights against the spiritual life dynamic all the time using: lusts, emotions, pleasures and tension myositis syndrome to occupy and distract us. Galatians 5:17, *“For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.”*

As long as we are chasing off after one or more of the 28 categories of lust, or one or more of the 7 categories of the emotional complex of the soul, or absorbed into the pleasures of life, or caught up in scar tissue problems, or led astray by false doctrine, then we will continue to be outside the spiritual life dynamic and getting further away from rapport love concepts.

One of the successful tactics that the flesh uses to keep us from dealing with painful and embarrassing emotions is tension myositis syndrome (TMS). The subconscious mind creates, or uses an existing physical problem to keep our conscious minds focusing on them and not the troubling emotions. TMS also uses an existing problem as an excuse for not dealing with garbage in the soul where we have a justifiable reason for not doing something, for not having to do something, as an exemption. TMS gives us an excuse for not dealing with our painful, or negative emotions and at the same time it enables us to garner sympathy from others!

Under TMS a sense of guilt and the felt need to punish oneself will lead a person to conclude that his suffering is his punishment for wrongdoing somewhere in the past, so that settles it. But the soul malady can be healed through Bible Doctrine and the ministry of the Holy Spirit. The believer needs to finally realize that all his sins, guilt and shame were removed from him at salvation.

The sub-conscious rationale goes something like this from other people, “They've suffered enough with whatever their pain is, so leave them alone”. Or from the individual, “I've suffered **enough**, so I don't want to deal with the garbage in my soul. Or the individual will reason, “I've been punished enough, so I'm **excused** from dealing with my garbage in the soul.” But whatever our situation is, whatever we've gone through in life, whatever pain we have real or imagined, whatever our sub-conscious reactions to it were, there is no excuse for not dealing with the scar tissue garbage in the soul. It is a part of our spiritual growth unto spiritual maturity.