

## October 2014 Newsletter – Dealing With Emotions – Review

What's the solution for our emotional problems? It's a spiritual solution, a doctrinal solution! And it begins with whatever our home life was like growing up, whether it was good or bad, that is our reality. Whether the parents provided the love that we needed or wanted is a moot point. The reality is that whatever our home lives were like is all in the past now. We can't go back and change it; we can't go back and get the love that we wanted or needed; and we can't get it today! Just like we can't take today and make up for what we didn't get yesterday. Yesterday is in the past and all we have is today and the future. So we have to forget the past, press forward into the future, and accept and live in the present and actually learn to be thankful for the present!

Sometimes it's a hard pill to swallow, but it's the first step in recovery and the first step in the spiritual life. For then we will find that God has provided for us something much more wonderful for our souls than human love; he has provided for us the spiritual life dynamic that he himself possesses and that is agape love, peace and spiritual joy, which all surpass any human love or fleeting happiness people seek after. Also he provides for us hope, confidence and so many other sweet virtues of the soul.

One of the spiritual solutions that we will have to apply is forgive those in our past who have hurt us; and we might have to do it many times. Forgive them for the love we didn't get; forgive them for abandoning us; forgive them for the abuse we may have suffered from them. We'll have to forgive them and let all that bitterness and anger go.

We will have to start making Bible Doctrine and the spiritual life dynamic our lives! Each day we will have to orient to the Word of God and make it our focus in life. Many Americans are fans (fanatics) over some football or baseball team, so why can't we be fans over the Word of God? The only real solution for our problems of the soul is a spiritual solution centered around God's Word and his Spirit.

We will have to stop living in our emotions and stop applying human rationalism to our problems and start trusting the Lord. *“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.” Proverbs 3:5,6* For when we live in the sphere of faith in the Lord and his Word, then we will be living in the sphere of the peace and power of the Holy Spirit. *“Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.” Romans 15:13*

In Psalm 69 we have an example of the effects of emotions on God's people and ultimately how David had to handle them. Remember, the emotional complex of the soul is a part of our fallen, Adamic nature and they are not a part of the spiritual life. In verses one and two we see how David is being swallowed up by his emotions; he is sinking in deep mire; the flood is overflowing him; he's overcome with grief, crying and fear; he has no strength, no stability, no foothold. And why? Because he's **overcome by his emotions!** *“A Psalm of David. Save me, O God; for the waters are come in unto my soul. I sink in deep mire, where there is no standing: I am come into deep waters, where the floods overflow me. I am weary of my crying: my throat is dried: mine eyes fail while I wait for my God.” Psalm 69:1-3*

David's first step in getting out of his emotions and getting back to living in the spiritual life dynamic of faith is where he **called out to God** for deliverance. *“A Psalm of David. Save me, O God; for the waters are come in unto my soul.” Psalm 69:1* *“Deliver me out of the mire, and let me not sink: let me be delivered from them that hate me, and out of the deep waters.” Psalm 69:14*

And we see David's **recovery** of his faith expressed in Psalms 69:29-36, *“But I am poor and sorrowful: let thy salvation, (deliverance) O God, set me up on high. I will praise the name of God with a song, and will magnify him with thanksgiving. This also shall please the LORD better than an ox or bullock that hath horns and hoofs. The humble shall see this, and be glad: and your heart shall live that seek God. For the LORD heareth the poor, and despiseth not his prisoners. Let the heaven and earth praise him, the seas, and every thing that moveth therein. For God will save Zion, and will build the cities of Judah: that they may dwell there, and have it in possession. The seed also of his servants shall inherit it: and they that love his name shall dwell therein.”*

David had been the brunt of people's ridicule, scorn insults and mockery; he bore social and family ostracism, public ridicule and injustice, even members of his own family had nothing to do with him; from the hoi polloi, to the leaders, to the drunks on the street people were mocking David. When one is treated with contempt, ridiculed, mocked, scorned, insulted, humiliated, rejected, despised; when one is the object of of people's mental attitude and verbal sins, even from your own family, you can imagine the reaction of the emotions to all this.

