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Stop being emotional and start being doctrinal!

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SALVATION

If you are not a believer in Jesus Christ, or aren't sure and would like to become one, then you need to believe that Jesus Christ was and is the Son of God, that he was God who became a man, that he lived a sinless and perfect life, keeping the Law of God perfect in every way, that he kept faith perfectly, and that he was crucified on that cruel cross for your sins, mine and the entire world - he died for our sins! His death on the cross paid the penalty fully, one time for all sins that we have ever committed and that we will ever commit. He died; he went down into the bowels of the earth, even into Hell, and was raised from the dead on the third day in a resurrected, eternal body. He ascended back into heaven, was seated at the right hand of God, and is now Lord over heaven and earth. He is coming again to judge the world, to raise the dead, where he will give an eternal, resurrected, glorified body to everyone that has believed on him as their Lord and Savior, and to establish his kingdom on earth.

You come become a Christian right now as you read this by personally placing your faith and trust in Jesus Christ as your Lord and Savior; believing that he is God's only begotten Son, that he died on the cross for you and that he was raised from the dead and is now seated in heaven at the right hand of God the Father. *"Believe on the Lord Jesus, and you will be saved.."* [Acts 16:31a](#) And when you do trust Christ, and Christ alone, as your Lord and Savior, then go to God the Father in heaven in prayer and tell him so. Tell him that you have believed on his Son, thank him for his Son, and thank him for forgiving your sins and saving you! *"That if you confess with your mouth, "Jesus is Lord", and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved."* [Romans 10:9,10](#) *"For, "Everyone who calls on the name of the Lord will be saved."* [Romans 10:13](#) *"Therefore, being justified by faith (declared righteous), we have peace with God through our Lord Jesus Christ."* [Romans 5:1](#)

Dealing With Emotions

One

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.

Buried treasure in the field. “*Again, the kingdom of heaven is like unto treasure hid in a field; the which when a man hath found, he hideth, and for joy thereof goeth and selleth all that he hath, and buyeth that field.*” Matthew 13:44 The **field** is the world. The **treasure** is the elect. **Selling** everything he had is Christ giving his life. Christ gave his life to buy the field because the elect were hidden in it.

Keeping it secret. Question: How do you understand something, when it doesn't want to be understood? How do you see something, when it doesn't want to be seen? How do you bring something to the light of day, when it wants to stay in obscurity? Yet it is there and needs to be understood.

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.

There is the keeping of the trusted secrets of the **mysteries**. All the inner workings and knowledge of the mystery religions were kept hidden. Cryptograms, writings and symbols were used to hide their secrets. Plato's state had the *kruptoi*, the secret police, or rangers. Sparta had secret police, which were assassins for the state. In ancient times it was understood that the deity was hidden. A veil of mystery surrounded it. No one saw it, unless it chose to be seen.

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.

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 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!

There are reasons why God hides things and hides himself. Always for good reasons. There are reasons why we hide things and hide our true, inner self. Sometimes for good reasons and sometimes for bad. 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!

Two

2 Corinthians 6:11-13, “*O ye Corinthians, our mouth is open unto you, our heart is enlarged. Ye are not straitened in us, but ye are **straitened** in your own **bowels**. Now for a recompence in the same, (I speak as unto my children,) be ye also enlarged.*” talks about the Apostle Paul wanting to teach Bible doctrine to the believers in Corinth, but they weren't receptive to it. He uses the metaphor of a mother bird trying to feed her children, but there was **something blocking the process**.

He uses the two words *stenochoria* and *splanchnon* to describe what is going on in their souls that prevent their intake of Bible doctrine. He says they are **restrained**, *stenochoria*, but this word really has the idea of being constricted, like the pinching off a hose to prevent the flow of water through it. So something was going on inside of them that was constricting the flow of Bible doctrine in their souls.

He then goes on to tell them what it is – their **emotions!** *Splanchnon* was the word used to denote one's feelings. This is clear proof that our emotions can and do have a negative impact on our souls and on living in the spiritual life dynamic. If our emotions can prevent our intake and metabolization of Bible doctrine, which our new natures so desperately need, then we can see how detrimental they can be. And remember, emotions are a part of the flesh nature not the new nature.

This **confusing of the two phenomena** is rampant throughout Christianity today. Most churches and their programs are set to cater to people's feelings! Pleasant surroundings, nice people, musical programs, stage productions, likable pastors, positive messages, the emphasis on giving people a

positive experience are all established to appeal to people's feelings!

But what is the one thing that is missing in these “feel good” churches, but should be preeminent? Doctrinal truth! And why is that? Because their emotions are restraining it! They don't want the truth, for the truth is reality. And reality is not welcome in the land of fantasy. Fantasy land is where all those who are negative to Bible doctrine live. We'll get more into the unconscious repressing of our feelings and how they impact us physically, but first we'll look at some of the many examples in the Bible of people's emotions affecting their actions.

In Genesis 4:5,6 we have the account of Cain murdering his brother, Abel, and the **emotion** that was behind that was **intense anger**. *“But unto Cain and to his offering he had not respect. And Cain was very **wroth**, charah, and his countenance fell. And the LORD said unto Cain, Why art thou **wroth**, charah? and why is thy countenance fallen?”* Cain was angry because God had rejected his sacrifice, while at the same time; God accepted Abel's sacrifice! Why did God accept Abel's sacrifice? Because Abel offered up the sacrifice as per God's instructions, while Cain rejected them to do his own thing.

Now Christians may know that, but what they don't know is that Cain offered his sacrifice out of **human good**! A lesson to learn for all of us to learn, because most of the churches that are emotionally driven are putting forth their own brand of human good. They are doing what **they** want to do and expecting God to accept it! Rather than obeying the instructions of God in the matter of how he is to be approached, worshipped and served. One is based upon human good, what man is doing for God to gain his approbation, while the other is based on grace.

Another thing they don't know is that when Christ died on the cross, he paid the penalty for human sin, but not for human good! That's why at the great white throne judgment, the books will be opened that cover people's works of human good, where they will be judged to see if they are good enough, based upon their works, to be allowed entrance into the eternal state. But the standard of goodness they will be judged by is God's Son, Jesus Christ! All will fail! All will come short of the glory of God! And all those at that judgment will be thrown into the lake of fire!

*“And I saw a **great white throne**, and him that sat on it, from whose face the earth and the heaven fled away; and there was found no place for them. And I saw the dead, small and great, stand before God; and the **books** were opened: and another book was opened, which is the book of life: and the dead were judged out of those things which were written in the books, according to their **works**. And the sea gave up the dead which were in it; and death and hell delivered up the dead which were in them: and they were **judged every man according to their works**. And death and hell were cast into the lake of fire. This is the second death. And whosoever was not found written in the book of life was **cast into the lake of fire**.” Revelation 20:11-15*

While Christians are those who have accepted God's gracious forgiveness of their sins by their faith in Jesus Christ. Our sins have been paid for, so we will not be judged for them because they were already judged by Christ's atoning death on the cross. But we will have our thoughts, actions, feelings and motives evaluated at the Bema seat of Christ to determine our rewards. *“For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad.” 2 Corinthians 5:10*

Fear motivated **Abraham** to have Sarah lie about being just his sister in Genesis 12:12,13, *“Therefore it shall come to pass, when the Egyptians shall see thee, that they shall say, This is his wife: and they will kill me, but they will save thee alive. Say, I pray thee, thou art my sister: that it may be well with*

me for thy sake; and my soul shall live because of thee.”

We see **anger** and **resentment** in **Hagar**, (Sarah's maid servant), when Abraham got her pregnant. *“And he went in unto Hagar, and she conceived: and when she saw that she had conceived, her mistress was **despised** in her eyes.”* Genesis 16:4

Abraham's bargaining with the Lord not to destroy Sodom was motivated by a **subjective love** for his nephew, Lot, not because of the Sodomites, who he could have cared less about. He lived as far away from them as he could get and still be in the land. *“And the men turned their faces from thence, and went toward Sodom: but Abraham stood yet before the LORD. And Abraham drew near, and said, Wilt thou also destroy the righteous with the wicked?”* Genesis 18:22,23

Rachel was **jealous** of her sister because she had borne children, while she was still barren. *“And when Rachel saw that she bare Jacob no children, Rachel **envied** her sister; and said unto Jacob, Give me children, or else I die.”* Genesis 30:1 (“Or else I die”, is kind of dramatic isn't it).

Samson went into reversionism and the world system because of the emotion of **love** for Delilah, which ended up badly for him toward the end. *“And it came to pass afterward, that he **loved** a woman in the valley of Sorek, whose name was Delilah.”* Judges 16:4

Jonathan died alongside his father, King Saul, because of an emotional **love** for his father. Paternal love being one of the many kinds of feelings found in the love complex of the emotions. *“And they mourned, and wept, and fasted until even, for Saul, and for Jonathan his son, and for the people of the LORD, and for the house of Israel; because they were **fallen by the sword.**”* 2 Samuel 1:12

Demas forsook the ministry, the Apostle Paul and Bible doctrine, because he loved the world system. *“For Demas hath forsaken me, having **loved** this present world, and is departed unto Thessalonica; Crescens to Galatia, Titus unto Dalmatia.”* 2 Timothy 2:10 The Scriptures are full of people, who have made bad decisions in life, out of one emotion or another.

The Scriptures also tell us that our physical health and well being are directly connected to the **heart**, the seat of emotions; and that the solution is Bible doctrine. *“My son, attend to my **words**; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine **heart**. For they are life unto those that find them, and health to all their flesh. Keep thy heart with all diligence; for out of it are the issues of life.”* Proverbs 4:20-23

When Adam and Eve sinned against God, every aspect of their humanity was affected by it, including the emotions. It's our unruly, out of control feelings, which we inherited from Adam, that create so many problems for us. And it is only the spiritual dynamic of Bible doctrine metabolized by faith, under the filling of the Holy Spirit that gives us freedom from them. So we need to be aware of them, how they work, and how to deal with them to protect our souls from them.

Three

There are three ways that our feelings, or the flesh's feelings, direct themselves. One, outwardly in action toward others. Two, in our speech. And three, repressing them down into the subconscious where the conscious mind is not aware of them.

Most people are deceived by the idea that they have volitional control over their emotions. While it

may be true that we are volitionally responsible for our thoughts, feelings and actions, we are not always volitionally on top of the matter. They are also unaware of how great their lives are negatively impacted by their emotions! Feelings have destroyed many lives and families.

God uses pressure to bring one's feelings to the surface, to the conscious mind for us to deal with them. This is a part of what growth is, for God knows what unrecognized, unconfessed, repressed feelings do to our souls, our bodies and to those around us. Only by recognizing what is going on inside us will we see ourselves as we truly are. Perhaps this, too, is what we are afraid of. Perhaps this, too, is what we're angry about. **Self-awareness** is seeing the truth about ourselves, warts and all. The opposite is denial and self-deception.

One may be totally deceived about themselves. They may deceive others about themselves. But they **can never deceive God**. We are totally open before him: the conscious, the sub-conscious, the mind, the heart, the thinking, the feelings, even our intentions are open before him. **Yet God still loves us and accepts us in Christ**. This becomes the basis for us accepting ourselves, which is accomplished by self-awareness, self-realization, confession to God and truth in the soul.

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!

Four

In dealing with our emotions, which are a function of the flesh nature, we need to see that the spiritual life dynamic is the most important approach and the only solution. In Ephesians 6:14 Paul instructs us to gird our loins with truth. “*Stand therefore, having your **loins girt about with truth**, and having on the breastplate of righteousness;*” In a time of spiritual combat in the angelic conflict, it is vitally important that the loins be protected.

In the ancient world, the loins were that area that encompassed both the abdomen and the genitals.

There is not a man alive that does not know how vulnerable the loins are. They are extremely sensitive, have no natural protection, such as, muscle and bone, and one blow to them will incapacitate us.

The physical loins of a man are used as an analogy for the **emotions**, our feelings. What this is telling us is that **our loins are our weak link!** They are the thing by which, and through which, Satan so readily defeats us in the angelic conflict and preventing us living in our spiritual life. Either by living in them, being occupied with them, acting upon them, repressing them, or reacting with them!

So it is key, it is vital, that we take measure to protect them, not by hardening our hearts, nor by repressing them, but by living in the spiritual life dynamic. And Paul tells us what the spiritual provision from God is for us to protect this sensitive emotional life and it's **truth!** In the passage it says, to gird truth around our loins. Found without the definite article, *the*, it tells us that it's not just doctrinal truth in mind here, which would be a given, but **all truth!** Truth is truth and there is truth that will help us and give us insight into this problem we have with the emotional complex of the flesh.

Which is to say that we need to understand what our emotions are, where they came from, how they operate, the effect they can have on us, our vulnerability in life and in the angelic conflict because of them, which would certainly include our repressing our feelings, and the negative impact they can have on our physical health. We also need to understand and apply the doctrines of God's spiritual provisions to deal with our emotions, as well as, shining the spotlight of truth on our hidden feelings that like to operate in the dark.

The part of the Roman armor that protected the loins was a thick leather belt that was buckled around the waist and went down from the waist to mid-thigh with long, thick, over-lapping straps. This protected the kidneys, the liver, the stomach, the colon, the intestines, the genitals and the arteries in the inner, upper thigh. Obviously, these areas are vital and vulnerable. They are extremely sensitive and lack any natural protection, such as, bone.

The **kidneys** were the metaphorical organs for the emotion of fear, and the **liver** was the metaphorical organ for the emotion of anger. Anger and fear are the two primary emotions that cause us so many problems in every area of our lives: spiritual, emotional, and social. They are also the two emotions that Satan uses predominantly to defeat us in our spiritual walk with God.

As mentioned, the **belt** one put around his waist was not only **thick** having a depth of leather (truth) to act as a barrier to prevent the penetration of arrows, spears and swords, but also **wide** to be sure it adequately protected the vital areas that needed protecting: the kidneys, liver and stomach. Hanging down from this belt were long, thick, over-lapping leather straps.

Straps were needed to provide **flexibility** as one moved about in life, or combat, and they also had to be **thick** to protect against penetration from sharp objects. (neither our flesh, nor our emotions, like sharp, pointy objects). They also had to be **over-lapping**, so that as one moved about there would be no exposed flesh. The **thickness** of the leather denotes possessing a depth of truth, not only doctrinal truth, (Bible Doctrine), but also a depth of truth concerning the emotions, how they operate, their vulnerability and many other things. By building up our knowledge of the truth, we are adding protection for our emotions.

The **many straps** that hang down from the belt refer to the many concepts of truth that are involved here. One cannot say they have learned one concept of truth and expect that to protect their emotions. Our emotions, our feelings, are extremely complex and there are many concepts connected to them. We

also want to see that the straps hang down from the belt of truth.

This process begins with the **belt of truth**, which is Bible Doctrine taught from the Word of God. Now attached to that belt, and hanging down from that belt are many over-lapping concepts of truth. Many concepts to know and apply and these concepts will be over-lapping each other. One concept is taught, learned and understood, (one strap), then right next to it another concept will be taught that sounds exactly the same, but with something added that makes it a little different. And next to it will be another strap of truth taught and learned. But the two straps bring out further ideas, another strap of truth, which will overlap the two straps it came from. Straps abutting each other, straps over-lapping each other, all truths that **line up from and proceed from** the belt of the truth of God's Word, with the result that the overall effect **protects the emotions**.

This also points out the need for **flexibility** in our thinking and approach concerning the emotions. A rigid, inflexible, closed mind will not help the believer in this matter. We're dealing with hearts of flesh, not tablets of stone. Legalists, with their unbending, rigid, closed minds will pooh-poooh all this to their detriment and to the detriment to those who listen to them. One has to be flexible enough in their thinking to accept new truths! After all, truth is truth and we need all the straps and over-lapping straps on our belt that we can get! But the choice is yours.

Five

Another approach, in addition to learning truth in these areas, is by the stabilizing of our souls by means of the faith rest dynamic occupying ourselves with Christ through his Word. *“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”* Isaiah 26:3

Christ told us that in this world we will have much **tribulation**, (pressure), and pressure puts demands on us, and demands impact us in such a way that we react emotionally with fear, anxiety and anger. *“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.”* John 16:33 The Apostle Paul stated the same thing in 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.”*

As our minds ponder the many things that are in the world that can and do affect us, things such as, our health, making a living, surviving, physical needs, our families, etc., our faith can start to falter and the emotions of fear and anger take over. So the key is **minimizing** our occupation with the things of the world and **maximizing** our occupation with Christ by focusing on the promises of God.

Understanding the dynamic of TMS, the repression of our feelings, etc., is very helpful in what is going on in the sub-conscious, **but we need to be more proactive by turning the attention of our minds away from the things that make us fearful and angry and turn our minds to the things of God's Word and to things that contribute to our peace of mind and emotional calmness!**

We need to take a more proactive stance in our lives concerning what we allow in them, instead of reacting to the things we allow! *“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**. Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.”* Philippians 4:8,9 Instead of reacting to the news channel we are watching, stop watching it and watch the travel channel! Instead of watching movies that are violent and stir up anger; watch movies that are gentle, positive and inspiring! Better yet, listen to BD.

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What this means is that instead of drifting along through life with the same pattern of reading the same books, watching the same kind of TV shows and news broadcasts, (which are all orchestrated to enforce the government propaganda), and listening to the same kind of negative music, all of which contribute to the stimulating of negative feelings, such as, fear, anger, anxiety, jealousy, etc..

We need to go on the offensive in our lives and start changing all these things around by replacing them with things that contribute to our peace of mind, and having a tranquil environment. And the most important is having a disciplined, daily study of Bible Doctrine. This is being proactive for the good, instead of reacting to what is bad!

We deal with negative emotions by concentrating on Bible Doctrine. We deal with negative emotions by believing the promises of God's Word. We deal with negative emotions by recovering the filling of the Holy Spirit. We deal with negative emotions by dealing with demons. We deal with negative emotions by understanding the psychological process whereby our sub-conscious creates physical pain to keep us from feeling the emotions that are painful, that are embarrassing, or that we're afraid of. We deal with negative emotions by learning all the doctrinal truth we can and learning all the truth we can about our psychological makeup. We deal with negative emotions by asking God for the wisdom on how to deal with them. We deal with negative emotions by prayer. We deal with negative emotions by being proactive in creating a peaceful, tranquil life in your home, business, or job. We deal with negative emotions by exercising the faith rest dynamic.

By taking a proactive stance of applying the Word in our lives we minimize the things in life that create agitation in our emotions. *“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.**”* 1 Corinthians 7:15 and *“For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.”*, 1 Timothy 2:2

It makes good sense that instead of going around “putting out fires” all day, we start living our lives in such a manner whereby **we avoid the things in life that emotionally agitate us!** Instead of being pulled down by negative, angry people, why not separate from them? *“Be not deceived: evil communications corrupt good manners.”* 1 Corinthians 15:33

1 Corinthians 7:15 tells us that **God has called us to peace**, *“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.**”* In the context it deals with being married to a non-doctrinal, or non-faith spouse. And, as the case usually is, there is nothing but strife, hostility, anger and arguments in the home. And in between the bouts of anger and arguments, there is anxiety and stress over the situation.

A stressful and/or hostile relationship produces all sorts of negative, destructive emotions that one has to contend with. That's why God says, if the negative spouse leaves, departs, wants a divorce, then **let them go**. For **he has called us to peace**. And with the negative, contentious spouse gone, then one major source of emotional agitation has been removed!

The same thing would apply to every other relationship as well: our parents, our children, our relatives, friends, neighbors, co-workers, etc.. If they constantly stress us out, or get us emotionally worked up, which is detrimental to our well being, which we will have to constantly deal with, then we're better off

staying away from them. It's time that believers stop being the passive victims in their lives and complaining about them and start changing them by applying Bible doctrine.

In 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.*”, Christ tells us to stop letting our hearts be troubled, which is a command to stop an action in progress. Then he goes on to tell us that **he has given us his peace** and for us **to stop being afraid**. The word used for **troubled** is *tarasso* and it spoke of agitating the emotions. This tells us that it is within us the ability to stop the agitating of our emotions and we do this through the faith rest dynamic.

Six

A good way of explaining the concept of separating ourselves from those who are negative is by using a physical analogy. Let's say that someone has an allergic reaction to certain kinds of foods or spices, which causes them heartburn, nausea, diarrhea, or a rash. Now they can keep on eating the things that bother them, keep on being miserable and keep on complaining about it all the time. Or they can eliminate from their diets the things that “agitate” their bodies!

As the **body** reacts to certain things that bother it, (and everybody's body is different), so does the **soul** react to certain things that bother it. So we have to learn to keep the things out of our life that bother us emotionally. If we do, then we will have less things to deal with. If we are having problems with our emotions, and everyone does at times, then we need to eliminate, or minimize, the things in life that are constantly stirring them up! Associations, activities, music, entertainment, current events are all to be scrutinized with a view to change.

This is the thrust of what Paul was talking about in 1 Timothy 2:1,2, “*I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.*” Where we have little, or no control, over our leaders and the political process, then we are to pray for them. Concerning what? That we might be able to **live a peaceful and tranquil life** with devotion to God and living in our spiritual life.

But in the areas where we do have control, our thought life, our immediate life, our home or apartment, or a room in the home, our cars, property, and to some degree our work place, then we are to do what needs to be done, what needs to be changed, so we can live in peace and tranquility. For it is inner peace and external tranquility that provide a buffer for our souls. Inner peace we get from living in the spiritual life dynamic that Christ gave us, while tranquility is where we effect quietness and calm in our external environment. **Inner peace plus external quietness and calm add up to tranquility!**

The word for **peaceful** is *eremos*, (long e), which is related to *eremos*, (long e). Note that the only difference is in the long e's. *Erermos* is the word for **peaceful**, while *eremos* is the word for a **desert**, or **a deserted place**. The significance of a desert is not the absence of trees, but the absence of people! What makes a place a **deserted place** is because people have deserted it! By the way, the word for wilderness in the Bible refers to mountainous areas with trees, as well as, deserts without trees. When Christ went off into the wilderness to pray, as did the prophets, it was to get away from people!

Wherever people go they bring with them nervous energy, noise, restlessness, running to and fro, old sin nature activity, anger, hostility, rage, pride, arrogance, attitudes, destruction, demonic activity, negative emotional energy, etc., etc.. You're enjoying a peaceful scene on a lake, then the power boats

go racing across the waters thus destroying the tranquility. You go up into the snow in the mountains and the calm is destroyed by snowmobiles, or dirt bikes in the summer. You go to a campground only to have the tranquility destroyed by screaming kids, people, boom box radios and portable generators.

Seven

Cars racing up and down the streets, power mowers, blowers and tools going all the time, noisy neighbors, freeway traffic, noise pollution in America is right behind air and water pollution and it has a definite negative effect on people's emotions and physical health. Then there is the negative energy of hundreds of millions of people with their anger, rage, worry, fear, mental illnesses, etc., that their flesh natures radiate around them wherever they go!

But when people are gone, then there is **solitude**. And when there is solitude, there is **calm**. And when there is calm, and we have peace in our souls, then there is **tranquility**. And when there is tranquility in one's life, or immediate surroundings, then you minimize the things that can agitate the emotions. Less to deal with. And if the agitators of life won't get away from you, then you get away from them! After all, we still do have the right to **not be** around certain types of people.

There are the things we need to do in our lives, so we can live in God's peace. But there are also the things that we need to do, and we can do them, so we can have peaceful lives. It's not just that our spiritual life is important, and it is. And it's not just that our psychological life is important, and it is. But so are our physical lives!

When setting about to live peaceful lives in tranquil settings, a lot of this has to do with the personality of the individual, the trauma in life they've been through, and the pressure of their present lives. If a believer has a sensitive personality, or if their physical makeup is sensitive to many things, or if they have been traumatized in their lives due to physical, sexual, or emotional abuse, or from soldiers coming back from combat, or if they are under much pressure in their lives, then they will have to **apply** themselves more than the next person to make certain that they are not only living in the peace of Christ each day, but that they are also transforming their surroundings into pockets of **tranquility!** Inner peace and external calm, equaling tranquility, provide a buffer to protect our souls from the ravages of negative emotions.

Now as important and needful as that is in our lives, the thing that is of paramount importance is the **peace** that comes to us in the spiritual dynamic, for it is Christ's peace that **protects** our souls from the emotions of the flesh nature. *“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.”* Philippians 4:6,7

The problem we run into is the agitation of the emotions and there are many things in life that agitate our emotions! **So what we need to do is eliminate as many things as we can that cause our emotions distress.** But even so, we will need to have on the first of our list of priorities is that daily fellowship with God over his Word in the filling of the Holy Spirit so we can live in peace.

If Christians want to have peace in their souls and peaceful lives in their surroundings, then they are going to have **to stop sitting around acting like passive victims complaining about their situations and waiting for something to happen! They and they alone are responsible to take the initiative and start changing their lives!** They're re going to have to learn the doctrines about how they can enjoy the peace that Christ bestowed upon them, and they are going to have to start affecting change in

their immediate lives and surroundings, so their lives are tranquil! Every imperative mood, every doctrine on these subjects is a call to action! We are not allowed to be passive in these areas.

Eight

Christianity is not formulaic, but there are some doctrinal formulas brought out in our studies. Bible Doctrine + faith > epignosis doctrine – spiritual phenomena. BD learned > understood + applied = wisdom. Sin confessed to God > results in forgiveness and cleansing. “*If we **confess** our sins, he is faithful and just to **forgive** us our sins, and to **cleanse** us from all unrighteousness.*” 1 John 1:9

Philippians 4:4-7, “*Rejoice in the Lord always: 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.*”, is another one of these formulas where we have constantly rejoicing + having a live and let live mental attitude toward others + knowing that the Lord is near to us in proximity + not worrying about anything + praying about everything + our requests accompanied with thanksgivings > brings about the peace of God, which protects our hearts and our minds, our conscious and subconscious, our thinking and emotions.

In this passage God provided for us in grace a way of living for his people, whereby they can enjoy his peace everyday of their lives and all day long. But each part of it must be diligently applied. And that also includes the positive mental attitude dynamics of Philippians 4:8,9, “*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**. Those things, which ye have both learned, and received, and heard, and seen in me, **do**: and the God of peace shall be with you.*”

The issue for us is dealing with our emotions. The reality is they are there, they are a part of the flesh nature, and they aren't going to go away, because they are a part of the flesh nature passed down from Adam. So we need to understand, as much as we can, how they operate, what they are, how they act upon us, how they are aroused, how they are affected by outside sources and how God wants us to deal with them by utilizing the spiritual life provision he has supplied to us in grace.

There are those who pooh-pooh the whole idea of emotions, who consider them a weakness, something effeminate, something not manly, so they take the whole Stoic approach and repress them. And in the process their bodies suffer, not to mention their social life, such people are not able to have any lasting successful opposite sex relationships.

Personal pride, denial of their existence, suppression, ignorance of the nature of their emotions, and/or a refusal to deal with their emotions, even though they are a part of the flesh nature, always results in a loss of balance, health and well being in the soul and in one's social life. Then there are those who don't deny or repress their emotions, but are either **acting** upon them, or are constantly **expressing** them to others. Prisons are full of the **former** and society is tired of the **latter**.

Eating disorders, alcoholism, drug addiction and dependence, isolating one's soul from society, video games, entertainment, workaholics and many other things are just some of the ways believers run from their feelings – yet they are still there! The fear complex, anger complex, guilt complex, envy/jealousy complex, grief complex, human love complex and human happiness complex are all feelings that are a part of the emotional complex of the flesh. Many Christians incorrectly assume that some of them are

good, now that we have been saved, but in our salvation God created something entirely **different** and **new** inside of us in the **new man**! Doctrine enables us to see the difference.

Nine

Perhaps one of the reasons that we are so afraid of our feelings, which causes us to deny them, repress them, or runaway from them, other than they're **often extremely painful or embarrassing to face**, is that **they reveal something about our true character, our true personality!** Which we may not want to be known to us! **Knowledge of God and knowledge of ourselves are two of the most important realities of life, yet we are afraid of both.**

So what are we to do about them? We recognize that the reality that they exist within us, that they are a part of the flesh nature inherited from Adam, that they reflect what's going on inside us, that they are vulnerable, therefore we are vulnerable through them, that they have to be handled properly, and that God has provided the spiritual dynamic for dealing with them.

As far as the **self-esteem factor** goes, where we are ashamed because of them, or we might lose face because of them, we need to see that God sees all of our emotions we are experiencing inside, including all the emotions that we are repressing, and he still loves us. We have been accepted by God in the beloved, his Son, Jesus Christ. We are totally open before God and he still loves and accepts us.

Another thing we need to do is to **protect our emotional life** is by layers and layers of truth, doctrinal truth, truth about ourselves, instead of hardening our hearts, or denial, or repression. This means that we need to be under the doctrinal teaching of the Word of God for the rest of our lives. It also means that a believer, under certain circumstances, may need to, and would be benefited by, a counselor.

We need to be aware of the fact that **our negative emotions may be playing havoc on our physical health, our mental health, and our relationships** with others, that is, our spouses, children, friends, parents, and people in the church and in the work place.

We also need to take the initiative to change the things that we allow in our lives that upset us, irritate us, that provoke the negative feelings of anger, fear, anxiety, etc.. This would encompass where we go, what we do, who we associate with, the music we listen to, the stream of information we allow in our minds, what we allow in our homes, or jobs, etc.. What we need to do is go over every aspect of our lives, one by one, with the one thought of effecting more and more peace and tranquility. **A life of peace and tranquility is to be our faith goal and our fervent prayer request to God.**

And lastly, **we need to appropriate God's provision of peace to protect our emotions** from the ravages of the world system, the flesh nature and the attacks of Satan and his army of demons! **For it is Christ's peace that is both the prevention and cure for stress in the soul!**

Joy is extremely helpful in dealing with our emotions also. It is something that we can have because God is always there to give to us, because we are commanded to have it, and we're commanded to keep on rejoicing, (which is not the same thing as being happy, a flesh operation dependent on pleasant external circumstances). Our joy is directly connected to the death, burial, resurrection and ascension of Christ into heaven, our relationship with him and our union with him through the Holy Spirit.

When the Lord was talking about his death to the disciples, he said that they would be grieving but the world would rejoice. But upon his resurrection, the world would be grieving, but they would be

rejoicing! *“Verily, verily, I say unto you, That ye shall weep and lament, but the world shall rejoice: and ye shall be sorrowful, but your sorrow shall be turned into joy.”* John 16:20

Ten

Then in John 16:33, Christ tells us to take heart, to be encouraged, for he has over come the world. “These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.” He is the victor over the world and so we are victors because of our faith in him! *“For whatsoever is born of God overcometh the world: and **this is the victory that overcometh the world, even our faith.**”* 1 John 5:4

Hebrews 13:13 says, *“Let us go forth therefore unto him without the **camp**, bearing his reproach.”*. Scriptures tells us that Christ was not of this world. He was in the world, but not a part of the world; he had actually come to us from another world. They also tell us to go to him outside the camp, because he was outside the camp. The camp referring to organized religion, family life, social life, and community life, everything that was found in the city of Jerusalem.

One needs to keep these things in mind, when mistakenly thinking that people come to Christ. (People are brought to Christ by the Holy Spirit). It was Christ who came into the world. It was Christ who came to the disciples that he had chosen. It was Christ who sent his disciples to the ones that the Father had chosen and given him. Why? Because the lost have neither the ability nor the desire to come to Christ, so complete is the world's hold on their minds. The world's control over its people is not just legal and one of allurement and distraction; it has a **total mind control over all the unsaved!**

Paul puts this mind control as being **blind** in 2 Corinthians 4:4, *“In whom the god of this world hath **blinded** the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.”*, where he says that Satan has blinded the minds of unbelievers so they cannot see the light of the gospel. And, as total as his concept of blinding is, so is the totality of mind control so that the unsaved cannot **see**, that is, think, choose, or desire.

We tend to forget something in the developing of our theologies. **We forget that at one time we could not see and that our eyes were opened!** But now that we can see, **we act like we could see all along**, only not that good! We forget, now that we have been raised to new life, that at one time we were dead; not dying, but dead! We forget that we were blind at one time, and **we forget what it was like to be blind!** We think that because we can choose now, we could choose all along!

We forget that in our regeneration, where God created a new man in us, he also **regenerated** the will so that **now we can choose for him!** We act like our will was fine all along, that it was not touched by our fallen natures. We act like we're the same person all along, only God made us more clean, more moral. We forget how dead, desperate and helpless we were before! How helpless and dead we were. We act like parts of us were sinful and other parts weren't.

Our pre-salvation minds, hearts and volition were absolutely one with the world in every respect. It was impossible for us to think and choose back then like we do today. We were helpless to help ourselves. The pull of the world was inescapable; the control of the world was inescapable over our minds, at least for us. Yet God saved us! How? He came to us! He broke the world's control over our minds and saved us. He provided us with a Savior and with the faith to trust in him. Going to Jesus outside the camp is something only a born again Christian can do. Free will? The will is not free, it is totally enslaved to sin! If we were dead in trespasses and sins, then our will was dead unto God. Even in repentance, God

must grant it. *“In meekness instructing those that oppose themselves; if God peradventure will give them repentance to the acknowledging of the truth;”* 2 Timothy 2:25

If we could just accept that fact that it is **impossible** for us to come to Christ in our unsaved state due to our sin-dominated nature of rebellion against him, the total mind control of the world system and the over powering domination of Satan, then we could realize that our salvation came about solely due to God's acts on our behalf. That's salvation by grace! *“Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.”* Romans 8:7

The unsaved can no more break free of Satan's world to come to Christ outside the camp, than a dead man bring himself back to life. We come to Christ, because we are drawn to Christ like a magnet. It isn't us that does it, but the will and power of God! God did it all! He had to do it all, because there was nothing we could do to help ourselves! We sing the song, but don't believe or appreciate the words of the song, “Amazing Grace”. *“It was grace that taught our hearts to fear, and grace our fears relieved”*. How glorious is God's grace, when we see that he has done all the work in our salvation – all of it. And how we rob him of his glory, when we say that we have done a part of it by our faith, our will, our coming to Christ, or something else that we have done.

Why is all this important to us in dealing with our emotions? When we begin to see that our salvation is all of God, then our hearts will finally rest in faith and trust. And when there is that rest of faith, then we are filled with joy and peace and our emotions are protected. The activity of the flesh, (works), ends up in troubled, or agitated, emotions. While total grace ends up in calmed emotions.

Negative emotions are stimulated when the OSN acts upon them. The OSN acts when it is in control. When the new nature is not in control, then the OSN is. When the believer is not operating by faith in the Word of God, then his OSN kicks in and negative emotions flood the soul. So **faith in the Word**, under the filling of the Holy Spirit, is **the key to calmed emotions**.

Charles Spurgeon spent years defending the election of grace against Arminianism. He said, *“Free will gave Christ a bride that he does not know and does not choose. And it puts him up in the world to be married to anyone who will have him, but he is to have no choice in the matter.”* He was against the Arminianist influence of free will strongly, because he saw that at the root of it, the *spirit* of that system, led directly to legalism. And legalism is a spirit of bondage leading to fear. Even though Arminianists deny salvation by works, the error of their system leads to an emphasis on the sinner's activity, primarily the human will and endeavor.

The Word is very clear on this matter for God says, *“So then it is not of him that **willeth**, (will or desire), nor of him that **runneth**, (effort or trying), but of God that sheweth mercy.”* Romans 9:16 *“It does not, therefore, depend on **human desire or effort**, but on God's mercy.”* Romans 9:16 NIV Our salvation is totally from God.

Dr. Hodge, of the Hodge family who taught at Princeton for a century, also stated, *“The tendency of Arminianism is toward legalism; it is nothing but legalism which lays at the root of Arminianism.”* And the root of legalism is pride. Arminianism undermines the believer's peace of heart and total trust in the Father, thus resulting in fear and emotional turmoil of soul. Because at the root of the problem is the uncertainty that one has not really come to Christ, or that one has not fully believed or trusted in Christ, or that one has not fully exercised their free will.

When the emphasis goes back to the believer's free will, then doubts and fears will always arise

because the believer will never be sure that he has believed enough, This is one of the many areas of Arminianism. It prompts the thought that, "It all depends on me". The opposite of grace.

Where, under the doctrine of electing grace, where God does all the saving, where there is no co-operation on the part of the sinner with God, where God does some things, but the sinner does other things. In total grace God provides the sacrifice, God seeks us out, God brought us to his Son, when we see that, then our hearts fully rest in assurance and we have no fear but peace!

Eleven

The soul is divided between the conscious and the subconscious. The dynamic of thinking takes place in the one, while feelings take place in the other one. The difference is that in the mind one is consciously aware of the thought or feeling they are experiencing, but they are not necessarily aware of the feelings they are experiencing in the heart.

