

## September 2015 Newsletter – Dealing With Emotions – Review

When the flesh nature controls our souls there is disorder, confusion, the lusts, the emotions, emotional and assumptive. If this is not corrected in the life of the Christian, then there will be an ever downward spiral in the soul where the believer will start “coming apart”. This is the essence of the souls of ungodly or wicked people, whether saved or unsaved. “*Blessed is the man that walketh not in the counsel of the **ungodly**, (rasha'), nor standeth in the way of sinners, nor sitteth in the seat of the scornful.*” [Psalms 1:1](#)

It is only the spiritual life dynamic consisting of Bible Doctrine combined with faith in the filling of the Holy Spirit that creates the spiritual essence or dynamic that holds the soul together. Without it, for the born again believer in Christ, the soul then will start to fragment, then come apart degenerating into all forms of what is referred to today as mental illness.

It is this same spiritual dynamic operating in the believer's soul that produces the peace of God within us; the same peace that Christ gave to all his people. And it is this same peace that stabilizes our souls. “*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, neither let it be afraid.*” [John 14:27](#) “*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*” [Isaiah 26:3](#) “*And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*” [Philippians 4:7](#)

It must be emphasized that this mental instability and lack of peace cannot correct itself, nor will it stop getting worse; it will only continue ever downward. The **only** remedy for it is to get back into living in the spiritual life, which consists of faith in the Word of God! The word for **stayed** in [Isaiah 26:3](#), “*Thou wilt keep him in perfect peace, whose mind is **stayed** on thee: because he trusteth in thee.*”, is *samak*, which had the idea of a base or support, or holding on to something or someone to prevent you from falling; something that you can lean on for support and stability. And the word for **trust** is *batach*, which had the idea of the security and mental stability we get from trusting in the Lord.

Paul ran into this as he was ministering for the Lord where he got to the place that his flesh had no rest. There were the constant external battles he was experiencing due to the **pressure**, (*thlibo*), of the Angelic Conflict caused by Satan and the people of the world system's **opposition** to the Gospel. And then there was the inner battles of the emotional complex centered around the **fear** complex. “*For, when we were come into Macedonia, our flesh had no rest, but we were **troubled** on every side; **without** were fightings, **within** were fears.*” [2 Corinthians 7:5](#)

The defense mechanisms of the soul, such as, transference, projection, denial, repression, suppression, dissociation, distancing, tension myositis syndrome (TMS), etc., can be as much of a problem to our spiritual life as the emotions and lusts of the flesh nature. And even more so if a child had been a victim of child abuse growing up, whether sexual, emotional, physical, or verbal abuse.

In our spiritual growth development it is the new man that God created in us, which is Christ in us, that is growing and developing into Christ being formed in us, so that we will be conformed to the image of Christ. But it is the flesh nature that wants to keep everything buried, hidden, for after all it is the flesh nature that is in open opposition and hostility to everything that God is seeking to do in us! “*For the flesh lusteth against the Spirit, and the Spirit **against** the flesh: and these are **contrary** (antikeimai) the one to the other: so that ye cannot do the things that ye would.*” [Galatians 5:17](#)

There is a concept in the Bible called hiding where we keep buried or hidden that which we do not want others to know about God included, even ourselves. We want to keep hidden our thoughts, our feelings, our intentions, our sins, etc., Now it can be for a good reason, but as so often the case is, it is used for a **bad reason**. *“He that **hideth** hatred (Kasai) with lying lips, and he that uttereth a slander, is a fool.” Proverbs 10:18 “If I **covered** (kasah) my transgressions as Adam, by **hiding** mine iniquity in my bosom:” Job 31:33*

When David no longer hid his sins, which ended up in him being miserable, but **acknowledged** them to God (*yada'*), then God forgave him and the result was tremendous joy. *“When I kept silence, my bones waxed old through my roaring all the day long. For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah. I **acknowledged** (*yada'*) my sin unto thee, and mine iniquity have I not **hid** (kasah). I said, I will **confess** (*yadah*) my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah.” Psalms 32:3-5*

One can conceal a confidence given to him from others; he can conceal knowledge from those who wish to do him harm; and he can conceal his innermost thoughts and feelings from idiots, which is fine under the doctrine of the privacy of the soul. We may hide things from others, which is our business, but we cannot hide from ourselves, or God, our true feelings about things, as well as our sins.

**Concealment** can be done consciously or unconsciously and it is found in three areas: God, self and others. It would take in such defense mechanism as: defending oneself, arguing the point, repression suppression, projection and denial. Really our thoughts and our feelings are our business and no one else's, but our souls are to be an open book before God because nothing is hidden from God! *“Shall not God search this out? for **he knoweth the secrets of the heart.**” Psalms 44:21*

The reason why people hide things about themselves from others, from God and even from ourselves is not only because we are afraid of repercussion, shame, embarrassment, or punishment, but also because these things: sins, thoughts and feelings do not fit in with our self perception. We have fabricated an image of ourselves (an idol) and that's how we view ourselves! But when the truth comes out, we can't handle it, so we resort to one of the many self defense mechanism of the soul to avoid all that. And the result is truth is cast aside and there is no spiritual growth.