So the question is **what** brought all this upon David? The answer is found in verse nine; it was his **zeal** for the things of the Lord. *“For the zeal of thine house hath eaten me up; and the reproaches of them that reproached thee are fallen upon me.”* Psalms 69:9 The word for **zeal** here is *qinah* and can be translated as jealousy, passion, envy, or zeal. It has the underlying concept of a deep love and the desire to possess and keep that which one loves. It is this underlying love that produces the passion to preserve and keep the two connected, like with a man and his wife. Only here it's God and the things that pertain to God.

David loved *Yahweh* with all his heart and soul and it was this deep love for God that was behind the passion he had for the Lord and the things of the Lord. Israel, the Law, the Temple, righteousness, truth, justice, love, protecting the innocent, punishing the wicked, etc., all stemmed from this great love for *Yahweh*. If God told Israel to seek his face, it would be David who sought his face!

David experienced many emotions as the result of the abuse he suffered for loving the Lord: fear, anger, hurt, grief, guilt and even shame! He felt shame in all this, (if we understand what shame is), because of the people's treatment of him – but he had nothing wrong! **Shame** is where you are made to feel outside the group, or less than the group, whatever your group is. Remember, you can feel ashamed of what you have done, or who you are as a person, and you can be made to feel ashamed by the actions of others. By their ridicule and ostracism they had made him feel outside the group, but David was not ashamed of himself or what he had done.

David had done nothing wrong, in fact it was the opposite! His zeal for the Lord and his Word brought all this abuse on him, but there are passages in the NT that would deal with the Messiah suffering abuse for his zeal for the Lord. *“And his disciples remembered that it was written, The zeal of thine house hath eaten me up.”* John 2:17 *“But this cometh to pass, that the word might be fulfilled that is written in their law, They hated me without a cause.”* John 15:25 Even believers can experience persecution. *“Yea, and all that will live godly in Christ Jesus shall suffer persecution.”* 2 Timothy 3:12

David's godly living was not restricted to his own personal worship and adoration of the Lord, but it also impacted the whole of his life and that certainly would include how he dealt with other people and how he ran the kingdom of Israel as its king. He ran the nation with mercy, justice and grace; and he treated people with grace, fairness, kindness and loyalty.

In a sense TMS is the subconscious mind creating, or using a physical problem as an **excuse** for not dealing with our emotions! An excuse is where we have a bonafide reason for being exempted from doing something. In law an excuse is justification for an allowance, immunity, or exemption in some matter. 'I can't work today and here's the reason why.' "I can't follow the Lord, because I have to go and bury my father.' I can't deal with my feelings, because I'm in such physical pain right now.' I can't go to Bible class because the church is too far away, or the kids need to go to bed early, or I'm too busy, or I had to work, or I'm too tired, etc..

And TMS gives us a reason for not dealing with our emotions and often will give us sympathy from others - but God sees right through it! Someone hurt us in our youth; we reacted with anger over it; the result is that we have deep-seated feelings of resentment that we have carried with us into adult life. Often the individual will talk about what they had to go through, (perhaps to illicit sympathy), but they have never dealt with their feelings! They haven't confessed their anger to God and forgiven the person that hurt them and gone on with their life.

Now the conscious mind knows that using flimsy excuses to exempt ourselves from dealing with our emotional problems, or from being under the teaching of Bible Doctrine, or from being under the authority of God, or from going on in grace and faith are just that – **flimsy excuses!** But if the subconscious mind creates a physical pain in our body, then now we have a justifiable excuse.

TMS is not the only way the soul tries to solve its problems it also uses **human love!** We think that we can solve the hurt in our souls, the scar tissue, the emptiness, the longings we have by human love. But this is the subjective thinking of *dokeo*, which is thinking proceeding out of our feelings. Only the spiritual life dynamic can solve the soul's problems! The soul reasons subjectively, if only I was married; if only I had someone to love me; if only my parents had stayed together; what I needed was a father's love, or a mother's love; I'll get married and have children; to be loved children will give me the love I needed and missed out on, etc..

Scars on the soul caused by human love failures are a constant source of problems for God's people. Many, if not most Christians, struggle throughout life because of the scars they accumulated in their childhood, or from failed relationships afterward. They go from one bad relationship and experience to another thinking that the next one will solve their problems, only to find that it won't. For the believer in Christ, who now has a regenerated nature, our only solution is the filling of the Holy spirit and the metabolizing of Bible Doctrine by faith.

