

## September 2016 Newsletter – Dealing With Emotions – Review

Bible Doctrine and the filling of the Holy Spirit in the new nature is the divine provision for dealing with our emotions and Ephesians 6:14, “*Stand therefore, having your **loins** girt about with truth, and having on the breastplate of righteousness;*” tells us to gird up our loins with truth. And, if we take this in context, we see that it's how we stand against Satan and his demons in the angelic conflict. Which also tells us that emotions are one of our most vulnerable areas!

So because our emotions are our weak link, they need to be protected and that's protected not hardened, nor repressed, nor indulged. And the way we protect them is with truth, doctrinal truth. And with the absence of the definite article **the**, which would make it **the truth** speaking of doctrinal truth, which is of utmost importance, but truth regarding the nature and dynamic of what's going on in the emotions.

For example, we have learned so many things about the emotions in our study, one of them is what happens when we are under pressure and do not handle it with faith in the promises and doctrines of God's Word. That pressure, then, will be converted to stress in the soul, which in short time will activate the flesh's emotions with the first emotion to come into play is fear!

The belt Paul has in mind used to protect the loins is taken from the Roman military, which was a wide, thick leather belt that wrapped around the mid-section with long, thick, overlapping straps hanging down protecting the vital areas.

What this teaches is that the wide belt that goes around the body refers to the truth of God's Word and from there other doctrines are taught, then doctrines that are close to those doctrines, (the abutting straps), are taught, then other doctrines that are deduced from those doctrines are taught, (the overlapping idea), resulting in total **protection** of the emotions and **flexibility** as one walks in life.

We need to protect our emotions in life and we also need flexibility not only so we can live life without being stiff and reactionary, (getting out of fellowship all the time), due to so many types of people and situations we will encounter, but also so we can effectively stand our ground against the attack of Satan and his demons against us! We need flexibility so we can consider many things in life, flexibility in our thinking, and flexibility in our dealings with other people. Doctrine gives us that flexibility. If we don't have it, 1) then we will live in our own man made boxes, 2) we will be stiff, legalistic and unbending in our relationships with others, 3) we will be reacting to everything and be out of fellowship continually.

The **belt of truth** covered the stomach, colon, intestines, liver, kidneys, genitals and the arteries in the upper thighs; generally speaking it spoke of the emotions, but more than that. The **kidneys** with the **adrenal glands** were the organs that dealt with the emotion of fear. The **liver** along with the **gall bladder** dealt with the emotion of anger and bitterness. When the gall bladder backed up bitterness or bile flooded the soul. The **stomach, colon and intestines** denoted the metabolization process of doctrine in the soul, which can be hindered when attacked by Satan. It takes the consistent intake of doctrine over a long period of time to build up **layers of protection** so that our emotions aren't pierced and activated and so the metabolization process of Bible Doctrine won't be affected.

The thickness of the leather straps and belt denoted the depth of doctrinal teaching. The belt referred to BD. The straps refer to the truths pertaining to these concepts of emotions and doctrinal metabolization, all truth pertaining to emotions. The straps hanging down refer to a doctrine being taught; the abutting straps refer to where one doctrine leads to another.

The overlapping straps refers to where you take one truth and doctrine and develop a new doctrine. The many straps hanging down tell us that because our emotions are so **complex** we will need many areas of truths in this area. And the use of leather tells us that we will need **flexibility** in our thinking and approach in life because we are dealing with organic concepts not wood, stone, or metal. One has to be flexible enough to consider new truths; the more straps the better.

Another approach, in addition to learning new truths in this area of our emotions, another strap, is to stabilize our souls by occupying ourselves with Christ and his Word. *“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”* Isaiah 26:3 When we occupy our minds with the truths of God's Word, the mental state of the soul will be one of peace. And it is there in this state of peace that we will have no feed back or problem with our emotions. So maintaining this spiritual state of peace is vital in dealing with our emotions.

We have to be considerate of the fact that we live in these flesh bodies, which do have their emotional complexes. There was nothing wrong with them in the original creation, but after Adam and Eve sinned against God, this problem of sin has affected them. We do this in other areas, such as, if it's too hot or too cold, too much sun, or not enough, fire to warm us but not burn us, electricity, sharp objects, foods we eat, etc.. And we have to be considerate of our flesh's emotional complex and the thing which God has provided to do that is the spiritual life dynamic.