**Concealment** is a defense mechanism of the soul. The problem is that it keeps us from receiving the forgiveness and cleansing that God has for us, which we so desperately need. Another problem with concealment is that it stops the process of self discovery. When we conceal things from others regardless of what our reasons are and regardless of what we are concealing, then that's a matter all by itself. But when we conceal things from God and ourselves, then we are hurting ourselves. Trying to do this is self deceptive and futile because **God already knows!** **Concealment** keeps us from knowing ourselves and becoming ourselves and it keeps us outside the spiritual life dynamic.

Survival defense mechanisms are employed by everyone to one degree or another, but especially more so by those who have been victims of childhood abuse, whether it is verbal, social, emotional, physical, or sexual abuse. And it will keep us outside the spiritual life dynamic just as much as the lusts or emotions. If we are living in one of our **emotions**, whether the fear, anger, guilt, grief, jealousy, human happiness, or human love complexes, then we are outside the spiritual life. If we are living in one or more of the 28 categories of **lusts**, then we are outside the spiritual life dynamic. And it's no different than if we are living in a childhood self defense dynamic; we are still living outside the spiritual life. So what we have to do is recognize what's going on and confess it to God.

Believers who live in their emotions and follow after their lusts will never get their priorities right in life: 1) the Word of God and the spiritual life, 2) their spouses if they have one, 3) their children, if they have any, 4) and their job and home, because **their number one priority in life is their emotions and the gratification of their lusts!**

Job 31:33 gives us a picture of what is going on. He said that men **conceal** their sins by hiding them in their hearts. *“If I covered my transgressions as Adam, by **hiding** mine iniquity in my bosom:”* This is a picture of concealment by repression, suppression and denial. In verse 34 he goes into some of the dynamics that are behind the concept of repression/concealment; fear of the crowd stemming from the ridicule, contempt and rejection of others. *“Did I fear a great multitude, or did the contempt of families terrify me, that I kept silence, and went not out of the door?”*

Psalms 32:1-5 brings out the ideas of concealment, self-induced misery both mental and physical, confession, cleansing, healing and joy. It also shows that concealment/repression will get to the places of self-induced misery and/or divine discipline before we are motivated to confess to God. *“A Psalm of David, Maschil. Blessed is he whose transgression is forgiven, whose sin is covered. Blessed is the man unto whom the LORD impute not iniquity, and in whose spirit there is no guile. When I **kept silence**, my bones waxed old through my roaring all the day long. For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah. I **acknowledged** my sin unto thee, and mine iniquity have I not hid. I said, I will **confess** my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah.”*

Romans 2:15 shows us that repressed thoughts or feelings, especially along the lines of feeling guilty, or being guilty can and do motivate believers to either accuse themselves or defend themselves; to go back and forth between **self condemnation** to **self justification**. *“Which shew the work of the law written in their hearts, their conscience also bearing witness, and their thoughts the mean while **accusing or else excusing one another;**”*

Psalms 12:1,2 deals with things hidden in the heart, but here it's legalistic believers, who have an outward show and speech that they like you and are for you, but inside they are full of arrogance, anger, deceit and malice. *“To the chief Musician upon Sheminith, A Psalm of David. Help, LORD; for the godly man ceaseth; for the faithful fail from among the children of men. They speak vanity every one with his neighbour: with **flattering lips** and with a **double heart** do they speak.”*

**Concealment** is a form of deception; we may think we're concealing what's going on inside us from God – but we're not! And when it comes to ourselves, then that becomes self deception and self deception is just the opposite of self discovery. **Self discovery** is finding out the truth about ourselves, which can be one of the most problematic painful thing we have to go through in life.

To set the stage for this we have to begin with some basic axioms. When we believed on Jesus Christ as our Savior, who is incarnate truth, we became the children of God, who is the God of truth. The Holy Spirit, who is the spirit of truth, came to indwell our bodies and he created a new nature in us, whose essence is spirit and truth. So everything about our existence now is centered around the **truth**. So discovering the truth about ourselves, which is the essence of self discovery sums up our existence! Everything else found in the world and the flesh is nothing more than smoke and mirrors, lies and deception, covering and concealing, arguing and denying, projecting, transferring, repression, etc., etc.. This is what the battle of the flesh against the spirit is about as it seeks to keep the inner man from knowing the truth about **what** it is, **who** it is and **whom** it belongs to!