To one degree or another human love provided some or many of our needs as infants, then toddlers, then growing up into adulthood. So, because of our experience in life, we have been conditioned to look to other people to supply to us what our souls need, at least that's the flesh's way of thinking. So we go out looking for a husband or wife, boyfriend or girlfriend, or our parents, or to have children to give us what our souls need. But the soul has been recreated in the image of Christ and the only thing that will satisfy and complete our souls is Bible Doctrine circulating in it through the filling of the Holy Spirit! People's love, although it's nice to be loved, will never supply what our souls need.

The love that exists between human beings, which can be exciting and comforting at times, can never measure up to the completion and perfection of the spiritual life that God has provided for all believers in Christ and is never to be substituted for it. God has blessed us with every spiritual blessing and only the spiritual life dynamic can satisfy our souls. So to be looking to other people to fill that emptiness we have inside of us is futile.

The human soul was created by God to have fellowship with God around his Word; this was demonstrated in the Garden of Eden. There are two things that stand out in the Garden and they are Adam's daily fellowship with God and that Adam was under the authority of God! These two things set the precedence that all Christians are to follow today, if we want to enjoy communion with God, which is a vastly superior experience for the soul than human love.

Human love relationships often are the cause for the doctrinal believer to depart from Bible Doctrine, from a doctrinal church and from having daily fellowship with God over his Word! It did for Adam, who chose Eve over the Lord and it did with Solomon whose many wives turned his heart from the Lord to idols. *“For it came to pass, when Solomon was old, that his wives turned away his heart after other gods: and his heart was not perfect with the LORD his God, as was the heart of David his father.”* 1 Kings 11:4

The passage says that **Solomon** was “*in love*” with his many wives, and this kind of love is a very powerful emotion that many today use as a substitute for the spiritual life dynamic. But, as we can see, once our spiritual fellowship goes away, due to love, then we lose our spiritual strength and end up turning away from the Lord.

**Adam's** love for Eve was the main factor in causing him to disobey God. **Abram's** love for Sarai was the factor that motivated him to turn from believing God's promise to give him a child and to revert to human works through Hagar.

It appears that **Job's** human love for his wife kept him from dealing with a problem in his family. In the morning Job arose and offered a sacrifice for his children because he was pretty sure that they had sinned the night before in one of their parties. *“And his sons went and feasted in their houses, every one his day; and sent and called for their three sisters to eat and to drink with them. And it was so, when the days of their feasting were gone about, that Job sent and sanctified them, and rose up early in the morning, and offered burnt offerings according to the number of them all: for Job said, It may be that my sons have sinned, and cursed God in their hearts. Thus did Job continually.”* Job 1:4,5

Job should have handled it directly by stopping them, or kicking them off the property, but it was probably the mother who stepped in saying that they're just kids having fun, or it's not that bad, etc.. But God stepped in with his justice and finally dealt with the whole thing and all ten of them **died!** *“And there was a day when his sons and his daughters were eating and drinking wine in their eldest brother's house:”* Job 1:13 *“While he was yet speaking, there came also another, and said, Thy sons and thy daughters were eating and drinking wine in their eldest brother's house: And, behold, there came a great wind from the wilderness, and smote the four corners of the house, and it fell upon the young men, and they are dead; and I only am escaped alone to tell thee.”* Job 1:18,19

Another example of a woman wanting to have power over the home and the man. We see her true colors in Satan's second attack on Job with his health and this was where she marched in – at his weakest point – and told him to curse God and die! *“Then said his wife unto him, Dost thou still retain thine integrity? **curse God, and die.**”* Job 2:9 A doctrinal woman would not talk like that to her husband. But the point is that it was Job's love for his wife that prevented him from applying a doctrinal solution to the situation.

We can talk about Delilah's lust to have power over Samson combined with **Samson's** human love for Delilah that was the factor behind him losing his spiritual and physical strength.