The conscious mind is where we are aware of, where we see, where we experience our thoughts and feelings. When we think, memorize, read a book, it is in the conscious mind that we process all that information. When we're angry over something, or afraid of something, it's experienced in the conscious mind.

But the soul is much more complex than that. It's very similar to a computer where the computer monitor is like the conscious mind, while the hard drive is like the sub-conscious. We are consciously aware of the things that we see on the screen, but the rest is hidden in the hard drive where it can be accessed upon command.

The trouble is we have a living dynamic going on in the soul that not only instantly represses unwanted, undesired feelings into the subconscious, but prevents their retrieval. These repressed feelings, though, don't lie dormant like 1's and 0's on some hard drive, but are active. Their active energy produces vibrations that have a negative effect not only on the soul, but the body also.

We **repress** these feelings, and continue to repress these feelings, because we are ashamed of them, embarrassed by them, afraid of them, afraid of the pain they may bring, afraid of the repercussion by others, afraid of the loss of face, and afraid of coming face to face with ourselves! This in itself is an whole other area of study and a mastery of it would launch the believer to another level of growth.

The mental deception in repression is that if we don't see it, or feel it, then it doesn't exist! That is the deception of denial. The truth is that these thoughts and feelings do exist! They only exist at a different level! And they are still causing us pain, only at a subconscious level, not a conscious level. Painful feelings remain buried in the subconscious until something brings them to the surface, or activates, or excites them. Then they must be dealt with.

Twelve

Nothing is right, until it is made right. Nothing is made right, until it is handled in the right way. **Repressing** angry, or fearful, or painful feelings is not the right way to handle them. It may be the way everyone on earth handles them, but it's not the right way, as evidenced by the damage they do to our souls, our bodies, our loved ones and society in general. We know that the old sin nature (OSN) produces worry, anger, fear and many other mental and emotional concepts, but it is also the thing that

causes us to repress our emotions, deny our emotions, and keep them buried. But even in this, God knows what is in our hearts, even if we don't.

Is this not what David was talking about in Psalms 139:23,24, when he asked God to search his heart to see if there was any wicked way in him? *“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.”*

If we repress our feelings because they are **sinful**, we can face up to them and confess them to God because he loves us and has forgiven all our sins. If we repress our feelings because they **embarrass** us and make us lose face, we can face up to them because God loves us, sees us as we are and accepts us. If we repress our feelings because they we're **afraid** of them, we can face them and embrace them because God will be there with us, in us, and for us, helping us through them.

Most people, though, don't do this. But there comes a time in some people's lives where they get tired of the pain they are causing other people, or the pain they are causing in themselves through tension myositis syndrome, (TMS), and decide before God, and that with God's help, they'll deal with, face, and release these painful memories and feelings.

There is the **repression** of feelings, which looks at the unintentional pushing of negative feelings down into the subconscious, where we do not have to experience them in our stream of consciousness to avoid their pain. And then there is the **suppression** of our feelings, which is the intentional pushing down of our feelings down into the subconscious, where our conscious mind doesn't have to experience them. Both are pain-avoiding techniques.

These are actually defense mechanisms to protect the soul and are a common childhood defense mechanism to protect the soul from childhood trauma and abuse. But what is a protective and survival defense mechanism in childhood becomes destructive to us in adulthood. That's why we have to deal with these things with BD as adult believers in Christ. Can't run; can't hide any more.

Thirteen

One of the mistakes that many Christians make today is confusing emotional phenomena with spiritual phenomena. Fallen humanity had emotions in the soul before salvation and after salvation. They are a part of Adam's fallen nature. The thing that changed in our lives at the time of our salvation was that we **acquired a new nature!** The new man. A human spirit.

Many churches today are focusing on emotional concepts thereby making them carnal. They mistakenly think that emotional phenomena is spiritual phenomena. But for the spiritual dynamic to be there, there must be the true filling of the true Holy Spirit. So we must learn to distinguish what is truly spiritual from what is emotional. *“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*

For example, the emotional side of the soul, all souls, even unsaved souls, are able to experience *love, happiness and peace* of mind. But they are not the same dynamic as the love, joy and peace experienced in the new nature by the filling of the Holy Spirit! Adam's fallen, flesh nature is able to experience all kinds of love; love for one's parents, love for one's children, love for one's spouses, love for one's siblings, love for pets, love for one's country, falling in love, etc.. But the *agape* and *phileo* loves experienced in the new nature are a spiritual love and totally different. Just like **Christian joy**,

which is based upon an internal spiritual dynamic, is different than **human happiness**, which is based upon pleasant, or agreeable circumstances.

To elaborate on this further, the spiritual phenomena of love, joy and peace is exactly the same spiritual phenomena that God has and experiences continually. In the Church Age, with the royal family of God, God did not just create a new nature in us, an human spirit, but put his very own nature in us! He took from his spiritual life, he took from his eternal life, and created them in us. The spiritual life that every Christian possesses is as old as God himself. That's why it is **eternal**. It would certainly explain the difficulty that all Christians have in trying to deal with the world, the flesh and the devil, for there is no compatibility of God's nature, that we have within us, with them.

It also helps us to see that the **love** with which we are able to love with now is just some new kind of love that was created in us, but it is the very love of God! It's the love that God loves with. When we look at the aspect of **joy**, it's the very experience of joy that God has all the time! And when we look at the aspect of **peace**, it's the very same peace of soul that the Father, Son and Holy Spirit experience. We may experience love, joy and peace on a moment by moment basis, but God has experienced them continually for all eternity!

And the same thing goes for **hope**. When it says that God is the God of hope, it isn't just saying that he is the source of hope, or that hope comes from him, or that he gives us hope, but that hope is the very nature of God's thinking! *“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 So what this tells us is that God's thinking toward the future is one of absolute positive confidence of good things happening!

The problem is, why do we have such a problem with our emotions, which hinder the spiritual dynamic? Remember, the emotional life is connected to the **flesh** and its problem with the indwelling sin nature. Then there is the **world system** with its many distraction and allurements, demands and fears, and constant enticements to lust. And lastly, there is the problem of Satan's army of **demons** and their great rage against us, who also are always trying to provoke us to fear and anger. They radiate rage toward us, (because they hate us), and try to get us to be angry and fearful.

Fourteen

In Genesis 4:2-4 Cain and Abel both brought their offerings to the Lord. Cain brought the fruit of the soil, vegetables, perhaps fruit, but Abel brought the firstling offering from the flock, as the Lord specified. *“And she again bare his brother Abel. And Abel was a keeper of sheep, but Cain was a tiller of the ground. And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the LORD. And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the LORD had respect unto Abel and to his offering:”*.

When *Yahweh* looked at the offerings of Cain and Abel, he viewed Abel's' offering with respect, but did not look upon Cain's with respect. *“But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell.”* Genesis 4:5 The word is *sha'ah* and it has the idea of being pleased with what you are looking at, versus looking away from it. You see it, but turn your head away.

When the two men, standing by their offerings, saw the Lord's response to their offerings, Cain reacted with intense anger. It says that he became very **wroth** or angry. *“But unto Cain and to his offering he had not respect. And Cain was **very wroth**, and his countenance fell.”* Genesis 4:5 The word for **anger** here is *charah* and is the strongest form of anger in the Hebrew. It meant to burn with intense anger.

But it is used with *meod*, which is used to amplify the concept connected with it! So it tells us that Cain's anger, his intense burning anger, was multiplied many times over!

As we have seen in our study in Ephesians 4:31, “*Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:*”, that anger goes through six stages ending up in physical violence, or some kind of physical activity. The first stage is bitterness, pikria. Bitterness is the old sin nature reaction to an unwanted stimulus and it's a function of the arrogance complex. Cain was extremely arrogant and when the Lord rejected his human good, then he instantly reacted all the way to the most intense feelings of anger that one could have! He was furious! And instead of dealing with these feelings in the proper manner, by the offering up of the proper sacrifice along with his confession, he later on acted upon them **and murdered his brother!**

Remember, the normal way virtually everyone deals with their feelings are by: repression, suppression, (both of which create the condition of tension myositis syndrome [TMS]), denial, dissociation, transference, projection, expression, (venting), or by acting them out. (Christians are to confess their feelings to God the Father). **Cain acted upon his anger feelings by murdering his brother**. He also got into denial, dissociation and self-justification, where the guilty conscience defends itself.

The word **bitterness, pikria**, is really the soul's reaction to a painful, or unwanted stimulus. We get hurt, we react with anger. We have to do something we don't want to do, we react with anger. We are kept from doing what we want to do, we react with anger. Get the picture? Desire (lust) delayed, brings about **frustration**. Desire (lust) denied, brings about **anger!**

Internal and external stimuli, when met with our contrary and rebellious will - pride, end up in the reaction of the soul to them, bitterness – pikria. We get fuming mad on the inside, then it goes either one of two ways. Either we act out on it verbally or physically to those around us, or society in general, or we repress it down into the subconscious where it becomes the stuff of TMS. We either end up hurting those around us, or we end up hurting ourselves!

When dealing with our feelings, we need to realize that we do have a problem with them, first of all, and that they can and do negatively affect, not only our bodies, but our spiritual life as well. We also need to learn that even the so called good feelings, such as, having fun, being in love, etc., can adversely affect our spiritual life, just as bad as the negative feelings. That's because as long as we're having these good feelings, we neglect our spiritual life, which is vastly superior.

We need to understand that our feelings are not spiritual phenomena, but a carryover from Adam's fallen nature, which we acquired at physical birth. And because there are so many things that we don't know about ourselves, such as, an ignorance of our human frame, we need to learn about our feelings, what each one is, how they affect us, how they affect others, and to be able to identify them and deal with them biblically.

And this is done through the teaching of Bible Doctrine, for it is through doctrinal teaching that we are able to see these things about ourselves. We many try to dissociate ourselves from how we feel, but doctrine and the spiritual life forces us to face them. We may still be denying them, which is self deception, but doctrine still puts them before us to face them and deal with them.

We also need to learn how to deal with our emotions and the Word of God teaches us how to do this. We learn that repression, suppression, denial, dissociation, transference, projection, expression, or by acting them out, is not the proper way to handle them. There is only one way to handle our feelings and

that is by identifying what the feeling is, admitting to yourself that you are feeling that way, and then confessing it to God, for he already knows that.

We learn through Bible Doctrine that God has provided a spiritual, not emotional, dynamic for us to live in. At the moment of salvation God gives to each believer in Christ their own unique spiritual life, which is eternal. This spiritual life is found in the sphere of Bible Doctrine that has been metabolized by faith, energized by the power of the indwelling Holy Spirit and accessed through confessing our sins to God, 1 John 1:9.

When we are confronted by the teaching of God's Word that our **conduct** is not right before the Lord, when our **speech** is out of line, when our **thoughts and feelings** are wrong before God, we can be like Cain and arrogantly reject the truth, or we can in self-enforced humility admit our sins to God. It is only by the teaching of the Word of God that the problem can be **defined**, the solution **outlined** and the path we are to take **clarified**.

Fifteen

We see all this occurring when the Lord dealt with Cain in Genesis 4:6,7, which he did **before** Cain murdered his brother. “*And the LORD said unto Cain, Why art thou **wroth**? and why is thy **countenance fallen**? **If thou doest well, shalt thou not be accepted?** and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him.*”. Christ was giving Cain doctrinal information to help him deal with his negative emotions of jealousy, arrogance, bitterness, resentment, anger, hate, etc.. The **choice** was Cain's as to whether he would apply the doctrine or not, **but so would be the consequence if he didn't!**

The first thing that Christ did was ask Cain, “*Why are you **angry**?*”. By doing this Christ was revealing to Cain that he had **an anger problem**. By defining the problem of the feeling of anger he was making it clear to Cain just exactly what his problem was! But he put it in the form of a question to get him to think. By asking him, “*Why are you angry?*”, instead of just saying, 'You're angry Cain', he accomplished two things.

One, he revealed to him what his problem was, having feelings of intense anger, and **two**, to get him to think about how it is that he became angry! He wanted Cain to recognize and admit that he was angry, but he also wanted him to think about how he became angry! What led up to this place of intense anger. Which is the process we all need to implement in our own lives, when dealing with personal overt sins, sins of the tongue, or emotional sins. Why am I so angry? Or bitter? Or jealous? Or feeling sorry for myself, etc..? Then **backtrack in our steps to see what led up to that point in our lives**.

Cain got angry because Christ rejected his offering. But Christ rejected his offering because Cain arrogantly refused to bring the offering Christ told him to bring! Sermons can be, and have been, written about this subject, but suffice it to say, that Cain was arrogantly demanding, by way of his offering, that Christ accept his human good, that he was good enough in himself to be accepted by God. And when Christ didn't, Cain reacted with intense anger! This same reaction of anger is found in all humans today when their human good is rejected.

And so, in his intense anger, Cain acted out against his brother, Abel, who had done the right thing. Abel, in the sphere of humility, offered up the sacrifice to God that he was instructed to offer. So we have sibling rivalry and jealousy on the part of Cain the firstborn, which were there prior to the event. And he took this intense anger out against his brother, who had done the right thing. So why was Cain

angry? Because he was negative to the Word of God, he was full of pride, jealousy, human good and anger, and because he was not a believer in the Lord.

The first thing Christ did was outline the **problem** to Cain, “*Why are you angry*”, and then the next thing he did was outline the **solution** for him, “*If you do what is right, will you not be accepted?*”. Here lies the solution for all our problems. We're to do what God tells us to do! We're to listen to Bible Doctrine and apply Bible Doctrine. In the Church Age today it's sitting under the doctrinal teaching of God's Word, applying it to our lives, living by faith, living in the filling of the Holy Spirit, confessing our sins to God when necessary, and living in our own spiritual life which he gave us - *eusebeia*.

Then Christ clarifies the path in life that Cain is to take. He tells him, “*And if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him.*” KJV “*And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it.*” Genesis 4:7b NASB In this Christ is teaching Cain, and all of us as well, about the problem of the sin nature that we all have due to it being in our bodies passed on to us from Adam. It is always there, because it is in the flesh, (often referred to as the flesh nature). It will always seek to dominate our lives, as Romans 6 teaches, and we have to learn to master it by living in the new nature and the spiritual life dynamic.

The Father has given to every Church Age believer, though, every spiritual provision that we need to keep sin from mastering us. He has given us **new natures**, which he created in us at the moment of our faith in Christ. He has given us the **Holy Spirit** at the moment of our salvation, who will never, ever leave us, but will be in us throughout eternity. He has given each one of us our very own unique **spiritual life dynamic** to live in, our *eusebeia*. He has given us **prayer, access** to his throne of grace, the **local church**, the teaching of **Bible Doctrine, faith**, the provision of **confessing sins** to him when we sin and **fellowship** with him over his Word.

Sixteen

The **arrogance** of Cain, and remember, anger is a function of the pride complex, the greater the pride the greater the anger. His arrogance was manifested by the fact that: **one, he did not do what God told him to do in the first place regarding the type of sacrifice to be offered; two, when he rejected the doctrinal counsel of the Lord concerning the matter; three, by his reaction of anger, when his human good sacrifice was rejected by the Lord; four, when he went out and murdered his brother.**

The **degree** of Cain's arrogance, that is, how arrogant this man was, was measured and revealed by the level of intensity of his anger. There is anger, then there is burning, intense anger, either of which is bad enough. But with *meod* being used it amplified his burning, intense anger to a level off the charts, as we would say. He was **furious**; he was filled with **rage**.

The **principle** is: the more the arrogance, the greater the anger. The more arrogance there is, the greater the anger, but also the greater the human good and narcissism. The more arrogant that one is, the more likely they are to become easily angered. Arrogant people are easily angered, burn with more intense anger and stay angry longer. They are quick to become angry and slow to never to forgive. In addition to that, arrogant people are **vindictive and vengeful**. “*If Cain shall be **avenged** sevenfold, truly Lamech seventy and sevenfold.*” Genesis 4:24

And we also see that if this pride and anger problem is not corrected in the parents, through salvation and applying the Word of God to their lives, especially in the areas of controlling the sin nature in us and living in the filling of the Holy Spirit, then these same negative mental and emotional traits can be

passed down to our children and children's children! It isn't just a genetic predisposition toward certain things, but also a family dynamic that becomes embedded into offspring by the parents.

We see Cain's pride, anger, unforgiving spirit and vindictiveness all the way down five generations later in **Lamech**. We all have the responsibility to correct these negative traits in ourselves, for our children's sake! And we do this by getting saved and sitting under bible Doctrine.

Cain was extremely proud and arrogant. Certainly the spirit of Satan was working in him, for Satan is referred to as the one who is king over all who are proud. *“He beholdeth all high things: he is a **king over all the children of pride.**”* Job 41:34 And even more clear in 1 John 3:12, *“Not as Cain, who was **of that wicked one**, and slew his brother. And wherefore slew he him? Because his own works were evil, and his brother's righteous.”*

We deal with our **emotions** by living in the filling of the Holy Spirit and by applying Bible Doctrine to our lives. We deal with our **pride** by humbling ourselves under the authority of God's Word and do what he tells us to do. It is by the teaching of the Word of God that our conduct, our speech, our thoughts and our repressed feelings are revealed to us. This is not for the purpose of further complicating our lives, nor making us feel guilty, but so we can recognize these things about ourselves and confess them to God.

A doctor back east had a patient who was morbidly obese. He outlined to her the health risks she was facing and a plan to get healthy. She stormed out of his office and brought a law suit against him! He had another female patient, who had the same problems, and he told her the same thing. He outlined a monitored weight loss program, healthy diet, etc.. And she too stormed out of his office, but she came back because she realized the doctor was trying to help her and she lost over 100 pounds!

Pastor-teachers teach Bible Doctrine, which identifies our own personal problems and gives us spiritual solutions to solve the problems. We can only teach. We can't give positive volition to people, nor can we make people apply the Word to their lives. It lies solely on the shoulders of believers in Christ to make the appropriate decisions to come to class, take notes, confess their sins if necessary, live in the filling of the Holy Spirit, live by faith and apply doctrine to their lives.

There are four major areas that war against our souls and cause us so much misery: **One**, stress in the soul, which we have allowed in from the world system; **Two**, sin in the soul, which comes from the sin nature; **Three**, false doctrine in the soul; **Four**, the inner conflict of the defense mechanisms of the soul in the area of repressed emotions. We must learn to use God's spiritual provisions to deal with them.

Life has always had its share of problems and stress. If we're living in a time of apostasy and/or national judgment, then the problems and stress will be compounded. If we're living at the end of the age, then they will be compounded even more! So it's vital that the believer understand the conflict that he/she will be going through as the stresses of life seek to penetrate the soul.

External pressure will always be there, but we want to keep it from becoming stress in the soul! If we don't, then we will not only have stress in the soul, but also sin in the soul, and could end up with false doctrine in the soul and dealing with garbage in the soul.

The suppression and repression of feelings is a survival technique that children adopt in childhood as a defense mechanism to protect the core of their identity, their soul, from abuse and damage. They work in childhood, but in adulthood they don't. In fact, they can become counter-productive, even

destructive. So they will have to be dealt with through the teaching of God's Word and counseling, which can be very helpful in the process, may have to be brought in to facilitate healing.

Repressed feelings, such as, anger, fear, guilt worry, etc., negatively affect our bodies mentally and physically, with pain and poor health as some of the consequences. Utilizing the childhood self defense mechanism or repressing or suppressing one's feelings is not the biblical solution provided by God to deal with them. It is through the conscious recognition of our feelings and confessing them to God that we have relief from them.

Seventeen

Some of our feelings are due to recent events in our lives, while others are due to feelings buried deep down in our subconscious long ago in our childhoods. In the process of spiritual growth, as we go to spiritual completion, the believer will often be placed into a variety of tests designed to bring these destructive feelings to the surface, where the conscious mind can see them, confess them to God, and finally be free from them!

But this is the opposite of what we've been trying to do all our lives. What we've learned to do, ever since childhood, is bury our feelings and keep them buried! This is where tension comes about in the soul and physical pain to keep our minds off them. TMS, tension myositis syndrome, is a distracting device, a ruse, utilized to keep our conscious minds from the awareness and identification of our painful feelings, so we can finally deal with them and be free of them. The flesh nature uses TMS to avoid doing God's will in our spiritual growth. I can't because....

The childhood self defense coping technique of repression works counter-productive as adults because it produces in us the flesh dynamic of denial, and denial is just the opposite of confession. Also, when the believer is faced with certain things about themselves: their pride, anger, fears, guilt, self righteousness, etc., they will not only will keep trying to suppress these truths, but deny them have if they do happen to surface.

The four areas of inner conflict that Christians will have to face and need to deal with faith, the Word and the filling of the Holy Spirit are: **one**, stress in the soul that we have let in from the outside pressures of the world; **two**, sin in the soul from the resident sin nature; **three**, false doctrine in the soul; and **four**, the conflict inside of us from trying to live life and deal with our problems by using the childhood defense mechanisms of repression and suppression of our feelings, denial, dissociation and the acting out of our feelings, instead of using the spiritual life provision God gave to all of us.

Tension myositis syndrome is the inner tension that comes about as the result of buried feelings trying to surface, while at the same time, the conscious and subconscious mind keeps trying to push them down. This results in tension, and is often manifested in one physical manner or another, and it also results in stress in the soul.

Stress in the soul is not necessarily sin in the soul, but is tantamount to sin in the soul because it has the same negative impact on the soul as sin does. So we have pressure, which is external to us, and pressure, which is internal, and **both can cause stress in the soul**. And we deal with these inner stressors just the same as we deal with the external stressors, and that is through faith in the promises and doctrines of God's Word, which gives our souls peace!

All of us have gone through bad things in our lives, and many have gone through childhood neglect, or

even abuse in one form or another. The key for believers is learning to handle them by using God's spiritual provisions, instead of childhood coping mechanisms.

When we resort to childhood defense coping mechanisms, we are resorting to a dynamic of the flesh nature. We are trying to handle our problems and the pressures of life by our knowledge, our strength, our instincts, or by our years of conditioning. By using these childhood defense mechanisms, we will not only fail to handle the problems, and end up with stress in the soul, but we will also be creating another problem for ourselves in our bodies!

Stress in the soul always leads to sin nature control of the soul. **Pressure**, if not handled by the filling of the Holy Spirit utilizing the faith rest drill, will result in stress in the soul. **Stress** in the soul always leads to sin in the soul. The first **sin** that is activated is the **emotional complex** in the soul. The first emotion that is usually activated is the **fear** complex followed by the **anger** complex.

And if anyone doubts the negative impact that **fear** has on the soul, see 1 John 4:18, *“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.”* Torment refers to the soul being tortured! And if anyone doubts the negative impact of inner **stress**, see all the studies done on how the various diseases and conditions caused by stress!

Even if we are positive to the Word of God, and are sitting under the teaching of Bible Doctrine, we will still have the three problems of: stress in the soul, sin in the soul, and defense mechanism coping devices to deal with. The inner tension will always be there, if we are operating in the flesh nature. The battle for us is to use spiritual problem solving devices, rather than childhood defense mechanisms.

The Lord said that in this world we will have tribulation – pressure! *“These things I have spoken unto you, that in me ye might have peace. In the world ye shall have **tribulation**: but be of good cheer; I have overcome the world.”* And from what we know the human frame reacts adversely with negative emotions to any demands placed upon it. Pressure automatically creates stress in the soul.

And for Christians, when the pressures of life are not met with the spiritual provisions that God has supplied to us in his grace, such things as: prayer, the filling of the Holy Spirit, the faith rest life, claiming the promises of God, occupation with Christ through his Word, Bible Doctrine circulating in the stream of consciousness, having a personal sense of destiny, etc., then the result will always be **stress in the soul!**

If we are not successful in keeping stress out of our souls, then we will not only have to deal with stress in the soul, but sin in the soul. And both stress in the soul and sin in the soul destroy the tranquility of the soul, as well as, the tranquility of our surroundings. And again, the spiritual provision from the Lord to deal with stress outside the soul, is the peace of Christ! **The peace of Christ is both the prevention and cure for stress in the soul!**

We have heard that the natural reaction to fear is fight or flight. We see this in king David, when faced with evil men who were trying to kill him. Now David was not a coward, nor was he an untrained warrior. He had killed thousands of men in battle. But this time he was operating outside the faith-rest dynamic and was **gripped with fear** to the place that he was not only tormented in his soul, but he wanted to run away. *“My heart is sore pained within me: and the terrors of death are fallen upon me. Fearfulness and trembling are come upon me, and horror hath overwhelmed me. And I said, Oh that I had wings like a dove! for then would I fly away, and be at rest. Lo, then would I wander far off, and remain in the wilderness. Selah. I would hasten my escape from the windy storm and tempest.”* Psalms

55:4-8 But he recovered his faith and waxed bold and joyful. *“He hath delivered my soul in peace from the battle that was against me: for there were many with me.”* Psalms 55:18

Eighteen

The question is, “Why don't we handle stress when it's still on the outside, before it gets inside?” Isn't it better to keep the wolves outside the house, rather than let them get into the house! God's provision of inner peace, which comes from faith in the promises of God, will certainly get the stress out of our souls. **But isn't it better to live in peace to prevent stress from getting into our souls, rather than allowing ourselves to become miserable??**

The flesh's approach to handling pressure and the problems of life, (and all believers in Christ still have their flesh natures, even though they have acquired a new nature at salvation), is to solve their problems by using their own ideas, strengths, abilities, and by utilizing a life time of conditioning, whereby we automatically resort to childhood defense mechanisms. We do this instead of applying the spiritual provision of faith in the promises. The one leaves us with stress and misery in the soul, while the other leaves us with peace in the soul.

We see in Psalms 55:4-8 that David's flesh nature was in control, and, because he was afraid for his life, he wanted to run away, *“And I said, Oh that I had wings like a dove! for then would I fly away, and be at rest.”* Psalms 55:6 Running away to a place where he felt secure was his flesh nature's reaction to the situation, but it was not God's solution! The spiritual solution was for him to trust the Lord, which he did, as we see evidenced in his prayer to *Yahweh*. *“As for me, I will call upon God; and the LORD shall save me.”* Psalms 55:16

When we look back at David's life we see why this was his reaction. He spent his childhood out in the wilderness as he was taking care of the sheep. It was a familiar place to him; one where he felt safe and secure. No people, no demons, no threats other than the occasional predators, which he had no problem in handling, a place of solitude, safety and peace. In his young adult years much of that was spent in fleeing from Saul. So we can see his life time of conditioning of fleeing to safe and familiar surroundings enter in to this threat of these evil men. Now our life stories are all different, but the same in one respect in that we are all prone to flee to safe and familiar surroundings, when faced with threats to us, instead of fleeing to God in faith and prayer in the spiritual life dynamic! And repression is one of those tactics the subconscious uses when face with feelings we are afraid of.

The way it works is like this; negative emotions are automatically activated whenever stress comes into our souls. It's a part of our human nature. But it wasn't always like this. When Adam and Eve were created, there was no stress in their souls, nor were there any negative emotions! No fear, no anger, no guilt, no grief, no envy, even their concepts of love and happiness were totally different than ours! But after they sinned against God and acquired a fallen nature, then all these negative emotions entered in and so did the psychological defense measures of suppression, repression, denial, etc..

Man is vulnerable and he feels insecure. The slightest threat or demand put on him will cause him to react emotionally. The emotions react with fear, anger, etc., to any threat real or imagined. And it will react to demands, even legitimate demands put upon him. Vulnerability leads to insecurity, and insecurity leads to fear, and fear causes torment in the soul.

So emotional reactions to pressure are normal, they are a part of the flesh nature, but God has provided something infinitely superior to handling pressure and that is the spiritual life dynamic. The spiritual

life is able to keep the pressures of life from becoming stress in the soul. And no stress in the soul means no sin in the soul and no misery in the soul.

Whenever one is under pressure, God has provided: faith, the Word, the promises, Bible Doctrine, claiming the promises, the faith rest drill, having a personal sense of destiny, confession of sin if necessary, prayer, the filling of the Spirit, meditating on the Word of God, all of which create peace in our soul, which keeps stress out of the soul! The **pressures** of life are inevitable, (it is wise to minimize them), but **stress** is optional.

The spiritual provisions God supplies to all of us are the walls of our inner house or castle, which keep the enemy soldiers of negative thoughts and feelings from breaching the walls and making our souls miserable. Even Peter wrote concerning **lusts**, “*Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul;*” 1 Peter 2:11 But if we fail to do this, then the soldiers of the army of stress will break through to wreak havoc on our souls. If this happens, then we will have to round them up one by one and deal with them by faith. Which we should have done in the first place to keep them out!

Nineteen

Our problem is we want to handle our own problems with our own ideas, strengths, stubbornness and childhood problem solving devices, even though they're doomed to fail every time! And the result will always be we not filled with the Holy Spirit, no peace in the soul, and the soul being ravaged by negative emotions, misery and sin in the soul. And it is usually because of the misery we are experiencing that we are motivated to apply the spiritual problem solving devices of faith in the Word and prayer to God.

Human viewpoint, human ideas and human strength are the believer's works. They are also a part of our human frailty, or infirmity, as Paul puts it. And one of them is our resorting to the childhood self defense mechanisms of repressing our feelings. Believers tend to look at the believer's weaknesses along the lines of personal lust trends, legalism, lasciviousness, legalism and OSN activities, which are all true. But repression techniques are also a part of our weakness.

But there is something else that is a part of our works. And remember, the word **works**, *ergos*, refers to any and all activities that the flesh nature can produce. How do we attempt to solve our problems and face the pressures of life? Do we try to run away from them? Do we worry about them? Do we get angry and rant and rave? Do we complain? Do we get bitter and resentful? Do we take the “stiff upper lip” approach? Or our “shoulder to the wheel” approach? Do we unknowingly resort to childhood conditioning and start applying childhood self defense mechanisms? These are all works of the flesh.

Life, and the problems that come with living life, have pressures and with pressure there is always the potential for stress in the soul. We're all faced with it and all of us resort, in one area or another, to the flesh's approach for handling pressure. But Christians are to handle the pressures of life by applying the faith rest drill, prayer to God for wisdom and the leading and filling of the Holy Spirit. God said he will provide all our needs and that should satisfy our souls and give them rest and peace.

Remember the 6 P's. The Lord established a new concept of faith for us to live by here on earth, one that he lived by and perfected, and that is **faith in the Father**. Faith in the Father's **plan**; faith in the Father's **provisions**; faith in the Father's **protection**; faith in the Father's **power**; faith in the Father's **promises**; and faith in the **process** that the Father has chosen to perfect us! “*Looking unto Jesus the*

author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.” Hebrews 12:2

Twenty

Oftentimes we are experiencing some physical pain of one kind or another. The more we think about it the worse it becomes. And it becomes a vicious cycle. One should also get their pains checked out by their doctors, but so often is the case that **our subconscious is using physical pain to distract our minds from our painful feelings!** Or from experiencing spiritual realities. Physical pain is a great “attention getter”. It is quite successful in getting us to get our minds off of painful emotions, because as painful as the physical pain is the subconscious considers it less painful than the feelings we have buried deep inside.

Doctrinal insight leads the believer to start thinking psychologically and not just physically. It sees patterns. It sees other things going on in all of this and asks the questions, “I wonder if this is just physical? I wonder if something emotional is going on here? I wonder if this is related to stress? I wonder if the defense mechanism of repressed emotions is behind this?” Now that we have gone from the phase of thinking physical to thinking psychologically, we go to thinking spiritual.

Over the years wisdom has taught us that stress in the soul, fear, worry, anxiety, apprehension, dread, resentment, anger, jealousy, guilt complexes and the repression of our feelings, which we learned in childhood, create pain, disease and all sorts of physical disorders. So by thinking psychologically and applying spiritual solutions, we will begin to have victory over this self induced misery and have a degree of relief. It is the spiritual life dynamic, which produces peace and joy in our souls that keeps stress out of the soul, sin out of the soul, childhood problem solving devices out of our souls, and even protects our souls from the raging attacks of demons!

Twenty-one

We are complicated creatures and there were many various factors that went into our physical and emotional development, especially in the formative years of our childhoods. There is the matter of our genetics that we inherited from our parents. There is also the matter of how our parents raised us, or didn't. Then we go on to the community environment we were raised in. And then, was there any physical, sexual, or emotional abuse factors in our youth? Were we nurtured in love? Or were we abandoned, or neglected, to fend for ourselves?

All of these concepts go into us developing coping techniques to deal with the things we had to go through and we take them into our adult lives. But, as Christians, God has something far better for us to deal with our problems and that is living in the spiritual life dynamic. It's how we were able to cope with what we had to go through back then, but now we need to leave those things behind and live life by faith in the Word and the filling of the Holy Spirit.

Many people regret, or are bitter, over the **past**, and others are fearful of the **future**. But Paul gives us a spiritual problem solving device and that is to **forget** those things that lie behind, (consider them of no consequence in the light of eternity), and to **press forward** to what lies ahead - God's plans for our future! “*Brethren, I count not myself to have apprehended: but this one thing I do, **forgetting** those things which are behind, and **reaching forth** unto those things which are before,*” Philippians 3:13

In a way the conscious mind functions as the parent, while the subconscious mind as the child. And the subconscious mind is still afraid of letting the conscious mind, the parent, see how it feels. So the subconscious denies and represses how it feels, so it won't be scolded or castigated.

David puts this interchange between the mind and the heart as the adult and inner child. “*Surely I have behaved and quieted myself, as a child that is weaned of his mother: my soul is even as a weaned child.*” Psalm 131:2

April 2014 Newsletter – Dealing With Emotions – Review

As we have seen in our study in Ephesians 4:31, “*Let all **bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:***”, that anger goes through six stages ending up in physical violence, or some kind of physical activity. The first stage is bitterness, pikria. Bitterness is the old sin nature reaction to an unwanted stimulus and it's a function of the arrogance complex. Cain was extremely arrogant and when the Lord rejected his human good, then he instantly reacted all the way to the most intense feelings of anger that one could have! He was furious! And instead of dealing with these feelings in the proper manner, by the offering up of the proper sacrifice along with his confession, he later on acted upon them **and murdered his brother!**

Remember, the normal way virtually everyone deals with their feelings are by: repression, suppression, (both of which create the condition of tension myositis syndrome [TMS]), denial, dissociation, transference, projection, expression, (venting), or by acting them out. (Christians are to confess their feelings to God the Father). **Cain acted upon his anger feelings by murdering his brother**. He also got into denial, dissociation and self-justification, where the guilty conscience defends itself.

The word **bitterness, pikria**, is really the soul's reaction to a painful, or unwanted stimulus. We get hurt, we react with anger. We have to do something we don't want to do, we react with anger. We are kept from doing what we want to do, we react with anger. Get the picture? Desire (lust) delayed, brings about **frustration**. Desire (lust) denied, brings about **anger!**

Internal and external stimuli, when met with our contrary and rebellious will - pride, end up in the reaction of the soul to them, bitterness – pikria. We get fuming mad on the inside, then it goes either one of two ways. Either we act out on it verbally or physically to those around us, or society in general, or we repress it down into the subconscious where it becomes the stuff of TMS. We either end up hurting those around us, or we end up hurting ourselves!

When dealing with our feelings, we need to realize that we do have a problem with them, first of all, and that they can and do negatively affect, not only our bodies, but our spiritual life as well. We also need to learn that even the so called good feelings, such as, having fun, being in love, etc., can adversely affect our spiritual life, just as bad as the negative feelings. That's because as long as we're having these good feelings, we neglect our spiritual life, which is vastly superior.

We need to understand that our feelings are not spiritual phenomena, but a carryover from Adam's fallen nature, which we acquired at physical birth. And because there are so many things that we don't know about ourselves, such as, an ignorance of our human frame, we need to learn about our feelings, what each one is, how they affect us, how they affect others, and to be able to identify them and deal with them biblically.

And this is done through the teaching of Bible Doctrine, for it is through doctrinal teaching that we are able to see these things about ourselves. We many try to dissociate ourselves from how we feel, but doctrine and the spiritual life forces us to face them. We may still be denying them, which is self deception, but doctrine still puts them before us to face them and deal with them.

We also need to learn how to deal with our emotions and the Word of God teaches us how to do this. We learn that repression, suppression, denial, dissociation, transference, projection, expression, or by acting them out, is not the proper way to handle them. There is only one way to handle our feelings and that is by identifying what the feeling is, admitting to yourself that you are feeling that way, and then confessing it to God, for he already knows that.