As we have seen pressure exists all around us in the world as the Lord himself told us in John 16:33, *“These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation (pressure): but be of good cheer; I have overcome the world.”* Christ has given us his peace to prevent that pressure from being converted into stress in our souls. John 14:27, *“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.”* Once stress enters the soul, then it will activate the emotions with the first feeling experienced being fear.

One of the keys to enjoying a consistent state of peace in our souls is to eliminate or minimize our mental occupation with the things that are going on in the world, while maximizing our occupation with the things of Christ. Colossians 3:1,2, *“If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth.”*

We also need to start being proactive in all this and not reactive. We need to stop allowing our souls to be constantly stressed out worrying about this and being angry about that because we have not been living in the spiritual life dynamic with the result that we end up reacting to everything going on around us. Instead we need to be proactive by living our life in a new way where we stay focused in faith on God's Word and stay away from those things that take away our peace.

Instead of watching the news channel, watch the travel channel; instead of seeing violent movies, see movies that promote beauty; instead of listening to rock and roll, listen to beautiful music; instead of being around negative people, be around positive people! Why do we subject ourselves to various inputs that so affect our minds that our emotions react with anger, worry, fear and guilt? Why be around people and things that rob us of our faith, our peace and our joy, when we can be around people and things that promote it? Why eat foods that makes us sick, gives us hives and bad health, instead of eating food that makes us healthy?

*“All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.” 1 Corinthians 6:12 “All things are lawful for me, but all things are not expedient: all things are lawful for me, but all things edify not.” 1 Corinthians 10:23* We can eat it, but if it doesn't promote our health, why do it? You can eat it, but if you're allergic to eat, or it can cause diabetes, why do it? You can drink it, but if it makes you sullen, angry, combative, or you can't control yourself, then why drink it?

There's a lot of things we can do in this life, but just because we **can** doesn't mean we **should**! And in the spiritual world one of the things we need to implement in our lives is avoiding those things that arouse or activate any of our seven feelings of the emotional complex of the soul. We also need to implement as a practice in our lives of keeping our minds on Christ through his Word.

1 Corinthians 7:15, *“But if the unbelieving depart, let him depart. A brother or a sister is not under bondage in such cases: but God hath called us to peace.”* and 1 Timothy 2:2, *“For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.”* certainly enlighten us as to what's going on and what we're to do, which is to live our lives in such a manner so as to **not agitate our emotions**! God has called us to peace and we're to live peaceful and quiet lives. So why do we expose our souls to things that agitate our emotions, then spend all our time trying to calm them down?

For example, if you are married to an unbeliever, or a non faith, non doctrinal believer, and if all there is in the home is lusting, wanting, carnality, worldliness, hostility, arguing, screaming, fighting and the rest - and they leave you, then **let them go**! Why? Because God has called us to peace. Can we not see how their presence and behavior agitates our emotions? Why spend years of your life trying to put out the fires they keep setting? Why spend your whole life trying to spiritually recover?

God wants us to live in a state of tranquility. He wants us to have inner peace in our comings and goings and he wants us to have peace in our homes. Tranquility, or having a tranquil life is where we are not only enjoying inner peace from the filling of the Holy Spirit, but we also have a calm, quiet home environment. We accomplish this by removing the things that do not contribute to peace and quiet from our lives, or we remove ourselves from things and people that take away our peace. And if a mate who is causing an atmosphere that distracts from a peaceful home leaves, then so much the better!

Remember what stress is; stress is that nondescript agitation of the soul. It is not sin in the soul, but is tantamount to sin in the soul. Once the soul becomes agitated, then the emotions come into play, or are awakened, so to speak, then fear, anxiety and worry kick in, then anger, etc.. And once they kick in then we have to go through the same thing over and over. Thousands of days wasted in dealing with OSN emotional activity in our home! Isn't it better to live our lives in such a way that we aren't constantly agitating our emotions, or living with someone else who is doing it?

This principle applies to our relationships with people, friends, family members, even our own spouses, as well as where we go in life, our recreation, the music we listen to, the TV shows we watch. It's not just enough to desire peace in our lives, we must seek after peace, which means that we will have to eliminate the things that agitate our emotions!

John 14:1, *“Let not your heart be **troubled**: ye believe in God, believe also in me.”* and John 14:27, *“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.”* both tell us to not let our hearts be troubled.

