

## October 2016 Newsletter – Dealing With Emotions – Review

They've had an “experience” and no one is going to tell them that it's not a spiritual one regardless of what the Bible teaches! And they justify it by picking out words and phrases of the Bible to back it up without any careful exegesis and analysis of those Scriptures to find out what they're really saying, not what we want them to say.

Their “theology” misses entirely the true function of the Holy Spirit, which is to lead believers into all the truth of God's Word. *“Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come.”* John 6:13 The Word of God makes it quite clear that the ministry of the Holy Spirit centers around the teaching of the Word of God – not away from it!

The Word teaches us that the presence and activity of the Holy Spirit in our souls does not result in believers acting bizarre and goofy, but in us acting quiet, calm, dignified, compassionate and peaceful. *“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.”* Galatians 5:22,23

The presence of the Holy Spirit's ministry in our souls does not result in us going into an ever downward spiral of mental illness where we not only act bizarre and end up having to be medicated, but results in us having a stabilized soul of wisdom. And the Holy Spirit's ministry in our souls doesn't result in stirring up our emotions, (or any other manifestation of the flesh for that matter), but stabilizes our souls with **peace!**

The city of peace; the God of peace; the Spirit of peace; the man of peace; the gift of peace, a life of peace; being called to peace; the path of peace; to walk in peace; the mandate of peace; a soul in peace; living in peace with one another; being peaceful, being peaceable; being peacemakers – what part of this don't we understand?

Now compare this to those groups whose only function results in their emotions being stirred up. The entertainment, the music; a group dynamic designed only to get people emotional. Then to evilly ascribe emotional phenomena as being spiritual phenomena – false teachers the lot of them. Bible Doctrine, prayer, faith, the filling of the Holy Spirit in the sphere of the new nature all result in keeping the emotions out and peace in!

### Soul Consciousness

We have a soul; the soul is us. It has consciousness; it is consciously aware that it exists. It has the capacity to think, to feel and to choose. In the realm of the mind it can think, remember, work out problems, gather information and categorize it. It is able to imagine, to daydream and to fantasize. It can also be deceived and led astray. It can deteriorate down into various forms of mental illness.

In the realm of the heart it is able to feel in seven different categories: 1) the fear complex; 2) the anger complex; 3) the grief complex; 4) the guilt complex; 5) the envy complex; 6) the human love complex; 7) the human happiness complex. The soul is able to experience intense desires, over 28 of them, which the Bible refers to as lusts. These lusts, both psychological and physical, can so inflame the individual that they can take over the control of our lives.

The soul can exist experientially on different planes. All human beings exist on one level or another of the carnal plane only Christians have the capacity to rise above that and have their souls exist on an higher plane in the Spirit.

### In the Spirit

Spiritual – love, joy, peace, gentleness, goodness, meekness, temperance, longsuffering, faith, hope and the doctrinal rationale.

### In the Flesh

Carnal - thinking, feeling, lusting, total baseness, physical, or mental illness.

*“Now then it is no more I that do it, but sin that dwelleth in me.” - Romans 7:17 - νυνι δε ουκετι **εγω** κατεργαζομαι αυτο αλλ' 'η οικουσα **εν εμοι** αμαρτια.*

The *I in Me*, the *ego en emoi*, is the soul. It has consciousness, it has awareness, it has presence, it has uniqueness, which is its personality, it has destiny, it can experience, it can choose, it can be affected by its surroundings and it can be experiencing on a different plane of existence.

The soul of a believer in Christ has been regenerated by God through faith in Christ and now belongs to him. The believer's soul, even though it is presently in a body here on earth, it belongs to and has as its ultimate destination – heaven to be with the God who created it.

The soul, even though it can learn, grow and change, is a constant, while our human bodies are born, develop, mature, age and die. The soul can be affected by the changes of the body, but it is an entity separate from the body. Even though it is dynamically connected to the body during physical life, it is released from the body at physical death.

The soul can enter into and experience different planes of existence, which can end up being detrimental to the soul. The planes of existence relating to the world system, the flesh nature and the devil. But there is another plane of existence that only Christians can exist in and that is the spiritual life dynamic, which pertains to heaven.