We learn through Bible Doctrine that God has provided a spiritual, not emotional, dynamic for us to live in. At the moment of salvation God gives to each believer in Christ their own unique spiritual life, which is eternal. This spiritual life is found in the sphere of Bible Doctrine that has been metabolized by faith, energized by the power of the indwelling Holy Spirit and accessed through confessing our sins to God, 1 John 1:9.

When we are confronted by the teaching of God's Word that our **conduct** is not right before the Lord, when our **speech** is out of line, when our **thoughts and feelings** are wrong before God, we can be like Cain and arrogantly reject the truth, or we can in self-enforced humility admit our sins to God. It is only by the teaching of the Word of God that the problem can be **defined**, the solution **outlined** and the path we are to take **clarified**.

Fifteen

We see all this occurring when the Lord dealt with Cain in Genesis 4:6,7, which he did **before** Cain murdered his brother. “*And the LORD said unto Cain, Why art thou **wroth**? and why is thy **countenance fallen**? **If thou doest well, shalt thou not be accepted?** and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him.*”. Christ was giving Cain doctrinal information to help him deal with his negative emotions of jealousy, arrogance, bitterness, resentment, anger, hate, etc.. The **choice** was Cain's as to whether he would apply the doctrine or not, **but so would be the consequence if he didn't!**

The first thing that Christ did was ask Cain, “*Why are you **angry**?*”. By doing this Christ was revealing to Cain that he had **an anger problem**. By defining the problem of the feeling of anger he was making it clear to Cain just exactly what his problem was! But he put it in the form of a question to get him to think. By asking him, “*Why are you angry?*”, instead of just saying, 'You're angry Cain', he accomplished two things.

One, he revealed to him what his problem was, having feelings of intense anger, and **two**, to get him to think about how it is that he became angry! He wanted Cain to recognize and admit that he was angry, but he also wanted him to think about how he became angry! What led up to this place of intense anger. Which is the process we all need to implement in our own lives, when dealing with personal overt sins, sins of the tongue, or emotional sins. Why am I so angry? Or bitter? Or jealous? Or feeling sorry for myself, etc..? Then **backtrack in our steps to see what led up to that point in our lives.**

Cain got angry because Christ rejected his offering. But Christ rejected his offering because Cain arrogantly refused to bring the offering Christ told him to bring! Sermons can be, and have been, written about this subject, but suffice it to say, that Cain was arrogantly demanding, by way of his

offering, that Christ accept his human good, that he was good enough in himself to be accepted by God. And when Christ didn't, Cain reacted with intense anger! This same reaction of anger is found in all humans today when their human good is rejected.

And so, in his intense anger, Cain acted out against his brother, Abel, who had done the right thing. Abel, in the sphere of humility, offered up the sacrifice to God that he was instructed to offer. So we have sibling rivalry and jealousy on the part of Cain the firstborn, which were there prior to the event. And he took this intense anger out against his brother, who had done the right thing. So why was Cain angry? Because he was negative to the Word of God, he was full of pride, jealousy, human good and anger, and because he was not a believer in the Lord.

The first thing Christ did was outline the problem to Cain, “*Why are you angry*”, and then the next thing he did was outline the solution for him, “*If you do what is right, will you not be accepted?*”. Here lies the solution for all our problems. We're to do what God tells us to do! We're to listen to Bible Doctrine and apply Bible Doctrine. In the Church Age today it's sitting under the doctrinal teaching of God's Word, applying it to our lives, living by faith, living in the filling of the Holy Spirit, confessing our sins to God when necessary, and living in our own spiritual life which he gave us - *eusebeia*.

Then Christ clarifies the path in life that Cain is to take. He tells him, “*And if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him.*” KJV “*And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it.*” Genesis 4:7b NASB In this Christ is teaching Cain, and all of us as well, about the problem of the sin nature that we all have due to it being in our bodies passed on to us from Adam. It is always there, because it is in the flesh, (often referred to as the flesh nature). It will always seek to dominate our lives, as Romans 6 teaches, and we have to learn to master it by living in the new nature and the spiritual life dynamic.

The Father has given to every Church Age believer, though, every spiritual provision that we need to keep sin from mastering us. He has given us **new natures**, which he created in us at the moment of our faith in Christ. He has given us the **Holy Spirit** at the moment of our salvation, who will never, ever leave us, but will be in us throughout eternity. He has given each one of us our very own unique **spiritual life dynamic** to live in, our *eusebeia*. He has given us **prayer, access** to his throne of grace, the **local church**, the teaching of **Bible Doctrine, faith**, the provision of **confessing sins** to him when we sin and **fellowship** with him over his Word.

Sixteen

The **arrogance** of Cain, and remember, anger is a function of the pride complex, the greater the pride the greater the anger. His arrogance was manifested by the fact that: **one**, he did not do what God told him to do in the first place regarding the type of sacrifice to be offered; **two**, when he rejected the doctrinal counsel of the Lord concerning the matter; **three**, by his reaction of anger, when his human good sacrifice was rejected by the Lord; **four**, when he went out and murdered his brother.

The **degree** of Cain's arrogance, that is, how arrogant this man was, was measured and revealed by the level of intensity of his anger. There is anger, then there is burning, intense anger, either of which is bad enough. But with *meod* being used it amplified his burning, intense anger to a level off the charts, as we would say. He was **furious**; he was filled with **rage**.

The **principle** is: the more the arrogance, the greater the anger. The more arrogance there is, the greater the anger, but also the greater the human good and narcissism. The more arrogant that one is, the more

likely they are to become easily angered. Arrogant people are easily angered, burn with more intense anger and stay angry longer. They are quick to become angry and slow to never to forgive. In addition to that, arrogant people are **vindictive and vengeful**. *“If Cain shall be **avenged** sevenfold, truly Lamech seventy and sevenfold.”* Genesis 4:24

And we also see that if this pride and anger problem is not corrected in the parents, through salvation and applying the Word of God to their lives, especially in the areas of controlling the sin nature in us and living in the filling of the Holy Spirit, then these same negative mental and emotional traits can be passed down to our children and children's children! It isn't just a genetic predisposition toward certain things, but also a family dynamic that becomes embedded into offspring by the parents.

We see Cain's pride, anger, unforgiving spirit and vindictiveness all the way down five generations later in **Lamech**. We all have the responsibility to correct these negative traits in ourselves, for our children's sake! And we do this by getting saved and sitting under bible Doctrine.

Cain was extremely proud and arrogant. Certainly the spirit of Satan was working in him, for Satan is referred to as the one who is king over all who are proud. *“He beholdeth all high things: he is a **king over all the children of pride**.”* Job 41:34 And even more clear in 1 John 3:12, *“Not as Cain, who was of that wicked one, and slew his brother. And wherefore slew he him? Because his own works were evil, and his brother's righteous.”*

We deal with our **emotions** by living in the filling of the Holy Spirit and by applying Bible Doctrine to our lives. We deal with our **pride** by humbling ourselves under the authority of God's Word and do what he tells us to do. It is by the teaching of the Word of God that our conduct, our speech, our thoughts and our repressed feelings are revealed to us. This is not for the purpose of further complicating our lives, nor making us feel guilty, but so we can recognize these things about ourselves and confess them to God.

A doctor back east had a patient who was morbidly obese. He outlined to her the health risks she was facing and a plan to get healthy. She stormed out of his office and brought a law suit against him! He had another female patient, who had the same problems, and he told her the same thing. He outlined a monitored weight loss program, healthy diet, etc.. And she too stormed out of his office, but she came back because she realized the doctor was trying to help her and she lost over 100 pounds!

Pastor-teachers teach Bible Doctrine, which identifies our own personal problems and gives us spiritual solutions to solve the problems. We can only teach. We can't give positive volition to people, nor can we make people apply the Word to their lives. It lies solely on the shoulders of believers in Christ to make the appropriate decisions to come to class, take notes, confess their sins if necessary, live in the filling of the Holy Spirit, live by faith and apply doctrine to their lives.

There are four major areas that war against our souls and cause us so much misery: **One**, stress in the soul, which we have allowed in from the world system; **Two**, sin in the soul, which comes from the sin nature; **Three**, false doctrine in the soul; **Four**, the inner conflict of the defense mechanisms of the soul in the area of repressed emotions. We must learn to use God's spiritual provisions to deal with them.

Life has always had its share of problems and stress. If we're living in a time of apostasy and/or national judgment, then the problems and stress will be compounded. If we're living at the end of the age, then they will be compounded even more! So it's vital that the believer understand the conflict that he/she will be going through as the stresses of life seek to penetrate the soul.

External pressure will always be there, but we want to keep it from becoming stress in the soul! If we don't, then we will not only have stress in the soul, but also sin in the soul, and could end up with false doctrine in the soul and dealing with garbage in the soul.

The suppression and repression of feelings is a survival technique that children adopt in childhood as a defense mechanism to protect the core of their identity, their soul, from abuse and damage. They work in childhood, but in adulthood they don't. In fact, they can become counter-productive, even destructive. So they will have to be dealt with through the teaching of God's Word and counseling, which can be very helpful in the process, may have to be brought in to facilitate healing.

Repressed feelings, such as, anger, fear, guilt worry, etc., negatively affect our bodies mentally and physically, with pain and poor health as some of the consequences. Utilizing the childhood self defense mechanism or repressing or suppressing one's feelings is not the biblical solution provided by God to deal with them. It is through the conscious recognition of our feelings and confessing them to God that we have relief from them.

Seventeen

Some of our feelings are due to recent events in our lives, while others are due to feelings buried deep down in our subconscious long ago in our childhoods. In the process of spiritual growth, as we go to spiritual completion, the believer will often be placed into a variety of tests designed to bring these destructive feelings to the surface, where the conscious mind can see them, confess them to God, and finally be free from them!

But this is the opposite of what we've been trying to do all our lives. What we've learned to do, ever since childhood, is bury our feelings and keep them buried! This is where tension comes about in the soul and physical pain to keep our minds off them. TMS, tension myositis syndrome, is a distracting device, a ruse, utilized to keep our conscious minds from the awareness and identification of our painful feelings, so we can finally deal with them and be free of them. The flesh nature uses TMS to avoid doing God's will in our spiritual growth. I can't because....

The childhood self defense coping technique of repression works counter-productive as adults because it produces in us the flesh dynamic of denial, and denial is just the opposite of confession. Also, when the believer is faced with certain things about themselves: their pride, anger, fears, guilt, self righteousness, etc., they will not only will keep trying to suppress these truths, but deny them have if they do happen to surface.

The four areas of inner conflict that Christians will have to face and need to deal with faith, the Word and the filling of the Holy Spirit are: **one**, stress in the soul that we have let in from the outside pressures of the world; **two**, sin in the soul from the resident sin nature; **three**, false doctrine in the soul; and **four**, the conflict inside of us from trying to live life and deal with our problems by using the childhood defense mechanisms of repression and suppression of our feelings, denial, dissociation and the acting out of our feelings, instead of using the spiritual life provision God gave to all of us.

Tension myositis syndrome is the inner tension that comes about as the result of buried feelings trying to surface, while at the same time, the conscious and subconscious mind keeps trying to push them down. This results in tension, and is often manifested in one physical manner or another, and it also results in stress in the soul.

Stress in the soul is not necessarily sin in the soul, but is tantamount to sin in the soul because it has the same negative impact on the soul as sin does. So we have pressure, which is external to us, and pressure, which is internal, and **both can cause stress in the soul**. And we deal with these inner stressors just the same as we deal with the external stressors, and that is through faith in the promises and doctrines of God's Word, which gives our souls peace!

All of us have gone through bad things in our lives, and many have gone through childhood neglect, or even abuse in one form or another. The key for believers is learning to handle them by using God's spiritual provisions, instead of childhood coping mechanisms.

When we resort to childhood defense coping mechanisms, we are resorting to a dynamic of the flesh nature. We are trying to handle our problems and the pressures of life by our knowledge, our strength, our instincts, or by our years of conditioning. By using these childhood defense mechanisms, we will not only fail to handle the problems, and end up with stress in the soul, but we will also be creating another problem for ourselves in our bodies!

Stress in the soul always leads to sin nature control of the soul. **Pressure**, if not handled by the filling of the Holy Spirit utilizing the faith rest drill, will result in stress in the soul. **Stress** in the soul always leads to sin in the soul. The first **sin** that is activated is the **emotional complex** in the soul. The first emotion that is usually activated is the **fear** complex followed by the **anger** complex.

And if anyone doubts the negative impact that **fear** has on the soul, see 1 John 4:18, "*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.*" Torment refers to the soul being tortured! And if anyone doubts the negative impact of inner **stress**, see all the studies done on how the various diseases and conditions caused by stress!

Even if we are positive to the Word of God, and are sitting under the teaching of Bible Doctrine, we will still have the three problems of: stress in the soul, sin in the soul, and defense mechanism coping devices to deal with. The inner tension will always be there, if we are operating in the flesh nature. The battle for us is to use spiritual problem solving devices, rather than childhood defense mechanisms.

The Lord said that in this world we will have tribulation – pressure! "*These things I have spoken unto you, that in me ye might have peace. In the world ye shall have **tribulation**: but be of good cheer; I have overcome the world.*" And from what we know the human frame reacts adversely with negative emotions to any demands placed upon it. Pressure automatically creates stress in the soul.

And for Christians, when the pressures of life are not met with the spiritual provisions that God has supplied to us in his grace, such things as: prayer, the filling of the Holy Spirit, the faith rest life, claiming the promises of God, occupation with Christ through his Word, Bible Doctrine circulating in the stream of consciousness, having a personal sense of destiny, etc., then the result will always be **stress in the soul!**

If we are not successful in keeping stress out of our souls, then we will not only have to deal with stress in the soul, but sin in the soul. And both stress in the soul and sin in the soul destroy the tranquility of the soul, as well as, the tranquility of our surroundings. And again, the spiritual provision from the Lord to deal with stress outside the soul, is the peace of Christ! **The peace of Christ is both the prevention and cure for stress in the soul!**

We have heard that the natural reaction to fear is fight or flight. We see this in king David, when faced with evil men who were trying to kill him. Now David was not a coward, nor was he an untrained warrior. He had killed thousands of men in battle. But this time he was operating outside the faith-rest dynamic and was **gripped with fear** to the place that he was not only tormented in his soul, but he wanted to run away. *“My heart is sore pained within me: and the terrors of death are fallen upon me. Fearfulness and trembling are come upon me, and horror hath overwhelmed me. And I said, Oh that I had wings like a dove! for then would I fly away, and be at rest. Lo, then would I wander far off, and remain in the wilderness. Selah. I would hasten my escape from the windy storm and tempest.”* Psalms 55:4-8 But he recovered his faith and waxed bold and joyful. *“He hath delivered my soul in peace from the battle that was against me: for there were many with me.”* Psalms 55:18

Eighteen

The question is, “Why don't we handle stress when it's still on the outside, before it gets inside?” Isn't it better to keep the wolves outside the house, rather than let them get into the house! God's provision of inner peace, which comes from faith in the promises of God, will certainly get the stress out of our souls. **But isn't it better to live in peace to prevent stress from getting into our souls, rather than allowing ourselves to become miserable??**

The flesh's approach to handling pressure and the problems of life, (and all believers in Christ still have their flesh natures, even though they have acquired a new nature at salvation), is to solve their problems by using their own ideas, strengths, abilities, and by utilizing a life time of conditioning, whereby we automatically resort to childhood defense mechanisms. We do this instead of applying the spiritual provision of faith in the promises. The one leaves us with stress and misery in the soul, while the other leaves us with peace in the soul.

We see in Psalms 55:4-8 that David's flesh nature was in control, and, because he was afraid for his life, he wanted to run away, *“And I said, Oh that I had wings like a dove! for then would I fly away, and be at rest.”* Psalms 55:6 Running away to a place where he felt secure was his flesh nature's reaction to the situation, but it was not God's solution! The spiritual solution was for him to trust the Lord, which he did, as we see evidenced in his prayer to *Yahweh*. *“As for me, I will call upon God; and the LORD shall save me.”* Psalms 55:16

When we look back at David's life we see why this was his reaction. He spent his childhood out in the wilderness as he was taking care of the sheep. It was a familiar place to him; one where he felt safe and secure. No people, no demons, no threats other than the occasional predators, which he had no problem in handling, a place of solitude, safety and peace. In his young adult years much of that was spent in fleeing from Saul. So we can see his life time of conditioning of fleeing to safe and familiar surroundings enter in to this threat of these evil men. Now our life stories are all different, but the same in one respect in that we are all prone to flee to safe and familiar surroundings, when faced with threats to us, instead of fleeing to God in faith and prayer in the spiritual life dynamic! And repression is one of those tactics the subconscious uses when face with feelings we are afraid of.

The way it works is like this; negative emotions are automatically activated whenever stress comes into our souls. It's a part of our human nature. But it wasn't always like this. When Adam and Eve were created, there was no stress in their souls, nor were there any negative emotions! No fear, no anger, no guilt, no grief, no envy, even their concepts of love and happiness were totally different than ours! But after they sinned against God and acquired a fallen nature, then all these negative emotions entered in and so did the psychological defense measures of suppression, repression, denial, etc..

Man is vulnerable and he feels insecure. The slightest threat or demand put on him will cause him to react emotionally. The emotions react with fear, anger, etc., to any threat real or imagined. And it will react to demands, even legitimate demands put upon him. Vulnerability leads to insecurity, and insecurity leads to fear, and fear causes torment in the soul.

So emotional reactions to pressure are normal, they are a part of the flesh nature, but God has provided something infinitely superior to handling pressure and that is the spiritual life dynamic. The spiritual life is able to keep the pressures of life from becoming stress in the soul. And no stress in the soul means no sin in the soul and no misery in the soul.

Whenever one is under pressure, God has provided: faith, the Word, the promises, Bible Doctrine, claiming the promises, the faith rest drill, having a personal sense of destiny, confession of sin if necessary, prayer, the filling of the Spirit, meditating on the Word of God, all of which create peace in our soul, which keeps stress out of the soul! The **pressures** of life are inevitable, (it is wise to minimize them), but **stress** is optional.

The spiritual provisions God supplies to all of us are the walls of our inner house or castle, which keep the enemy soldiers of negative thoughts and feelings from breaching the walls and making our souls miserable. Even Peter wrote concerning **lusts**, “*Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul;*” 1 Peter 2:11 But if we fail to do this, then the soldiers of the army of stress will break through to wreak havoc on our souls. If this happens, then we will have to round them up one by one and deal with them by faith. Which we should have done in the first place to keep them out!

Nineteen

Our problem is we want to handle our own problems with our own ideas, strengths, stubbornness and childhood problem solving devices, even though they're doomed to fail every time! And the result will always be we not filled with the Holy Spirit, no peace in the soul, and the soul being ravaged by negative emotions, misery and sin in the soul. And it is usually because of the misery we are experiencing that we are motivated to apply the spiritual problem solving devices of faith in the Word and prayer to God.

Human viewpoint, human ideas and human strength are the believer's works. They are also a part of our human frailty, or infirmity, as Paul puts it. And one of them is our resorting to the childhood self defense mechanisms of repressing our feelings. Believers tend to look at the believer's weaknesses along the lines of personal lust trends, legalism, lasciviousness, legalism and OSN activities, which are all true. But repression techniques are also a part of our weakness.

But there is something else that is a part of our works. And remember, the word **works**, *ergos*, refers to any and all activities that the flesh nature can produce. How do we attempt to solve our problems and face the pressures of life? Do we try to run away from them? Do we worry about them? Do we get angry and rant and rave? Do we complain? Do we get bitter and resentful? Do we take the “stiff upper lip” approach? Or our “shoulder to the wheel” approach? Do we unknowingly resort to childhood conditioning and start applying childhood self defense mechanisms? These are all works of the flesh.

Life, and the problems that come with living life, have pressures and with pressure there is always the potential for stress in the soul. We're all faced with it and all of us resort, in one area or another, to the

flesh's approach for handling pressure. But Christians are to handle the pressures of life by applying the faith rest drill, prayer to God for wisdom and the leading and filling of the Holy Spirit. God said he will provide all our needs and that should satisfy our souls and give them rest and peace.

Remember the 6 P's. The Lord established a new concept of faith for us to live by here on earth, one that he lived by and perfected, and that is faith in the Father. Faith in the Father's **plan**; faith in the Father's **provisions**; faith in the Father's **protection**; faith in the Father's **power**; faith in the Father's **promises**; and faith in the **process** that the Father has chosen to perfect us! *“Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.”* Hebrews 12:2

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Twenty

Oftentimes we are experiencing some physical pain of one kind or another. The more we think about it the worse it becomes. And it becomes a vicious cycle. One should also get their pains checked out by their doctors, but so often is the case that **our subconscious is using physical pain to distract our minds from our painful feelings!** Or from experiencing spiritual realities. Physical pain is a great “attention getter”. It is quite successful in getting us to get our minds off of painful emotions, because as painful as the physical pain is the subconscious considers it less painful than the feelings we have buried deep inside.

Doctrinal insight leads the believer to start thinking psychologically and not just physically. It sees patterns. It sees other things going on in all of this and asks the questions, “I wonder if this is just physical? I wonder if something emotional is going on here? I wonder if this is related to stress? I wonder if the defense mechanism of repressed emotions is behind this?” Now that we have gone from the phase of thinking physical to thinking psychologically, we go to thinking spiritual.

Over the years wisdom has taught us that stress in the soul, fear, worry, anxiety, apprehension, dread, resentment, anger, jealousy, guilt complexes and the repression of our feelings, which we learned in childhood, create pain, disease and all sorts of physical disorders. So by thinking psychologically and applying spiritual solutions, we will begin to have victory over this self induced misery and have a degree of relief. It is the spiritual life dynamic, which produces peace and joy in our souls that keeps stress out of the soul, sin out of the soul, childhood problem solving devices out of our souls, and even protects our souls from the raging attacks of demons!

Twenty-one

We are complicated creatures and there were many various factors that went into our physical and emotional development, especially in the formative years of our childhoods. There is the matter of our genetics that we inherited from our parents. There is also the matter of how our parents raised us, or didn't. Then we go on to the community environment we were raised in. And then, was there any physical, sexual, or emotional abuse factors in our youth? Were we nurtured in love? Or were we abandoned, or neglected, to fend for ourselves?

* All of these concepts go into us developing coping techniques to deal with the things we had to go through and we take them into our adult lives. But, as Christians, **God has something far better for us**

to deal with our problems and that is living in the spiritual life dynamic. It's how we were able to cope with what we had to go through back then, but now we need to leave those things behind and live life by faith in the Word and the filling of the Holy Spirit.

Many people regret, or are bitter, over the **past**, and others are fearful of the **future**. But Paul gives us a spiritual problem solving device and that is to **forget** those things that lie behind, (consider them of no consequence in the light of eternity), and to **press forward** to what lies ahead - God's plans for our future! "*Brethren, I count not myself to have apprehended: but this one thing I do, **forgetting** those things which are behind, and **reaching forth** unto those things which are before,*" Philippians 3:13

In a way the conscious mind functions as the parent, while the subconscious mind as the child. And the subconscious mind is still afraid of letting the conscious mind, the parent, see how it feels. So the subconscious denies and represses how it feels, so it won't be scolded or castigated.

Twenty-two

It is the spiritual life dynamic that protects the soul from stress in the soul, sin in the soul, false doctrine in the soul, garbage in the soul and the soul's defense mechanisms to handle problems. But in the absence of the spiritual life dynamic, which is activated by faith in the Word of God, under the filling of the Holy Spirit, then stress enters the soul, the sin nature is activated, and the negative feelings of the fear complex, anger complex, etc, start flooding the soul.

The spiritual life works like this: we are exposed to the teachings and promises of God's Word and we metabolize them by believing them. Now that they are in our souls we are able to apply them by faith. **Intake** of the Word by faith; **application** of the Word by faith. But when we fail to believe God's Word, or apply it by faith to our situations, then negative feelings come about.

In Genesis 15:1-3 we see that Abraham was **afraid** and **worrying**; the fear complex of the emotions in action. "*After these things the word of the LORD came unto Abram in a vision, saying, **Fear not**, Abram: I am thy **shield**, and thy exceeding **great reward**. And Abram said, Lord GOD, what wilt thou give me, seeing I go childless, and the steward of my house is this Eliezer of Damascus? And Abram said, Behold, to me thou hast given no seed: and, lo, one born in my house is mine heir.*"

This is a classic case of the emotion of **fear** arising out of a sense of perceived insecurity. A perceived sense of insecurity produces fear, and fear produces torment in the soul. Perceived insecurity is a sense where one feels **vulnerable** to threat, (real or imagined), to one's survival, or well being. The core of which is one's ego, the real man or woman inside, then in layers outward: one's body, one's family, one's home, one's business or finances, one's community and one's nation.

Now what led up to Abram **worrying**? When Abram had heard that Lot, his nephew, and company had been taken captive by Chedorlaomer, he armed 318 of his servants and went to war against the king and defeated them. Afterward the king of Sodom offered Abram all the spoils for doing so, a massive fortune that would have set him up for life. But Abram, out of faith and doctrinal principles refused it. "*And Abram said to the king of Sodom, I have lift up mine hand unto the LORD, the most high God, the possessor of heaven and earth, That I will not take from a thread even to a shoelatchet, and that I will not take any thing that is thine, lest thou shouldest say, I have made Abram rich.*" Genesis 14:22,23

Abram stood on a doctrinal principle of faith that reflected his trust in Yahweh to take care of him. He acted in faith and integrity in fighting against Chedorlaomer, and he acted in faith in refusing the spoils

of war. But, as so often the case is with God's people, after we go back home and sit down in the quietness of our tents, we begin to think. We begin to think about our age, our health, our future, and our earning potential in our old age. (Today that would be forty-five and above. Try to get a job today, when you're over forty-five). We begin to think about this fortune that was dumped in our laps that would have set us up for life and think, "What have I done?"

This is where *Yahweh* sovereignly and graciously appeared to him in a vision telling Abram that he was his shield and his exceedingly great reward! That he will **protect** him and that he will not only provide for him, but also **prosper** him. "*After these things the word of the LORD came unto Abram in a vision, saying, Fear not, Abram: I am thy shield, and thy exceeding great reward.*" Genesis 15:1 The **shield** metaphor refers to *Yahweh's protection of Abram*, and all others who believe in Jesus Christ. And the **reward** aspect refers to God taking care of us without man's help.

Abram's trust in *Yahweh's* spiritual life dynamic motivated him to go out and risk his life in combat over a doctrinal principle. It also motivated him to stand on doctrinal principles when it came to money and security, but it started to ebb when he was alone thinking about his future and his age. So God spoke to him in a vision communicating to him doctrinal principles that he could live his life by in faith. He believed them and once again had his peace and confidence.

This principle applies to all of Abraham's children 4,000 years later. It is faith in the promises of God that create the spiritual life whereby we can face and overcome the various problems and trials we will go through in life. The spiritual life deals with these problems; the soul is protected; the sin nature remains dormant; negative feelings are never aroused and we retain our peace.

Twenty-three

In Genesis 30 we have another situation where the lack of faith in the Word, the absence of the spiritual life, sin nature activity, negative emotions aroused and the acting out of these emotions created a real problem in the lives of Jacob, Leah and Rachel. We know the story in Genesis 29 of how Jacob fell in love with Rachel and how beautiful she was with a great shape. And we know how he labored seven years for her hand in marriage. And how Uncle Laban did the "bait and switch" routine and gave him Leah instead. And how he had to work another seven years to get Rachel. So he worked fourteen years in total to get Rachel. But I don't think she appreciated Jacob's sacrifice of fourteen years, as we see in the passages, because she was self-absorbed and full of emotional sins.

But there is also an indication that Rachel was involved to a degree in idolatry for she stole her father's idols! **Images** is *teraphim* and refers to Laban's household gods. "*And Laban went to shear his sheep: and Rachel had stolen the images that were her father's.*" Genesis 31:19 "*And now, though thou wouldest needs be gone, because thou sore longedst after thy father's house, yet wherefore hast thou stolen my gods?"* Genesis 31:30 "*Now Rachel had taken the images, and put them in the camel's furniture, and sat upon them. And Laban searched all the tent, but found them not.*" Genesis 31:34

In Genesis 29:17, "*Leah was tender eyed; but Rachel was beautiful and well favoured.*", we see that Rachel was lovely in form and beautiful, but Leah had weak eyes. "*Leah had weak eyes, but Rachel had a lovely figure and was beautiful.*" NIV The word **tender**, *rak*, meant moist, red, weak, infirm, or dull eyes. It was regarded as a defect.

This is an all-familiar theme in families where one of the sisters stands out more beautiful than the others. The **beautiful sister** usually thinks she's better than the others. She's pretty; she's got a good

figure and she can get guys to do what she wants them to do. While the **plain sister** is never an object of desire. The plain sister often grows up feeling not loved, not wanted, not pretty, lacking self esteem and pretty much feeling down about herself.

While the prettier sister becomes lifted up in pride and arrogance thinking she's better than the others. She becomes narcissistic, (as Satan did), and often ignores the spiritual dynamic because she doesn't think she needs it. Beautiful women that lack integrity, modesty, humility and a reliance on the spiritual life dynamic will always grow up to being self-absorbed and making other people's lives miserable, especially their husbands! Even Proverbs 11:22 says, "*As a jewel of gold in a **swine's snout**, so is a fair woman which is without discretion.*" "*Like a gold ring in a **pig's snout** is a beautiful woman who shows no discretion.*" NIV

When people look at beautiful women, or handsome men, they think that they've got it made. But there are problems that come with being **plain**, and there are problems that come with being **beautiful**! Each creates their own separate psychological dynamic in the soul, with accompanying feelings that need to be recognized and dealt with. The plain woman will grow up feeling less than the others around her, while the pretty woman will grow up feeling better than those around her!

Jacob loved Rachel. Actually he was in love with her. This presented a problem for Leah for she knew that Jacob didn't love her and this compounded the problems she had of being second-best behind her sister. If she felt inferior to her sister in the looks department, one can see how this would fuel the fire. But it was God who gave her the first child; he gave her more children than her sister, and the **Messiah** came through **her** union with Jacob, not her sister! In his grace God was bestowing great honor on her.

But in Genesis 30:1 we see that Rachel, (probably for the first time), became jealous of her sister because Leah had borne Jacob four sons and Rachel none. "*And when Rachel saw that she bare Jacob no children, Rachel envied her sister; and said unto Jacob, Give me children, or else I die.*" You see, it wasn't enough for her to be beautiful, more beautiful than her sister; it wasn't enough to have men look at her all the time; and it wasn't enough for her to have a husband that loved her – she wanted it all! In her self-centered narcissism Leah wasn't even a consideration for her.

Having children in those days for women was really a big deal. It was something that would give them "bragging rights" among the other women as they walked around town. And it still is! Especially if the kids are successful in the things of the world. But we can see how totally self-centered, jealous and competitive Rachel was with her sister.

We can also see how her narcissism manifested herself in her emotional tirade against her husband! "*Give me children or else I die!*" Kind of over-dramatic isn't it. She manifests no Bible Doctrine, no humility, no divine viewpoint, no spiritual life dynamic and demanding in her placing unrealistic demands on her husband.

She was so self-absorbed that all she thought about was **herself**! It mattered not to Rachel that Jacob had to sweat and slave like a farm animal for fourteen years to get her. So Jacob had had enough from this out of control female, who happened to be his wife and beautiful, so he snapped back in anger laying everything out plainly for her, saying, "*And Jacob's anger was kindled against Rachel: and he said, **Am I in God's stead, who hath withheld from thee the fruit of the womb?***" Genesis 30:2

And even after God allowed her handmaid Bilhah to bear a son, she still didn't learn her lesson! She still was in **competition** with her sister! "*And Rachel said, With great wrestlings have I **wrestled** with*

*my sister, and I have **prevailed**: and she called his name Naphtali.” Genesis 30:8 “Then Rachel said, “I have had a great **struggle** with my sister, and I have **won**.” So she named him Naphtali.” NIV*

Rachel demonstrated no doctrinal capacity of soul, no humility, nor positive volition toward the things of the Lord, but rather a self-absorption and a childish outburst toward her husband. She should have been content with the things in her life that God had provided for her. She was a beautiful woman, a nice figure, a husband who loved her, her needs were being taken care of and she belonged to God! She should have concluded in her own mind that, for whatever the reason, she could not have children and be content with that! She should have taken the matter to the Lord in prayer and let him work it all out in his own time. But instead, she lashed out at her husband and blamed him, (as so many women do), and made life miserable for him. But we see Jacob set her straight in the matter.

Twenty-four

The spiritual problem solving devices from God are more than sufficient to protect the soul from the outward pressures of life. They can only get into our souls, if we open the door and let them in. We open the door and let stress into the soul whenever we stop relying on the spiritual problem solving devices to handle our problems. When we decide to handle our problems using our own ideas in our own strength, then we turn from faith in the promises of God to handle our problems. That's how we open the door and pressure rushes right past us and becomes stress in the soul.

In the biography, “The Arms of Krupp”, it talked about the life of the villagers back in the 16th century and how the wolves would come into town every night and prowl up and down the streets of the town. As long as the townspeople would stay inside their homes and keep the doors locked, then they would be safe. No one was so foolish as to open the door to their home. And so it is with our souls. We need to keep the “doors locked” with the spiritual life dynamic to keep the problems of the world outside.

The Word tells us that **it is the peace of God that protects our souls from stress, not anything that we might be able to do in our own works and strength.** “*And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”* Philippians 4:7 The peace of God functions as a fortress wall designed to protect those inside.

The lesson we need to learn is that we can't protect our souls from **stress**, only God's peace can! And the same thing goes for protecting the soul from the **anger** complex. We're offended, or we didn't get our way, so in pride we react with anger. It is the spiritual life dynamic and the spiritual problem solving devices that God supplies that will protect our souls from the anger complex, as well as, all the other emotions of the emotional complex of the soul.

God in his grace has provided a spiritual solution to protect our emotions. His way works; ours doesn't! His spiritual solutions that help us with our problems, pressure and stress are grace solutions and they are doctrinal solutions. Doctrinal solutions means that God, in his grace, supplies to us Bible Doctrine for us to apply to our problems. But most Christians will try to handle their problems in their own strength and will always fail. **There is nothing that we can do that will replace the peace of God!**

What this means is that we are going to have to find out what God's spiritual, doctrinal provisions are and start applying them to our lives. Things such as: Cast your burdens on the Lord; put it into the Lord's hands; pray without ceasing; forgive one another; trust in the Lord will all thine heart; confessing our sins, etc..

Basically the definition of a **problem** is anything that we don't want in our lives! **Stress**, which is internal, comes about as the result of us reacting to our problems, or trying to handle our problems in our own strength, instead of applying doctrine to the situation. People tend to control their lives so they can create an environment where they feel comfortable, safe and secure, as well as creating an environment where they can control what happens to them in life. Whenever anything that comes into our lives that “upsets the apple cart” then that's a problem, which induces stress.

We have no control over the things that happen to us in life. To think we do is **delusion**. The only thing we have control over is how we **respond** to them. We can either react with our emotions and the works of the flesh nature, as most do, and get stressed-out, or we can respond to the situation by applying the Word of God to it.

Twenty-five

God has provided every believer in Christ his or her very own, unique, spiritual life called **godliness** in the Bible. It is our protection from the cares, the pressures, the allurements, the temptations and the stress found in the world system. It is also our protection from the flesh nature, including the seven feelings of the emotional complex, and the attacks of Satan.

The word for **godliness** is *eusebeia* and to understand what it is we need to see that when we believed on Christ as our Savior God created in each believer a new nature. “*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 “*Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning. Of his own will **begat he us** with the word of truth, that we should be a kind of firstfruits of his creatures.*” James 1:17,18

The next thing that we need to see is that our new natures are **strengthened** and **renewed** by means of *epignosis* doctrine, which is the Word of God that we have learned, understood and metabolized by faith. “*And have put on the new man, which is **renewed** in knowledge after the image of him that created him:*” Colossians 3:10

Another important aspect of us living in the dynamic of our own spiritual life is the filling of the Holy Spirit. And I mean the true filling of the true Holy Spirit, not what is being presented today in so many heretical churches. “*And be not drunk with wine, wherein is excess; but **be filled with the Spirit**;*” Ephesians 5:18

The **fruit** of which is love, joy, peace, etc., not the undignified, unbiblical activities of these false churches where people are running around, acting crazy, barking like dogs, howling like wolves, etc.. “*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

There are also the concepts of sitting under the teaching of the Word of God by a Pastor-Teacher in a local church and confessing our sins to the Father. “*If we **confess** our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*” 1 John 1:9 But these three: the new nature, the filling of the Holy Spirit, and Bible doctrine metabolized by faith are the essence of living in the spiritual life.