But Christ said, “*And ye shall know **the truth**, and **the truth** shall make you free.*” John 8:32 And that is the very thing that the devil and the flesh are dead set against, in that, **they don't want the new man to find out the truth about itself!** Satan doesn't want the world to know the truth about Jesus Christ and he doesn't want Christian to know the full truth about themselves. But Bible Doctrine chips away at, if we allow it to, until all that is left is the truth!

It is only when we can “see” the things about ourselves, our thoughts, our feelings, even when we sin, that we can see ourselves as we truly are. But you say, “the regenerated man doesn't sin!”. Quite true, but the mind is able to discern the difference, just as we can see the stars in the sky in a universe of darkness. Just like Paul was able to see this himself in Romans 7:15-25.

We also need to realize that our self-discovery is linked to our discovery of who and what Christ is! We cannot allow ourselves to think that we can arrive at this place of maturity apart from Christ for we are in union with him. The more we learn and see about Jesus Christ the more we learn about ourselves. There can be no separation from us and Christ in our thinking; we are one with him.

This study on the doctrine of dealing with the emotions helps us in one, the area of learning how to recover from the grip of the flesh nature in one or more of its emotional complexes so we can live in the spiritual life dynamic. And two so we can go on and grow in grace from the areas of grace orientation, to mastering the details of life, to being perfected in *agape* love, to the area of rapport or capacity love with the Father, the Son, friends, right man right woman, all the way to joy.

We must remember that emotional phenomena is not spiritual phenomena and vice versa; one proceeds from the flesh nature, while the other proceeds from the new nature as one is filled with the Holy Spirit. The flesh's emotions will always be working against us to prevent us from being grounded in true love, which we will need, to arrive at the place of *phileo* love. “*That Christ may dwell in your hearts by faith; that ye, being **rooted and grounded** in love,*” Ephesians 3:17

Living in *agape* love is needed to overcome the emotional complex of the flesh and at the top of the list are the emotions of **fear and anger**. “*There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made **perfect** in love.*” 1 John 4:18 To be **perfected** in love, as John puts it, or **rooted and grounded** in love, as Paul puts it, will take a variety of people tests. Being around the OSN nature activity of people will definitely put one's mental attitude to the test, but one must apply *agape* love to them and the situation so you can pass the test and keep on moving forward in the spiritual life and our growth unto maturity.

In fact, it is *agape* love that is the cohesive spiritual dynamic that holds together all the other aspects of the soul that are being developed so that the believer is mature and complete. “And above all these things put on **charity**, (the spiritual mental attitude of *agape* love), which is the **bond**, (*sundesmos* – the thing that all things are tied into that holds them together in a cohesive bond), of perfectness, or the state of perfection or completion.” Colossians 3:14 “And over all these virtues put on **love**, which **binds** them all together in perfect unity.” Colossians 3:14 NIV

One of the major hurdles we have in developing true capacity love in the soul is the scar tissue of the heart, the garbage of the soul; the defense mechanisms that we have developed over the years from childhood on. That is why it is so important, especially for those believers who are in that area of growth, to have the doctrines they need that pertain to those areas. One of them, of course, are the doctrines dealing with the emotions.

Grace oriented believers living in these times are under tremendous pressure; pressure from the word system, economic pressure, pressure from being surrounded by a growing number of people who have gone over to the dark side, pressure from the government, the weather, our health, friends, jobs, etc., etc.. *“These things I have spoken unto you, that in me ye might have peace. In the world ye shall have **tribulation**, thlipsis - **pressure**: but be of good cheer; I have overcome the world.”* John 16:33 We are instead to keep our faith up; we must not allow ourselves to get our eyes off the Lord, as Peter did.

Paul told us that in the last days, those years going from a few years to as much as fifty years before the Lord returns will be ever increasingly difficult for believers in Christ; not just because of persecution, but because of the kind of people we will be living around. *“This know also, that in the last days **perilous**, (chalepos – difficult to apply Bible Doctrine), times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, Traitors, heady, highminded, lovers of pleasures more than lovers of God; Having a form of godliness, but denying the power thereof: from such turn away.”* 2 Timothy 3:1-5

He also told us that we will have to go through **much pressure** in our lives before we enter into the kingdom of God. *“Confirming the souls of the disciples, and exhorting them to continue in the faith, and that we must through **much tribulation** enter into the kingdom of God.”* Acts 14:22 The concept of pressure encompasses the whole Church Age, but it will greatly intensify as we go into the Tribulation.