Human love relationships bring with them both pleasant and unpleasant feelings. The unpleasant feelings of hurt, bitterness, anger, jealousy, grief, etc., will break our spiritual fellowship with God, but so do the pleasant feelings of love! When we are experiencing love, such as the romantic love of being in love, that experience will often replace the believer's fellowship with God. Human love is a very powerful feeling and the problem with it is that we let it cloud our judgment and do the things that are contrary to God's will.

When we talk about the feelings of fear, anger, guilt, grief, jealousy, human love and human happiness, we are talking about human emotions. But human emotions are **not** spiritual phenomena! They are a part of the flesh nature we acquired from Adam and Eve, but the Christian is more than that. For God has created in us a new nature making us a new man patterned after Jesus Christ, who is the prototype for this new species of humanity. *“Therefore if any man be in Christ, he is **a new creature**: old things are passed away; behold, all things are become new.”* 2 Corinthians 5:17

Paul wrote that this new man is being **renewed** each day. *“For which cause we faint not; but though our outward man perish, yet the **inward man is renewed day by day**.”* 2 Corinthians 4:16 And how it is renewed is through Bible Doctrine that has been metabolized by faith under the filling of the Holy Spirit. *“And have put on the new man, which is **renewed in knowledge** after the image of him that created him:”* Colossians 3:10

Daily spiritual renewal takes place each day as the believer in Christ is focused on the doctrinal teaching of the Word of God, is living in the filling of the Holy Spirit, is living by faith claiming the promises of God and confessing any known sins to God. As we do this we are brought back each day to the spiritual clarity that we had the first day we believed on Christ as our Savior. Religion and other man-made programs will never do that for us.

The flesh solves nothing! And human emotions are a part of our flesh natures. In fact, human emotions complicate or prevent the solving of our problems. Only doctrinal solutions will solve our problems, and living in the spiritual life dynamic is one of the doctrinal solutions that God has provided for us. That's why it is so important for us to learn to deal with our emotions, for if we don't, if we are emotional, then we are constantly outside the spiritual life dynamic!

For us to do that, the we are going to have to learn when we are emotional, what the emotion is, and then apply the doctrinal solution for it. If we are afraid, anxious, worrying, or apprehensive, then we have to recognize that this is a **fear** problem, which is a **lack of faith** problem! So what we need to do is confess to God that we are afraid; confess to him that we are not trusting him and believing his promises to take care of us, then we will need to get into the Bible and get all the verses and teaching that deal with him providing for us and protecting us and claim them by faith.

If we are **angry**, bitter, resentful, irritated, ticked off, fuming mad, short-tempered, vengeful, violent, argumentative, bad-mouthing people, then we need to recognize that we have an anger problem and confess it to God and get all the passages we can find on anger and how to deal with it. We also need to see that anger is basically an arrogance problem!

**Grief** is a normal human emotion, but it can lead the believer away from fellowship with God and it easily turn into sinful grief, such as, bitter grief, implacable grief, hopeless grief, vengeful grief, crusader grief, self pity, despairing of life, turning from God, etc.. Some people deny their grief, repress their grief, while others wallow in their grief. Ecclesiastes 3 teaches us how to deal with our grief.

If we have feelings of guilt, which is a reaction of the human conscience, then we're to confess our sins, confess that we are feeling guilty and start applying the doctrine of Christ's atoning death on the cross whereby all of our sins, guilt and shame were removed from us. As believer's in Christ all our sins have been removed from us and God has forgiven all our sins. We need to remind ourselves of our standing in heaven where we have been declared and are now considered by God to be **righteous!** *"Therefore being **justified** by faith, we have peace with God through our Lord Jesus Christ."* Romans 5:1 We are now priests, kings, children of the Most High God, brothers of Jesus Christ; we will have glorified eternal bodies; we have our own heavenly palaces and will live and rule forever.

**Jealousy** and **envy** are factors of anger, discontentment, being unthankful, covetousness, self pity and pride. "Someone has something I don't; I don't have anything; I want what they have, or I'm going to take what they have from them for myself". It is solved by learning to be content with the things that God has provided for you in his grace instead of reacting with anger over what you don't have! And in addition to being content is learning to be thankful for what you do have and thanking God for it.