The definition of **godliness**, *eusebeia*, is not just the presence of a new nature, which every believer in Christ has, but the **presence** of the spiritual life dynamic in the soul of the believer in Christ and its

application in their life. God has given every believer in Christ the spiritual equipment, if you will, but for them to have a life of godliness, the spiritual dynamic must be activated, as detailed before, and then they must apply it to their life situation.

Presently we live on earth in human bodies. This is the material reality of our existence. But we also have new natures in us, in which we are to live, and that is the spiritual reality of our existence. Sort of like a bubble inside a bubble. The material reality is temporary, the spiritual reality is eternal. The spiritual life inside us is a part of, or belongs to, a spiritual reality of a different dimension and place. In fact, the spiritual reality is the true reality for all believers in Christ. Not that the material world is an illusion, but that the spiritual world we belong to is much more real to us than anything here on earth. It is a part of eternity and we belong to eternity!

So what that means is that greater importance and emphasis must be given to the spiritual life of which all believers are a part. And when the material world comes pressing in on our souls, which it does, then we overcome it by occupying ourselves with the things that pertain to the spiritual life. We're to set our minds on things above, not on things of this earth. "***Set your affection on things above, not on things on the earth.***" Colossians 3:2

To **set your mind** is the imperative mood of *phroneo* telling us that we're commanded to do this and that it is a mind-set. In this construction it tells us that we're to shift the way we are looking at things and adopt a spiritual perspective. Many Christians view the material world around them as their reality, so they become occupied with it, pursuing after the things that the world has to offer, and adopting the world's viewpoint on life. It has become their reality! But the true reality for all believers in Christ is the spiritual reality!

After we're dead and gone, after this present material universe, (material reality), is destroyed and gone, then only the spiritual reality will endure into eternity. So what is needed for Christians is a shift in thinking. We need to adopt a different perspective, a different viewpoint. We have to start thinking that, even though we live in a material world, we belong to a spiritual world and that spiritual world is our true reality.

When we get our eyes on the things of this world and not the things above, the emotional complex of the soul will become activated triggering fear, anger, guilt and the rest, which will eventually trigger all sorts of physical problems. And it all goes back to stress in the soul. The physical world puts **pressure** on the soul, and if that pressure is not handled by faith in the Word, then it will convert to **stress** in the soul; and stress in the soul triggers the emotional complex of the soul. It makes one want to ask himself, I wonder how many of my physical problems I am suffering from are as the result of unresolved emotions and stress in my soul?

Twenty-six

A very important negative factor in the believer's mind-set is **pride!** Pride is the mind-set that has a great, negative influence on one's emotions. **Pride** deals with the idea of height, while **humility**, the *tapeinos* word group, deals with the idea of lowliness of mind.

Tapeinos was used of one who was poor, or one of little social importance and influence. From there it was used of the mind-set where one was in obedience to God and conformed their behavior to the laws and doctrines of God. The humble believer did not see himself above God's commands, while the proud believer saw himself above them. So **humility** speaks of the mind that is in agreement with and subject

to reason conforming itself to the teachings (reason) of God, while **pride**, which is the mental attitude that sees itself above all that, does not. Therefore, pride does not submit to God and his Word in obedience.

So what does all this mean to us? It means that God already has a spiritual provision to prevent the negative emotions that the OSN generates from affecting our souls, or deal with them if they are already activated. The key to our success in dealing with the negative emotions, which all of us have because of the OSN, is directly related to whether we have a mental attitude of **pride**, or one of **humility**! If it is one of **pride**, then we will reject God's spiritual provision to deal with our emotions and seek alternative approaches. If our attitude, though, is one of **humility**, then we will seek to apply God's spiritual provisions.

Our success or failure in dealing with stress and our negative emotions is directly related to our application of Bible Doctrine to the situation, or our failure, or refusal to do so, and all that is linked to the believer's personal pride or humility.

The childhood self defense mechanism skills of repressing or suppressing our feelings, which may have helped us cope with, or even survive, certain situations of our childhood, become counter productive in adult life when it comes to applying spiritual and doctrinal provisions that God has given us for the peace and well being of our souls. And Christians tend to take these coping mechanisms of their childhoods into their lives as Christians.

When we consciously, or unconsciously, push our feelings down into the subconscious what we are doing is denying that we feel a certain way. And in denying them we are doing the exact opposite of what one of God's spiritual problem solving devices call for and that is confess them to God! *“If we **confess** (acknowledge, admit) our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”* 1 John 1:9

Fear is a feeling and when we're afraid we are to confess our fear to God. But if we repress or suppress that feeling of fear, consciously or unconsciously, then the reverberation of the feeling of fear will spread throughout our souls turning into apprehension, worry, anxiety, dread and the rest of the fear complex to the place we will be living in a state of fear! We will be fearful and our souls will be tormented. *“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

Anger is a feeling and when we become angry or bitter we are to confess our anger to God. But if we repress or suppress our anger, whether consciously or unconsciously, then that feeling of anger will reverberate and spread throughout the soul going from bitter resentment, to burning anger, to vindictive malice, screaming, arguments and even violence if not stopped.

Feeling guilty about something is a feeling, and if and when we do, then we are to not only confess the sin that we think it's connected to, but also the feeling of guilt as well. But if we repress or suppress the feeling, then it too will spread throughout the soul and turn into a guilt complex and eventually the believer will develop a shame index where he or she can get to the place where they become ashamed of who they are as an individual.

Now if we're **consciously** aware that we are having certain feelings, it does make it easier to deal with them because we can acknowledge them to God, receive our forgiveness and cleansing from him, thereby removing them from us. But if we're **unconsciously** repressing them, then it makes it more

difficult because now we have to figure out what in the world is going on inside our souls.

Twenty-seven

If we're not aware that we are pushing what we are feeling down into our souls, things such as, fear, anger, guilt, grief, envy, etc., then how in the world are we going to be able to deal with them? How are we going to bring them to "the light of day" so we can confess them to God? Looking for clues and seeking solutions are vital to the process. Clues, such as, the lack of peace in our lives, being in a negative mood all the time, physical discomfort. And one of the biggest things that will help us is asking God for wisdom in the matter.

Looking for clues would be the first step we take after having determined that something is not right. Now most people don't care about these things because they are too busy making money and trying to get ahead in life. But for the believer who wants to live in a state of peace and have daily communion with God, then it's important to him or her.

James tells us that if we're in a **mood**, or down over something, then we are commanded to keep on praying. "*Is any among you **afflicted**? let him pray. Is any merry? let him sing psalms.*" James 5:13 He also tells us that we're to ask God for wisdom on everything and this includes asking God for wisdom concerning what's going on **inside** our souls! Which also carries with it the idea that he will give us the wisdom on what's wrong, but also on **what to do about it!** "*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

David puts this interchange between the mind and the heart as the adult and inner child. "*Surely I have behaved and quieted myself, as a child that is weaned of his mother: my soul is even as a weaned child.*" Psalms 131:2

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Twenty-seven

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One of the first clues we need to observe is if there is an absence of God's peace? Peace is produced by the filling of the Holy Spirit along with love and joy, so it would indicate that we are not filled with the Holy Spirit. Another clue we could be looking for is there divine discipline in my life? If so, then what is connected to?

These clues are generally clustered around our physical health where we could be having a physical problem in our lives. So we need to ask the questions of, is it corrective discipline? are we violating God's laws for our bodies? is it self-induced misery? is it tension myositis syndrome related? So we must investigate each area to determine that it isn't corrective discipline and that it isn't self-induced misery; we also need to do to be certain that it isn't our diet that is causing our bodies problems. But we also need to ascertain if whether our physical discomfort is due to stress or unresolved emotions!

By observing the clues with an open mind we are now ready to seek solutions. But where do we go? Whom do we talk to about the matter? What approach do we use? This is where James 1:5 comes in and is vital to the process. *“If any of you lack **wisdom**, (and we do), let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”* Assuming that our problems are connected to repressed feelings, and if they're repressed then there is no way we will be able to ascertain if that's our problem, then we have to go to God and keep going to God for the wisdom on what to do about it.

The problem with repressed feelings is that they are repressed down into the subconscious. And down there we can't see what they are! They may be tied to fear, or anger, or something else, but down there we can't *see* what they are. And if we can't see them, then we can't deal with them. So we need wisdom on the matter and only God can direct us in the path to get that wisdom.

The priesthood function of prayer to God for wisdom pertaining to the things of one's body and soul are crucial to the health of our souls and bodies! The omniscient God knew all the knowable back in eternity past and not only that he knows everything about our bodies and souls for he created them! So he knows exactly what to do about these matters and that's why we have to ask him for wisdom. He may lead us to a competent physician, or he may lead us to a psychologist, or he may lead us to a health practitioner, but it's God answering our prayer for wisdom.

Let's say that our physical health isn't what we'd like it to be. What do we do? We go to the Father and ask him for the wisdom, doctrine that will be applied to the situation, and he will give it to us. But he also expects us to apply it! If it is divine discipline, where God is trying to straighten out our path in life or deal with an area of sin, then we go to God in prayer asking him for the wisdom and he'll show us what it is and what to do about it.

If we have a misery index going on in our lives, whether self-induced misery, (we should be able to figure that one out, but if we don't, then he'll show us what it is), or tension myositis complex, and we don't know what is causing it, then we go to God in prayer asking him for the wisdom on what to do about it. We may have to go to him over and over until we get the answers, but he has promised he will give us the wisdom.

We may be eating junk food and that's what's contributing to our bad health. We may be eating foods that our bodies can't tolerate. Just because other people can eat a certain kind of food doesn't mean that **we** can! We may not be able to sleep well at night due to indigestion from eating spicy foods, or from just eating late at night! Remember, everybody's body is different!

Now when God gives us the wisdom in reply to our prayer request he expects us to do it. The believer must not deceive himself in this matter; he is to do what God tells him to do, or what God leads him to do, such as, seeking help from a competent professional. What that means is that he might need to stop eating junk food altogether, or start a regimen of diet and exercise, or to eliminate the foods and drinks that aren't good for his body, or to give up the booze and/or drugs! He might start eating the right foods

for his physical health, in the right proportions and at the right time of day. One may also be led to start a quality supplemental program for their health and God will provide the extra money for it.

And if their physical problems, (one of the clues), are caused by negative, destructive feelings, then God in his wisdom will reveal that to us as well. He will also give us the wisdom on identifying them and how to deal with them doctrinally. The concept of God searching our hearts would be a part of our healing as well. *“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.”* Psalms 139:23,24

Stiff Necked Believers

Intro: What is it that causes us so much problem in our lives and interferes with us having fellowship with God and receiving his blessings on our lives? Could it be that the problem is one of pride? This is a short study on pride and its effect even on our bodies.

Old Testament References

Deuteronomy 21:18 - *“If a man have a **stubborn** (sarar) and rebellious (marah) son, which will not obey the voice of his father, or the voice of his mother, and that, when they have chastened him, will not hearken unto them:”* סורר ומורה

Deuteronomy 21:20 - *“And they shall say unto the elders of his city, This our son is **stubborn** and rebellious, he will not obey our voice; he is a glutton, and a drunkard.”* סורר ומרה

Exodus 32:9 - *“And the LORD said unto Moses, I have seen this people, and, behold, it is a **stiffnecked** people:”* עם־קשה־עַרֶף

Exodus 33:3 - *“Unto a land flowing with milk and honey: for I will not go up in the midst of thee; for thou art a **stiffnecked** people: lest I consume thee in the way.”* עם־קשה־עַרֶף

Exodus 33:5 - *“For the LORD had said unto Moses, Say unto the children of Israel, Ye are a **stiffnecked** people: I will come up into the midst of thee in a moment, and consume thee: therefore now put off thy ornaments from thee, that I may know what to do unto thee.”* עם־קשה־עַרֶף

Exodus 34:9 - *“And he said, If now I have found grace in thy sight, O Lord, let my Lord, I pray thee, go among us; for it is a **stiffnecked** people; and pardon our iniquity and our sin, and take us for thine inheritance.”* עם־קשה־עַרֶף

Deuteronomy 9:6 - *“Understand therefore, that the LORD thy God giveth thee not this good land to possess it for thy righteousness; for thou art a **stiffnecked** people.”* עם־קשה־עַרֶף

Deuteronomy 9:13 - *“Furthermore the LORD spake unto me, saying, I have seen this people, and, behold, it is a **stiffnecked** people:”* עם־קשה־עַרֶף

Deuteronomy 9:27 - *“Remember thy servants, Abraham, Isaac, and Jacob; look not unto the **stubbornness** of this people, nor to their wickedness, nor to their sin:”* אֶל־קְשֵׁי הָעַם הַזֶּה

Deuteronomy 10:16 - *“Circumcise therefore the foreskin of your heart, and be no more stiffnecked.”* וְעֲרַפְכֶם לֹא תִקְשׁוּ

Deuteronomy 31:27 - *“For I know thy rebellion, and thy **stiff neck**: behold, while I am yet alive with you this day, ye have been rebellious against the LORD; and how much more after my death?”* וְאַתָּה־ עֲרַפְךָ הַקְשָׁה

Judges 2:19 - *“And it came to pass, when the judge was dead, that they returned, and corrupted themselves more than their fathers, in following other gods to serve them, and to bow down unto them; they ceased not from their own doings, nor from their **stubborn** way.”* וּמִדְרַכְכֶם הַקְשָׁה

1Samuel 15:23 - *“For **rebellion** is as the sin of witchcraft, and **stubbornness**, (patsar), is as iniquity and idolatry. Because thou hast rejected the word of the LORD, he hath also rejected thee from*

being king." הפצר

2 Kings 17:14 - "Notwithstanding they would not hear; but **hardened their necks**, like to the neck of their fathers, that did not believe in the LORD their God." ויקשו את־ערפם

2 Chronicles 30:8 - "Now be ye not **stiffnecked**, as your fathers were, but yield yourselves unto the LORD, and enter into his sanctuary, which he hath sanctified for ever: and serve the LORD your God, that the fierceness of his wrath may turn away from you." אל־תקשו ערפכם

2 Chronicles 36:13 - "And he also rebelled against king Nebuchadnezzar, who had made him swear by God: but he **stiffened his neck**, and hardened his heart from turning unto the LORD God of Israel." ויקש את־ערפו

Nehemiah 9:16 - "But they and our fathers dealt proudly, and **hardened their necks**, and hearkened not to thy commandments," ויקשו את־ערפם

Nehemiah 9:17 - "And refused to obey, neither were mindful of thy wonders that thou didst among them; but **hardened their necks**, and in their rebellion appointed a captain to return to their bondage: but thou art a God ready to pardon, gracious and merciful, slow to anger, and of great kindness, and forsookest them not." קשו את־ערפם

Nehemiah 9:29 - "And testifiedst against them, that thou mightest bring them again unto thy law: yet they dealt proudly, and hearkened not unto thy commandments, but sinned against thy judgments, (which if a man do, he shall live in them;) and withdrew the shoulder, and **hardened their neck**, and would not hear." וערפם הקשו

Psalms 78:8 - "And might not be as their fathers, a **stubborn**, (sarar), and rebellious generation; a generation that set not their heart aright, and whose spirit was not stedfast with God. סורר ומרה

Proverbs 7:11 - "(She is loud and **stubborn**, (sarar); her feet abide not in her house:" וסררת

Proverbs 29:1 - "He, that being often reprov'd **hardeneth his neck**, shall suddenly be destroyed, and that without remedy." מקשה־ערף

Isaiah 48:4 - "Because I knew that thou art **obstinate**, and thy neck is an iron sinew, and thy brow brass;" קשה אתה וגיד ברזל ערפך

Jeremiah 7:26 - "Yet they hearkened not unto me, nor inclined their ear, but **hardened their neck**: they did worse than their fathers." ויקשו את־ערפם

Jeremiah 17:23 - "But they obeyed not, neither inclined their ear, but made their **neck stiff**, that they might not hear; nor receive instruction." ויקשו את־ערפם

Jeremiah 19:15 - "Thus saith the LORD of hosts, the God of Israel; Behold, I will bring upon this city and upon all her towns all the evil that I have pronounced against it, because they have **hardened their necks**, that they might not hear my words." הקשו את־ערפם

Hosea 4:16 - "For Israel slideth back as a backsliding (sarar) (**stubborn**) heifer: now the LORD will feed them as a lamb in a large place." סרר

Twenty-eight

1. "A stubborn and rebellious son", sarar and marah. Deuteronomy 21:18

This phrase is found frequently in the Old Testament to describe the attitude and actions of believers and the effect that our attitudes have toward our actions. The word sarar is translated as **stubborn**, which is a good rendering of the idea. It means that a believer won't listen to the Word of God; they refuse to sit under the teaching of Bible Doctrine and/or they refuse to apply it in their lives.

The **backsliding** heifer is a poor translation but a good picture of the dynamic. It should be rendered as a "**stubborn heifer**" for it speaks of an heifer that refuses to go along with what its master wants; it resists the yoke and will not be disciplined. One can use many words to describe the concept, but better

still is a mental picture of an heifer pulling away, kicking and fighting its owner.

And this is a good description of what so many believers in Christ are doing with the Lord. Christ said that his yoke is easy and his burden is light, but believers all over the world are fighting him constantly. We refuse to do what he wants us to do; we refuse to listen to him; we refuse to apply his Word to our lives; we fight him all the way. That's the idea of **stubbornness**.

So in the idea of stubbornness, sarar, are the elements of resistance to God, disobedience to God, fighting God's will for our lives and the element of resentment and pride.

So a stubborn son is one that won't listen to his parents, (the ones who brought him into this life). He won't obey them; he won't listen to reason; he's disrespectful; he's proud and arrogant and he fights them all the way; and many Christians are like this. And in a time of national apostasy, and/or the end times, most Christians will be like this!

The word for **rebellious** is *marah*. Now *marah* does mean to rebel against God, to not do what he wants, to not only disobey him, but intentionally go in the other direction. But its root idea is one of ***bitterness!***

The emotion of bitterness, is the root of our arrogant rebellion against God and all the wonderful spiritual and material blessings that he has for us! And **its source is the pride of the believer in Christ**. All the way through the Bible every bad act had as its root **the reaction of a bitter soul!** Cain's murder of his brother; Esau's marriage to the two wrong women; Israel's rebellion against God in the wilderness and throughout its entire existence had bitterness as the mental attitude behind idolatry, rebellion and every other evil act!

So, in our study on dealing with negative emotions and the destructive effect that they have on our bodies, we see that at the root of all this is the pride of the believer and his refusal to listen to and apply the Word of God to his life. It is our stubbornness, our pride, our rebelliousness and our bitterness that brings all these negative emotions on ourselves!

2. "And the LORD said unto Moses, I have seen this people, and, behold, it is a stiffnecked people:"
Exodus 32:9

The term "*stiff necked people*" is found all the way through the Old Testament when God was describing the nation of Israel. When Stephen was addressing the Israelites that is what he called them. "*Ye **stiffnecked** and uncircumcised in heart and ears, ye do always resist the Holy Ghost: as your fathers did, so do ye.*" Acts 7:51

In the Hebrew it's *im qashah oreph*, עִם-קִשָּׁה-עֹרֵף, three words, but all connected together with the hyphen to treat them as one word. What it's saying is that the Israelites were not just the people, *im*, of God, but that they were lumped together in the identifying feature of being the ***stiff-necked-people*** of God! So throughout the entire history of Israel in the Old Testament right on into the time of the Church Age, the Israelites were called the "*Stiff-Necked-People of God*" as referred to by Stephen in this way.

But what does it mean to be **stiff necked**? To understand this we must go back to the Old Testament and find out what it meant from that context, for that's where the term originally comes from. The term

has a **figurative** use, which we will explain, but it also has a **literal** idea, which we will get into later on in the study.

Having a *stiff neck*, or *stiffening the neck*, meant that they didn't obey the Lord that they refused to obey the Lord that they didn't believe the Lord that they refused to believe the Lord; that they didn't trust the Lord and that they refused to trust the Lord. It meant that they wouldn't listen to the teaching of Bible doctrine and that they rejected the authority and teachings of the communicators of Bible doctrine; that they wouldn't apply Bible Doctrine to their lives. They went the other way from God, that they wanted to be like the World System, that they loved the World and it was more important to them than God, that they got into idolatry, that they rejected the spiritual dynamic that God had for them in the Old Testament and us today in the Church Age. It meant that they refused to do God's will and rejected his authority over them that they rebelled against and became resentful of his discipline. These are all concepts connected to having a stiff neck.

Twenty-nine

But there is also a **literal** dynamic going on which is quite fascinating because of its impact on our bodies! The word for **stiff** is *qashah*, such as to have a stiff neck, or to stiffen the neck, and it means to be obstinate or stubborn, but it also means to be hardened, or **to stiffen something both figuratively and literally!** When applied to the **body** it means to stiffen the muscles! That the muscles become stiff, that they tighten up and lose their flexibility. In time, they can become rigid, unbending, like stone or gristle, or as one passage puts it, “*Because I knew that thou art obstinate, and thy neck is an iron sinew, and thy brow brass;*” Isaiah 48:4 **There are certain mental attitude and emotional dynamics that go into our muscles tightening up to the place that they become stiff. What this shows is that our attitude toward God and our feelings do have an impact on our bodies.**

Any woman who has worked over a typewriter or a computer, or any man who has worked over a bench for hours can certainly testify that their neck muscles will become tight because of having to hold the body in a certain position for long periods of time. But that's a stiffening of the muscles due to a physiological reason. There is also a spiritual, volitional and emotional cause for the same effect!

In every instance where we have the *stiffening of the neck* concept mentioned in the Word, the sin that is behind it all is a volitional sin! The believer in Christ does **not** want to do what God wants him to do! And the mental attitude sin behind that is **pride!** So it is the believer's personal pride that rebels against doing what God wants him to do.

It is our pride that keeps us from praying to God, that keeps us from confessing our sins, that keeps us from living in the filling of the Holy Spirit, that keeps us from forgiving others, that keeps us from applying the spiritual problem solving devices that he has supplied us in grace, and on and on. It is a rare believer indeed that does not have **an authority problem** with the Lord. As the Lord said, “*Why do you call me Lord, but don't do what I say!*” The rebellion of the will is directly linked to our pride. It was Israel's problem in the Old Testament and it's our problem today.

The relationship that our anger has with our **pride** is that **we get angry when we have to do what we don't want to do. We get angry when we're not able to do, or not allowed to do, what we want to do. We get angry when we have to do something when we would rather be doing something else. So our anger comes about when God's will is at cross purposes with our wills!** We get angry when we don't get our way! So anger is directly related to our will, which is controlled by our pride! **So we have pride> negative volition> anger.** All of this is manifested by our not believing God's Word, by not

trusting the Lord, by not sitting under Bible Doctrine and by not applying the Word to our lives.

So our pride has affected our will, which has caused anger to be aroused in us, now we have another problem. Our anger restricts the blood flow causing the muscles around our neck to tighten up, or to *stiffen* as the Hebrew has it! So being a “*stiff necked*” believer, or having stiff muscles in our neck and the surrounding areas, is due to our own old sin nature activity of being angry, becoming angered, of burning with anger, over having to do God's will for our lives!! It is our inner rebellion of having to do God's will for our lives!!! So we do it to ourselves!

The word for **neck** in the Hebrew is *oreph*, which does refer to the **neck**, but it also refers generally to the **back**! So what we are talking about is not just a stiffening of the muscles in the neck, **but it can also refer to the stiffening of the muscles in the upper and lower back**! This can be helpful and insightful information to all those believers who suffer from lower back problems.

So when it talks about believers who are “*stiff necked*” we know that it's referring to believers who are resisting God's will and his Word in their lives. Even though they have the indwelling Holy Spirit and a new nature, they still, due to personal pride and the sin nature, resist, rebel against and reject the will of God in their lives.

This resistance to the will of God, which is their will not wanting to do what God wants them to do, creates, resentment, anger, burning anger, repressed anger, anger of all forms inside their souls, which tightens up the muscles in the back and/or neck, which in turn creates all sorts of problems and discomfort in their bodies!

The key to success in overcoming all this is by appropriating the spiritual provisions that God has supplied to every believer in Christ. To do this means to submit yourself unto God and it is the opposite of pride. Pride is the thing that holds us back. God has provided for us the filling of the Holy Spirit, a new nature, Bible doctrine, the confession of our sins to him, prayer that will enable us to do God's will from the heart, which is what all Christians are supposed to do. Not with lip service, not with the facade of hypocrisy, but wanting to do, and doing, the will of God from the heart.

“But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you.” Romans 6:17 We see here that obedience to God must proceed out of the heart. “Not with eyeservice, as menpleasers; but as the servants of Christ, doing the will of God from the heart;” Ephesians 6:6 And we see here, again, that God wants us to do his will out of the heart.

An interesting side note is Nehemiah 9:17, “*And refused to obey, neither were mindful of thy wonders that thou didst among them; but **hardened their necks**, and in their rebellion appointed a captain to return to their bondage: but thou art a God ready to pardon, gracious and merciful, slow to anger, and of great kindness, and forsookest them not.*”

God had a wonderful plan for ancient Israel, as he does for Church Age believers today. Their own land, financial prosperity, being out of debt, freedom, independence, physical health and soul prosperity, which included freedom from the ravages of the sin nature and the tyranny of the emotions.

But they rebelled against his will, (the function of pride), they refused to take in Bible doctrine and apply its teachings to their lives, and they disobeyed him. They rejected the means by which God's blessings would come upon them. It deteriorated to the place where they wanted to go back to the slavery that they were enslaved in, **and selected leaders to lead them back into slavery!**

The connection goes like this: there is the factor of pride in every believer, which causes the believer to refuse to submit to the authority of God and his Word, which pride is the reactor factor that causes the believer to become angry, the old sin nature is unleashed, negative emotions of all sorts are activated, the believer is definitely out of fellowship with the Lord, and the body is affected with TMS, all sorts of other maladies, and as we have seen, the stiffening of the upper, middle and lower back muscles.

The Israelites had freedom, but they wanted to go back into slavery. The Egyptian government provided them “free” food, garlic, fish, etc., and **they thought that they had a good deal!** The Egyptian government owned the land they lived on, the land they worked; it owned all that the land produced; it owned their bodies; it worked them 12 hours a day; it tried to kill their male children at one point, but gave them “free” food and they thought that was a good deal! How can one comprehend this level of insanity?

Freedom, independence, autonomy, sovereignty, prosperity, owning their own land and houses was what God had for them, but they would not submit to his authority over them and their lives to have these things! They would rather have been slaves and submit to the Pharaoh's authority, than submit to God and his Word and be free! They would have rather been psychotic, bitter, angry – mentally ill, than be sane, calm and peaceful! They would have rather given the Pharaoh 100 % of their labor in the fields, than give God his 10% and keep 90% for themselves! And most Christians today are no different! They refuse to live by faith and walk in God's ways and receive the wonderful blessings he has for them. They would rather have the government's hand-outs.

Pride and the will that refuses to submit to the authority of God over us will drive believers literally insane, and there's no rhyme or reason for their actions. In fact we would say, why would anyone do that? In the wilderness all the Israelites had to do each morning was to go out and gather up the food that God provided them, their *manna* from heaven, which was their entire day's need for food! While the Israelites in Egypt had to work 12 hours a day just to get their daily food needs taken care of. And how many Christians today are working 8 hours a day, 12 hours, or more, just to get by?

So when it talks about believers who are stiff-necked we know that it's believers who are resisting God's will and God's Word in their lives. Even though they have the indwelling Holy Spirit and a new nature, they still, due to pride and the flesh nature rebel against God's will for their lives.

This resistance to God's will, which is their will not wanting to do what God wants them to do, creates resentment, anger, burning anger, repressed anger, and anger of all forms inside their souls, which tightens up the muscles in the back and/or the neck, which in turn creates all sorts of problems and discomfort in their bodies.

The key to overcoming all this is by appropriating the spiritual provisions that God has supplied to every believer in Christ. To do this is to submit yourself to the authority of God over you, which is the opposite of pride. Pride is the thing that holds us back. God has provided us the filling of the Holy Spirit, a new nature, Bible Doctrine, the confession of our sins to him, faith and prayer that will enable us to do God's will from the heart, which is what all Christians are supposed to do; not with lip-service, not with the faced of hypocrisy, but wanting to and doing the will of God from the heart.

Obedience to God must come from the heart. *“But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you.”* Romans 6:17 doing the will of God must come from the heart. *“Not with eyeservice, as menpleasers; but as the servants of*

Christ, doing the will of God from the heart;” Ephesians 6:6

An interesting side note is that some believers would rather go back into slavery, (or legalism today), than have to submit to God's will and enjoy his grace blessings for their lives! “*And **refused to obey**, neither were mindful of thy wonders that thou didst among them; but hardened their necks, and in their rebellion appointed a captain **to return to their bondage**: but thou art a God ready to pardon, gracious and merciful, slow to anger, and of great kindness, and forsookest them not.*” Nehemiah 9:17

God had a wonderful plan for ancient Israel as he has for Church Age believers today; their own land, financial prosperity, being out of debt, freedom, independence, physical health, prosperity of soul, which included the ravages from the sin nature and the tyranny of the emotions. But they rebelled against his will, (the function of pride); they refused to take in his Bible Doctrine and apply it to their lives and they disobeyed him. They rejected the **means** by which God's blessings would be upon them. It deteriorated to the place where they wanted to back to the slavery they were once in and selected leaders to lead them back into slavery!

The connection goes like this; there is the factor of pride in the flesh nature in every believer in Christ that causes the believer to refuse to submit to the authority of God and his Word, which pride is the sin nature dynamic that **reacts** against the will of God. Pride reacts, the old sin nature is now activated and the emotional complex of the soul comes into play and the believer now becomes resentful, which leads to the rest of the anger complex. The believer is definitely out of fellowship; he is not filled with the Holy Spirit; and is controlled by the flesh and not the Spirit. In time the body will suffer because of the anger with such things as: TMS and other maladies, among which, as we have seen, the stiffening of the upper, middle and lower back muscles. “*My back is filled with **searing** pain; there is no health in my body.*” Psalms 38:7

July 2014 Newsletter - Dealing With Emotions – Review

Thirty

Without being specific there is a force inside each one of us trying to keep our painful, embarrassing, or sinful feelings buried inside of us. While at the same time there is another force trying to bring these feelings to the light of day where the conscious mind can see them. This is where tension in the soul comes from and this is what causes stress in the soul, or one of the things that does. There are external stressors on the soul and there are inner stressors on the soul.

Whenever we repress our feelings down into the subconscious, we are actually denying we feel a certain way. When we do that, then we are not at the place where we can confess them to God and no confession to God means no forgiveness and cleansing from God. “*If we **confess** our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*” 1 John 1:9 So if we repress the feelings of fear, anger, jealousy, etc., then we are not at the place where we can confess them. “*The wrath of God is being revealed from heaven against all the godlessness and wickedness of people, who **suppress the truth by their wickedness,***” Romans 1:18

But something else and that is we won't be able to know our true selves! Our feelings, good or bad, tell us a lot about ourselves, but if we get into repression, denial, etc., (and we do that so we can still hold to this preconceived idol we have created that we call – us), then we'll never know who we really are. Emotional solutions can be helpful in overcoming this, but ultimately it's the spiritual solutions that

God provides is the final answer.

To overcome this we need to occupy ourselves with Christ through his Word, concentrating on Bible Doctrine, concentrating on the promises of God, confessing our sins to God, prayer, intense prayer, asking God for wisdom in the matter, living in Christ's peace, the filling of the Holy Spirit, resisting the devil, living by faith and staying away from negative people and influences, etc..

Whenever we are angry, and it's amazing how many people won't admit they're angry, our anger is triggered by the rebellious, prideful will. It's the "I don't want to" in all of us. God says, "Obey me"; we say, "I don't want to". God says, "Trust me"; we say, "I don't want to". God says, "Go to church"; we say, "I don't we want to". God says, "Study Bible Doctrine"; we say, "I don't want to". God says, "Submit to him"; we say, "I don't want to". God says, "Confess your sins"; we say, "I don't want to". God says, "let go of your anger"; we say, "I don't want to". God says, "Humble yourselves"; we say, "I don't want to". The reason why there is an "I don't want to" in all of us is because of the flesh nature and personal pride.

Instantly we react with anger when a demand or command is put on our "I don't want to". Remember **anger** is the emotion and **pride** is the mental attitude. Bitterness is the immediate reaction of pride to something it doesn't want to do. If we have to do something we don't want to do, we will react with anger, (which is bitterness or resentment), and this anger can be present for the entire period of time that we have to do it. It can be interrupted by periods of peace when we confess our anger to God, but for the long term solution the believer has to **get his attitude straightened out!** The solution for this is to remain in the filling of the Holy Spirit for it is the Spirit of God that gives us the "I want to" we so desperately need. *"For it is God which worketh in you both to will and to do of his good pleasure."*
Philippians 2:13

Thirty-one

The statement, "*God which worketh in you*" - *ho theos gar estin ho energon en humin*, is the present active participle of *energeo*, which we have seen means to inspire faith ideas in the souls of believers who are filled with the Holy Spirit, but it means more than that. It comes from two words *en – in and ergo – to be active, to be active in, to be active among you, to be active in all Christians.*

Ergo and *energeia* was a term that was used almost exclusively by the ancient Greeks to refer to the activity of the cosmic powers in the lives of people. It was used of both demonic powers, as we refer to them, as well as to divine, beneficent powers. They used this term to refer to the activity of the gods, the Titans, the demiurges, demigods and the *daimones*, whom we refer to as demons.

Here the word is used of the activity of God in and among all believers in Christ, and we see an example of God's activity in our lives manifested in Romans 8:28, "*And we know that all things work together for good to them that love God, to them who are the called according to his purpose.*" One of the ways we see God working in our lives is by providing spiritual solution for destructive emotions!

And this concept should not go unnoticed by us; it needs to have an impact on our faith. It is the eternal, all-powerful God who is actively working in our lives and with the use of the present active participle it tells us that he is constantly doing this as his practice toward us! He is actively at work not only in our lives, but also in our souls! And this passage brings out two important areas that he is active in our souls in and that is: **one, to want to do his will, and two, to actually do it!**

If we remember what some of our biggest problems are is our negative emotions and the destructive effect they have on our souls and bodies. But when we go back and diagnose the problem we see that at the root of all this is the **prideful will!** In the flesh we say, “I don't want to”, and when we get pressed in the matter we react with **anger!** So the problem is one of negative volition, which comes from the sinful flesh nature. But when we are filled with the Holy Spirit, the Spirit's activity in our soul transforms the will where one becomes willing! **A willing soul means no bitterness!**

God is not only working externally in our lives, but also internally in our souls through the filling of the Holy Spirit. When we operate in the sphere of faith in the Word of God and are filled with the Holy Spirit, then the Holy Spirit produces the fruit of: *love, joy, peace, longsuffering, gentleness, goodness, faith, meekness and temperance:*” Galatians 5:22,23 Not only that the Spirit of God produces **hope** in the believer's soul. “*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 And, as we have seen here, gives us a **willing heart**.

And a willing heart means no bitterness in the soul. Bitterness was one of Israel's biggest problems and it is one of the biggest problems for Christians. And remember, bitterness can range from the horrible bitterness we usually identify with the emotion all the way down to a mild resentment. But it's still bitterness nevertheless and it denotes the individual's reaction to being made to do something it doesn't want to do, or one 's reaction to not being allowed to do what it wants to do. Usually it revolves around one's lust pattern. **Lust delayed leads to frustration; lust denied leads to bitterness.** Bitterness is connected to pride. In fact, the general rule is: **the greater the pride the greater the anger!** Pride reacts, pride rebels and bitterness ensues and the anger complex is activated with the believer going from one level of anger on to the next one. Arrogance and anger go hand in hand.

The Israelites were bitter about leaving Egypt. It mattered not to them that God had made them rich with the entire wealth of a nation. It mattered not to them that he was going to give them their own nation free and clear. It mattered not to them that their captors were dead and they were free. They were bitter because they were currently, temporarily inconvenienced! They were bitter because they didn't have the food that they liked. It mattered not to them that they didn't have to work 12-16 hours a day as slaves to get that “free” food; they were just bitter about everything.

We have to ask ourselves here, are we bitter? And if we are, about what? Are we bitter about our lives? not enough money? Our clothes? Can't do Christmas? Don't have any fun? Didn't get to do what we want? Had to do what we didn't want to do? What are we bitter about? And there's no better, faster way to get over bitterness than by confessing that sin of bitterness to God and to start being **thankful!** And not only start being **thankful**, but start **thanking God** for all the wonderful things he has done for you!