**Pressure** is a part and parcel of living in the world, but faith in the Word of God gives us peace and that gives us victory over the world and pressure! That's why the Lord told us in John 16:33 that he has given us his Word for the purpose that we might have peace. *“These things I have spoken unto you, that in me ye might have peace. In the world ye shall have **tribulation**, thlipsis - **pressure**: but be of good cheer; I have overcome the world.”* And in John 14:27 he told us to stop letting ourselves get stressed out and to stop being afraid. *“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 out) neither let it be afraid.”*

If the pressure of the world system is not kept out of the soul, then it will immediately be converted into stress in the soul, that nondescript agitation of the soul, which is tantamount to sin in the soul, even though it is not sin. But it will be converted to sin in the soul, if we do not deal with it, and the first sins in the soul that are activated will be the emotional complex of the soul, (our feelings), with the first emotion that will be activated is fear, then anger and so on. God's spiritual problem solving device for this is to recover by confessing our sins to God, then get back into the faith rest dynamic of occupying our minds with the Word of God, which will give us faith. So faith in the Word of God combined with the filling of the Holy Spirit, which is what the spiritual life dynamic is all about, will give us peace in our souls, which will remove stress and any other scar tissue garbage that we may be dealing with.

Now this matter becomes of paramount importance not only for our daily living in normal times, but even so much more so if the nation in which we are living has come under the judgment of God, and even beyond that if we're living, (which we are), in the last days! Just having to live around the type of people described in 2 Timothy 3:1-5 is stressful enough in itself. And living in a nation ruled over by Satanists and various other types of crazy people is a stressful situation all by itself. But combine them altogether: crazy people, Satanic rulers, the judgment of God on one's nation, and then all things talked about in the end times; you are talking about **pressure and the potential for stress of the highest magnitude!** So we so need a spiritual provision for dealing with that and that's what we have in the peace of God, which is found in the spiritual life dynamic!

**Stress** in the soul, which is also referred to as **tension**, can come about as the result of the pressure and problems of life, if not handled by faith in the Word of God. Stress, or tension, can also come about as the result of the battle that the flesh wages against the spirit. “*For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are **contrary** (antikeimai) the one to the other: so that ye cannot do the things that ye would.*” Galatians 5:17 What the flesh wants for us is **hostile** to what the spirit desires for us and vice versa.

*Antikeimai* tells us that we're looking at two opposing forces operating inside of us; forces that are not only in opposition to each other, but completely different as to their makeup and their overall goals in mind. One could look at this from the perspective of two opposing armies out on the battlefield each one representing their respective nations, languages, culture, customs, morals, etc.. There is no meeting ground for these two nations, no negotiations, no concessions, only total hostility the one for the other; neither one giving ground to the other.

Each army is going to have an array of things that it is going to use to defeat the other side; it is going to put forth that which is a counterpart to what the other side has. In the spiritual arena this dynamic will be going on at all levels of our spiritual growth. The flesh is always going to be throwing something at us as its counterpart to stop us from living in the spiritual life, or at least get us off track. The counterparts we will need to employ are: the filling of the Holy Spirit, the faith rest drill, occupying our minds with the Word of God, confessing our sins to God and getting the Bible Doctrine we need for that phase of growth from a Pastor-Teacher in a local church.

The **Spirit** wants us to be content with the things we have, but the **flesh** wants us to be coveting all kinds of things. The **Spirit** wants us to be humble and obedient to the Lord, but the **flesh** wants us to be prideful and rebellious. The **Spirit** wants us to trust the Father and wait on him to provide, but the **flesh** wants us to do things in our own works and strength. The **Spirit** wants us to have a spirit filled positive mental attitude, but the **flesh** wants to stir up all sorts of mental attitude sins. The **Spirit** wants us to exercise true love, but the **flesh** will stir up every love problem imaginable. The **Spirit** wants us to have joy in our souls, but the **flesh** wants us to go down the path of the frantic search for human happiness.

Every area that the Spirit is working in our lives, every level of growth that the Spirit is developing in us will be met by the opposing force of the flesh nature. And each area at every level and each thing that the flesh throws at us will have to be met and overcome by the corresponding doctrines that deal with that area.

For example, if we're going to grow in the Lord and his Word, then we're going to have to learn to master the details of life so we can put Bible Doctrine first everyday. But the flesh will come in with its countless opportunities and impulses to go do something else, something that it wants to do, or something that it feels it has to do; anything to miss Bible class. To counter that attack of the flesh the believer will have to confess sin biblically, be filled with the Holy Spirit and keep making the decisions to go for doctrine.

Or maybe we're in the area of developing rapport love, but the flesh reacts to all that by bringing back old negative memories of failed experiences, or fear, anger and jealousy, or sidetrack us into wrong man, wrong woman concepts, or into the area of lusts. There are five basic areas in which we will have the battle of the flesh against the spirit: the will, the mind, the heart, one's speech and one's actions; the heart is the most difficult area. And because we will be going into uncharted territories, then we're going to have to really rely on prayer for the answers. James 1:5:13