

September 2017 Newsletter – Dealing With Emotions – Review

Sometimes we do resent the pressure, the responsibility, the demands put on us by family and friends and the job, and sometimes we resent not being able to do what we want to do in life. And how we handle that is by “casting our burden” on the Lord. Psalms 55:22, “*Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.*” Our **burden** comes with our “lot in life”.

Christ tells us to come to him, all of us who labor and are burned out by the burden in life that has been placed upon us by the Father and he will give our souls rest. Matthew 11:28, “*Come unto me, all ye that labour and are heavy laden, and I will give you rest.*” And we want to note that the emphasis is on the soul. If the soul is at rest, then there is no burn out. But the key is coming to Christ for rest in our labors for the Lord.

In John 14:27b, “*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**.*” Christ tells us to stop letting our hearts be troubled, (stressed out), and stop being afraid. The word for **troubled** is the present passive imperative of *tarasso* and the word for **afraid** is the present active imperative of *deiliao*. Both are in the imperative mood of command, which tells us **we have control over the situation**.

Tribulation, (*thlipsis* – pressure), is anything and everything on the outside that puts pressure on our souls. While **trouble**, (*tarasso* – stress), is what takes place inside the soul, more specifically it is an agitation of the soul. It is not sin in the soul, but can quickly be converted to sin in the soul with the emotional complex being the first sins activated in the soul with fear usually being the first one.

Christ commands us to here to stop being stressed out and to stop being afraid! We also want to note the connection that fear has to stress. **Prolonged stress** in the soul can lead to continuing fear in the soul, or being fearful, or as some refer today to as, an anxiety disorder.

The word for **fear** here is *deiliao*, which is a fear, but it's where fear holds us back from doing what we need to do, or want to do. It's having anxiety about doing what God wants you to do in life, or if you're doing it, you want to stop. All of this is solved by the confession of sin, faith, prayer, claiming the promises and continuing to move forward in life with the power of the Holy Spirit.

Now pressure is a different matter altogether and it comes from the 3 areas of **the world, the flesh and the devil**. The pressures of the physical **world** are many: trying to survive, to make enough money to get by, competition of the marketplace, weather, natural disasters, the heat, the cold, food, clothing, shelter, other people, people that are trying to hurt you, tyrannical governments, equipment failures. Everything outside of our bodies. Then there is the pressure of the **world system**. All these things and more put pressure on us.

The **flesh nature** is our flesh natures and other people's flesh natures, our responsibility for our families, which is other people's bodies. But then there is the flesh's problem of aging, biological changes, accidents and injuries, sickness and disease, handicaps, psychological changes, social changes, scar tissue problems and then add to all that is the problem of the resident sin nature of the flesh, which is in a state of continued rebellion against God. Then add to that the constant attacks of **Satan** and his demons against the body of Christ because of his hatred for God.

As we saw in the beginning of our study one of the first psychological devices was hiding; hiding the wrong we do from God, and ourselves, and others. We begin with what is **hidden** so we can understand how to deal with our emotions. Some of the concepts concerning what are hidden. **Krupto** – to hide, or to conceal, for the purpose of self-interest, or to protect oneself. There is that which is hidden and there is the act of hiding.

One conceals that which one is ashamed of, or embarrassed over. One conceals concerning fear of judgment. One conceals concerning fear of punishment. To cover, to bury, to disguise so as to blend in are acts of concealing. There are both good and bad purposes behind hiding something. Men love darkness because it hides their evil deeds.