So God took this group of bitter ingrates to a watering hole named *Marah* to give them a taste of their own medicine. “*And when they came to Marah, they could not drink of the waters of Marah, for they were bitter: therefore the name of it was called Marah.*” Exodus 15:23 Now the word *Marah* meant **bitter** and he was letting them know what they were like because of their bitterness. And because the water was bitter it was unfit to drink. What a lesson for the Israelites, because they were bitter they were unfit for anything spiritual in their walk with God. And so it is with all of us today, if we are bitter we are unfit to be used for the Lord and his service.

Now God took them to this place of bitter water to show them what **they** were like, but what did they do? Did they see the spiritual analogy he was giving them? No! Instead they complained! “*And the*

people murmured (complained) against Moses, saying, What shall we drink?" Exodus 15:24 God wasn't punishing them, nor did he want to deprive them of anything, especially something as important as water. He was trying to teach them a lesson about themselves to show them that they were **bitter!** **And as bitter water isn't good for anything, neither are bitter people.**

What God was doing with his OT people was showing them that **this is you!** God called out his OT people that through them he would bless the world that through them his spiritual blessings would flow to the people of the world. But what good were they? They weren't! How could the people of the world drink from bitter people? They can't! This is similar to Christ cursing the fig tree. "*And when he saw a fig tree in the way, he came to it, and found nothing thereon, but leaves only, and said unto it, Let no fruit grow on thee henceforward for ever. And presently the fig tree withered away.*" Matthew 21:19

And the same thing goes today for his NT people, the Church, it is God's plan that through us his spiritual blessings would flow to the people of the world. But how can they if we are bitter people? If the people of the world see love, joy, peace, longsuffering, gentleness, goodness, faith, meekness and temperance flowing in us, they will want to drink of the same water we do. But if we are bitter, then they certainly won't want to drink bitter water. We can't drink sweet water from a bitter well. "*Doth a fountain send forth at the same place sweet water and bitter?*" James 3:11 **We can't enjoy spiritual sweetness from a bitter Christian.**

He was also showing them that as he had a cure for bitter water, he also had a cure for our bitterness through the spiritual problem solving devices of confessing our sins to him, claiming the promises by faith and living in the sphere of the filling of the Holy Spirit. And in this spiritual sphere we will be manifesting the spiritual sweetness of love, joy, peace, compassion, acceptance, etc., so that those who are thirsting after those things might see them in us and go to the same fountain of Christ we do.

Thirty-two

In Numbers 21:5,6, "*And the people spake against God, and against Moses, Wherefore have ye brought us up out of Egypt to die in the wilderness? for there is no bread, neither is there any water; and our soul loatheth this light bread. And the LORD sent fiery serpents among the people, and they bit the people; and much people of Israel died.*" we have the episode of God dealing with Israel, (God's activity among his people), when their bitterness had got to the place that they were not only **complaining** about their lives, but now they were **bad-mouthing** Moses and the Lord.

The word for **fiery** here is *saraph*, which actually denoted the idea of burning. The venom of the serpent is burning, just like the strike of the scorpion and the sting of the bee or wasp – it burns! It's an excellent analogy for the emotion of bitterness and the bitter words that people speak. When our mouths speak the bitterness that is inside of us, we are infusing our bitterness into other people's souls, if they don't have a spiritual wall up to prevent that, which most people don't; then they go out and strike other people's souls with their bitterness. And so bitterness spreads throughout a nation, a camp, a church, a circle of friends, etc.. So God is giving them a physical example of what they are doing spiritually and emotionally to each other. They were injecting their burning, poisonous venom into each other by their bitter, hateful words, just like the serpents.

The word for **serpent** here is *nachash* and it was the word for the Egyptian cobra, not the asp. The Egyptians regarded the Egyptian cobras as deities and protectors of the royal family. Egypt was the center of the Babylonian Mystery religion at that time and the serpent was the focus of it taken from the idea of the serpent in the Garden.

Thousands of bitter Israelites died as the result of being bitten by these cobras, but thousands of other Israelites, who had been bitten by the serpents, lived because they looked up to the pole with the bronze serpent on it. *“And the LORD said unto Moses, Make thee a fiery serpent, and set it upon a pole: and it shall come to pass, that every one that is bitten, when he looketh upon it, shall live.”* Numbers 21:8

We see wood being used three times in the Bible as a metaphor for what took place with wood, or what took place on wood where something bitter, or burning, is made into something sweet. One is our passage here with the burning serpents. The second is when God brought the Israelites to the waters of *Marah*, which were bitter; *marah* meaning bitter. *“And when they came to Marah, they could not drink of the waters of Marah, for they were **bitter**: therefore the name of it was called Marah.”* Exodus 15:23

The people complained to Moses, which was par for the course, and Moses cried out to the Lord as to what to do. Here the Lord uses **wood** again to turn something bitter into something sweet. This is where God had Moses place a tree in the waters, which made them sweet. *“And the people murmured against Moses, saying, What shall we drink? And he cried unto the LORD; and the LORD shewed him a tree, which when he had cast into the waters, the waters were made **sweet**: there he made for them a statute and an ordinance, and there he proved them,”* Exodus 15:24,25

The third instance is when Christ hung on that wooden cross where he paid the penalty for our sins and all those who look up to him in faith and trust will be forgiven, they will receive new natures and be turned from their bitterness, hatefulness and anger into something sweet: a soul of love, gentleness, compassion, etc.! *“Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the **children of wrath**, even as others.”* Ephesians 2:3

Christ was talking about himself to Nicodemus when he was speaking about him being lifted up in John 3:14, *“And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up:”* Paul also addressed this problem of bitterness in Romans 3:13,14, *“Their throat is an open sepulchre; with their tongues they have used deceit; the poison of asps is under their lips: Whose mouth is full of cursing and bitterness:”*

The bite of the Egyptian cobra injected a neuro-toxic venom that was always fatal to its victim and it is the bitterness of God's people operating in the flesh nature that is regarded as venom. And as the cobra injected its venom into its victim by biting them, we do the same thing today. We bite other believer's by our harsh, angry words and inject our venom into their souls leaving behind us a trail of hurting, destroyed souls full of our burning venom of anger. And when we behave like that we become like the soul of Satan who is full of bitterness and anger.

When the Lord sent the cobras into the camp of the Israelites he was letting them know what they were really like, what their actions and words were doing to each other, and what Satan's religion was like. So you want Satan's religion? Well how do you like all those cobras slithering around your tents at night? And these cobras were not like our rattlesnakes, who at least give a warning.

You want to hang on to your bitterness? to your bitter soul? to your bitter jealousy? to your bitter discontent? to your bitter words? You don't want to stop biting your fellow believer with your bitter words and injecting your bitter venom into them? Well how do you like it now? How do you like being bitten by a cobra and having its venom go into you? As the cobra injected its burning venom into the body thus destroying its well being, so do our bitter words destroy other people's soul's well being.

When the Israelites left Egypt and went out into the wilderness, they took with them their own stores of water to help them on their journey, which is a picture of the believer providing for themselves what they need out of their works, but their supply of water had run out and now they were in need of water. What do they do now? What is God going to do now? What he did was lead them to a place where the water was unfit to drink.

So **why** did he do that? He did that to show them that they had to stop relying on what they could do in their own works and to start trusting him. They had to believe that he was not only going to **protect** them from the people of the world, which he had proven with what he did with Egypt, but he was going to **provide** their basic needs and potable water is certainly one of them. Canaan was to be the place of prosperity, not the wilderness. But this was going to be a test for them to see if they really trusted him!

The word for the **tree** that was thrown into the waters of Marah to make them sweet is *ets* and it denoted both a tree or wood. If it was a tree, then its leaves would still be on it. This gives us a picture of the Tree of Life found in the New Jerusalem whose leaves are for the healing of the nations. *“In the midst of the street of it, and on either side of the river, was there the **tree of life**, which bare twelve manner of fruits, and yielded her fruit every month: and the **leaves** of the tree were for the healing of the nations.”* Revelations 22:2

The important thing for us to remember is that it was *Yahweh* who pointed out the solution for the bitter waters of Marah and it is he who points out the solution for bitter souls, which is found in his Word. *“Let all **bitterness**, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And **be ye** kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.”* Ephesians 4:31,32

Thirty-three

Now we get into the issue of since water is water **what caused it to be bitter?** It's because the elements from the surrounding soil had leached into the water. And this explains why the Israelites had become so bitter. It isn't that they had become bitter on their sojourn with the Lord from Egypt, but because **they had become bitter back in Egypt!**

And **why** was that? It was because the elements of Egyptian society and culture, (the world system), had leached into their lives, just as the elements of American society today, (the world system), has leached into the souls of Christians. The pride, the arrogance, the materialism, the pursuit of money and things, the anger of angry people, the occultism, the culture and religion of the Babylonian religion permeated Egyptian culture and all that had leached into the lives and hearts of the Israelites.

Egypt was the southern center of Mystery Babylon, which was nothing more than a veil for the worship of Satan, a fallen angel filled with rage and is symbolized by the Egyptian cobra with its burning, bitter venom. So pride, arrogance, lust, materialism, bitterness, immorality, occultism, mysticism, and every other form of evil was found in Egyptian life and leached into the camp of God's people.

Which serves as an illustration and a warning to all of God's people today. Even though Christian may not be aware of it, bitterness is directly related to the world system as well as the flesh nature and the devil. **It comes about as the result of our reaction to what's going on.** We either are reacting to the negativity of the world, or we are reacting because we don't have what the people of the world have! And we also end up reacting to the bitterness and anger that the people of world radiate!

Remember that the toxic elements from the soil surrounding the water just naturally leach into the water, and do the toxic elements of the world system around us just naturally leach into our souls, if we let them. That's why **separation** is so important for the believer in Christ; separation from the elements of the world system and separation from the people of the world. The doctrine of separation, along with living in the spiritual life instead of the flesh nature, is one of God's provisions for us. "*Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you,*" 2 Corinthians 6:17 But we have to apply it in our own lives. This explains why Redding, along with so many other American cities have become hostile over the years; the bitterness of the world system and Babylon has leached into them.

We can become bitter, if we react to a **wrong** done us; we can become bitter, if we react over a **hurt** we have suffered; we can become bitter, if we **don't get our way**; we can become bitter, **if we don't get to do what we want to do**; we can become bitter, **if someone tells us what to do**. All bitterness deals with these two things: personal pride and negative volition or the rebellious will.

If we react to a wrong done us, which is a function of our pride, then we will lose our peace and spiral downward into the anger complex. Where the biblical way of handling wrongs is to put them into the Father's hands and let him deal with the people who hurt us. As it is written, "*Vengeance is mine; I will repay, saith the Lord*" Romans 12:19.

Concerning any feelings of anger we have toward the people who wronged us, then we are to **forgive** them, to let the bad feelings go. "*Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.*" Colossians 3:13 **The important thing is to hang on to our peace, not to hang on to our pride!**

Class 34 - Concepts associated with bitterness

A bitter soul - "*Wherefore is light given to him that is in misery, and life unto the bitter in soul;*" Job 3:20, **Bitter complaint** - "*Even to day is my complaint bitter: my stroke is heavier than my groaning.*" Job 23:2, **Bitter words** - "*Who whet their tongue like a sword, and bend their bows to shoot their arrows, even bitter words:*" Psalms 64:3 **Marrying the wrong woman causes bitterness** - "*And I find more bitter than death the woman, whose heart is snares and nets, and her hands as bands: whoso pleaseth God shall escape from her; but the sinner shall be taken by her.*" Ecclesiastes 7:26 **Rejecting Bible Doctrine results in bitterness** - "*Thine own wickedness shall correct thee, and thy backslidings shall reprove thee: know therefore and see that it is an evil thing and bitter, that thou hast forsaken the LORD thy God, and that my fear is not in thee, saith the Lord GOD of hosts.*" Jeremiah 2:19 **The Chaldeans, because of the Babylonian religion, were a bitter and warlike people** - "*For, lo, I raise up the Chaldeans, that bitter and hasty nation, which shall march through the breadth of the land, to possess the dwellingplaces that are not theirs.*" Habakkuk 1:6 **We're not to be bitter against our wives** - "*Husbands, love your wives, and be not bitter against them.*" Colossians 3:19 **Envy and bitterness go together** - "*But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth.*" James 3:14

Hannah was bitter because she didn't have any children - "*And she was in bitterness of soul, and prayed unto the LORD, and wept sore.*" 1 Samuel 1:10 **Revenge violence ends up in bitterness** - "*Then Abner called to Joab, and said, Shall the sword devour for ever? knowest thou not that it will be bitterness in the latter end? how long shall it be then, ere thou bid the people return from following their brethren?"* 2 Samuel 2:26 **Bitter souls complain** - "*Therefore I will not refrain my mouth; I will*

Speak in the anguish of my spirit; I will complain in the bitterness of my soul.” Job 7:11 **Bitter souls have bitter words** - *“My soul is weary of my life; I will leave my complaint upon myself; I will speak in the bitterness of my soul.” Job 10:1* **Bitter in life ends up being bitter in death** - *“And another dieth in the bitterness of his soul, and never eateth with pleasure.” Job 21:25* **A foolish son is bitterness to his mother** - *“A foolish son is a grief to his father, and bitterness to her that bare him.” Proverbs 17:25* **Jeremiah was bitter concerning Israel** - *“He hath filled me with bitterness, he hath made me drunken with wormwood.” Lamentations 3:15* **Humility replaced pride** - *“My soul hath them still in remembrance, and is humbled in me.” Lamentations 3:20* **He recovered his peace and stability of soul** - *“The LORD is good unto them that wait for him, to the soul that seeketh him.”, Lamentations 3:25* **Bitterness is in the heart of the unsaved** - *“Whose mouth is full of cursing and bitterness:” Romans 3:14* **We're to eliminate even the roots of bitterness** - *“Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;” Hebrews 12:15*

Hannah's Bitterness

Hannah was bitter because she didn't have any children, but the reason **why** is because the Lord had closed up her womb! *“But unto Hannah he gave a worthy portion; for he loved Hannah: but the LORD had shut up her womb.” 1 Samuel 1:5* She was one of Elkanah's two wives the other one named Peninnah, who had bore Elkanah both sons and daughters.

Now Elkanah was a doctrinal believer, positive to the Word of the Lord and to the spiritual authority structures that existed back then and he had been prospered by the Lord in his life. As far as being a woman goes it was of great value to be married to a man who was prosperous, loving, respected in the community and well established in life.

He had several sons and daughters with Peninnah, but none at all with Hannah and this had gone on for years. And the reason why is because the Lord had closed up her womb so she couldn't have any! Now if the Lord had done this, then there was a reason as to why he did! What Hannah needed to do was content herself with her husband and the Lord and enjoy the life they had, but she wasn't content.

Now Elkanah deeply loved Hannah and even in the offerings he provided for both wives when they went up to worship the Lord, he gave Peninnah portions for her and the children, but to Hannah he gave her double portions. An obvious display of how much he loved her, but also for public respect. This was to show everyone around that even though Hannah had bore him no children, he still loved her and regarded her very highly.

But Hannah had things she had to deal with on a personal level. It was bad enough that in society's eyes she was esteemed lower than the other women because she bore her husband no children, but to add insult to injury she had to bear the brunt of Peninnah's constant jabs at her. Peninnah was always putting her down resulting in her weeping, depressed and unable to eat.

Even though Peninnah had a problem of pride and spite, Hannah had a spiritual problem that she had not addressed all those years and that was bitterness! She was bitter about being picked on by Peninnah; she was bitter because she had no children; she was bitter that she had loved and served the Lord all these years and he hadn't rewarded her with what the lowest of women had – children! And she could have been bitter about other things as well.

Elkanah was aware of all these things over the years, but it was this one year it came to the surface so

he tried to comfort and encourage her by asking her why is she crying? Of course he knew why she was crying, but here's where a man's thinking comes in versus a woman's thinking. Aren't I worth 10 sons?, he asks. To men our wives are worth more to us than any amount of children, but apparently some women don't feel that way about their husbands. You have me, you have the Lord, you have a great life with respect and creature comforts, isn't that enough? It should be, but it wasn't for Hannah.

Elkanah's attempt to get Hannah out of her mood was to no avail. Hannah was self absorbed, which is one of the arrogance skills of bitterness. All she could do is think about herself and what she didn't have, instead of being thankful for what she did have! Which has been played millions of times since then by God's people. Instead of being **angry** over what we don't have, we should be **thankful** for what we do have!

We need to look at what Hannah did have. She had salvation and a relationship with the God of heaven and earth, but that was not enough for her. She had a husband who loved her and favored her, but that was not enough for her. She had a doctrinal husband with wealth who bestowed wealth on her, but that was not enough for her. For the believer caught up in arrogance, bitterness and self-absorption none of the things that truly matter: salvation, right man right woman, health, etc., matter to them.

People will say, well Peninnah had children and she didn't! So what! What's it to you what other believer's have? Instead of being bitter about what she didn't have, Hannah should have been thankful about what she did have, which was really a great life, and start trying to get the answer as to why God closed her womb! But a change took place when she prayed to God in bitterness of soul. *“And she was in bitterness of soul, and prayed unto the LORD, and wept sore.”* 1 Samuel 1:10 Sometimes we have to get to the bottom to humble us so we will reach out to the Lord.

August 2014 Newsletter – Dealing With Emotions – Review

Class Thirty-five

Hannah was surrounded by blessing, prosperity and love, but she was not thankful for it; it didn't even register with her and that was because she was bitter and self-absorbed. But when she finally humbled her pride before God and was willing to be used for his purpose, in this case a son, he finally granted her request. But how many years of her life were wasted in bitterness? 1 Samuel 1:10

It says that Peninah provoked Hannah. *“And her adversary also **provoked** her sore, for to make her fret, because the LORD had shut up her womb.”* 1 Samuel 1:6 The word for **provoked** is the *piel stem* of *ka'as*. *Ka'as* is parallel with the word *charah*, which denoted an intense form of anger; translated as *thumos* or *orge* in the Greek. What this tells us is that Peninah was incessant in this and mean-spirited and she really got through to Hannah.

In verse seven we see the causative stem of the hiphil being used for *ka'as*, which tells us that Peninah's continually putting Hannah down got to her causing her to get into operation anger reaction, pride, bitterness, self pity, etc.. *“And as he did so year by year, when she went up to the house of the LORD, so she **provoked** her; therefore she wept, and did not eat.”* 1 Samuel 1:7

Hannah was wrong in what she did, but Peninah was wrong also because she acted in pride and an unloving spirit that caused Hannah to react in anger as well. Can we not see how a spirit of anger can destroy an entire household and put people against each other?

Peninah was in the wrong; she was sadistically preying upon Hannah, who was not able to have children. It should have been enough for Peninah to live life satisfied that she had children herself, but she didn't because of her pride, anger and petty jealousy. So she had to constantly put Hannah down and tear at her self esteem and she did so intensely with the purpose of hurting Hannah! So Peninah was lifted up in pride and she was bitter and full of malice.

But there was something else in here and that was she was **jealous** of Hannah. Women who are jealous of other women, because they're pretty, or have a nice figure, or a nice home, or a good husband who loves them, will always seek a way to tear the other woman down. They're always saying catty things about them to other women, or to their face when they have the chance.

But Hannah was wrong also because: **one**, her motives for having a child were not in the right place; **two**, because she got into operation bitterness, anger and self pity; **three**, because having kids and her social position in the community were more important to her than her husband and the Lord; **four**, she wasn't trusting the Lord in this matter and applying doctrinal principles; **five**, and because she let Peninah get through to her when she could have handled it through faith, doctrine and the application of spiritual problem solving devices. Instead she chose to hang on to her pride and let her anger get the best of the situation.

Points of doctrine in this are: **one**, arrogant believers will always be bullies, either of your body or your soul; **two**, they will continue to bully you as long as you give them the power to do so; **three**, only the spiritual problem solving devices of faith, the filling of the Holy Spirit, new nature operation, confessing sins biblically and the personal application of biblical principles to the situation will free us from their attempts to provoke us to anger; **four**, God will leave us in that miserable situation until we start applying BD and his spiritual solutions to our lives! **When we stop blaming others and start applying doctrine, then the problem will go away.**

The Book of Job brings in the satanic element involved in our sufferings, both physical and emotional, which has been a problem for believers both in the OT and the NT. *“So went Satan forth from the presence of the LORD, and smote Job with sore boils from the sole of his foot unto his crown.”* Job 2:7 It is here that Satan smote Job with painful boils, which Job reacted in bitterness over.

The question might arise whether the boils came first, then the bitterness, or did bitterness come first, then the boils! Skin diseases, rashes and all other forms of skin disorders are known to be related to feelings of irritation, resentment, bitterness, inner conflicts, feelings of insecurity, etc.. There was no bitterness in Satan's first attack, but there was in his second attack and quite a bit of time had passed after the death of his children, loss of his money, loss of his business, employees, etc., giving Satan plenty of time and opportunities to transmit feelings of bitterness into Job's soul!

Ephesians six tells us that Satan's attack on the people of God is by the use of **fiery darts**. *“Above all, taking the shield of faith, wherewith ye shall be able to quench all the **fiery darts** of the wicked.”* Ephesians 6:16 The word for fiery here and throughout the OT had the idea of burning, not burning with literal fire, but burning in the sense of **venom**! The venom of the cobra, the venom of the scorpion, the burning of the yellow jacket, those sorts of ideas.

When the cobra strikes, or whatever the critter is, with venom it injects its burning venom into its hapless victim and pretty soon that venom starts to spread throughout the body. And so it is with bitterness. Once bitterness is injected into the soul that bitterness spreads throughout the soul. But there

is something else and that is the condition of the soul has an effect on the health of the body and one of the effects of bitterness is skin diseases!

Job survived Satan's first attack against him and retained his faith and doctrinal integrity and was still able to praise God. But enter in the bite of the cobra; enter in the burning arrows of Satan's bitterness, (who is the most angry and bitter being in the universe); time passes and bitterness courses throughout his soul and the next thing we see is a man afflicted by a rare and painful skin disorder. We also see a wonderful and gracious man who has **become bitter!** Job has become something that is so foreign to who he is and the reason why is because it came from Satan!

Jeremiah was a great man and a great prophet who was used by God, but he became bitter at one point in his life over what had happened to Israel! But he recovered from his bitterness by going over the teachings and promises of God. *“Remembering mine affliction and my misery, the wormwood and the gall. My soul hath them still in remembrance, and is humbled in me. This I recall to my mind, therefore have I hope. It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.”* Lamentations 3:19-21

Asaph was another great believer, who was mature and was greatly used by the Lord, but he became bitter at one point in his life, but also recovered from it. *“Thus my heart was grieved, and I was pricked in my reins. So foolish was I, and ignorant: I was as a beast before thee. Nevertheless I am continually with thee: thou hast holden me by my right hand. Thou shalt guide me with thy counsel, and afterward receive me to glory. Whom have I in heaven but thee? and there is none upon earth that I desire beside thee.”* Psalms 73:21-25

People, even believers in Christ, can cut us to pieces with words and infuse our souls with bitterness by their bitter words. *“Who whet their tongue like a sword, and bend their bows to shoot their arrows, even bitter words:”* Psalms 64:3

Class thirty-six

Categorizing the emotions for the purpose of being able to deal with them biblically.

Anger has six phases it can go through. The first one is **bitterness**, *pikria*, which is a reaction to something unwanted or unpleasant. The next stage is **wrath**, *thumos*, which is an intense burning inner anger. Next is **anger**, *orge*, which is now the desire to hurt someone back, to be vindictive. The next stage of anger is **clamour**, *krauge*, where inner anger becomes verbal manifesting itself by angry arguments. Then **evil speaking**, *blasphemia*, which gets into name-calling, invective's, cursing, screaming; trying to hurt someone with words. And the final stage is **malice**, *pase kakia*, which entails everything including violence; it's destructive behavior motivated by anger.

The root cause behind the anger complex is **bitterness**, so to deal with anger we must get at the root of bitterness, or whatever it is that we have reacted over in our lives; especially if it's a deep-seated root of bitterness. We may be bitter about something; we may be bitter about everything, but the first step is that we have to recognize that we are bitter and that it's wrong!

The next thing we have to do is **confess** to God that we are bitter. We will also have to recognize that the reason **why** we have become bitter is because of **our reaction** to what was done to us, or what we had to go through. We will also need to see that the mental attitude behind bitterness, the negative

reactor factor of the soul, is **pride**! So we'll need to confess our pride to God.

But dealing with bitterness is like dealing with a major infection in the body; there is no one-stop, one-shop approach to it. It will take some time to rid the soul of the emotion of bitterness and crucial to the process is not only confessing our sins to God and recovering the filling of the Holy Spirit, but also forgiving those who have hurt you, if that was the case, operating in the spiritual mental attitude of *agape* love, daily occupying ourselves with Bible Doctrine, especially those areas that pertain to the problem and are a solution to the healing.

Fear is another emotion that causes us so many problems in life and it has many aspects to it. There is **fear** over a known threat to us; there is **apprehension**, the fear of what might happen; there is **anxiety** where we live in a state of fear; there is worry along the same lines. The root cause behind fear is a felt sense of **insecurity**, where we don't feel safe or protected; where we feel vulnerable to things that could hurt us.

Fear is paralyzing and destructive for the soul. The Word tells us that it causes mental torment in the believer's soul. And fear not only affects the soul negatively, it also affects the **body** negatively! Fear (along with the other emotions), not only shuts down the operation of the spiritual life dynamic in the soul, but it also prevents us from applying doctrinal rationale.

All of the seven feelings of the emotional complex are complex and deep in themselves and the purpose of this study is not to exhaustively study them, but to know enough about them to be able to identify them and apply the doctrinal solution.

The solution would be we are fearful anxious, apprehensive about something, etc., see that it is fear, confess it to God, recover the filling of the Holy Spirit, keep our souls focused on God's Word and absorb ourselves in all the faith building passages and promises we can find of how God will provide for us, he will protect us, he will sustain us, he will never leave us, he has a plan for our lives, etc..

So whether we are afraid of the marketplace, afraid of heights, afraid of being closed in, afraid of intimacy, afraid of failure, afraid of success, afraid of crowds, afraid of being alone, afraid to live, afraid to die, or any other of the many phobias that believers have; they all have the same thing in common – **fear**!

David was jubilant in Psalms 34:4 when he wrote, “*I sought the LORD, and he heard me, and delivered me from all my fears.*” Here we find the solution and procedure for dealing with fear. We must understand and believe that our life and times all rest in God. It is God and God alone who delivers us from fear.

The next thing that we must do is recognize that we are afraid and admit to God that we are afraid. Next we are to ask God to deliver us from fear, not necessarily from what we are afraid of, but from the emotions of fear itself! Having done that, then we are to saturate our minds with the promises of God, which give us faith and thus we will be delivered from the emotion of fear!

Grief is a natural human emotion and is not sinful in itself, but it can become sinful if it becomes bitter grief, or if it is denied or repressed, or hung on to by not letting the departed loved one go. There is a time to **weep**, but there is also comes a time for **laughing**. There is a time to **mourn**, but after going through the mourning process there is a time to go back to **life**. “*A time to weep, and a time to laugh; a time to mourn, and a time to dance;*” Ecclesiastes 3:4

And we notice the order of things; the weeping comes before the laughing, and the mourning must come before the dancing. One cannot deny the weeping and mourning just because they want to go back to having fun in life; that denies the process of grieving. But at the same time, one cannot be given over to non-stop grieving and mourning because of one's loss. **There comes a time for weeping and mourning, then there comes a time when you put it all behind you to go on with life!**

If one seeks to avoid the grief process, which is certainly understandable as to why we all do, they will keep themselves **out of the spiritual life dynamic**. And the same thing can be said when people wallow in their grief. The Lord said that we will be comforted while we are mourning. "*Blessed are they that mourn: for they shall be comforted.*" **Matthew 5:4 Mourning** is in the present active participle and being **comforted** is in the future passive indicative. The action of the present participle, mourning, takes place at the same time as the action of the main verb, being comforted, which tells us that the Lord will, (absolute certainty), be comforting us **while** we are mourning over our loss. But we want to notice that the comforting of the Lord comes to us **in the process of grieving and mourning!** If we refuse to allow ourselves to go through the grieving process, then we miss out on his comforting.

The Apostle Paul in 1 Thessalonians 4:13 said, "*But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope.*" He didn't say, 'don't mourn'; he said that we don't mourn, or are not to mourn as the unsaved do because they have no hope! We are to go through mourning, but with the hope we will see them again!

The word for **time** in Ecclesiastes is '*eth*, which denoted a span of time, a fixed time, a general period of time in which something took place. The Greek has it as *kairos*, which denoted a season in the calender, but this is not to be legalistically imposed as a period of three months. It tells us that there is a point of time when the weeping and mourning begin, but also that there is a time for it to be over. It is not to go on for many seasons, or the rest of our lives!

Some people deny the entire process of grieving and mourning; others when they do mourn carry on like crazy, some even having mental breakdowns; while still others mourn the rest of their lives. None of these things are healthy and are an abnormal approach to grief. There is a time for weeping and there is a time for mourning. How long it is will be dependent somewhat on the culture one lives in and one's personality, but usually on how close you were to that person. One could expect to mourn for a longer period of time after losing a child, or the love of one's life, than you would for a friend.

Ecclesiastes tells us that there is a time for **weeping**, which is the natural release of our grief, but there comes a point in time we need to laugh with others and have fun. It tells us that there is a time for **mourning**; a period of time when we are sorrowful, sad, depressed and unhappy, when we do not interact with others socially in life; a time when we stay away from wedding parties, banquets, our gathering with others socially because we are grieving on the inside over our loss of a loved one. But there is a time when we go back to socializing with our families and friends, going out to dinner, meet with others and start enjoying our lives once again.

Grief is the extreme, painful, emotional reaction that humans experience over the loss of a love object. This painful, emotional reaction comes about from the experience of **de-attachment**, which tells us that there was first attachment. Attachment is an interesting concept and one that goes on all around us today both on a psychic level, as well as on a material level, but we really don't pay close attention to it. Love is where one soul becomes attached to another soul; grief is the pain of de-attachment.

Two pieces of **fabric** are attached by thread. The **states** of the untied states of America are attached, not because of their physical borders, (Canada and Mexico are right next to us as well), but by the legal, political document of the US constitution. Two pieces of **wood** are attached by carpenter's glue. Two pieces of **metal** are attached by an act of welding. Two pieces of **plastic** are attached by glue designed for plastic. Two **wires** are attached to each other by **soldering**. **Molecules** can become attached to each other. An **atom** can become attached to another atom. Even **electrons** and **protons** are attached to their own particular atom.

All kinds of things can become and are attached to each other and in all of them there is something that holds the one thing to the other. Wood glue holds the pieces of wood together. Welding or soldering holds two pieces of metal together. A certain kind of energy holds the protons, neutrons and electrons in place. Even molecules of water become attached to each other by a sticky substance found on the wall of the water molecule.

Colossians 1:17 tells us that **Christ** is not only the creator of the universe, but he holds it all together, every single atom in it, *sunistemi*, by the word of his power through the power of the Holy Spirit. “*And he is before all things, and by him all things consist (sunistemi).*”

The point is that all kinds of things in life can become attached to each other. Things in the physical world, the spiritual world, the psychological world and the thing that becomes the “glue”, which attaches one thing to another will also be different. **Psychic love attracts one person to another, then it becomes attached to the other person. And when that psychic love is torn asunder, either by death, or separation, then that pain of de-attachment is grief!**

People can and do get attached to each other; the glue, the thing that holds them together and it can be a variety of things: the work force, a project, the military, common goals, common likes, common lusts, but for our study it is love. **Love is the unifying principle that bonds one person to another.**

A man and a woman fall in love, which gets into the ideas of the soul becoming attracted to another soul and then the attachment of that soul to the other soul; and it is this love that bonds their souls together; two different people, but now attached to each other by love. They get married and have children and now their souls are bonded to their children and the children to them by love.

Now other people will look at their children and have absolutely no attachment to them whatsoever; they could care less. Sometimes the parents get upset that other people aren't excited about their kids as they are! It's perfectly understandable when you see that you are the only one who has formed a psychic love attachment to your children. Other people have formed their own psychic love bond with their children, just as you have with yours.

Now we come down to the problem of **grief**. When death, or a divorce enters into the picture we now have de-attachment! A child dies, a parent dies, a friend dies, a spouse dies, a sibling dies and whether by death or divorce there has been de-attachment. The object of your love has been taken from you in death or by divorce. Remember, **divorce** is the death of a marriage, the death of a relationship, the death of the family unit that we once had!

When we talk about grief we are talking about loss, the loss of a loved one, which is the loss of someone we've been attached to. So grief is the emotional pain of de-attachment, which is accompanied by tears, crying, depression, etc.. Anger can also enter into the picture to avoid feeling the pain of grief.

In **grief**, which can be immediate, or delayed, we are to comfort ourselves with the doctrines of the resurrection. And among other Christians we are to comfort the grieving with the words of *paramutheomai*, which meant to comfort, to console, to speak to someone in a positive benevolent way, to soothe, to cheer up; it's sympathy expressed in words. We see this with the Jews who came to comfort Martha and Mary over the loss of their brother Lazarus. “*And many of the Jews came to Martha and Mary, to comfort (paramutheomai) them concerning their brother.*” John 11:19 It would be nice to see more of this going on today.

Soul love, or psychic love as some refer to it, attracts one soul to another, then the two souls become attached. As time goes by the two souls become intertwined with each other forming a bond or union between them. When one person dies, or leaves you for some reason, then this is de-attachment and the trauma of the de-attachment is what is called grief.

Grief is a very powerful and painful emotion and most people will do just about anything to keep from experiencing it. When someone you love is taken away from you in death, or leaves you on their own accord, there now is a void in your soul because a part of your whole is missing and you mourn your loss; you miss what was there.

Another dynamic involved in attachment, connection and de-attachment is that there is an interchange between the two souls on the surface, but becomes deeper as time goes by. It's sort of like roots; the longer they're there, the deeper they go. And if two trees are planted side by side, their roots start to intertwine with each other. Part of A is in B and part of B is in A. The longer the love relationship is the deeper it goes into our souls and the more intertwined we are with each other.

This is what makes separation, death, or divorce so painful; it's like two blocks of wood glued to each other, then a blow hits one of the blocks severing the connection they once had. There is a break along the seam, but it's never a clean break. Part of the wood from each block still remains attached to the other piece of wood.

When we have formed a love attachment to another human being and they are torn away from us by death, divorce, etc., part of us goes with them and part of them stays inside of us! Often scar tissue will form over the raw ends of the de-attachment in the process of healing preventing many from having that kind of intimacy with others. Maybe another person in a different area of the soul, but not in that area of our soul.

Verbal Sins

Abuse – belittlement, blame, castigation, censure, curse, curses, defamation, derision, insults, invective, kicking around, knifing, libel, opprobrium, pushing around, quinine, reproach, revilement, scolding, screwing, signifying, slander, swearing, tirade, upbraiding, vilification,

Abusive language - bad language, invective, profane language,

Aspersions - criticism, abuse, backbiting, backhanded compliment, black eye, calumny, defamation, detraction, dirty dig, dump, hit, invective, knock, libel, obloquy, put-down, rap, slam, slander, smear,

Backbiting - abuse, aspersion, backstabbing, belittlement, calumny, cattiness, defamation, denigration, depreciation, detraction, disparagement, gossip, invective, lie, malice, obloquy, scandal, slander, spite, spitefulness, tale, vilification,

Blasphemy - irreverence toward God, abuse, cursing, cussing, desecration, execration, heresy, impiety, impiousness, imprecation, indignity, lewdness, profanation, profaneness, profanity, sacrilege, scoffing, scurrility, swearing,

Denunciation – condemnation, accusation, blame, castigation, censure, charge, criticism, cursing,

damning, denouncement, fulmination, incrimination, indictment, invective, knock, reprehension, reprobation, stigmatization,

Detraction - belittlement, abuse, aspersion, backbiting, backstabbing, belittlement, damage, defamation, denigration, deprecation, derogation, disesteem, disparagement, harm, hit, hurt, injury, injustice, innuendo, insinuation, knock, libel, libeling, lie, minimization, muckraking, pejorative, rap, revilement, ridicule, running down, scandal, scandal mongering, slam, slandering, smear campaign, tale, vilification, wrong

Diatribes - criticism, abuse, castigation, denunciation, disputation, harangue, invective, reviling, tirade,

Insult - abuse, affront, aspersion, black eye, blasphemy, cheap shot, contempt, derision, despite, discourtesy, disdainfulness, disgrace, disrespect, impertinence, impudence, incivility, indignity, insolence, invective, libel, mockery, offense, outrage, put-down, rudeness, scorn, slam, slander, slight, taunt, unpleasantry, vilification, zinger

Libel - To lie, aspersion, calumny, defamation, denigration, lying, slander, smear,

Tirade - An outburst, abuse, anger, berating, censure, condemnation, denunciation, diatribe, dispute, fulmination, harangue, invective, jeremiad, lecture, malediction, ranting, revilement, screed, sermon, tongue-lashing,

Vituperation - Abusive or venomous language used to express blame or censure or bitter deep-seated ill will. The act or an instance of vituperating; abusive censure. Sustained, harshly abusive language; invective.