The word for **troubled** here is *tarasso*, which meant to be agitated, stirred up, or stressed out as we say today. Now because this is commanded by the Lord for us it tells us that **we can do this!** We have control over this! We don't have to live in stress in our lives! We can eliminate, or at the very least, minimize the stress we have in our lives! We do this by living in the faith rest dynamic and by staying away from concepts and people which agitate our emotions!

Revelations 7:14, “*And I said unto him, Sir, thou knowest. And he said to me, These are they which came out of **great tribulation**, and have washed their robes, and made them white in the blood of the Lamb.*” tells us that the last 7 years of the Church Age will be characterized by great tribulation; great in scope and in intensity. The Lord called this period of time great tribulation in Matthew 24:21, “*For then shall be **great tribulation**, such as was not since the beginning of the world to this time, no, nor ever shall be.*” Both passages have **great tribulation** as *megas thlipsis*, which means **great pressure**.

When Paul was ministering to the disciples, he strengthened them by encouraging them to stay with the faith, which is to live our lives in the new nature, the filling of the Holy Spirit, Bible Doctrine and the faith rest life. Acts 14:22, “*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.*” **Much pressure** is *pollon thlipsion*, which in the plural denotes the idea of many pressures.

When Luke is talking about the much tribulation (pressure) we have to go through before we enter into the kingdom of God, in Acts 14:22 he's talking about the many experiences of pressure we will have in this life from the first Advent to the second Advent. **Much tribulation**, or many tribulations versus the great tribulation. But the **great tribulation** mentioned in Revelations 7:14 is talking about the intense pressure on believers in the tribulation age.

As unappealing as this idea is and as much as we don't want to go through them, the reality of pressure on our souls in this life is there and all believers will have to go through them. And not just pressure, but many pressures, all kinds of pressure, pressure in every category, going from one area of pressure to another with many of them overlapping. But the good news here is the word *dia* – through! **Dia** tells us that we will go through them all and come out the other side!

How we go through them, or how we're supposed to go through them, is by utilizing the spiritual life provision supplied by God to all believers in Christ, which is the filling of the Holy Spirit, confession of personal sins, claiming the promises and living by faith. When we do so we will live in the sphere of peace and we will come out the other side of our trials victoriously!

But if the pressure is not met with the faith rest problem solving device, it will result in having stress in the soul, which will activate the emotional complex of the soul with the believer now experiencing one or more of the seven emotions of the emotional complex: fear, anger, guilt, grief, jealousy, search for human love or human happiness.

So we have to deal with this on two fronts: 1) by keeping our minds occupied with the Word of God and remaining filled with the Holy Spirit; 2) by actively eliminating the things in our lives that are negative and bring stress. The principle is: “*God has called us to peace!*” As the **body** reacts to certain things that irritate it, so does the **soul** react to certain things that irritate it. We need to minimize, even eliminate things that take away our peace, which is what the idea of living in tranquility is all about. By establishing an environment of tranquility around us we are creating a “buffer zone”, which will keep these things away from us, or give us time to deal with them, before they hit our souls.

We can't do anything about the external pressures and irritant of life, but we can do something about how much of these things we allow in our lives! And we can prevent pressure from becoming stress in our souls. Noise, negative people, OSN controlled people, the world's problems and demonic activity we are to stay away from. For the most important thing for us is to live in the sphere of peace that Christ gave to all of us. And if we do, then everything will work out fine for us.

And when we do, then we won't be having any problems with the seven emotional complexes of the soul, or at the very least they will be minimized. And if we do have a problem with one or more of these seven emotions, then it tells us that we are operating in the flesh nature and not the dynamic of the Spirit and we need to recover our peace. And the same thing goes for when we're having a problem with the lust patterns of the body or soul, or dealing with scar tissue.

This is born out by Philippians 4:4-8, *“Rejoice in the Lord alway: and again I say, Rejoice. Let your moderation be known unto all men. The Lord is at hand. Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”*, which instructs us on how to recover our peace and that peace will protect our mind and the heart from the emotions.

**Peace** has always been the prevention and cure for stress, fear, worry and the other emotions of the flesh nature, but this will take on paramount importance going into and in the Last Days because of the increasing pressure (tribulation). Men's hearts failing them for fear, drunkenness and dissipation, rampant use of drugs and despair because of all the things that will be occurring at that time. So for the believer in Christ keeping our peace is vital!