The sinner runs and hides from the light of God. Adam and Eve did after they sinned, so did Cain the murderer, Achan the thief; the entire world will be trying to hide from Christ when he returns to the earth by hiding in the rocks wanting the mountains to fall upon them – all in vain! One cannot hide from the omnipresence of the all-seeing God! *“And the kings of the earth, and the great men, and the rich men, and the chief captains, and the mighty men, and every bondman, and every free man, **hid themselves in the dens and in the rocks of the mountains; And said to the mountains and rocks, **Fall on us, and hide us** from the face of him that sitteth on the throne, and from the wrath of the Lamb: For the great day of his wrath is come; and who shall be able to stand?”*** Revelation 6:15-17

The righteous man does not do this. He does not hide from God, but discloses everything to him for he knows that living his life openly before God and confession is the prerequisite for restoration to fellowship with him who sees all! He is hidden from us, but we are open before him. We know that he knows every thought and feeling both conscious and subconscious.

Men love darkness because their deeds are evil. **Darkness** is one of the ways that men hide their wrongdoing. *“And this is the condemnation, that light is come into the world, and men loved **darkness** rather than light, because their deeds were evil.”* John 3:19 At times we may be tempted to cover our deeds, to try to conceal them, but in time, and with doctrinal instruction and/or divine discipline, we will give up this futility for our God sees all, that we are all open before him and nothing is hidden from his sight!

Christ used **parables** to hide the meanings of certain concepts from the unsaved. **Revelation**, revealing, is the act of making known what was hidden. God dwells in the concealment of the clouds. His works are hidden. To him belong future things, which are still hidden. But nothing is hidden from God. Even our thoughts and feelings of the heart, including the subconscious, are open before him. No man can flee from God; no man can hide from God. He is hidden from us, but we are all open before him. And God has chosen to reveal himself through the teaching of Bible doctrine.

Hiding something is not necessarily bad in itself. It goes back to the purpose behind hiding. Because of original sin, and subsequently inheriting our fallen natures from Adam, man, in his flesh nature, acquired the dynamic of repressing emotions.

Repression of our feelings is immediate, it is done in the subconscious and it is non-volitional. We repress our feelings because we are afraid of them, embarrassed by them, ashamed of them, afraid of repercussion, because of the pain they may be bring, and because they will reveal our inner self! Our feelings, our true feelings, bring us out into the open where we are exposed, vulnerable, where we will be seen by all. They would leave us psychologically naked.

Working, drinking, addictions, anger, shallowness, evasiveness, repression, suppression, transference, projection and many other things are **hiding techniques**. The body can't be healthy without a healthy soul. And the soul can't be healthy with repressed emotions. People tend to give too much credit to their emotions, but I wonder how many have really looked at the negative impact our emotions have had on our souls and lives? Most churches today confuse emotional phenomena with spiritual phenomena and they are **not** the same!

Repression is one of the ways we hide our sins from ourselves, God and others; it's like out of sight out of mind. Then we dissociate ourselves from them, distance ourselves from them and ultimately we deny them. But denial is the opposite of confession and there is no way that God can forgive us unless we confess to him what we have done wrong! 1 John 1:9, "*If we **confess** our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*"

The soul creates an alter ego, a fictionalized person, that it now states it is us! It creates **an image**, an ideal, of what it wants us to be. The problem is – **it isn't us!** It's merely a figment of our imagination and it's how we now view ourselves. It's the same dynamic that takes place in religion, where man creates a fictionalization of God. They make up things they want to see in their god; the way they want god to be like, and then create a whole religion and system of worship around it, even making 3-D representations of him called **idols**.

It starts with the fiction of their ideas about god, then comes the layering of things around him: a structured religion, worship, priests, temples, icons, etc., to establish and protect their idea of their god. But none of this stuff is true! It's all a figment of their imagination that they have brought about in the world of reality. But even if they have created massive stone temples, a vast priesthood and a formal structure of worship, it's all phony. It all is a figment of their imaginations! We do this with God and we do it with ourselves! If anyone comes along and challenges their idea of deity and says, "that's not true, that's not the real God", then it is met with hostility, as the adherents of this fictionalization rush out to destroy reality!

And so it is with ourselves. We have a fictionalization of ourselves going on inside of us. Now maybe we created it, or our parents, or others, maybe it was a joint effort. Maybe we gave them what we thought they wanted. And we, too, have created a vast array of self-defense tactics to protect this image. And it's even worse than that, for what we have today is not people walking around, but TV characters!