Malign - To make evil, harmful, and often untrue statements about; speak evil of.

Gossip - Rumor or talk of a personal, sensational, or intimate nature. A person who habitually spreads intimate or private rumors or facts.

Slander - *Law*. Oral communication of false statements injurious to a person's reputation. A false and malicious statement or report about someone. To condemn openly as being evil or reprehensible.

Criticize - To find fault with.

Invective - **Denunciation** or abusive language; vituperation.

Calumny - A false statement maliciously made to injure another's reputation.

Whether consciously, or unconsciously people handle grief differently and not always in a healthy way. Some turn bitter, some harden their hearts, some become anti-social recluses, some avoid any further human contact or involvement, some deny their grief, some self-medicate their grief; and others get into grief avoidance dynamics such as: losing yourself in your work, keeping busy so you have no time to think, drugs, alcohol, anger and various other forms of escapism.

As mentioned before, one of the problems we have in dealing with grief is that we rarely have the one feeling of grief to deal with. Usually other feelings, such as, fear, anger, guilt, bitterness, etc., are clustered with it complicating the matter. One of the emotions that gives us so much of a problem in the areas of suppressing our grief, repressing it, denying it, or grief-avoidance concepts is the emotion of **fear**. We are afraid of the **pain**! And we're afraid of being **alone**! One of the worse fears that we have is to lose someone that we dearly love and we will be alone in life without them! And it's more difficult for men due to the original creation of the man in the Garden.

In one sense divorce can be better than death for some people because anger, self-justification and maintaining the rightness of your position can be **substituted** for grief! As long as emotional reactor factors are in play one can avoid the pain of grief. One of the problems that divorcees have is grief, although they will rarely admit it to themselves and others, for to admit grief is to admit they still love them. But we can't go on in the future till we let go of the past and grieving is the soul letting go!

Here's where the problem of **pride** comes in stopping the grieving process thereby creating many

emotional, social and physical problems for the believer. Pride denies; pride justifies one's position; pride argues; pride castigates the other person; pride hides behind anger; pride represses; pride suppresses; pride puts itself above the weakness of grief; pride blocks the healing process for the soul! And as long as we're feeling other emotions, we're not feeling grief and the soul isn't being healed.

The believer has to learn to be honest in this matter. They have to admit they did love the other person and that they still do to a degree! They have to admit they mourn the loss of what they had and what could have been! They have to accept that what could have been now will never be! And where they had the feeling of love with this person now there is sadness, de-attachment, being alone, tears and sobbing; and these things need to be allowed to surface and be felt. It's not exactly what we had in mind when we got married. Tension myositis syndrome often comes into play in grief to keep our minds off the pain of grief. But remember, we're not free to remarry until we've dealt with the pain of our loss through grief and we're really not able to go on in life unless we grieve.

A very helpful passage in dealing with grief, whether by death or divorce, is Philippians 3:13,14, “Brethren, I count not myself to have apprehended: but *this one thing I do, **forgetting** those things which are behind, and **reaching forth** unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.*”

Forgetting the things that lie behind is *ta men opiso epilanthanomenos*, which gets into the area of personal relationships; used in the present active participle it tells us that we'll have to practice this as a way of life; and with the epi prefixed to it we have the idea of how **intense** this will be at times. To **forget** meant to disregard as of much smaller importance in the light of eternity. Our parents have passed away; our spouses have left us; our friends have forsaken us; and yes we grieve our loss. But in the light of eternity they are loved ones that we had to leave back on the trail of our journey through life on the way to heaven. We loved them; we shared life with them; we mourn our loss, but now **they are behind us and we have to press forward** the rest of our journey here on earth.

September 2014 Newsletter – Dealing With Emotions – Review

Class thirty-six

Some tell-tell signs of **bitterness/wrath**, *pikria/thumos* are: inner anger, seething, fuming on the inside, being “hot” inside; having bad thoughts or ill will toward others; being in a mood; reddening of the face; lips become whitened, back of neck gets red; stiffening of the muscles from the lower back to the neck; body “puffs up”; concepts connected to the “wandering pain” of Chinese medicine.

Orge anger becomes more pronounced where you will have the desire to hurt someone physically, verbally, socially, financially, etc.. Often referred to as malice where you have the angry lust to hurt someone, or to see them hurt. It is the anger behind revenge.

Krauge is where bitterness and anger move to the verbal stage surfacing in quarreling, bickering and arguing with others. pride, bitterness and anger come together in words to maintain that you are in the right and they're not! It's about competition and domination over the other person.

The next stage of anger is **blasphemia** and it is verbal sinning of all kinds. Its object is to hurt the other person with words; to hurt their faith, their soul, their self-esteem, their walk with God, their reputation, their business, their family, their friendships, to damage them financially, to hurt them any way you can

with words. It includes insults that are designed to injure the individual. It also has the idea of pride in it to belittle the individual so as to make them smaller, so you can appear to be larger!

The final stage of anger is *pase kakia*, all forms of evil; anger now becomes physical. It's expressed in violence toward others by actually injuring them, or damaging what pertains to them, such as, their person, property, job, family, etc.. It denotes personal injury from assault and battery, fighting, and physical abuse in the home, busting things up, all the way to murder. It also includes property damage because it pertains to the individual.

Other concepts that get into this area are various forms of self-abuse. This is where people do harmful things to themselves because they are mad at themselves. Often self-destructive tendencies and destructive behavior are linked to people being angry at themselves for one reason or another. Again it is profitable for the individual to seek out professional help in these matters.

Class thirty-seven

Fear is a debilitating and destructive emotion; the Word says that it gives us mental torment. *“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 Fear not only adversely affects the body, but it also shuts down the operation of the spiritual life dynamic inside our souls! It also prevents us from being able to think doctrinally, even rationally!

All of the emotions are complex and deep and the purpose of this study is not to exhaustively study them, but to be able to recognize them when we're having a problem with them and apply the doctrinal solution, which would be to see that we are afraid, confess it to God, recover the filling of the Holy Spirit, keep focused on Bible Doctrine, and absorb oneself with the passages and promises of how God will take care of us, provide for us, protect us, etc..

Just knowing that we are having a problem with our negative emotions will be a little help; what we need is to recognize what the emotion is and deal with it with a doctrinal solution. So whether we are afraid of: the marketplace, going out in public, being around people, of success or failure, of heights or being confined, intimacy, of crowds or being alone in life, afraid to live or afraid to die; these are some of the many phobias that people have and they all have one thing in common – the emotion of **fear**!

David was jubilant in Psalms 34:4, when he wrote, *“I sought the LORD, and he heard me, and delivered me from all my fears.”* Herein we find the solution and procedure for dealing with fear; our life and times rest in the hands of God, who has made a perfect provision for whatever we are going through in life. Because of that we can trust him fully and this faith drives out fear.

The first thing we need to do is recognize that we are afraid; then confess it to God; seek his face to deliver us from our fear; pray; and absorb ourselves in his many promises, for it is from the Word of God that our souls get the ability to believe and when we believe the fear leaves us! *“So then faith cometh by (out of) hearing, and hearing by the word of God.”* Romans 10:17

Class thirty-eight

Grief is natural, normal and is not sinful in itself, but it can become sinful depending on how we handle it. Abnormal grief is where we deny it, repress it, wallow in it, or hang on to it. If one denies the

grieving process, their souls will suffer as the result. The same thing goes if they continue to grieve over the loss of a loved one for years and years. One simply cannot go about mourning the rest of your life over losing someone you have loved!

And one cannot resort to alcohol, or any other forms of addiction to avoid the pain of grief. Many people turn to food, drugs, alcohol, entertainment, etc., to avoid their feelings, including the emotion of grief. Obviously this does not solve any problem and it keeps the believer outside of the spiritual life dynamic, which is God's solution for us.

There is a time for weeping and crying; there is a time for mourning when you don't socialize with others, but then there is a time to leave the weeping behind and to go out in life socializing and enjoying life once more. *"A time to weep, and a time to laugh; a time to mourn, and a time to dance;"* Ecclesiastes 3:4

The question of why is it that some people don't want to let the departed loved one go? One reason is to avoid the pain of loss, and another one is that they still want something from them. Bitterness and pride can enter into the grief making the individual implacable. If I can't have the one I wanted, then I don't want anything else. Even though people try to do nice things for them, even though God does things for them in grace, they are never satisfied with it because they lost the thing they loved the most.

When dealing with others who are grieving we are to comfort them as the Jews did with Mary and Martha who were grieving over the loss of their brother Lazarus. *"And many of the Jews came to Martha and Mary, to **comfort** them concerning their brother."* John 11:19 And as the Lord did with the doctrines of the resurrection, *"Jesus saith unto her, Thy brother shall rise again."* John 11:23

The word for **comfort** in John 11:19 is *paramutheomai*, which meant to comfort, to console, to speak to someone in a positive benevolent way, to soothe, to cheer up; it's sympathy expressed in words. As the Scriptures teach us we are to weep with those who weep. *"Rejoice with them that do rejoice, and weep with them that weep."* Romans 12:15

Soul love attaches one person to another. When one person is de-attached the psychic bond is torn asunder and the trauma of de-attachment is called grief. Grief is loss because when someone is attached to you the whole of what constituted you has grown! When a husband and wife produce children the whole of them has grown now. This concept applies to marriages, friendships, family relationships, etc.. When you lose someone, (or some thing), a part of your whole has been taken away and the resultant pain you feel in your loss is grief! This is why death, separation, or divorce are so painful for us. We experience loss because part of us is going away with them! But part of them remains in us as a painful reminder of our loss.

The soul life of A ~ B are **attracted** to each other.

The soul life of A > ~ < B are **drawn** to each other.

The soul life of AB become **attached** to each other.

The soul life of A B become **intertwined** with each other.

The soul life of A and B become **separated** from each other through death, departure, or divorce.

The **pleasant** emotion experienced in attraction and attachment is **love**.

The **painful** emotion experienced in separation is **grief**.

Yet even in separation there is a part of the individual still living on in your soul. Much like two pieces of wood that have been joined by glue, but if an outside force hits one of them causing a separation

between the two there is separation, but parts of the wood from each block still remain attached to the other. Or like two plants that have been planted side by side and over time the roots of each one become intertwined in each other. Even to the place where if one plant is uprooted it can cause severe shock in the other!

People handle grief differently and not always in a healthy way. Some turn bitter; some harden their hearts; some become anti-social recluses; some avoid any further human contact; some deny their grief; some wallow in their grief; some self-medicate their grief, etc.. Most get into the many forms of grief-avoidance activities: losing yourself in your work; keeping busy so you have no time to think; isolating yourself from others; turning to legal and illegal drugs or alcohol, (there's no help for us in "Whiskey River"); hiding behind anger; various forms of escapism, etc..

One of the problems in dealing with the emotion of grief is that you rarely ever have just the grief to deal with; usually other feelings are clustered with it complicating the matter. Feelings such as: fear, anger, guilt, envy, bitterness, etc..

Fear enters into the mix and we now become afraid of the pain, so we do everything we can to avoid it. We're also afraid of being hurt again, so we keep ourselves from ever becoming close to other people. There is also the fear of being alone. One of the worse fears we have is losing someone we dearly love; someone who has gone through life with us, and now we will be alone in life! And it's more difficult for men in that we weren't created by God to be alone!

Anger comes into the mix because we're mad over losing someone we love; mad at God; mad at the circumstances; mad at those who might have been responsible; mad at ourselves. We may feel **guilty** in our loss because maybe there's something we could have done that would have prevented that! Or maybe we feel **envy** because other people didn't lose their loved one and we did. And then **anger** can spring up over all that dynamic.

**One thing to remember is that we can't move on into the future, until we have let go of the past!
And the grieving process is the soul letting go!**

Divorce or the death of a spouse both bring about grief. In the case of divorce often the individual will experience grief, but will not admit it because to do so would mean that they would have to admit they still loved them. So they often resort to anger and self-justification to avoid the feelings of grief. Seeing a professional counselor can be very helpful in getting through divorce and grief. We are not really free to remarry, whether our marriage ended because of death or divorce, until we have dealt with the pain of our loss – grief.

Pride is also a problem in the matter of grief for it stops the grieving process creating many emotional, spiritual and even physical problems for the individual. Pride denies; pride justifies one's position; pride argues; pride castigates the other person; pride is behind the anger; pride represses; pride suppresses; and pride blocks the healing process for the soul.

A very helpful passage in dealing with grief is "*Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, (ta men opiso), and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.*" Philippians 3:13,14

Men opiso is translated as **things**, but often dealt with personal relationships. In life we will have

people in life that we are close to; people such as, families, friends and spouses; people who will be on our path in life. But eventually their journey with us will come to an end or they will choose a different path. When that happens the pain of separation we feel is grief. Parents pass away, friends forsake us, spouses leave us; there are no guarantees in life there is only life. But there is one who will never leave us, nor forsake us; one who will be with us on our journey through this life and beyond and that is the Lord. This is the context for forgetting those things that lie behind.

To **forget** is the present participle of *epilanthanomai*, which is an intense form of to forget, which tells us this action that we have to do will be intense and that we will have to practice this daily as a way of life. It means to not regard as important, not to say that these people weren't important, but in the light of eternity their importance starts to wane. It really gets into the idea of letting them go emotionally.

Reaching forth is the present participle of *epekteinomai*, which has the idea of the runner in the race straining forward to crossing the finish line. For us it speaks of us pressing forward to accomplish the Father's will for our lives here on earth of going on in life in the plan of God. A race is very proper here in that as one is running the race he is only concerned with what lies before him not the ground he has covered, which is in the rear view mirror. And, as in forgetting, we will have to practice this daily as a way of life and it will be intense at times to do so.

The young pioneers who came from the East to settle out here in the West were a prime example in this for many of them lost their infant children along the way. They lovingly buried the child along the trail; they tarried awhile; they grieved awhile, but they had to now get up and continue their journey on out into the new life that awaited them out here in the West! Did they ever totally *forget* their child? No. It was as they continued in their journey along the trail, and as time went by, they were able to leave their emotions behind and continue on in their journey in life. And so it is with us, sooner or later we will leave people behind on the trail as we journey through life, or they will leave us. What we are to do is to start learning to be thankful that they were in our lives, instead of being bitter or sad that we had lost them. Becoming **thankful** for them being there with us on our journey will transform us inwardly.

Our emotions can and do get us off track from living in the sphere of the spiritual life dynamic that's why we must learn to recognize them and deal with them spiritually. Our focus is not to be on our emotions, but on living by faith in the promises of God. If our emotions get out of control while we are grieving, then the proper grieving process will be cut short.

If the mental attitude of pride enters into our grief, we will end up with bitter grief. Why was my child? my parent? my loved one taken from me? Others still have their loved ones – but I don't. Why me? It's not fair! We start to beat ourselves up over: what could have been, what should have been, what would have been, if only...

Many become bitter at God over the loss of a loved one, or going through a divorce and end up with bitter grief and a bitter soul. But if we operate in humility we will not become bitter at God, or at anyone else for that matter; we will let the tears flow and go through our period of mourning and then go back to living life once again until it is our time to depart this earth!

The emotion of **guilt** will prevent us from living in the spiritual life dynamic also. There are two kinds of guilt; there is **real guilt** and **imagined guilt**. One is where we **are guilty** and the other is where we **feel guilty**. **Being guilty** is an objective fact, while **feeling guilty** is an emotion. We must deal with guilt based upon doctrinal facts and to begin with we need to see that there are two separate concepts. One is where we **are** actually guilty and the other is where we **feel** guilty.

Being guilty is where we break one of the Laws of God. We **are** guilty, legally so, of doing something wrong, but we may or may not feel guilty in the matter! One, a believer can do something wrong, (**is guilty**), and feel guilty over the matter. Two, a believer can do something wrong, (**is guilty**), but not feel guilty! Three, a believer can do nothing wrong, (**is not guilty**), and feel no guilt. Four, a believer can do nothing wrong, (**is not guilty again**), but feel guilty over the matter!

Feelings of guilt are strictly an emotional response of the conscience and rarely have anything to do with the Laws of God. Usually they are a complex interaction of the individual's conscience, which has been shaped by their culture, religion, social mores, political correctness, government programming, family upbringing, peer pressure groups, etc..

Some believers feel guilty about partaking in alcohol and tobacco, which is reinforced by a cultural campaign against them, yet they are not sinful in themselves, nor is it sinful to partake in them. There are believers who say they are, but that is their personal brand of legalism coming forth. Legalism is them making the laws – not God.

There are people who feel guilty about eating certain kinds of animals: dolphins, whales, cats, dogs, etc., but that is a politically correct, cultural legalism and has nothing to do with what is truly wrong! We're free to eat anything! Some people feel bad about a poor kitty that was run over by a car, but feel nothing over the millions of innocent women and children murdered by a tyrannical government!

For there to be true guilt, real guilt, then there has to be the breaking of one of God's Laws! If his Laws have not been broken, then there is no real guilt, therefore there is no real basis for feeling guilty! The doctrinal solution for believers in Jesus Christ as their Savior is that there is no basis for us to feel guilty about our sins. Why? Because in the atoning death of Jesus Christ on the cross for our sins he paid the penalty for our sins; he removed our sin and our legal guilt from us, hence there is **no legal** basis for the **feelings** of guilt and shame.

One has to understand what guilt is about. For true guilt to exist, (not the feelings of guilt), then there has to be an actual sin, which would be a transgression of the Laws of God. The Laws of God not the laws or rules of men! So the progression would be God's Law, then sin – the breaking of that Law; and now there is the standing of **being** guilty of doing so. Now one may feel guilty over having done so, but then he may feel no guilt at all. How one **feels** about it has no bearing on his actual guilt.

Feelings of guilt exist because of the action of the conscience. If the conscience is convicted of wrongdoing, which may not be wrongdoing at all, then it will feel “guilty” over the matter. Some people feel guilty over eating sweets or too much food! Obviously these matters have nothing to do with true guilt concerning the breaking of God's Laws.

The conscience in us acts like a little miniature judge and jury, but remember – it is not infallible! Some people's consciences don't convict them when they do wrong, while other people's consciences convict them over everything! The conscience bases its values of what is right and wrong on the input it receives from its environment. One's parents, friends and family, one's schooling, TV, one's religious affiliations, and the mores of society go into shaping our consciences into what it perceives as right and wrong. When we violate those things, then our conscience will convict us and we will feel guilty!

To have **real guilt** there must be something stated by God that this act is wrong, then there must be the determination that you have done that act! Once it has been determined that one has committed the

sinful act, then you are found guilty. That's real guilt! The individual may or may not feel guilty about it. God said, Thou shalt not steal, that's the sinful act. Now once it has been determined that the individual has stolen, then he or she **is** guilty! Feeling guilty is the conscience's conviction that you have done something wrong. Shame comes out of the feelings of guilt.

Shame comes out of guilt and guilt comes from sin, but for the believer in Jesus Christ God has removed all our sins from us! And because he has removed our sins from us there is no basis now for feeling guilty or being ashamed! *“For I will be merciful to their unrighteousness, and their sins and their iniquities will I remember no more.”* Hebrews 8:12 *“And their sins and iniquities will I remember no more.”* Hebrews 10:17

There is the subjective sense of shame and there is objective shame. **Subjective shame** is where you feel ashamed of what you have done. **Objective shame** is where you are put to shame by those around you. **Subjective shame** is where we feel **“outside the group”**, outside our family, community, peers, etc.. It is the feeling of being an outcast, of being worthless, worth less than the others, not as good as the others, not accepted, rejected, not wanted, as Cain felt when God banished him. **Objective shame** is where the group seeks to put you to shame through various shamed-inducing concepts to get you to conform to the group's norm.

Our word **guilt** comes from the Saxon word **gylt** and it denoted a debt contracted by offense. **Guilt** exists when the offense was committed, but to prove it to others it must be proven in a court of law. The term **guilt-sick** was the term for feeling guilty, for shame and for a disease of the soul called toxic shame. **Regular shame** is where you feel guilty over **what you have done**, while **toxic shame** is where you feel guilty over **who you are**! Many say, “Let your conscience be your guide”, but our consciences malfunction due to our fallen natures. We are not to abuse our consciences, but we do need to re-educate them based upon doctrinal teaching. Our sins have been removed; we are forgiven and cleansed, therefore there is no basis for feeling guilty, or feeling ashamed.

Many believers in Christ are controlled by other people and religious organizations through the concept of guilt. Not that they can impute legal guilt to them, but in that they make them **feel guilty**! And if you can create the feelings of guilt, or a shame-based psyche in another person, then you can control that person to do what you want them to do. Guilty feelings are a very powerful controller and motivator!

Churches use **guilty feelings** all the time to coerce believers into giving money, serving in one of the many church programs, dressing a certain way, talking a certain way, avoiding certain activities, etc.. And through the use of guilt they take away the freedom in Christ that all believers possess! *“And that because of false brethren unawares brought in, who came in privily to spy out our **liberty** which we have in Christ Jesus, that they might bring us into bondage:”* Galatians 2:4 *“Stand fast therefore in the **liberty** wherewith Christ hath **made us free**, and be not entangled again with the yoke of bondage.”* Galatians 5:1

The only way that a believer can prevent that from happening to them in their Christian life is by understanding what happened to them and for them, when they believed on Christ as their Savior, especially in the areas of sin, guilt, shame and the atonement. The **penalty** for our sins has been paid; we have been **forgiven** and **cleansed** from **all** our sins; our sins have been **removed** from us. Now, without sin in the picture there is no legal basis for true guilt; we are not guilty of sin any more. And if there is no basis for true guilt any more, then there is no basis for feeling guilty, regardless of what our conscience says, regardless of what other people say. And with no basis for feeling guilty any more, then there is no basis for any feelings of shame whatsoever!

Feelings of guilt belong to the Adamic nature. Governments, society and religious organizations use guilty feelings to control the people; they use them because they are a very effective tool. But if a person believes on Christ as their Savior, and if they are under the sound teaching of Bible Doctrine, then they will not be controlled by the guilt-manipulation of people and organizations.

Feelings of guilt and shame are directly linked to the function of the **conscience**, (faulty as it is), and they proceed out of the assumption of being guilty. But in the atoning death of Jesus Christ for our sins where he paid the penalty for our sins; and our faith in him, where his righteousness was imputed to us; and in Christ removing all our sin, guilt and shame from us, there is therefore now no legal, doctrinal, or objective basis for feeling guilty, or punishing ourselves!

True feelings of guilt would come from being guilty, but we're not guilty now! Guilty feelings can destroy our self-esteem; they can cause us to feel worthless, to feel less than other people, to feel that we're no good and all sorts of other negative perceptions. They are only overcome by understanding what happened to us when Christ saved us and that is we were given the righteousness of Jesus Christ, which means that we are as righteous as he is now; we are sons and daughters of God; we are kings and priests and we will live forever with God and his Son in eternity!

Emotions are a part of our lives because of the flesh nature, **but they are not a part of the spiritual life!** One cannot equate the emotions we experience today in our fallen natures, though, with the *emotions* that Adam had before he sinned against God and acquired a fallen nature. There is no way for us to know what Adam and Eve were feeling before they sinned. We do know that they never experienced the emotions of: fear, anger, guilt, grief, or envy before the Fall. Which only leaves human love and human happiness, but even in these two emotions there is no way that we can experientially know ourselves what those two emotions felt like, any more than we can know what the forbidden fruit tasted like, or any other fruit in the Garden for that matter.

Living in our emotions will keep us from living in the spiritual life dynamic; and living in the spiritual life dynamic will keep us from living in our emotions! Living in the spiritual life dynamic is the solution to all our problems in life including dealing with our emotions, but to do that we will have to identify our feelings, confess them to God and apply the spiritual problem solving device. **Remember, emotional phenomena is not spiritual phenomena!**

In dealing with our emotions we will have to recognize what emotion it is that we are dealing with and apply the appropriate doctrines. If it is **fear**, anxiety, or worry, then we will need to apply the promises and doctrines that deal with God's protection and provisions. If it is **anger**, then we will need to apply the doctrines that deal with pride, bitterness, anger, forgiveness, etc.. If it is feeling **guilty**, then we will need to apply the doctrines that deal with Christ's atoning death for us. Bible Doctrine is the ultimate solution for dealing with our emotions. Yet tragically, many Christians attend churches that get their emotions worked up leading them further away from truth and the true spiritual life dynamic.

One of the emotions that give so many Christians a problem is the emotion of **love**, not spiritual love but human love. Included in this are: love for parents, same sex parent and opposite parent; love for children, a father's love for his sons, a mother's love for her daughters; same sex sibling love and opposite sex sibling love, love for relatives, love for friends, husband/wife love, boyfriend/girlfriend love, love for country, love for pets, (also known as affection), etc.. In human love there is the need for love, there is the expectation of love and there is the actual love received. But in the spiritual life dynamic there are two kinds of love: *agape* and *philos*.

If Adam and Eve had never sinned, then the human love that every child needed would have been provided to them by their mother and father and every child on earth would have had a wonderful love relationship with their parents and each other. But they did sin; they did acquire sinful natures and passed those on to their progeny. What this means is that every human being on earth is not able to love their children as originally designed by God and that every child on earth is unable to receive that love.

Love relationships of every category are fraught with problems. Married couples have problems; parents have problems with their children and vice versa; friends have problems; siblings have problems, even Christians have love problems with each other. What's the solution? The solution is a spiritual solution in that God has provided every believer in Christ a new nature, there is the availability of the filling of the Holy Spirit where we are able to love with *agape* love, and there is the teaching of the Word of God, which, when combined with spiritual growth and the filling of the Holy Spirit the believer will be able to have rapport love, or the capacity love of *philos* for personal love relationships.

Many young people leave home and a loveless childhood to go out into life full of anger and bitterness over what they missed out on. They go out seeking to find the love they missed out on in their childhoods ending up going from one relationship to another, but never have that emptiness inside of them filled. They get married, but that doesn't do it for them. They have children, but that doesn't do it for them. They look for the "love of their life" to find that illusive love they missed out on, but to no avail. Sadly most spend their lives in an endless, futile pursuit for love.

Some let their bodies be used for sex thinking that somehow they will get the love they need. Others will leave their husbands or wives for someone else, for surely *they* will provide the love they missed out on in their childhoods. And on and on it goes. Yet God has provided for us something infinitely superior in *agape* love, which we will experience when we are filled with the Holy Spirit! In *agape* love **we will not be looking for, or needing, love, but now we will be loving as a verb.**

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, which 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 Psalms 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.”* Psalms 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.”* Psalms 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.”* Psalms 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 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 believers 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.

November 2014 Newsletter – Dealing With Emotions – Review

Human emotions are very strong and we need to learn to deal with them spiritually. God created Adam's soul perfect and complete; it was created to have a perfect soul interaction with God, with other people and with a female counterpart, even though she did not yet exist. His soul was formatted to be able to interact with his right female, who did not exist at that time, so it lie dormant. But when *Yahweh Elohim* created her from his rib and brought her to him, then that aspect of his soul was now activated.

The mental and emotional aspect of this interaction of the soul is called love. It was a perfect love and not to be confused with what people experience today. When Adam sinned against God he died spiritually, but his soul was still formatted to the human love of RM-RW, but now because of his newly acquired sinful nature that love became distorted and no longer operated as originally created to do.

Adam's newly acquired emotional dimension of love for Eve, this new part of his soul that had been opened up when the woman was brought to him became such a strong factor in Adam's soul that he chose for love by choosing to go along with the woman, instead of choosing for obedience to God and his spiritual fellowship with the Lord.

Adam and Eve had a soul love relationship with each other, but they also had a spiritual dynamic

relationship with the Lord, which was far superior and which also made the soul love relationship with each other possible! It is important to note that a soul love relationship must stem, first of all, from our spiritual communion with God! The mistake that most people make is that they think all they need in life is to have a soul love relationship with the opposite sex and forget about having that spiritual communion with their Creator.

This is one of the major concepts that needs to be dealt with in dealing with our emotions, for no matter how great and pleasant your soul love is with your right man or right woman it will never replace your need to maintain your spiritual life dynamic with the Lord. In fact, soul love relationships are one of the blessings that come from our communion with the Lord. If you're in a bad relationship, or none at all, we have to get it through our heads that soul love is not going to solve our problems!

Jesus Christ did not create the man and the woman to go off and have a soul love relationship with each other apart from him! He created them to have fellowship with him and their soul love relationship was dependent on that. *“And the rib, which the LORD God had taken from man, made he a woman, and brought her unto the man.”* Genesis 2:22 Their joy, peace and capacity to enjoy life did not proceed from their love for each other, but from their spiritual fellowship with God.

When Eve ate the fruit, Adam was still loving Eve, but Eve was no longer loving Adam for she had sinned and subsequently acquired a fallen nature and that ruined her capacity for the love she once had and enjoyed with her right man! When a wife is not in submission to her husband's authority, she does not have the capacity to love him or respect him. A wife that tries to control her husband destroys the love in their relationship. Love is the first casualty in the war of who's boss in the home; the battles ruin it. Human love creates problems; *agape* love solves them. Human love, even when it's good, is often a distraction from the spiritual life. Christians who are always looking for soul love will never get with living in the spiritual life dynamic and end up being a loser in life. The Christian's first priority is to develop a spiritual love relationship with Christ, not someone of the opposite sex. Adam and Eve had a perfect love relationship before the Fall, but afterward it became something that we all experience and know so well.

Much of the anger problems believers experience in life proceed out of wanting to have a soul love relationship (being in love) and not having it. Remember: **Lust delayed produces frustration. Lust denied produces anger!**

Anger is a problem for all people, believers included, and it needs to be recognized and dealt with. One of the analogies we can use to explain it is the **grenade** concept. We often use the expression “they just blew up” to explain an outburst of anger by someone, so a grenade helps explain the workings of anger. To explode a grenade one must first pull the pin, be sure to throw it away from you, and then it will blow up. The pulling of the pin ignites the fuse, the fuse burns down, it ignites the charge, the charge first implodes, and then it explodes sending its fragments outward.

It is our pride that pulls the pin. Pride being the mental attitude that reacts to negative external stimuli: things that we do not like, or things that we don't want to do. It's not really about the things themselves as to whether they are good or bad, they could even be the will of God, the problem is the rebellious will and it's that part of the fallen nature that doesn't want to do something.

Once we react to something out of a personal sense of pride, then our fuse starts to burn; it can be slow-burning or a fast burn, but once it starts to burn, then the inevitable result will be an **explosion** of anger. But before the explosion there will be an **implosion** where our anger turns inward on ourselves

ravaging our own souls, then outward on those around us. But God does not want us to live in anger, but in love. “*But now ye also put off all these; **anger**, wrath, malice, blasphemy, filthy communication out of your mouth.*” Colossians 3:8 “*Let all bitterness, and **wrath**, and **anger**, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.*” Ephesians 4:31,32

The emotions of wrath and anger come from our fallen natures, while love comes from our new natures. Love is from God, who is the God of love, *agape* love that is. “*Beloved, let us love one another: for **love** is of God; and every one that loveth is born of God, and knoweth God.*” 1 John 4:7 While wrath and anger come from Satan! “*Therefore rejoice, ye heavens, and ye that dwell in them. Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great **wrath**, (megas thumos), because he knoweth that he hath but a short time.*” Revelations 12:12

We can see the anger dynamic operating in the devil in this passage where we have the devil's lust denied resulting in anger. The intensity of his anger, great wrath, is there as the result of the level of his pride! He is the king of pride of the entire universe! “*He beholdeth all high things: he is a king over all the children of **pride**.*” Job 41:34

We see Satan's pride reflected in his will to place his throne above the throne of God in heaven. “*For thou hast said in thine heart, **I will** ascend into heaven, **I will** exalt my throne above the stars of God: **I will** sit also upon the mount of the congregation, in the sides of the north: **I will** ascend above the heights of the clouds; **I will** be like the most High.*” Isaiah 14:13,14 We also see the element of jealousy in all this. So we have pride, jealousy and anger all found in this rebellious angel.

So in dealing with our emotions, we must not overlook the activity that Satan or his demons can have in them. He can fill believers with an overwhelming sense of dread and fear; he can stimulate us to illicit sexual arousal; and he can fill our hearts with bitterness and anger “*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 5:3 “*But he turned, and said unto Peter, **Get thee behind me, Satan:***” Matthew 16:23a

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 in the operation of the sin nature dwelling in our flesh. But what does the Word have to say? Satan incited David to take a census of the fighting men of Israel, which caused 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 **provoke** is *suth*, (some have it as *saweth*), and it has been translated as to provoke, to incite or to instigate. It had the idea of being converted or changed from one course or behavior to the opposite one. The Greek takes it as *apatao* or *exapatao*, to deceive or to seduce. It has the idea of to move or mislead someone into doing something that was against his will and original intention.

It was not a word of force or pressure, but rather one of persuasion and that along the lines of seductive or enticing persuasion. It is the word used to describe the dynamic when friends or other believers try to get doctrinal believers away from the Word; when men are faced with the temptress that men are to avoid; and for the devil attacking the people of God.

The devil will put thoughts in the mind, as we have seen with David, ideas that are not biblical; and he will try to arouse the emotions, the passions and the OSN to try to get us to do what we would not normally do. The devil put thoughts in the mind of Peter, when he told the Lord that this wouldn't

happen. “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.” Matthew 16:22,23

Satan filled Ananias' heart to lie to the Holy Spirit. “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

We see this with Eve in the Garden. Eve lusted for power; she wanted to have the control of things. But from where did she get that idea? It was Satan operating along the lines of suggestion that put those ideas in her head. We don't know what the serpent had talked to Eve about before this time, but we do know what he said in Genesis 3. “For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.” Genesis 3:5

The Apostle Peter warns us to be on the alert for Satan's activity in our lives, to be mentally sober, to not be getting into our emotions, about worry, and the problem of pride and being in submission to God's authority. “Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble. 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:” 1 Peter 5:5-8

We have studied about Asaph in Psalms 73 and how he become bitter, (an emotion), over the prosperity of the wicked. He had become so bitter that he stayed away from Bible Doctrine that was being taught in the temple; so bitter that he had no fellowship with God, even to the place of being like a senseless beast before the Lord. So what did he do? He went back to the temple, got right with God, got back under the teaching of God's Word and began **recovering from the emotional revolt of his soul**. Only the spiritual life dynamic that God has provided will enable us to do that!

The emotional complex of the flesh nature will keep us away from the joy and peace of God found living in the spiritual life dynamic, but at the same time the spiritual life dynamic will keep us away from the destructive effect of the emotional complex of the soul!

We all know the story of **Jonah** and how God had wanted him to go the Ninevites and preach the Gospel to them, which would have been a ministry of the spiritual life dynamic. But Jonah hated the Ninevites, because they were so wicked, that in anger he headed off in another direction. God intervened in the matter; caused a great storm to come up; he was thrown overboard; a large fish swallowed him; and after he had a change of mental attitude over the whole matter and decided to do God's will the fish vomited him up on the shores of Ninevah.

Jonah's anger, which is an emotion of the flesh nature, shut down all spiritual activity in his soul and its physical expression. But God worked in such a way that Jonah was compelled to do what God wanted him to do in spite of his childish anger. One way or the other God can get us to do what he wants us to do only it's better to be willing in the matter. And after it was all over Jonah was still angry because he wanted God to destroy them! So we have wrath, anger, implacability, a non-grace mental attitude, vindictiveness, resistance, rebellion, unforgiveness, etc..

The key to all this is not being focused on our emotions, or living in our emotions, or trying to detect

certain emotions, or self analysis, but to be focused on living in the spiritual life dynamic each day! For when we do that we will minimize our involvement in the emotional complex of the soul and the effect that the indwelling sin nature has upon them. And when and if we do get caught up in our feelings, we will know what to do to get back into the spiritual life dynamic. It's about developing spiritual self discipline to keep us on track.