When Jesus Christ died on the cross, rose from the dead, and ascended back to heaven, he sent the Holy Spirit his Spirit, to earth to indwell all who believe in him as their Savior to be with us and in us forever! We must remember that both the Father and the Son are presently in heaven and that it is the Holy Spirit with whom we have our point of contact as we dwell here on earth.

When the Lord told the disciples that he was going to go back to heaven, they became quite afraid over the prospect of being left all alone here on earth. But he also told them that he was going to go back to heaven to prepare a place for them there, but they didn't care about that at that time. What bothered them was that they were going to be left alone here as orphans!

But he also told them that he was not going to leave them behind as orphans, but that he was going to send the Holy Spirit to them to be their Comforter. *“And I will pray the Father, and he shall give you another **Comforter**, that he may abide with you for ever; Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you. I will not leave you comfortless: I will come to you.”* John 14:16-18

How terrible the words – all alone in the world. The sense of abandonment that orphaned children feel is horrible. And that's what they were feeling until the Lord told them what the Father's provision was - the Holy Spirit. And that's what the Father's provision for us today is – the Holy Spirit. *“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 16:13

The Holy Spirit is called the Comforter for that is what he does for us; he comforts us. He is called the Spirit of Truth because of his unbreakable connection and union with the truth of God's Word. He not only is in union with the truth, his ministry is centered around the truth leading God's people to it and learning it. Any ministry that touts a connection to the Holy Spirit apart from the truth is false!

The Holy Spirit was promised by the Father to the Nation of Israel many years before as a **sign** of the New Covenant. *“Behold, the days come, saith the LORD, that I will make a new covenant with the house of Israel, and with the house of Judah: Not according to the covenant that I made with their fathers in the day that I took them by the hand to bring them out of the land of Egypt; which my covenant they brake, although I was an husband unto them, saith the LORD: But this shall be the covenant that I will make with the house of Israel; After those days, saith the LORD, I will put my law in their inward parts, and write it in their hearts; and will be their God, and they shall be my people. And they shall teach no more every man his neighbour, and every man his brother, saying, Know the LORD: for they shall all know me, from the least of them unto the greatest of them, saith the LORD: for I will forgive their iniquity, and I will remember their sin no more.”* Jeremiah 31:31-34

The Holy Spirit was sent to them 50 days later on the Feast of Pentecost in the last days of the Age of Israel. (It only had 40 years left). *“But **this** is that which was spoken by the prophet Joel; And it shall come to pass in the last days, saith God, I will pour out of my Spirit upon all flesh: and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams: And on my servants and on my handmaidens I will pour out in those days of my Spirit; and they shall prophesy: And I will shew wonders in heaven above, and signs in the earth beneath; blood, and fire, and vapour of smoke: The sun shall be turned into darkness, and the moon into blood, before that great and notable day of the Lord come: And it shall come to pass, that whosoever shall call on the name of the Lord shall be saved.”* Acts 2:16-21

There were three “Pentecosts”, or more accurately three events where the Holy Spirit did come down, and yes there were the speaking of tongues, which were known languages spoken in those days. 1) for the **Jews** in Acts 2; 2) the **Samaritans** in Acts 8; 3) and the **Gentiles** in Acts 10. The actual languages they spoke in are listed in Acts 2:17-21.

And there was healing, but as time went by the gift of healing disappeared from the scene, which doesn't mean that God stopped healing people, only that the spiritual gift of healing was phased out as evidenced by the Apostles, Pastors and Christians having regular physical problems in life, even Paul took his physician Luke with him.

And the spiritual gift of tongues was phased out because it had accomplished its purpose by “kick starting” the Church Age by communicators having the ability to preach the Gospel in different languages without any training whatsoever in those languages, and not only that later on when the Canon of Scripture was completed there was no further need for “tongues”. *“Charity never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away. For we know in part, and we prophesy in part. But when that which is perfect is come, then that which is in part shall be done away.”* 1 Corinthians 13:8-10

Tragically millions of Christians today in America are trying to recapture a spiritual phenomenon that took place at the beginning of the Church Age saying that it would reemerge in the Last Days. So they still try to heal people, (only God can), and speak in some jibber-jabber saying that what they are doing is tongues and ignore what the Bible clearly teaches.