To help us understand this we will use real terms used figuratively. There is **heaven**, there is the **earth** and there is **Hell**. Each one of these three places have their own experiences. If we begin at the bottom with **Hell** and the soul consciousness suddenly found itself there, then one can only imagine that the experience of the soul in that place would be terrible; the flames, the heat, the darkness, torment, etc..

But let's say that the soul consciousness suddenly found itself on the surface of the **earth** where it would experience a variety of things, some good, some bad and some wonderful! But now let's say that the soul consciousness found itself in **heaven**! There the soul would experience every wonderful thing that exists on that plane: beauty, love, joy, peace, harmony the presence of the Creator, etc..

But for now the soul exists in our bodies on this earth, but its experience can be one such as the idea of heaven, or what is found on earth, or the misery of Hell! The choice in where we want to experientially exist is ours! If we choose to live at the level of the world and flesh nature, then we will experience those things. If we choose to live like the devil wants us to live; we will experience that. But if we choose to live on the higher plane of the Spirit, then we will experience that!

The unsaved are incapable of living in and experiencing the plane of the spiritual world because they do not have a human spirit. The highest plane of existence for them is in the soul and is in that area above the base desires, lusts and emotions. Some unbelievers think that they can experience a *spiritual* plane of existence, but that spiritual existence is not the one that God has in mind for them, but the plane of consciousness where Lucifer and his fallen angels exist.

Christians can operate on a higher level of consciousness, if they choose to, where we can experience the love, joy and peace that God has for us. But to do so we must follow the spiritual protocol he has established: confession of sin, recovery of the filling of the Holy Spirit, the faith rest drill, occupying ourselves with the grace of God, absorbing ourselves with the doctrines of God's Word and prayer.

When the consciousness goes into the **mind**, it becomes absorbed into and caught up by the many activities of the minds: thinking, remembering, pondering, working out problems, mental diversions, imaginations, etc..

When the consciousness goes into other realm of the **emotions**, it becomes absorbed into and affected by one or more feelings of the 7 emotional complexes: fear, anger, guilt, grief, envy, human love and human happiness.

When the consciousness goes into the realm of the **lusts** of the flesh, it becomes absorbed into, follows after and is affected by one or more of the 28 categories of the lusts of the flesh.

When the consciousness is present in the **physical world**, it becomes absorbed into and occupied with the physical or biological side of our human nature: our looks, our strength, our health, our problems.

When the consciousness is present in the **world system**, it becomes absorbed into and follows after the things found in the world system: money, success, power, materialism, ambition, security, etc..

When the consciousness goes into the realm of **demonism**, it will become absorbed into that and will be negatively affected by that, even unbeknownst to the individual.

But here is where the believer in Christ differs from all that, even though they may become absorbed into these different realities, just like an unbeliever can be, the mind the emotions, the lusts, the physical world, the world system and demonism, the believer in Christ can rise above all that and have their consciousness exist on the spiritual plane.

But when the believer's consciousness rises above the **demonic** sphere, above the **world** system sphere, above the sphere of the **lusts**, above the sphere of the **emotions**, above the sphere of the **mind** and into the **spiritual** sphere, then they will be absorbed into it, affected by it and enjoy the peace, joy and love found in it.

It all depends on what we have our souls turned toward! This will determine our experiential reality. If our minds and hearts, our consciousness, are directed toward music, or TV, or toward mental pursuits, such as a crossword puzzle, our soul will be absorbed into and affected by them. And the same thing would go for having our soul directed toward the emotions, or the lusts, or the pleasures, or the things of the world. We have the choice of where we want our consciousness to be present. Down at the bottom in the things of the **devil**; above that in the things of the **world**; above that in the things of the **flesh**; or totally above and separate from all that in the things of the **spiritual** dynasphere!

And how we do that is by choosing which plane of experiential existence do we want to be living in and experiencing and then turning our souls, our consciousness toward that sphere being occupied with and involving ourselves in the things that pertain to that sphere of existence. And if it's in the spiritual sphere, then our hearts and minds, our consciousness will be set on the things above, which is where we belong as believers in Christ!