In every case in the Bible we find that when believers get away from the spiritual life dynamic, they always end up being controlled by their emotions. And they can only get free of them, when they get back to faith in the Word of God. David was so afraid of Achish king of Gath that he feigned insanity. *“And David arose, and fled that day for fear of Saul, and went to Achish the king of Gath. And the servants of Achish said unto him, Is not this David the king of the land? did they not sing one to another of him in dances, saying, Saul hath slain his thousands, and David his ten thousands? And David laid up these words in his heart, and was sore afraid of Achish the king of Gath. And he changed his behaviour before them, and feigned himself mad in their hands, and scrabbled on the doors of the gate, and let his spittle fall down upon his beard.”* 1 Samuel 21:10-13

God has established a procedure that we must precisely follow for us to live in the spiritual life. We must know exactly what the Word teaches and we must follow it exactly. And our emotions are not a part of it! Our emotions are a part of the fallen nature that we received from Adam, while the spiritual life is from God and is found only in the new nature and the filling of the Holy Spirit. Yet today most Christians live in their emotions and most churches cater to their emotions!

When we deal with the various emotions that we have in the flesh: fear, anger, guilt, grief, jealousy, human love and human happiness; we must follow the applicable problem solving devices to handle them. If we don't, then we end up failing to live in the spiritual life and will be kept in the grip of these emotions that devastate our souls! Emotions have no common sense, no ability to think rationally, no ability to think along the lines of Bible Doctrine. They are a blind force that affects and controls our lives and if not checked by the spiritual life dynamic, they will always lead us away from the plan and will of God for our lives.

Class fifty-six

The emotion of human love is a very powerful force causing most people on earth, believers as well as unbelievers, to search for their right man or right woman, to find their “soul mates”. But what they fail to see is that a RM-RW relationship is a blessing of Bible Doctrine and that its successful enjoyment is dependent upon both the RM and the RW being **positive to doctrine!**

And even if a RM-RW relationship exists in marriage, and even if the two “enjoy” each other's company, that relationship will never supply what their souls need! Only spiritual fellowship with Christ over his Word will provide what their souls need! The man must be positive to BD, obey the Lord and exercise his authority and leadership in the home. The woman must be positive to BD, obey the Lord and respect her husband's authority by following his lead.

The problem is, as it was with Eve, that the woman lusts to not be under her husband's authority and to control the home and the relationship. For a RM-RW relationship to work this matter has to be straightened out to be in conformity to what the Lord says. And that includes that the man has to love his wife and treat her as the weaker vessel.

The woman was created by God to be a responder and helper to her husband, but where she went

wrong was by responding to the serpent, instead of her husband! She did this so she could get what she wanted and that was **control**! And even though Eve was Adam's RW; she was leading him into sin, disobedience, and away from BD and his fellowship with the Lord! For the relationship of RM and RW to work, which is the epitome of human love on earth, then both must be positive to BD, fulfill their individual roles, make the right choices and live in the spiritual life dynamic.

Being RM-RW puts a couple in the position of being able to really enjoy their marriage and life itself, but there's no guarantee that they will. There are many factors that can destroy a marriage, as we have all seen here in America, where 52% of the first time marriages end in divorce in four years. And many RM-RW marriages have tragically ended in divorce, when it could have been prevented.

One major factor is that each one has an OSN and if they don't know how to deal with it spiritually, doctrinally, then it will destroy the enjoyment of the marriage and can actually in time destroy the marriage itself! At the same time we must also learn to protect the circle of the marriage union from the OSN's of other people! Which would include family and friends, as well as those on the sidelines.

Both the man and the woman need to have a large dose of practical realism and understand that marriage is not always about hearts and flowers and Hollywood's idea of romance! We will need to understand that we will be living with somebody else's old sin nature much of the time and will need to be able to handle that. The old time concept of courting was not just to discover the other person's personality, but their “quirks” to see if you want to live around that the rest of your life.

We need to understand what each other's roles are in marriage, which are explained in the Word of God not the cosmic viewpoint of the world system controlled by Satan. The **woman** needs to see that her husband is the authority in the home over her and the children and is to submit to his authority. “*Wives, submit yourselves unto your own husbands, as unto the Lord.*” Ephesians 5:22 The **man** needs to see that he is to accept his leadership role and lead his family in love as unto the Lord, and that he is to love his wife as Christ loved the Church! “*Husbands, love your wives, even as Christ also loved the church, and gave himself for it;*” Ephesians 5:25

Personal **pride** on either party of the marriage union can negatively affect or destroy the marriage. She won't submit to his authority; he won't take the reins of biblical leadership; neither will forgive, anger, defiance, resentment; the list goes on. Pride not only destroys the well being of our souls; it can also destroy the marriage union, or at least the enjoyment of the marriage union.

Scar tissue in the soul of RM-RW can affect the marriage; it can lead to divorce, but it doesn't have to. Every believer has some scar tissue on their souls, but it doesn't have to lead to divorce, after all we did promise to be with them for the rest of our lives!

Negativity toward the Word of God, or living in the spiritual life dynamic by either of the mates will bring serious problems into the marriage union, for either the negative one will always be trying to pull the positive one away from living in the spiritual life to go after the things of the flesh or the world system, or there will always be strife and contention in the home. Often the negative one will leave the marriage. “*But if the unbelieving, (apistos), depart, let him depart. A brother or a sister is not under bondage in such cases: but God hath called us to peace.*” 1 Corinthians 7:15

The Emotion Of Happiness

“I just want to be happy”, “I just want to have fun”. This may fly in the face of what everyone wants

and pursues after, but the frantic pursuit for happiness is one of the main emotions that keeps us away from the true joy that God has provided every believer in Christ. *“I said in mine heart, Go to now, I will prove thee with **mirth**, therefore enjoy pleasure: and, behold, this also is vanity.” Ecclesiastes 2:1* *“There is a crying for wine in the streets; all joy is darkened, the mirth of the land is gone.” Isaiah 24:11*

The difference between happiness and joy is that **happiness** is an emotion produced in the flesh nature as the result of the individual experiencing something pleasant, fun, exhilarating, or by them getting to do what they want to do. It is an internal emotion brought about by pleasant external stimuli. While **joy** is a spiritual phenomenon brought about by the filling of the Holy Spirit in the believer's new nature. *“But the fruit of the Spirit is love, **joy**, peace, longsuffering, gentleness, goodness, faith,” Galatians 5:22*

Happiness was something that both Adam and Eve experienced before the Fall, but after they sinned and were expelled out of the Garden whatever happiness they may have felt afterward was nothing like they originally experienced; it was flawed and fleeting. The happiness they did experience in the Garden came as the result of having innocent natures and their daily fellowship with the Lord over his Word. It wasn't something they possessed as an inherent quality.

One of their major mental errors, (or perhaps they had never thought of it), was that they could act independently of the Lord and they would be able to have the same happiness that they did before! Apparently they assumed that the things they experienced in the Garden before they sinned would continue on afterward! Just like they assumed that they would be able to continue on living in the Garden! It never entered their minds that they would be kicked out of the Garden! It never entered their minds that the love and happiness they experienced in the Garden would now be replaced by fear, anger and guilt!

What they had now was a distant memory of the happiness they once had in the Garden coupled with the desire to have it again, so they went out in life trying to garner what little happiness they could find in various ways, but it would never be the same as it was before. But God has something infinitely superior for all believers in Christ and that is to be able to experience the joy of the Lord.

After the Fall man still had the desire for happiness, but the inability to realize the joy they once had with the Lord. So man now embarks on the pursuit for happiness anyway they could find it. We see this frantic pursuit for happiness in Cain, (see in Solomon as well in Ecclesiastes 2:1-10), who being separated from Christ the Creator seeking some form of fulfillment and happiness in: marriage, sex, children, farming, ranching, agriculture, music, the arts and entertainment, manufacturing, industry, construction, the developing of a system of laws, residential construction, the building of cities and the establishment of religion.

It was Cain who built a city and named it after his son Enoch. What was the motivation for such a great undertaking? It was a sense of pride and the desire to find happiness. He didn't do it because it made him miserable; he did it because he **enjoyed** doing so! To enjoy is to find joy or happiness in something. It appears that his son Enoch developed a religious system under Satan for his name meant the Initiated One; probably very similar to the system developed by Cush under Satan after the flood, which mystery religion is called Babylon.

Three generations down from Enoch we see his great grandson Lamech, who had three sons: Jabal, Jubal and Tubal-Cain. Jabal was the father of all those in live in tents and raise livestock; father is to be taken in the sense of being the first one to do this. Lamech's boast to his two wives can also be taken as a statement of law saying in effect that it was legal for him to kill a man in self defense if attacked.

“And Lamech said unto his wives, Adah and Zillah, Hear my voice; ye wives of Lamech, hearken unto my speech: for I have slain a man to my wounding, and a young man to my hurt. If Cain shall be avenged sevenfold, truly Lamech seventy and sevenfold.” Genesis 4:23,24

There are millions living in America today who are not saved, or who are saved and not sitting under the Word, who get a form of happiness, pleasure, or satisfaction out of raising all kinds of animals. From llamas to dogs and cats, to birds, cattle, sheep and horses. Horses seem to be the big thing for the ego crowd. Some raise horses for breeding, some for the racing crowd, some for the rodeo circuit, while others raise sheep, pigs, cattle, etc.. What's wrong with that you say? Nothing is wrong with the animal itself; what is wrong is the substituting of these things for the daily fellowship with Christ over his Word! In all these you find those who are seeking human happiness and fulfillment in their area of interest or expertise.

Jubal was the first musician; the first one to go into the arts and entertainment. He probably made the first harp out of animal gut and the flute out of animal bones. Jubal's expertise was the making of music and the making of musical instruments. So why did he do it? One, is because he had an expertise in that area, and two, because he enjoyed doing it, that is, he found joy and satisfaction in doing it.

How many countless millions today enjoy listening to music? How many find happiness and pleasure in music? or TV? Now there's nothing wrong with music at all, that is real music, but the question is why aren't they seeking the joy that comes about as the result of fellowshiping with God through his Spirit? The problem is that these things become substitutes for the only thing that brings us joy and satisfaction for our souls and the only thing that matters and that is fellowship with God!

A more detailed look at **human happiness**, which the KJV translates as *mirth*, is that it is an emotion that includes the ideas of exhilarating, pleasing, festivity, frivolity, hilarity, hysteria, having a good time, horseplay, joking around, having some kicks, fun, (the obsession of most Americans today), exciting; it is the opposite of sadness and despair. It includes such things as: gladness, gaiety, laughter, cheer, merriment and amusement, such as what is found in amusement parks.

Even the people of God turned away from communion with God for the purpose of fun and games. *“Neither be ye idolaters, as were some of them; as it is written, The people sat down to eat and drink, and rose up to play.” 1 Corinthians 10:7* **Play** here is *paizo* and it meant to play like children especially in joking, singing and dancing, to jest, to be involved in sports, to amuse oneself.

Tubal-Cain's expertise was in the area of forging tools out of bronze and iron. He was adept in geology, mining, metallurgy, alloys, casting, weapons manufacturing, as well as making all kinds of tools that could be used in farming, ranching, hand tools, axes, saws, weapons, residential construction, masonry, etc.. Now homes, temples, buildings, ships, etc., could be built because of his expertise in tools. He was the prototype of all involved in the areas of manufacturing, trades and craftsmanship; and he did it because he enjoyed it.

But Tubal-Cain was like virtually every other person on earth in that they weren't interested in the Lord and the joy he had for them; they sought fulfillment and happiness in occupying themselves with the things of this life. And how many today are seeking to find happiness in swimming, boating, pleasurable pursuits, fishing, drinking, hunting, socializing, games, sports, sex, drugs, music, work, hobbies, recreation, entertainment, gambling, dancing, shopping, amusement parks, thrills,, etc.?

But God has provided in his grace perfect joy to everyone who will come to his Son, Jesus Christ, in

faith, and fellowship with him through his Word and faith and the filling of the Holy Spirit. But how many people run from the joy God has for them in a frantic search for human happiness? But human happiness, fun, doesn't fill the soul. Only spiritual joy fills the soul, strengthens the soul, and edifies the soul. Fun, human happiness, is a temporary stimulus, but afterward it leaves the soul empty and wanting more; a greater thrill, a greater happiness, a greater kick, more fun, etc..

It is exactly like the phenomenon of drugs and people's addiction to them. They give people a thrill, a euphoric high where people feel happy for awhile, but after the drugs wears off, the people come down worse off than they were before. The only solution in the mind of the addict is to get more drugs, stronger drugs and stay high (happy) for a longer period of time. After awhile all they do is live to get high on drugs and so are those who live to have fun.

Solomon, who was seated in the position of tremendous wealth and power, sought to experience all the carnal pleasures that life has to offer and one of them was having fun. But he, too, realized that fun was only fleeting. *“I said in mine heart, Go to now, I will prove thee with **mirth**, therefore enjoy pleasure: and, behold, this also is vanity. I said of laughter, It is mad: and of **mirth**, What doeth it?”* Ecc. 2:1,2

Jeremiah prophesied God's judgment on the southern kingdom in Jeremiah 7:34, *“Then will I cause to cease from the cities of Judah, and from the streets of Jerusalem, the voice of **mirth**, and the voice of gladness, the voice of the bridegroom, and the voice of the bride: for the land shall be desolate.”* They, like the Americans today, were going about partying, banqueting, marriage celebrations having fun like the rest, but they had forgotten the Lord. *“For thus saith the LORD of hosts, the God of Israel; Behold, I will cause to cease out of this place in your eyes, and in your days, the voice of mirth, and the voice of gladness, the voice of the bridegroom, and the voice of the bride.”* Jeremiah 16:9 Jeremiah wasn't allowed to even associate with them; it was that bad. *“Thou shalt not also go into the house of feasting, to sit with them to eat and to drink.”* Jeremiah 16:8

The prophet **Hosea** reveals the hypocrisy of Israel's religiosity in Hosea 2:11, *“I will also cause all her **mirth** to cease, her feast days, her new moons, and her sabbaths, and all her solemn feasts.”*

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“What time I am afraid, I will trust in thee. In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.” Psalms 56:3,4

Pressure without faith in the promises of God is converted to stress in the soul. Stress in the soul activates the emotional complex of sins. The first emotional sin that is activated is fear. So the external adversities of life, pressure – *thlipsis*, if not met at the border of our souls with faith in the promises of God, will be converted to stress in the soul thus triggering fear in the soul. The recovery solution from fear is, *“What time I am afraid, I will trust in thee.”* Psalms 56:3

When we are under pressure and not handling it by faith in the Word of God, then that pressure will be converted to stress in the soul and stress in the soul triggers fear in the soul producing anxiety. From this one can live in a state of fear/anxiety for months, years, even the rest of their lives! And the only solution for this is confessing one's sins to God, 1 John 1:9, recovering the filling of the Holy Spirit, then exercising the faith rest drill of faith in the promises of God!

Hurt, provocation, insults, things that offend us, or things that displease us, or not getting to do what we

want to do, or having been made to do what we don't want to do without faith in the Word, the filling of the Holy Spirit and the *agape* mental attitude will trigger the **anger** complex of the soul. Bitterness being the first one, then the inner burning anger of thumos, then the vindictive anger of orge, then on to arguments, screaming, cussing, etc., and then on to physical violence.

But another reason for anger is **we become angry over that which is causing our anxiety!** And the sources over which we can become anxious are many telling us that there are many reasons out there over which we can get angry. Where **fear** is an emotional response to perceived threat; **anger** is an OSN reaction to pressure. It is volitional and has the mental attitude of personal pride driving it.

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If we can think of the soul as having compartments or rooms in a house and each one of these rooms having their own capacity for life, and then we bring in the factor of emotions that constrict, then what we are left with are our own various negative emotions that so constrict that area of the soul barring the access of the spiritual life into these areas.

Scar tissue, rather a calcification concept much like sediment build-up on the walls of water pipes. Build up over the entrance into these areas of the soul, thus restricting and preventing the flow of the spiritual life dynamic into these various compartments of the soul, which in turn translates into the believer not having the full capacity of soul intended for him by God.

The difficulty in all this goes back to the repressed and suppressed emotions that came about as the result of encountering various forms of psychological, social, emotional, physical, or sexual abuse that left us traumatized in our youth, and even in adult life. Split personalities, multiple personality disorders and many other conditions were developed as the result. At some point in time one will have to deal with these issues in their spiritual growth.

Lot In Life

“Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.” Psalms 55:22

The believer will have to often deal with their emotions that spring up as the result of their lot in life; it's not all lollipops and roses. The word for **burden** here is *yehab* and was regarded back then as “one's lot in life”. It denoted every aspect of our existence here on earth. It was what had been allotted to us by God, just as God allotted to each Israelite the particular piece of land he had given them.

It was generally accepted by people in days gone by that one's lot in life was more or less what they had to live with, but today the general consensus is that we can change it. Now we are educated; we have many self help books to aid us; and there are teams of people out there who can help us get out of our lot in life to something better, if we have the money or insurance. But the older generations knew that there were some things in life that they couldn't change, so they accepted them as their lot in life.

In days gone by a young girl would get married, have several kids and spent her days tending a garden, cooking, cleaning, washing dirty diapers and living out some remote place on a farm. Were there days she would get tired of it? Yes. But she accepted it as her lot in life because she loved the man she was married to. Today they would divorce their husband, take the kids, go back to school to get an

education and become a professional; leaving behind a trail of broken hearts and souls.

A young boy growing up could have plans for attending an Ivy League college, but his Dad died in a wreck and now he has to tend the farm. Later on he would fall in love with a beautiful girl, get married, and then the kids start coming. Now he has to spend every waking moment just to feed all the hungry mouths back in the house. But he would accept it as his lot in life. Today they would leave and take up with someone else, someone younger, prettier and a nicer figure. In times past people would accept the aging process with all the sagging skin, wrinkles and loss of hair as part of their lot in life. Today they go down and get implants, facial peels, plastic surgery and hair replacement technology.

When Joseph was sold off into slavery by his older brothers he could have resented it and turned into a bitter old drunk, but he didn't. He accepted it as his lot in life and sought to live life to his full potential with the Lord's help. How many husband's or wives have had to live the rest of their lives with a mate who became crippled and no longer able to function like they used to? **Have we never considered that our lot in life has been assigned to us by the Lord to shape and form us into the men and women he wants us to become?** If we could see the wisdom in this, we would stop cursing our lot in life and start thanking God for it!

The list of problems that God's people have had to live with is endless. Some women were burdened down with ten kids, while others had none; some were born blind, deaf, crippled; some were born poor; some into caste systems; some into slavery; some with mental or physical handicaps; some were born during times of war; some into economic hard times; some into dysfunctional homes; many as victims of injustice; some had every opportunity laid before them, while others had none, this is what is meant by our "lot in life".

This is what is meant by our **burden**, our lot in life. What God wants is to do is accept the things in life that can't be changed and cast them upon him! *"In every thing give thanks: for this is the will of God in Christ Jesus concerning you."* 1 Thessalonians 5:18 *"And the LORD said unto him, Who hath made man's mouth? or who maketh the dumb, or deaf, or the seeing, or the blind? have not I the LORD?"* Exodus 4:11

Now there will be two major areas that one will have to deal with in learning to accept and adjust to one's lot in life and they are 1) the pressure that comes with it, which will always be there; and 2) the potential for one's own old sin nature, negative volition reaction to it. The third area, which is not a reaction, but is needed in is our faith rest reliance on the Lord to help us. Whether we are dealing with financial pressure, or physical problems, failing health, or anything else these things will be a pressure on our souls, which can create stress in our souls, if not handled by faith in the Word. So we are really going to have to trust the Lord and cast the burden of our lot on him!

If we do not learn to accept our lot in life, which stems from pride and lack of humility, and handle it by utilizing God's spiritual problem solving devices, then the result will be constant stress in the soul, sin in the soul, false doctrines in the soul and the continuing on of the defense mechanisms of the soul. For there will always be pressure that comes with our lot in life, and pressure, if not handled by faith in the Word, will always be converted to stress in the soul.

But we have another problem that comes with our lot in life, other than the pressure accompanying it, and that can be our negative reaction to it! At times one can resent some things about our lot in life, many things, or everything! Sometimes we resent the pressure; sometimes we resent the responsibility; sometimes we resent the demands put on us by the job or those we take care of; sometimes we resent

having to do all the things connected to our responsibilities and not be able to do what we want to do. And remember, resentment is the reaction of pride.

We need to remember that our lot in life, which God has allotted to us, has to be lived in the power of the Holy Spirit. The flesh cannot handle it, nor does it want to. Psalms 55:22, “*Cast thy **burden** upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.*” tells us how to handle it and so does Matthew 11:28-30, “*Come unto me, all ye that **labour and are heavy laden**, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find **rest unto your souls**. For my yoke is easy, and my burden is light.*”

Casting, shalak, is a concept of trust and a ceasing of one’s own works. It has the idea of one who has been carrying an heavy load, so he goes over and places that load on an ox cart, or a camel. Once has transferred his load over to the cart or camel, then he is no longer carrying the load, that is, not unless he wants to go over and unload it and start carrying it again! The believer is not able to handle the problem; he is unable to bear his burden any longer; whether due to the pressure involved in it all, or his reaction to it, or he is not able to get his soul to be at peace, so he turns it all over to the Lord.

Living in the spiritual life dynamic is necessary for believers in Christ to keep stress out of the soul. If we don’t, then we will end up with **stress** in the soul, which is a nondescript agitation of the soul. “*Let not your heart be **troubled**: ye believe in God, believe also in me.*” John 14:1 Stress in the soul will end up in **sin** in the soul with the first sins being activated are the sins of the emotional complex: fear, anger, guilt, grief, jealousy, human love and human happiness. “*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 From there it goes further downward into the **defense mechanisms of the soul**, such as: projection, denial, acting out, transference and repression. And if not caught and corrected it will end up in **false doctrine in the soul**.

So one can see how vital it is for us to keep stress out of our souls! The three enemies of the spiritual life are: the **world system** with its allurements, attractions, involvement and distractions; the **flesh nature** with its lusts, pleasures, emotions and pride; and the tempting and attacks of the **devil**. But living in the new nature will keep us away from all that.

In John 14 the Lord gives us the solution for keeping stress out of the soul – **faith!** Faith in the Father, his plan, his protection, his power, his promises, his provision, in the process he is taking us through to perfect us and faith in his Son! Christ then gives us the doctrines we are to believe; God is preparing for us a place to live in his heavenly city. “*In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.*” John 14:2,3

“*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 In verse 27 where he says don't let your hearts be **troubled** he uses the word *tarasso*, which refers to stress in the soul. He then shows us how stress becomes converted to the emotion of fear, when faith is not present. He also tells them that the prevention and cure for stress and fear is the peace he has given to every believer in Christ.

In John 16:33 Christ emphatically states that we will have **pressure** in this world that is controlled by Satan and full of sin, harshness, threat and hostility. “*These things I have spoken unto you, that in me ye might have peace. In the world ye shall have **tribulation**: but be of good cheer; I have overcome the world.*” John 16:33 The word **tribulation** – *thlipsis* = pressure.

He then goes on to tell us to “take heart”, to be of good cheer because he has overcome the world. How did he overcome it? How was he victorious over all the pressure and stress? By personally living in the same spiritual life dynamic that the Father has given to everyone who has believed in him!

The external pressure found in the world can become stress in the soul, but **it doesn't have to!** It can be kept out of the soul by living in the faith rest dynamic of faith in the promises of God. But stress, that is the feeling of agitation in the soul, can become a **warning signal** for all believers to get back into the faith rest drill and recover the spiritual life dynamic.

Some may wonder why all these classes on emotions and the reason why is because the problem of believer's feelings are so prevalent today they keep most believers outside the spiritual life. Some even mistakenly think that emotions are a part of the spiritual life! As the wind and waves blow a little boat all around at sea, so do believer's emotions blow them all over the place. **It is the spiritual life dynamic that will carry us through the trials of life, not our feelings!**

Christ said in John 16:33, “*In the world ye shall have **tribulation**.”* - εν τω κοσμω θλιψιν εξετε. The word **shall** is in the future active indicative, which expresses the absolute certainty of this. As a gnomic future it tells us that pressure can be expected; it's par for the course, which tells us that the world system and pressure go together for believers in Christ.

We also want to notice that the word *ge* isn't used here for the **world**, which is the word for the earth, but he uses the word *kosmos*, which denotes the world system made up of unbelievers as they are ruled over by Satan, who controls the world and its people through his various religious systems, his economic systems and political systems. As he told the Lord in Luke 4:6, “*And the devil said unto him, All this **power** will I give thee, and the glory of them: for that is delivered unto me; and to whomsoever I will I give it.*”

There is pressure from just living on the earth: toxic plants, poisonous creepy things, snakes, scorpions, lack of ready food supply, clean water to drink, exposure to the elements, having to work hard just to eke out a living to stay alive, psychical injury, diseases, threats from predators, threats from evil men, the aging process; all these things and more exist on the earth (*ge*) putting pressure on us, but there is something else and more that us pressure on us and that is the world system (*kosmos*).

The Lord emphatically states that **you** (we) will have pressure in the world. But somehow we miss the point where he says “**you**” will have pressure; you believers in Christ will be under pressure from the world system. The unbelievers don't have it; it's just that we do! The world is their home; it is the water they swim in, the air they breathe. They belong to Satan and the world is their home, while we belong to Christ and heaven is our home.

It is the **earth** that puts pressure on our bodies, but the **world** puts pressure on our souls. And the more evil the world system becomes, as it is presently doing, then the more pressure it will put on our souls culminating in the greatest pressure since the beginning of man – the Great Tribulation, or the time of great pressure on believers in Christ. But the faith rest dynamic, prayer and the filling of the Holy Spirit is more than sufficient to deal with the pressure of the world.

If a man wanted to keep the elements of the earth away from his body he would build a cabin. Inside the cabin he would have protection from the wind and rain, the cold and heat, the storms, the snow, even from predators. If he wanted further protection from man he could build a wall around it and turn

it into a fort. The believer is to do a similar thing and build a wall of protection for his soul and it is accomplished through living in the spiritual life dynamic, where in it is peace, while outside there is pressure and trouble.

Everything about the **world** is antithetical to the soul and nature of Christians. We love the light, but it loves darkness and hates the light. We love the truth of God's Word, but it hates the truth. We live by love; the world lives by lust. We love God and his Son; the world hates them. We love peace; it loves war. We love righteousness; it loves wickedness. So it is no wonder that Christians have pressure put on their souls because of the world.

It is the spiritual life dynamic that protects our souls from stress in the soul, sin in the soul, the defense mechanisms of the soul, scar tissue of the soul and false doctrine in the soul and it all centers around faith in the Word of God and the filling of the Holy Spirit. It also protects our souls from: the fear complex, the anger complex, the grief complex, the guilt complex, jealousy, human love problems and human happiness pursuits.

Even the simple matter of grief can have such a destructive effect on our souls. Not only can we mourn a loved one we lost, a parent, or spouse, or child, but we can also mourn the life that we once had, but no longer do. Or we mourn the life that we wanted to have, could have had, but did not have. And mixed in with those feelings of grief can be anger and guilt that complicate the matter. To deal with grief we have to live in the spiritual life and apply doctrinal teaching to the problem.

We all have our own ideas as to what life is about, not only our physical life – *bios*, but our soul life – *psuche*. People want to fall in love, get married, have kids, get an education, start a career, buy a home, travel, retire, have fun, etc.. But have we ever considered what the real purpose of life is? Have we ever thought that the real reason for life is not accumulating things and doing things, but our spiritual life? Have we ever considered that this life is for the purpose of preparing us for the next life?

Did you know that God has ordained for us to know Christ in this life and be conformed to his image? This is the real purpose for our lives here on earth, not just having things. *“For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren.”* Romans 8:29 *“That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death;”* Philippians 3:10

When we were born we were born into this world, so we were quite familiar with its ways. Get an education, get married, buy some things, do things, go places, have fun, travel, retire, some good times and some bad times and make and lose some friends along the way. *“Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience:”* Ephesians 2:2

This is how the Gentiles live and this is how we lived before Christ saved us, but God took us off that path and started us in another direction; now we are to live for Christ and the will of the Father. But there will be quite a few adjustments along the way. Just as when God took the Israelites out of Egypt, then he had to get “*Egypt*” (the world system) out of them.

The process can be traumatic at times and can be a crisis in our lives. What gets us through these times is spiritual renewal. *“For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.”* 2 Corinthians 4:17 *“And have put on the new man, which is renewed in knowledge after the image of him that created him:”* Colossians 3:10

The word for **renewal** is *anakainosis*, which meant to refresh, to reinvigorate, to renew, to bring back to its original condition. It's like exchanging the old stale air in the room for fresh air. One does not create air all over again; one simply refreshes it. The same for the new man. One does not recreate the new man over and over again, but renews him. It is also mentioned in Hebrews 6:6, "*If they shall fall away, to renew them again unto repentance; seeing they crucify to themselves the Son of God afresh, and put him to an open shame.*" Romans 12:2, "*And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.*"; and Titus 3:5, "*Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost;*"

Spiritual renewal is how we keep stress and sin out of the soul and it's how we get the garbage out of our soul! It is both the prevention and the cure. And spiritual renewal comes about as the result of *epignosis* doctrine in the soul, which is the Word that we have learned and believed under the filling of the Holy Spirit. "*which is renewed in knowledge after the image of him that created him:*" And Paul said that he was being renewed every day.

So if we're having a problem of **fear**, worry, anxiety, consternation, dread, apprehension, feeling vulnerable to physical or emotional injury, which all cause mental torment, then the procedure we are to follow is to confess our fears to God, confess that we are not trusting him, start the faith rest drill up once again by going over the promises of God especially those promises that deal with God providing for us and protecting us and start occupying ourselves again with the Word of God.

If we're being hit with the feelings of **guilt**, then we are to confess to God that we are feeling guilty, start the faith rest drill once again and occupying ourselves with the Word of God, especially those doctrines that show how all our sin, our guilt and shame have been taken away from us because Christ has paid the full penalty for all our sins.

Many have done things in their past that they are ashamed of so they repress these feelings of guilt. The same procedure applies to them when these feelings start to come to the surface, which can be traumatic in itself. But we have to see that all our sins have been paid for by the atoning death of Christ on the cross and God has forgiven every last one of them. We also need to see that these are carry-over feelings of something that took place in the past and that they have already been forgiven!

It would be helpful to understand the dynamic involved in all this. There is the **event**, which took place at some point in time in the past, then there were the **feelings** that came about as the result of the event. Maybe the feelings were anger and maybe they were feelings of guilt and shame. And maybe we repressed the feelings down inside of us because they were too painful or embarrassing to bear. And so we go through life like that. What we will be dealing with are the subsequent feelings.

But in spiritual growth these old feelings that have been hanging on to us many years after the event start to surface. This is where the believer will need to recover the filling of the Holy Spirit, start the faith rest drill in the promises of God, but, and this is very important, they will need to apply doctrine to the specific problem they are dealing with regardless of whether it is fear, anger, guilt, etc..

In the area of **guilt** we will need to understand what took place 2,000 years ago when Christ died on the cross, for there he paid the full penalty for all our sins thereby removing our sin, our guilt and our shame from us. We will need to remind ourselves of these things on a constant bases in our post-salvation experience, regardless of what these legalistic hacks say on TV. We will need to see that

Christ paid the penalty and has forgiven us for all our sins we committed before we were saved **and after we were saved!** All our sins, including the sins of the soul are under the blood of Christ.

One of the problems of guilty feelings, which can lead to a guilt complex and a shame index, is that we will feel like we're no good, that we're unworthy of anything good in life with the result that we will make us not want to accept God's grace. Pride and implacability can do that also, but when believers reject God's grace because they feel guilty about their past, or themselves for that matter, it just shows that they have not been taught about God's grace, which is where God does things for us not based upon who we are, but who he is! He blesses us even though we don't deserve it!

The new man is surrounded by the old man; the new man lives in a flesh body...for now. So when we look at the pressures of life without faith, then the flesh reacts with fear. The issue for us is to face these pressures utilizing the spiritual problem solving devices that he has given all of us and not resort, as we usually do, to the flesh's approach.

One of the main approaches that we usually resort to when handling pressure, or any other problem we might encounter, is by the **coping skills** we learned in childhood. Now they may have enabled us to handle or survive the things we faced when we were young, but they are not sufficient for handling problems as adults, in fact they can be quite destructive for the soul's well being and our relationships with other people.

Divine solutions are the only solution; human solutions are no solution at all. Doctrinal problem solving solutions, which we must learn from his Word, are the only solutions for our problems. And the first thing we need to learn is that emotions will not solve our problems! They are the problem! It's our emotional reactions to the problems and pressures we face that end up being far worse than the problem itself. We can be hurt or offended by someone, which quickly passes, but be bitter about it for years.

Defense mechanisms, which we inherited from Adam and also acquired in our childhood, such as: denial, dissociation, transference, projection, repression, elf-justification, etc., keep us from solving our problems, ensure that the garbage in our souls never gets out, stop our spiritual growth and keep us out of the spiritual life dynamic.

Paul told the Corinthians that they were being constrained or restricted by their emotions as the result their emotions had shut down their spiritual life. "*Ye are not **straitened** in us, but ye are straitened in your own bowels.*" 2 Corinthians 6:12 Our emotional reaction to the things we have gone through in life, which can be ongoing, prevent the flow of the spiritual life in our souls. Sometimes the blockage can be so strong that the believer may need to seek professional help in the matter.

A question arises of, why is it that we didn't have a problem with the garbage in the soul when we were young believers, but are now having it years later? We're the same believer, the same soul, the same negative experiences of the past, so why are they now popping up? It could be that something someone said or did has triggered it. It could be spiritual growth where you are at point in your life where it needs to be dealt with and with Doctrine you can deal with it now where you couldn't years ago. Another is where you have been living your life to stay one step ahead of these old feelings and now they have caught up to you. The point is now we have to deal with them.

This is like having a large house with many rooms in it and wonderful views of the surrounding countryside, but the owner chooses to live in just one or two rooms! You walk down the hallway and see one room after another with the doors locked; others are nailed shut; and still other rooms have had

sheet rock over the doors so as to fool people into thinking there is no room there. Some of the locked rooms are full of junk, others are full of garbage, and others are full of things that frighten them.

But God did not design our souls to just live in one or two rooms. He has given us this great mansion of the soul and he wants us to enjoy every compartment in it! So Christ comes over to visit you in your house and proceeds to go down the hallway one room at a time to get rid of the clutter and junk in one room and the garbage in the other room and open up the windows so you can see out. He wants you and he to enjoy every compartment in our souls that he has created for us. This is what spiritual growth is about and it is our emotions that hinder that.

Bitterness is our reaction to that which we don't want to do, that which has hurt us or is hurting us, to not getting our way, or not getting what we wanted. It can come about as the result of a recent event, or it can be there as the result of something happening to us long ago. It can grow and fester into a burning anger, then into an anger that wants to hurt others, to hurt the one's who hurt you or others in general, then on into bickering, quarreling and arguing, then into malicious speech characterized by violent arguments, name-calling, screaming; speech that is designed to hurt the other person, then finally into physical violence directed at people and things.

Bitterness, if not dealt with, doesn't go away. It is simply repressed into the subconscious, along with the hurt, and will affect people in their lives from that point forward. It is imperative that believers keep short accounts with the Lord and that is we're to admit to God we are bitter and then forgive the other person, if that's the case, and go on in the spiritual life. If we've reacted because of our petty pride, then we confess that also and humble ourselves under God.

We may even have to trace that root of bitterness down to the event where it was triggered, to where we reacted over something. *"Looking diligently lest any man fail of the grace of God; lest any **root of bitterness** springing up trouble you, and thereby many be defiled;"* Hebrews 12:15

Repression is a defense mechanism technique whereby we push the feeling down inside of us where it is out of sight and out of mind. We do this to isolate and protect the soul from further hurt and so we can go on with life. But it is still there down inside of us and the soul builds up scar tissue around it, which diminishes our capacity for life.

Fear is also a reaction of the emotions, but it is a reaction to that which threatens us, while **bitterness** is our reaction that pertains to things that are contrary to our will. When we have had to do that which we don't want to do; when we had to go through something we didn't want to go through, or be hurt in some way, then our volition reacts and the emotion of bitterness ensues.

Stress in the soul is the nondescript agitation of the soul. **Sin in the soul** is pride, fear, anger, guilt, grief, envy and the other feelings of the emotional complex of the soul. **Defense mechanisms of the soul** are denial, repression, suppression, avoidance, transference, projection and TMS. **False doctrine in the soul** is the acceptance of non-biblical teaching.

We must always remember that it is the mental attitude of **pride** that is behind the emotion of bitterness and anger and that's because the sinful nature of the flesh controls our volition and self perception. The sinful nature reacts over that which it doesn't want, then the sinful emotions are activated. Now God can and will help us in dealing with all this by the spiritual provision of confessing our sins to him, but there are two problems on our part in doing so. *"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."* 1 John 1:9

The first one is our **inability** to see our bitterness, (or any other repressed emotion for that matter for they are buried in the subconscious), and to see where it came from. And the second one is our **unwillingness** to see these things about ourselves! We all have an image of how we see ourselves, (an idol), and the truth will eradicate that image.