Most of the time, when talking about **love**, people think of two people falling in love; the emotions are the first consideration in this, but the first attribute of love is loyalty. Feelings are fleeting; they come and go, so when the feelings go between two people that have fallen in love, they usually separate and look for somebody else to fall in love with. But true love is first and foremost of all – **loyalty!** But remember, our loyalty for our spouses is to come above everyone else in life - except God!

There was a moment of clarity for all of us with Jesus Christ when he was teaching a Bible class and his mother and brothers, (his human family unit), were standing outside wanting to talk with him. He made it clear as to who his family was. *"While he yet talked to the people, behold, his mother and his brethren stood without, desiring to speak with him. Then one said unto him, Behold, thy mother and thy brethren stand without, desiring to speak with thee."* Matthew 12:46,47 It was there and then that he made it clear just exactly who his family was and it was those who **did the will of God**. *"But he answered and said unto him that told him, Who is my mother? and who are my brethren? And he stretched forth his hand toward his disciples, and said, Behold my mother and my brethren! For whosoever shall do the will of my Father which is in heaven, the same is my brother, and sister, and mother."* Matthew 12:48-50

Human emotions are strong and we need to deal with them spiritually, otherwise fear, anger, guilt, grief, etc., will be plaguing us the rest of our lives. *"Set me as a seal upon thine heart, as a seal upon thine arm: for **love is strong as death; jealousy is cruel as the grave: the coals thereof are coals of fire, which hath a most vehement flame. Many waters cannot quench love, neither can the floods drown it: if a man would give all the substance of his house for love, it would utterly be contemned."*** Song of Solomon 8:6,7 *"Cursed be their **anger**, for it was fierce; and their **wrath**, for it was cruel: I will divide them in Jacob, and scatter them in Israel."* Genesis 49:7

God created Adam's soul perfect and complete; it was created to have perfect interaction with the Lord, with other people and with his female counterpart, who had not yet been created. Adam's soul was formatted in its creation to interact with his right woman, but because no opportunity for this existed at that time, it lie dormant within him.

But when *Yahweh Elohim* created her from one of his ribs and brought her to him, then that aspect of his soul that was dormant now became activated! The mental and emotional dynamic of this interaction is called **love**. **It was a perfect love and not to be confused with what is experienced today.**

Adam's inherent emotional dimension of love for Eve, this new part of his soul that had been activated by the woman being brought into his life, became such a strong factor in Adam's soul that he chose for it rather than choosing to obey God and spiritual fellowship with him.

When Adam sinned against God, he died spiritually, but his soul was still formatted to the human love of right man right woman. But now because of the influence of a newly acquired sinful nature this love became distorted and no longer had the purity of operation that it was created to have.

Adam and Eve had a soul love relationship with each other, but they also had a spiritual dynamic relationship with *Yahweh*, which was not only far superior, but it made this soul love relationship possible! The mistake that most believers make is that they think all they need in life is a soul love relationship with the opposite sex! And they disregard their need for fellowship with God.

This is one of the major concepts that needs to be dealt with in dealing with our emotions. We all still have this thing buried down in the heart where we want to have a soul love relationship with our right man or right woman! But no matter how great and pleasant your soul love is with your right man-right woman, it will never replace the need to maintain your spiritual life relationship with the Lord!

If you're in a bad relationship, or no relationship at all, we all need to realize that **soul love is not going to solve your problems**. In fact, it brings many other new problems with it. Jesus Christ did not create the man and the woman to go off and have their own independent relationship with each other apart from him! He created them both to have fellowship with him and their soul relationship was dependent upon that. Adam and Eve's capacity to have peace, happiness and enjoy life did not proceed out of their love for each other, but from their spiritual fellowship with God.

When Eve ate the forbidden fruit, Adam was still loving her, but she wasn't loving Adam! If a wife is not in submission to her husband, she does not love him, nor respect him. A wife trying to control her husband destroys the love in their relationship. Love is the first casualty in the war of who is boss in the home; the ongoing battles ruin the love between the two. Human love creates problems, while *agape* love solves them. Human love is often a distraction from the spiritual life, even when it's good.

The Christian's first priority is to develop a spiritual, doctrinal relationship with the Lord and not one of the opposite sex. But judging by the millions of Christians on internet dating sites and the absolute dearth of them in doctrinal churches, it tells us that their priorities are to find that human soul love and not a spiritual fellowship with the Lord over his Word.