There are those who deny their emotions, such as the Stoics; there are those who give themselves over to their emotions, a very unhealthy practice; and there are those who say our emotions, at least the good ones, are a part of the Christian spiritual life, who are ignorant of the total recreation of the new nature by God. All three approaches are wrong. *“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*

The correct approach is to recognize that emotions are a part of the flesh nature, which we inherited from Adam, and they all have the element of sin in them just like everything else in the flesh nature has. And at the same time we have to recognize that God created something totally new and different in us when we believed on Christ that is separate from the flesh – **a new nature!**

And because the emotions, which are a part of Adam's flesh nature, will prevent us from living in the spiritual life dynamic we will have to learn to deal with them on a biblical basis. Denial, expression, suppression, repression, transference, projection and acting out are not the Biblical solution. In fact, they create more problems for us.

The ultimate solution for dealing with the flesh nature's emotions is to live in the sphere of the spiritual life dynamic, which consists of Bible Doctrine, faith and the filling of the Holy Spirit. If we're having a problem with an emotion, the biblical solution is to acknowledge that we are having this feeling or that, then acknowledge it to God. If we're having an extremely difficult problem with a particular emotion or mood, then we are to go to God in prayer over it, James 1:5; 5:13 And to keep on praying. One might also want to pray about seeking professional help to deal with it.

**Denying** that we feel such a way is not the solution, in fact, it hinders seeking a solution. **Repressing** or **suppressing** the feeling is not the solution either. **Transferring** the feeling to other people doesn't solve the problem either. **Acting out** your feelings is not a solution either. Even **expressing** your feelings to other people, although it can be somewhat helpful at times is not the solution. Only by **acknowledging** our feelings to ourselves and God do we find release, healing, peace and growth.

Eating disorders, alcoholism, drug use, various forms of escapism, isolating yourself from others, being a workaholic are just some of the ways that people run from their feelings, but running from them is not solving them. Emotions are a serious problem, especially in today's culture. You will find one emotion or another behind every sin in the Bible and behind the many disorders in today's culture.

One of the reasons why we're so afraid of our feelings and the reason why we deny them, repress them and run away from them, other than they're painful and embarrassing, is because they reveal the truth about ourselves!

They reveal our true personality and our true character. This creates a tension problem in our souls because as we take in Bible Doctrine and start to grow in the Lord these feelings want to come to the surface. And because we don't want them to surface we keep pushing them down. This tension between surfacing and repressing creates stress in the soul; it also creates tension myositis syndrome.

But again, the solution for this is living in the sphere of the spiritual life each day of our lives, which centers around faith, the Word of God and the filling of the Holy Spirit. Emotions, like the lusts and the pleasures, are a phenomenon of the flesh nature. *“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

Emotions have to be handled in the right way because they are so vulnerable to being hurt or activated. And because they are so vulnerable they become our weakness or vulnerability. That's why one of the parts of the armor of God, the belt of truth, is designed to protect that aspect. Around the waist was a broad, thick leather belt and attached to it were thick, overlapping straps of leather that hung down. This protected the kidneys, the loins, the liver, the colon, intestines, bladder and prostate.

For us it refers to the belt of truth of the Word of God and then from that truth comes other truth that deal in the area of the emotions. Among which, to name a few are: denial, repression, suppression, transference, projection, acting out, hiding, covering up, expression instead of applying the biblical solution of confession to God.

One of the straps of truth we need to be aware of is how our negative emotions can have a negative impact on our bodies and overall health. People in the wellness field are all too familiar with how negative emotions can create physical problems. Some have this dialed in concerning what emotions causes what physical problems. Western medicine may pooh pooh this, but they do admit that stress is the number one killer of people; and in the Bible stress is agitation of the soul.

But the subconscious can also use physical problems to act as a ruse, a disguise, a distraction to get our “eyes” off an emotion that we're afraid of by getting us to focus our attention on a physical pain or problem. These are two categories of “straps” that we have to be aware of in dealing with our emotions as a way of protecting them.

The belt of truth is one of the vital parts of the armor of God that is designed to protect the emotions from being stimulated or hurt. So our putting on the belt is our applying doctrinal concepts to dealing with our emotions. The first thing we need to apply is that our lives will have to be centered around the Word of God and the spiritual life everyday for it is only in the spiritual life dynamic that we are free from the flesh's emotions.