If someone comes along, or if God comes along, and says, "that's not you, that's not the real you", we do everything to drown out their words. You see, to us fiction is preferable over reality. That's where the repression of feelings come in. **We can't allow ourselves to experience what we're feeling, because that would reveal the truth about us and that would topple the false image of ourselves that we have created!**

We all have created an **image** of ourselves that doesn't exist. It's a stylized product of our imaginations. It's our **mask** that we put on everyday. The Greeks referred to it as *hupokrisis* from the masks that the actors wore on stage. And the Latin refers to it as the persona. In essence it is an **idol** that we have created in our minds as the representation of our true inner self, just the same as a crafted **idol** is the representation of what people believe God to be like.

Protecting the image: Now in creating this idol, this image, there is always the "**story**" that goes with it. The story is the thing you always hear, when listening to people talk about themselves, or just plain

talk in general. It's a fabrication that people think up to paint this image of themselves. And even **lies** come into play on this. So often, when listening to people talk, you know that they are lying even when they have no reason to lie! Usually people lie for fear of repercussion, sort of a self-preservation idea. But other people lie over even small stuff! Why? Because the lies are part of the fabrication of the story in connection to their self image. Truth, lies, all from the same paint brush.

But when one's true feelings come to the surface, love, hate, jealousy, anger, fear, etc., they paint a different picture of ourselves than what we're trying to show to the public! So we repress our feelings, deny we have them, project them into others, (takes the heat off us), anything we can do to distance ourselves from them for they are exposing us to the real world as to what we're really like, and so the image/idol begins to totter and fall.

Who wants to realize about themselves, let alone have the world see, that inwardly, on the other side of the mask, the facade, that they are angry, resentful, and hateful? Who wants to see that in back of the bluster, the braggadocio, and the bravado, that we are fearful cowards at heart? Who wants to realize that in back of the mask of respectability, we are guilt-ridden and covered with shame? So what does the heart, the sub-conscious do? Immediately represses all these feelings we have so the conscious mind stays unaware of them. Why? **So we won't realize the truth about ourselves!**

But when the Bible talks about loving the truth and knowing the truth so we will be set free, it's also talking about knowing the truth about **ourselves!** So we can know ourselves as we are known. This is where tension myositis syndrome (TMS) comes in. The subconscious creates pain in our bodies to distract our conscious mind, so it is occupied with the physical pain, instead of the emotions, away from feelings that are even more painful, embarrassing, or that we're ashamed of.

Very few people, including those who call themselves Christians, want to know the truth about God, to see God as he truly is. And out of those, very few Christians want to know the truth about themselves. Most people on earth are content with a fictionalized version of God. And sad to say, most Christians are content with their fictionalized version of God. Which really is an idol. How do we know this? Because they are not under the sound teaching of Bible Doctrine! For it is through doctrine that God reveals himself and it is how we perceive him as he truly is! And most Christians, along with the world, (it's a flesh operation), are content with their self-created fictionalization of themselves. They live in the illusions of their minds in the "Land of Fantasy". Most Americans today have become nothing more than TV characters!

But God gives us free will where we can choose for the truth or choose to stay locked in our fantasy! We can choose to know God, or not, if that is our choice. We can choose to believe on Christ and avoid going to Hell, or not choose and end up in Hell! The choice is ours. God has given man the right to choose, but man needs to know full well that our choices have consequences that we will have to live with, whether good or bad.

We can choose to deal with our scar tissue in the soul, or leave it there. We can choose to be spiritually free, or live in our fantasy worlds. The choice is ours. We can choose to go for Bible Doctrine, or we can choose to go for the many man-made approaches to religion. We can choose to deal with our emotions and start living in the freedom of the spiritual dynamic, or stay stuck in our emotions the rest of our lives. God gives us the freedom to choose, but he also laid upon us the consequences of our decisions, whether good or bad.

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