Much of the anger problems that Christians have proceed out of wanting to have a satisfying human soul relationship and not having it, or having one that is full of problems! Remember, soul love is a capacity love and this capacity only comes through the intake of Bible Doctrine and living in the filling of the Holy spirit. If either one of them is missing or lacking, then the old sin nature of the flesh takes over and that soul love experience goes right out the window!

In dealing with the emotions we need to remember that **Satan** is the absolute master of his craft in stimulating the various emotions, passions and lusts within us. He can fill believers with an overwhelming sense of dread and fear; he can stimulate us to illicit sexual behavior; he can fill our hearts with bitterness and burning anger; he can arouse us to jealousy; he can activate a guilt complex in us. It's not to say that we don't possess these things – we do! They are in our flesh nature, but he can stimulate or caused them to be aroused in us and then we take off with them.

There are quite a few pastors who deny this concept of Satan being able to arouse lusts, passions and sinful emotions in believers. Basically they lay the total blame for all this at the believer's feet. But what does the Word have to say? Why do we need to take up the shield of faith to protect us from the fiery (burning **anger**) darts of Satan? He's not shooting real arrows at us; **he's directing his anger toward us in the attempt to arouse us to anger!** *"Above all, taking the shield of faith, wherewith ye shall be able to quench all the **fiery** darts of the wicked."* Ephesians 6:16

Satan **incited**, some translations have it as **provoked**, David to take a census of the fighting men of Israel, which caused a feeling of guilt in the non-military Israelites. *"And Satan stood up against Israel, and **provoked** David to number Israel."* 1 Chronicles 21:1

The word for **incite** is *suth* and it has been translated as to provoke or to instigate. It had the idea of **being changed from one course or behavior to an opposite one**. The Greek has it as *apatao*, or *exapatao*, to deceive or to seduce. It has the idea of to move someone, or to mislead someone into doing something that was **against his original will and intentions**.

It is not a word of force or pressure, but rather **persuasion** and that along the lines of **seductive or enticing persuasion**. We're trying to show how Satan entices God's people into unintended behavior. It is the word that is used when friends or family members try to get the doctrinal believer away from the Word, or the temptress that God's men are to avoid; and for the devil attacking God's people.

The devil can put thoughts or ideas in our minds, as we have seen with David, and as he did with the Apostle Peter when he rebuked the Lord in Matthew 16:22,23, *"Then Peter took him, and began to rebuke him, saying, Be it far from thee, Lord: this shall not be unto thee. But he turned, and said unto Peter; **Get thee behind me, Satan**: thou art an offence unto me: for thou savourest not the things that be of God, but those that be of men."* Thoughts and ideas that are not biblical and ones that are not normally ours; thoughts and ideas that arouse the passions, the lusts, or the emotions to entice us to a course of action that we would not normally take.

Satan filled Ananias' heart to lie to the Holy Spirit, when he was holding back part of the money he had sold the property for and had committed to give to the Church. *"But a certain man named Ananias, with Sapphira his wife, sold a possession, And kept back **part of the price**, his wife also being privy to it, and brought a certain part, and laid it at the apostles' feet. But Peter said, Ananias, why hath Satan **filled thine heart** to lie to the Holy Ghost, and to keep back **part of the price of the land**?"* Acts 5:1-3

Satan had been working on Eve in the Garden and he did this through the **power of suggestion**, which is to induce a thought, idea, to cause a course of action by putting the thought into their minds without them being aware as to what is going on. I think he was putting these ideas of lusting for power and control long before she acted on it.

Peter addresses the problems of pride, submission to God's authority, worry, mental sobriety, dealing with the emotions and watching out for Satan's attack in 1 Peter 5:6-9, *"**Humble** yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your **care** upon him; for he careth for you. Be **sober**, be **vigilant**; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may **devour**: Whom resist stedfast in the **faith**, knowing that the same afflictions are accomplished in your brethren that are in the world."* We see in this that Satan attacks in the area of the **emotions**, **care** or worry is an emotion from the emotional complex of the soul, and in the area of **pride**. We are to be on guard for this and stand in faith.