We will also need to take the initiative to eliminate the things in life that irritate us, upset us, create fear in us, or guilt, whether at work, or at home, our social life, etc.. What does it profit us to constantly expose ourselves to things that get us worked up, angry, or afraid? One of our goals is to seek peace in our lives and diligently pursue after it because only in the spiritual state of peace are we finally and fully free from the emotions! *“God hath called us to peace.”* 1 Corinthians 7:15b *“Let him eschew evil, and do good; let him seek peace, and ensue it.”* 1 Peter 3:11 So living in the sphere of peace and an environment of tranquility is to be our priority.

All unbelievers and many believers live their lives in the pursuit of one or more of the 28 categories of lust and one or more of the 7 emotional complexes of the soul. The result of which is an ever deteriorating condition of the soul, no peace in the soul and being controlled more and more by the lusts and emotions. We need to constantly adjust each day to the reality that there is the world, the flesh and the devil. To stay free from their respective dynamics we must live in the Spirit and when we do, when we live in the sphere of the spiritual life dynamic, then the peace of Christ activated in us through the indwelling Holy Spirit will protect our souls from them.

The pull of the flesh nature, which includes our emotions, is much stronger than any of us can imagine. To counter it we will have to learn about the filling of the Holy Spirit, confessing our sins to God, the faith rest drill, focusing our minds on Bible Doctrine, claiming the promises of God, etc.. But we will also have to bring in other doctrines that may not even deal with the subject of the emotions. Such as, *“Let us go forth therefore unto him without the camp, bearing his reproach.”* Hebrews 13:13

This reminds us of our doctrinal position in Christ and how that pertains to us, our relationship to the world and what we are going through. This tells us that Christ was **in** the world, but he was not **of** the world! It tells us that he came from another “world”, did what the Father willed for him to do, then went back to that world. And so shall we at the end of our lives. This reminds us that we are not of this world; we don't belong to it; we belong to Christ and heaven. Our flesh nature with all its problems will be left behind in this world when we die and the only thing that goes to the next world is our soul. We're just “pilgrims” passing through that's all.

How this works for us in dealing with our emotions is when we occupy our minds, spirits and souls with the truth of God's Word we will find that our emotions start to subside. It is only as our minds are stayed on God through his Word that we have peace. *“Thou wilt keep him in perfect peace, whose mind is **stayed** on thee: because he trusteth in thee.”* Isaiah 26:3

We need to remind ourselves of who we are, where we've come from, where we're going and how all this came to be. How we can arrive at this dynamic is through meditating on the Word of God. *“Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he **meditate** day and night.”* Psalms 1:1,2

When we allow stress to get into our souls, then the emotions will be activated with fear and anger the first ones to show up. **Stress, tarasso, is the agitating of the emotions of the soul and the only solution for it is to calm the soul down through the filling of the Holy Spirit and the faith rest drill.** *“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, (stressed) neither let it be afraid (fear).”* John 14:27

What areas of doctrine that we will have to focus in on, due to being totally out of it spiritually and emotionally, will have to be revealed by the Lord, hence the need for prayer. *“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.”* Jas 5:13

The reverse rationale would be: 1) we don't know what's wrong; 2) we don't know why are souls are agitated; 3) we then recognize that our souls are agitated; 4) we realize that we are in our emotions; 5) we've allowed stress to get into our souls; 6) we've reacted to pressure; 7) we realize that we need to handle the pressure by faith in the Word; 8) peace is now in our souls; 9) the agitation is gone.

We need to create an atmosphere of peace and tranquility to live in so we can have something to retreat to when stressed out; we need to create oases of tranquility. It might be our home, or a bedroom in our home, or out on the patio or backyard, or a place near by, it might be in our cars or shop; some place that we can go to so we can start focusing once again on the Word of God and not our problems. **Peace** refers to the atmosphere of peace in our souls and **tranquility** is having peace in our souls and surrounding ourselves with an atmosphere of quietness and calm. What this will do for us is create a buffer from the problems and pressures of life.