Now 1 John 1:9 deals with the matter of **our confessing sins to God** and the word for **confess** is *homologeō*, which meant to admit, to agree, or to acknowledge. When we do, and if we do, then God will do two things for us; he will forgive our sins and he will cleanse us from them, that is, remove those troubling feelings from our souls.

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One cannot emphasize how wonderful this concept is. God will actually remove from our souls, the pride, the bitterness, the hurt, the anger and everything else connected to the event where we reacted. But we must acknowledge to him our feelings, our hurt, our reaction, and our anger. But to do this we have to be able to see it! And even in this we will have to not only deal with the inability to see these things about ourselves, but our unwillingness to see them.

But who is sufficient for these things? No one, but God is! That's why we need to keep on praying and ask God for the wisdom on how to handle these things. *“Is any among you **afflicted**? let him pray. Is any merry? let him sing psalms.” James 5:13 “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*

What God often does is put believers through a similar situation in their lives, or some other situation that parallels what they went through in the past to bring up those old negative feelings that are hindering their spiritual growth and walk with him. These new situations, (tests, trials, pressure), create added pressure on our souls and they create tension in the soul; something we've been trying to avoid. What this forces us to do is get the doctrinal answers for our souls, thus creating growth and more faith.

God is the one who allows and arranges these trials to come into our lives and he supervises them all the way through. And even though they can be quite stressful and painful to go through; they are not there to punish us, but to free us from the things that are hurting us! Remember that for us to acknowledge our sins to God, we must first be able to see them and that means they will have to come up from the subconscious to the conscious mind and that can be quite stressful at times. Especially if these sins are repressed emotions.

In the case of buried emotions, which we acquired due to our reaction to something that took place in days gone by, it often takes a trial of similar circumstances that trigger something inside us and force these old negative feelings up to the surface of the conscious mind. Once they surface, then we can see them for what they are, acknowledge them to God and have them removed from us thereby freeing us from their destructive influence.

But what are emotions? Where do they come from? Are they spiritual phenomena? Or something else? Our emotions are a part of our human Adamic nature, but remember our flesh nature is fallen; it acquired a sin nature through genetics. The element of sin in our bodies was passed down generation to generation from Adam to us today.

We need to understand that the emotions of fear, anger, guilt, grief, jealousy, human happiness and human love concepts that we experience today were not originally present in Adam and Eve in the Garden before they sinned! They had no fear, anger, guilt, grief or jealousy before they sinned! And the two concepts of love and human happiness they originally had were changed into something different. **There is no way in the world that we can experience the love or happiness those two felt before they sinned. And neither could they after they sinned!** That was lost forever!

But God has done something different and infinitely superior for people, when they believe on Christ as their Savior. At the moment of their faith in Christ God creates a new nature inside of them; a new nature patterned after Jesus Christ. *“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*

And what we experience in our souls is no longer emotional phenomena, but spiritual phenomena! There is no fear, no guilt, no grief, no envy and no anger; and instead of human love and human happiness we now have love, joy and peace! Along with longsuffering, gentleness, goodness, faith, meekness and temperance. Galatians 5:22,23

When we are controlled by the flesh nature, then the different feelings of the emotional complex come oozing into the stream of our consciousness. But when we are filled with the Holy Spirit, then spiritual phenomena come flowing into the steam of consciousness. The key for all believers in Christ is to remain filled with the Holy Spirit and not be controlled by the flesh nature.

And yes the flesh nature does produce negative emotions as the result of our reaction to unwanted stimuli, but it doesn't have to be stimulated to produce them because the flesh produces negative emotions constantly like a weeping rash! Remember, the old sin nature can do nothing but sin, nor does it want to do anything other than sin! And that includes the emotions. Getting the flesh nature to stop having emotions is like trying to get the flesh nature to stoop sinning. It can't and it won't!

There is only one way we can get out of the tyranny and control of the flesh nature and that is through the filling of the Holy Spirit, who, when we are controlled by the Spirit of God, will render inactive the flesh. And we are filled with the Holy Spirit, after having confessed any known sins to God, as we focus our mind in faith back again on the Word of God. *“Thou wilt keep him in perfect **peace**, whose mind is stayed on thee: because he **trusteth** in thee.” Isaiah 26:3* The word for **trusteth** is the qal participle of *batach*, which tells us that this trusting God is to be ongoing and that when it is, then there will be peace in the believer's soul.

And again we have this relationship of peace to faith found in Romans 15:13, *“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.”* **In believing** (*pisteuo*) is an infinitive, which tells us that the activity of the verb, which refers to the filling of the Holy Spirit, takes place within the sphere of something, in the sphere of believing. The peace provided by the Holy Spirit comes to us in the sphere of our faith in the Word of God.

In the process of Christian life and growth we will have to constantly deal with our emotions, some days more than others. So much emphasis is placed on the lusts of the flesh it often distracts us from the problem that emotions play in our lives. Most Christians think that there are only a few lusts that we have to deal with, when in fact there are around 28 lusts that the flesh produces! What they don't know is that emotional phenomena is not spiritual phenomena and when we are controlled by one or more emotions, then we are outside the spiritual life dynamic! Some groups incorrectly teach that emotions are spiritual phenomena and they aren't!

When God originally created Adam he created him with a body, which is flesh, and a soul, which is in the flesh, and a spirit, which is also in the flesh. The two lives that he breathed into his nostrils were soul life and spiritual life. “*And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.*” Genesis 2:7

Now the body, which has physical life, *bios*, was Adam's point of contact with the material world. His flesh body meant that he was not just in the world, but that he was connected to the material world. The spiritual life he originally possessed was his connection to God. But in his spiritual death due to his sin, he lost that spiritual connection to God. Theologians are split as to whether he died spiritually, or that he was spiritually disconnected from God. Most agree he died spiritually.

Adam was created with a **soul**, *nephesh*, which has the ability to think in different capacities, to choose and to feel. But what does it mean to *feel*? In a way feelings are the soul's ability to relate to one's environment and to other people on a non-physical, non-intellectual level similar to the concept of the senses. In the physical realm the **eyes** connect the soul to the existing world. The sense of **smell** further connects the soul to the outside world in a way the eyes cannot. Then there is the sense of **hearing**, which connects us to the external world in a way the eyes and nose can't. The sense of **touch** also connects us to the outside world in a way the others can't. And finally there is the sense of **taste** opening up another capacity for relating to the outside world.

Yet these are not emotions, nor are they thought! The emotions were Adam's soul *senses*, if you will, but they were more than that. They were the ability to operate on an higher level than the physical senses, which gave him the capacity for the enjoyment of his environment and for Eve. Adam's emotions gave him the capacity for **happiness**, a sense of euphoria. They gave him the capacity for **peace**, a sense of tranquility, contentment and well being. And they gave him the capacity for **love**; love of God and love for Eve.

It isn't accurate for us to use the word emotions when talking about Adam and Eve in the Garden before they sinned against God, because that would be trying to read back into the original couple before the Fall our concept and experience of emotions today! We can use the term **emotions** when talking about **our** feelings today, but when we refer to Adam and Eve we should use the terms: of having the unfettered capacity to enjoy life, the capacity to love and the capacity for happiness.

There is no way of comparing the soul's dynamics of emotions today with the soul's capacity before the fall. And the soul's capacity for love, happiness and peace was a separate dynamic from its spiritual dynamic with the Lord, but its capacity for these things proceeded out of its spiritual relationship with God. Once Adam lost his spiritual relationship with the Lord he also lost his capacity in these areas. He no longer had the love he had before, nor the peace of mind, nor the happiness he once had. Instead he experiences fear, anxiety, worry, apprehension, bitterness, guilt, shame, grief, sadness, depression and all the other emotions we experience today. We got them from him! Even the love dynamic Adam once experienced for Eve was on another planet in a different galaxy.

Now when it comes down to the salvation in Christ we enjoy today, God did not rectify, remodel, or renovate any part of the flesh. It is utterly corrupt and beyond repair. What God did for us is create an entirely different man altogether! “*Therefore if any man be in Christ, he is a **new** (*kainos*) creature: old things are passed away; behold, all things are become new.*” 2 Corinthians 5:17 This passage refers to the new man as *kainos*, which has the idea of being new as to quality, while other passages refer to him as *neos*, which is new in time. God create an entirely new species of humanity patterned after the God-

man Jesus Christ.

For those in Christianity, who are trying to pass off emotions as spiritual phenomena, are confusing the flesh with the spirit. Or those who are saying that the Spirit of God works through human emotions are those who are trying to put new wine into old wine skins. Human emotions come from the flesh nature and are not to be confused with spiritual phenomena. If we had it before we were saved, then it is not a part of what God created anew in us!

Perhaps the problem lies in those who confuse spiritual phenomena with emotional phenomena is that whenever they have been truly filled with the true Holy Spirit and experience the love, joy and peace of God, they mistakenly assume that these are emotions, when in truth they are not emotions, but spiritual phenomena produced by the Holy Spirit in the new nature.

There is the flesh and the things that belong to it and there is the Spirit and the things that belong to it. And the flesh is totally **incapable** of producing any spiritual concepts! It not only is incapable of doing so, it is **unable** to do so! If it could do it, then it wouldn't want to; and if it wanted to, then it couldn't. *“Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.”* Romans 8:7

There is no way that the emotions of the flesh nature, which are able to be happy can produce the spiritual **joy** that God has for us. There is no way that the emotions of the flesh nature, which is able to produce human love can produce the spiritual **love** of *agape*. There is no way that the emotions of the flesh nature, which are able to be peaceful can produce the spiritual **peace** that God has for us.

The **flesh** produces: *“Adultery, fornication, uncleanness, lasciviousness, idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings,”* Galatians 5:20,21, along with pride, and the emotions of fear, envy, grief, guilt human love and human happiness. But the **Spirit** is life and peace! *“For to be carnally minded is death; but to be spiritually minded is life and peace.”* Romans 8:6

Romans 8:7 gets into the source of our problem, *“Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.”* The mind of the flesh is **enmity** (*echthros*) toward the God. It is not subject to the Law of God, or the will of God, neither can it be in submission to God. It doesn't want to and it isn't able to. So how in the world could it ever produce any spiritual phenomena? The answer is it **can't!** That's why God had to create something entirely new! Which he did in the new nature of every born again believer in Christ.

The word **enmity**, *echthros*, which has the ideas of bitterness, resentment, hate, implacability and irreconcilability, along with the actions of a war being waged against you to thwart everything you want to do, or to destroy you. The flesh is not only God's enemy, but ours as well! So it is no wonder that we have problems in living in the spiritual life that God has provided for us! *“For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.”* Galatians 5:17 And to state or think that it can produce spiritual phenomena is absurd beyond measure! How can the enemy do what you want it to do, when it is totally opposed to what you want to do?

Repression, suppression and denial are some of the ways the flesh keeps from acknowledging our sins to God, but so is tension myositis syndrome. These are just a part of the warfare that the flesh uses, in addition to the lusts and pleasures of the flesh, to keep us from living in the spiritual life of peace and

joy. As long as we are in a state of denial, as long as the subconscious directs our attention to some physical problem, then we will avoid being conscious of our sins, hence avoid confessing them to God.

Now one should always have any physical problem checked out by a doctor, but the subconscious frequently uses a physical problem to divert the conscious mind's attention away from troubling emotions. An interesting phenomenon in this area is that whenever the individual is able to see through the physical subterfuge, then the unconscious mind will create another problem in the body to get the conscious mind to focus on it. The key to getting on top of this is the same as the key for getting on top of the problem of dealing with our lust, pleasures and emotions is that we need doctrinal information, which sheds the light on these problems so we can overcome them. Bible Doctrine, plus confession of sin and the filling of the Holy Spirit will ultimately give us the victory over these things.

We've been discussing the emotions and the negative impact they have on our spiritual life, on our bodies, and on our social life. Now we need to see the impact that **pride** has on our emotions in the areas of fear, anger, guilt, grief, envy, human love and human happiness.

Pride is the mental attitude that sees itself above others, above other people, above other believers, above authority and above God. It rejects authority; it rebels against authority; it resents authority and refuses to submit to authority. It is anti-grace, anti-faith and anti-doctrine.

Pride is in the hearts and minds of every human being and we acquired it genetically from Adam and Eve and ultimately from Satan, who is the king, or epitome of pride. *“He beholdeth all high things: he is a king over all the children of pride.”* Job 41:34 *“Thine heart was lifted up because of thy beauty, thou hast corrupted thy wisdom by reason of thy brightness: I will cast thee to the ground, I will lay thee before kings, that they may behold thee.”* Ezekiel 28:17

Pride's relationship with **anger** is that we get angry when we don't get our way, or when we have to do what we don't want to do, or when we don't get to do what we want to do, or when we're hurt, or insulted, or offended. Pride and the rebellious will are wrapped up together in the flesh. Having to go through what we don't want to go through; having to do what we don't want to do; not being able to do what we want to do are the first part of the concept and deal with things outside of us. The second part deals with our **reaction** to these things, which comes from pride and the rebellious will.

So it is our **pride that reacts to the unwanted situation**, which triggers the emotional reaction of anger, or the anger complex of: 1) bitterness/resentment, 2) fuming anger/intense burning anger, 3) malice - the desire to hurt others in some way, 4) maligning others by slander, gossip, 5) arguing, 5) vicious arguments, the desire to hurt others with words, 6) then into physical violence of every category.

The initial reaction to something unwanted in our lives is what **bitterness**, *pikria* in the Greek, is all about. And from that reaction, then we go off into the anger complex spiraling ever downward into one worse form of anger followed by another. So we know that we are not filled with the Holy Spirit and that we've reacted to something along the way on our journey through life and that pride is involved.

Now we need to see the role that pride plays with the emotion of **fear**, but before that we need to understand how we can deal with our pride and effectively check it altogether. We will never get pride out of us permanently for it is resident in the flesh nature, but we will be able to apply the doctrinal solution so we can deal with pride when it arises in us.

The biblical counterpart and solution for the mental attitude of pride is having a mental attitude of

humility! So the question is how do we get a mental attitude of humility? The answer sounds simplistic, but it is the answer – **by humbling ourselves under the mighty hand of God!** “*Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:*” 1 Peter 5:6

But how does one humble themselves? We see all sorts of things people do to **act** humble, or to portray themselves as being humble; the way they talk, the way they dress, the way they act, the way they carry themselves, which are nothing more than an outward show of humility, which is the essence of what hypocrisy is all about. But humility goes much farther than that; it really addresses one's mental attitude! One's outer appearance is never the issue. Remember pride is a mental attitude and so is its counterpart humility. People can appear to be humble, but be as arrogant as can be on the inside. So how do we humble ourselves? And in what area?

In 1 Peter 5:5, “*Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God **resisteth** the proud, and **giveth** grace to the humble.*” it says that God is opposed to the proud, but gives grace to the humble. Or God is opposed to proud believers, but gives grace to humble believers. Now we all want God to bless us in our lives, but this passage teaches us that this is all conditioned upon our mental attitudes! If we are proud, then he is opposed to us and everything we want to do in life. But if we are humble, then he will pour out his grace on us. He then goes on to tell us how to be humble.

The next verse says, “*Humble yourselves therefore, (in light of his opposition to man's pride), under the mighty hand of God, that he may exalt you in due time:*” 1 Peter 5:6. Verse five gives us the **solution** for pride by having a mental attitude of humility; and verse six tells us **how** to be humble by being obedient to God's rule over us.

Verse five tells us to be **clothed with humility**, *tapeinophrosune*, which is a composite of two words: *tapeinos* – humility, and *phrosune* – one's mental attitude. So we are to adopt the mental attitude of humility. In verse six we have “*Humble yourselves therefore, (in light of his opposition to man's pride), under the mighty hand of God,*” - *ταπεινωθητε ουν υπο την κραταιαν χειρα του θεου*. The word for **humble** is the orist passive imperative of *tapeinoo*, which is a command to start doing something, which would be to **start humbling** yourself under the might hand of God by doing what he says!

The word for **therefore** is *oun* and it tells us to go back and think about what has been previously stated, draw a doctrinal conclusion from that, then effect a doctrinal application. Which tells us that seeing that God is opposed to proud believers, but gives grace to humble believers, we therefore all need to humble ourselves under the mighty hand of God.

The word for **mighty** is *krataios* and is a power word like *ischuo* – to have the power to prevail in something, such as a battle because one has the strength to overcome the situation or the enemy; and *dunamis*, which denotes the inherent strength of something, but *krataios* referred to the power of a ruler, which power would be found in his army, money, or wisdom.

The word for **hand** is *cheira* and is a figure of speech for the rule of God over his universe, which includes us as well. **Under** is *hupo*, which denotes the superiority and authority of God's rule over us, therefore we are to be under his rule. And the word for **humble yourselves** is *tapeinoo*, which meant to submit to God's authority by obeying him. It meant that one was to look around and identify **whom** the authority is and submit yourself to their authority. In our case it's God!

This is one of the best passages in Scripture for dealing with the mechanics of how to deal with one's

pride and how to be humble. And we do so by submitting to the Father's rule over us. We do it by 1) understanding that the principle of authority does exist in the universe, something that Lucifer and 1/3 of the celestial beings rebelled against, as well as the first couple here on earth; 2) we are to be in submission to that authority; 3) we are to recognize **who** the authority is; 4) we see that it is *Yahweh* the eternal God, the God and Father of our Lord Jesus Christ; 5) and our submission to his authority is demonstrated in **obedience**.

The mental attitude of **pride** says, I don't have to submit to God, I don't have to do what he tells me to do. The mental attitude of **humility** not only recognizes that he does have to be in submission to God, but actually does so by doing what God says. The power and will to do that comes from the indwelling Holy Spirit. "*For it is God which worketh in you both to will and to do of his good pleasure.*" Php. 2:13

Doctrinal believers know that they are to be under the authority of God's Word, where they learn it, live by it and seek to make it the standard of their faith, but also by which they live their life. But there is another area where we have to submit to God's rule over us and that is in our hearts. Most of the ancient Israelites refused to do that. They had the outward religious show, but their hearts were far from God. "*Wherefore the Lord said, Forasmuch as this people draw near me with their mouth, and with their lips do honour me, but have **removed their heart far from me**, and their fear toward me is taught by the precept of men.*" Isaiah 29:13

And we see some of this going on still today in NT Christians. We might let God rule in our businesses, but only so we can make more money. We might let God rule in our homes, but only so we can have some peace and quiet, which is fine. And we might go to church on a regular basis, give our money and help out in our submission to God and that's fine also.

But have we ever considered that God's rule over us is not just to the externals of our lives, or what lies on the surface, but down to the deepest level of our core of existence? To our souls? And this is where we get down to living life in the sphere of the spiritual life dynamic, which he has created and given to every believer in Christ. One that effects our minds and our hearts!

That means, under the concept of humility, (inner humility not the outward show), in this matter of submitting ourselves to God's rule over us, we are to confess our sins to God, live in the filling of the Holy Spirit, claim the promises of God by faith, apply Bible Doctrine to the situation, press forward in dealing with the scar tissue garbage in the soul and go on to spiritual maturity. All so Christ can be sanctified in our hearts. "*And let the peace of God rule **in your hearts**, to the which also ye are called in one body; and be ye **thankful**.*" Colossians 3:15

And it is through spiritual regeneration where we were created anew by the indwelling Holy Spirit when we believed on Christ as our Savior, and through the filling of the Holy Spirit where he controls us at a given time and not our flesh natures that we are able to do what God wants us to do and actually do it! "*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

So when we get into the area of our feelings from the emotional complex what we are dealing with is phenomena from the flesh nature. Whether it is fear, or anger, or guilt, or envy, or grief, or wanting human love, or wanting human happiness, what we are dealing with are feelings and these feelings can and do keep us outside the spiritual life! And there is only one way to handle them and that is confess our sins to God, recover the filling of the Holy Spirit and focus our attention once again back on the Word of God.

Now when we are filled by the Holy Spirit, he produces love, joy, peace, longsuffering, gentleness, goodness, faith, meekness and temperance in our souls. He produces the **spiritual love** of *agape* the **spiritual peace** that Jesus Christ gave us, **spiritual joy**, not human happiness, **patience** in dealing with people and ourselves, **gentleness** in our souls not harshness, intrinsic **goodness** in us, **faith**, **meekness** where we do not resist God or his dealings with us, and **temperance** where we exercise self-control over ourselves. And also **hope**, the confidence of good things awaiting us in the future.

So the key in all this, when dealing with our emotions, is to recover the filling of the Holy Spirit and get back to living within the sphere of *agape* love! It might be a struggle for us to extricate ourselves from whatever feeling we have been caught up in, but the goal is to get back to spiritual love.

March 2015 Newsletter – Dealing With Emotions – Review

Dealing with the difficult

“*And he said unto them, This **kind** can come forth by nothing, but by prayer and fasting.” Mark 9:29 - και ειπεν αυτοις τουτο το γενος εν ουδενι δυναται εξελθειν ει μη εν προσευχη και νηστεια. See the entire passage of Mark 9:17-29.*

This passage, although it deals with demon possession, gives us an insight into an approach we can use when dealing with very difficult, well-entrenched problems in the soul that are difficult to detect, difficult to diagnose and difficult to deal with. I'm sure that most believers have had to deal with things in their souls that we never seem to get on top of, things that perplex us and things that hold us back from living in the spiritual life.

To begin with we see a boy suffering physically as the result of having a devil (demon), as Matthew brings out, “*And Jesus rebuked the **devil**; and he departed out of him: and the child was cured from that very hour.*” Matthew 17:18. While Mark refers to it as a foul spirit. “*When Jesus saw that the people came running together, he rebuked the **foul** spirit, saying unto him, Thou dumb and deaf spirit, I charge thee, come out of him, and enter no more into him.*” Mark 9:25. This demon controlled every aspect of this boy's life: physically, socially, psychologically and any desires he might have for his life.

Although they are different phenomena, I see a parallel between demon possession and deeply entrenched scars or problems in the soul. This is not to say that scar tissue problems, or garbage in the soul is linked to demon possession, but there is a similarity in that there is something inside us that causes us great distress of the soul, which affects every area of our lives, whether we are aware of its impact or not. And there is an example here in how we can deal with scar tissue problems.

When the man came to the disciples with his demon-possessed son, they weren't able to cast the demon out! Literally, they lacked the **power** to do it. We must interject that they did not inherently possess the power in themselves to do this, for the power came from God not man. The problem was they were not sufficiently **accessing** the power that God had at their disposal to do this at the level needed to cast this kind of demon out. They had been successfully doing this with other people, but when they came to this case of demon-possession they weren't able to do it. This is where the Lord told them that they were dealing with a special kind of demon that was more difficult to deal with.

When he said, **this kind**, *touto to genos*, he uses the word *genos* to denote a specific sub-species, or

species of something. For example, *genos* would refer to a specific nation out of a body of nations, a nation that was different than other nations, or a race of people. There are many people on earth, but different races. There are many demons on earth, but different kinds or species of demons.

So what he's bringing out is that this is a **different kind** or species of demon, one that is more entrenched and difficult to deal with. So when we have something more difficult to deal with on a spiritual level, **then there has to be an intensification of the spiritual life dynamic process to overcome the difficulty factor!** The Lord in both Gospel passages brings out two critical things that need to be brought into play, if they're going to successfully get this demon to leave this young man, prayer and fasting designed to get one's faith up. And by way of application we can use this same pattern for dealing with deeply entrenched problems in our souls.

In Matthew he records that the reason why they did not have the power to cast the demons out was due to their **unbelief**. *“And Jesus said unto them, Because of your **unbelief**: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.”* Matthew 17:20. So here we see the vital need for faith in our lives when dealing with, in our cases, deeply entrenched garbage in the soul. And we know that faith is developed by Bible Doctrine in the soul.

Mark records about prayer in the matter and some translations have it as prayer and fasting. The concept of fasting has the idea of removing yourself from the daily grind and distractions of everyday living to give yourself wholly over to the spiritual life dynamic. *“And he said unto them, This kind can come forth by nothing, but by **prayer and fasting**.”* Prayer we know about in James 5:13 where it says, *“Is any among you afflicted? let him **pray**. Is any merry? let him sing psalms.”*

So the parallel is if the disciples could cast a willful demon out by the intense application of prayer, faith and giving themselves over to the spiritual life dynamic, then we have an approach we can use when we come up against something in our lives or our souls that seems insurmountable! We need to intensely focus ourselves on prayer, faith and the things pertaining to the spiritual life. **We are to keep praying, keep in the Word and keep going over the promises, until we get the faith to prevail over the situation!** We are to do it ourselves and it is helpful to seek those positive to this concept, who will help us in doing so.

Entrenched feelings don't always have to be something like anger or fear; they can be something innocent as human **love**. How many believers have allowed human love for a parent, a child, a spouse, or family keep them back from going for Bible Doctrine? From living by faith? From doing the will of God for their life? From being used by the Lord? From moving forward and appropriating the grace blessings God has for them? We see that in the son's loyalty for his father. *“And he said unto another, Follow me. But he said, Lord, suffer me first to go and bury my father.”* Luke 9:59

And how many believers have allowed the desire for human **happiness** and fun keep them back from moving forward in the plan of God for their lives and living in the spiritual life dynamic? Millions! Millions of Christians are allowing their feelings dictate and control their lives. Mega-churches have been erected to serve that purpose. *“Whose end is destruction, whose God is their **belly**, (emotions) and whose glory is in their shame, who mind earthly things.)”* Philippians 3:19

The question we all face is, **what** is it that is preventing me from living in the spiritual life dynamic? It may be something obvious and it may be something deeply entrenched deep in the soul. If it's on the surface, obvious, then that makes it easier to confess. But if it's buried down inside, then we are going

to have to apply the dynamic of prayer and faith to get at the bottom of it all. There are the lusts (desires) of the flesh and there are the emotions of the flesh.

These are the things we inherited from Adam and Eve. But God has something infinitely better for us and that is the spiritual life, which he has granted access to every believer in Christ. When we have the emotion of **fear**, which we have all experienced, we don't have to let it stop us in our tracks, or send us retreating; we don't have to let it overpower us so that we don't keep moving forward in the plan of God. We do so by exercising faith in the promises of God and living in the filling of the Holy Spirit.

We don't have to let the feelings of **guilt and shame** keep us from the life of grace blessing that God has for us. We apply the doctrines that teach how we have been cleansed from all our sins.

When we have the emotion of **anger**, or old buried **resentments** that affect us, we don't have to stay angry, or stay embittered and fall short of the grace blessings that God has for us. We can confess our bitterness and anger to God, recover the filling of the Holy Spirit, have the mental attitude of *agape* love and deal with our past resentments as part of our post salvation experience. *“Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;”* Hebrews 12:15

We don't have to be a casualty of human love. Many a Christian man has missed out on a life of serving the Lord because of his love for his parents or wife. Many a wife has held her husband back from serving the Lord out of a love for her children, parents and/or the life she wants to have. Bible Doctrine in the soul, the filling of the Holy Spirit, growth and living in *agape* love, in time, will give the believer the strength they need to make the right decisions. Remember, we will all be judged based upon the decisions we make in this life, not how we felt about something!

We need to ask ourselves what affect does **pride** have on us and our emotions? Pride is the mental attitude behind the emotion of **anger**. The greater the pride, the greater the anger and the quicker one is to react with anger. Pride also impacts the emotion of **fear**. When we have a threat to our well being, the reaction of the flesh controlled soul is one of fear. Pride is there because the individual sees himself above others, and above applying doctrinal solutions, leaving them at the place where they believe that they going to handle all their own problems in life. “No one's going to help me, I can do this myself”. Pride creates an independent, self-reliant mental attitude, instead of a reliance on God. **In Chinese medicine they believed that all sickness and disease was caused by the seven emotions.**

The Christian life is a life of faith; living by faith; walking by faith and the rest of faith, which does not mean inactivity in life, but where **the soul is at rest**. *“Now the just shall live by faith: but if any man draw back, my soul shall have no pleasure in him.”* Hebrews 10:38 *“(For we walk by faith, not by sight:)”* 2 Corinthians 5:7 *“For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world.”* Hebrews 4:3 **Even Jesus Christ lived by faith!** *“Knowing that a man is not justified by the works of the law, but by the faith of Jesus Christ, even we have believed in Jesus Christ, that we might be justified by the faith of Christ, and not by the works of the law: for by the works of the law shall no flesh be justified.”* Galatians 2:17 *“I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.”* Galatians 2:20

But the mental attitude of pride enters in and motivates the believer, if he or she is under the control of the flesh nature, toward being works oriented. Now they are operating outside the sphere of grace and

the power of the Holy Spirit. Usually it's the overwhelming pressure of the trial that forces the believer to abandon his attempts to solve his own problems, (and that's because his attempts always fail), and to return to trusting the Lord.

The attitude of pride says, "I don't need help; I can do it myself; I don't need anyone to help me; I can take care of my own problems; I don't need the Lord's help, etc.. Pride seeks its own solutions, but not Biblical solutions. Pride is the enemy of grace and it keeps us from living by faith. But we forget that it is the worse sin of all! *"These six things doth the LORD hate: yea, seven are an abomination unto him: A proud look, a lying tongue, and hands that shed innocent blood," Proverbs 6:16* And it was the original sin of Satan. *"By thy great wisdom and by thy traffick hast thou increased thy riches, and **thine heart is lifted up** because of thy riches:" Ezekiel 28:5*

The spiritual life dynamic is accessed by faith, by trusting the Lord; it is God's provision for dealing with fear. But what happens if the believer isn't trusting the Lord, if he doesn't believe the promises of God? Then he will be overcome by **fear**! And what is it that motivates him not to believe? It's his or her pride! Pride says I can do this by myself without any help; I don't need to trust the Lord. It is this mental attitude of **pride that views itself above** living in the spiritual life dynamic, which God has provided for everyone of his children, that keeps them out of it. So the result is that they are left with fear, anxiety, worry and all sorts of human ideas and human solutions to cope with their fear. Which could have all been avoided if they had just lived the faith rest life!

When we are faced with the things that we have to go through in life, things ranging from the burden of responsibility, or life-threatening concepts, we have two choices. One we can turn them over to God via faith and prayer. Or two we can handle them ourselves. Pride says, I can handle them myself, or I have to handle them myself because no one will help me. But subconsciously we know we can't, so we slip back into fear and anxiety. But when faith turns the problem over to God, then we have peace! So the question is, do we want peace or fear?

Now we want to look at the feelings of **guilt and shame** and how they are connected to pride. There is **real guilt** where we **are** guilty of doing something wrong and then there is **imagined guilt** where we **feel** guilty. Guilty feelings are a conviction of the conscience. It's a feeling that you have done wrong, that you're to blame, that you have sinned in some area. **Shame** is the spin-off of the feeling of guilt. From that we get the sense that we're no good, that we'll never measure up, that we're unworthy.

It comes from the conscience that acts as a miniature judge and jury either accusing ourselves, or defending ourselves. *"They show that the requirements of the law are written on their hearts, their consciences also bearing witness, and their thoughts sometimes accusing them and at other times even defending them."* Romans 2:15 But the conscience not only **convicts – it punishes the individual!**

Letting "your conscience be your guide" is never a good principle to operate by, although we don't want to abuse our consciences, we need to realize that one's conscience never operates as it should. Some people's conscience convicts them over everything they do in life, including things that are not sinful at all, while other people's consciences don't convict them over anything, including sin. Some people sear their consciences, when they are convicted of doing something that is actually sin, but they persist in it anyway. Bible Doctrine is to be our guide on determining what's right and what's wrong.

Pride enters into the convicting of the conscience and the resultant feelings of guilt and shame, because that believer puts his/her prideful mental attitude above what the Bible teaches! It says that its feelings and standards for life are above what God has revealed in his Word. Pride determines what it thinks is

right or wrong, and when the feelings of guilt arise, then pride determines what it thinks is the solution!

In the area of **salvation** pride refuses to accept what the Bible says that everyone has sinned against God. And for those who admit they have sinned, their pride refuses to accept what Christ has done for them in his atoning death on the cross! And for those who have believed on Christ, but think there are some sins they have committed that are beyond Christ's forgiveness, it is their pride that keeps them from accepting the fact that Christ has paid the full penalty for all their sin.

When people have a guilty conscience they not only have guilty feelings, but are also punishing themselves. One of the ways they punish themselves is by rejecting God's grace blessings, or by refusing to allow themselves to enjoy what God does for them.

When this happens they become their own worse enemy. Satan doesn't have to sabotage their life and happiness because they are doing it themselves. If a believer feels guilty about something, and it doesn't have to be something recent, but something a long time ago, even in childhood, where guilty feelings were repressed over something they did, then that believer will carry those feelings of guilt and unworthiness throughout life. They will carry with them the sense of not: being worthy, of being no good, of being something shameful and bad. So they push the good things away from them because they feel that they are bad, no good, not worthy of anything good being done for them, even by God!

Pride comes into play on this when we don't believe, accept and apply to one's life all the doctrines connected to Christ's death on the cross and his resurrection from the dead. 1) God took all our sins from us and placed them on Jesus Christ, therefore what has been removed from us is no longer our concern. 2) God punished Christ for our sins, **once**, therefore there is no legal basis for us punishing ourselves! 3) God never delegated to us to be the punisher of our sins! He alone has the right as judge to punish sin. 4) Christ died for our sins; dying for our sins is not our area either. 5) Christ not only bore our sins, he bore our guilt and shame also, thereby removing them from us.

Therefore, because God has completely taken all our sins away from us, and because he has taken all our sins and placed them on his Son some 2,000 years ago, and because he has punished Christ for our sins, not us, but Christ, and because Christ not only bore our sins, but our guilt and shame as well, there is no basis whatsoever for us to feel guilty or shamed, or to persist in feelings of guilt and shame! Or to persist in self-punishment ever some sin one has committed!

Therefore, **any believer who persists in feelings of guilt and shame** has placed themselves above the content of Bible Doctrine; they have rejected the truth connected to the blood atonement of Jesus Christ; they have set themselves as a special case that God's grace didn't handle; and they have rejected the authority of God's Word being above their own personal feelings. In short it is their **pride** that not only rejects BD concerning their sin, but refuses to apply it in their case!

Pressure on the outside, if not handled by faith in the Word, becomes stress in the soul. **Stress** in the soul will result in sins of the soul and the first sin that is activated is the emotional complex of the soul with fear being the first emotional sin, then anger, and the other emotions will follow: guilt, grief, envy, and a pursuit for human happiness and human love.

When we come down to feeling guilty it also is a soul sin and it creates a complex of other soul sins: a sense of feeling worthless, of feeling no good, or not good enough, shame, toxic shame, of low self esteem, of never measuring up, of being outside the group, of being an outcast and many other concepts along that line.

Guilty feelings also trigger the dynamic of **self punishment**. When a believer has done anything wrong in their lives, or think they have, and not dealt with it biblically and objectively, then the conscience will act as judge, jury and executioner and punish the individual in a myriad of ways. Many times the experience of believers being mad at themselves will go back to a malfunctioning conscience. That one needs to apply the atoning death of Christ on the cross to their own life along with believing the great love that the Father, who sent his Son to die for them, has for them.

Any one of the seven emotions will keep us outside the spiritual life dynamic that's why its so important for us to be able to recognize them and deal with them. And the procedure for that is confession of sin, and focusing our attention once again on the Word of God and the faith rest life.

Whatever the emotion is **pride** enters in to keep us from applying God's doctrinal, spiritual provision. Whether we are dealing with the emotion of fear, anger, guilt, grief, envy, human love or human happiness, they all destroy our peace of mind and take away our joy and you will find always there behind the problem, even in when repressed emotions are trying to surface and we hold them down.

Now we want to look at the effect that **pride** has on the emotion of **grief**. Grief is a normal human emotion today, but was not there before the fall of Adam and Eve. There was nothing to grieve about in the garden, but because of our acquired old sin nature, or fallen nature, we have abnormal grief. We can **repress** our grief because we don't want to experience the pain. And others can **suppress** our grief in us because they don't want to hear it.

Ecclesiastes 3:4 says, “*A time to weep, and a time to laugh; a time to mourn, and a time to dance;*”. There is a season for weeping and mourning over your loss in life, but there is a time when it needs to come to an end. Grieving is the emotional experience of the **soul letting go**, but pride enters in, like bitterness, and stops the grieving process. The attitude of many men in our culture is, “I'm a man, or I can't show any emotions, or crying is a sign of weakness.

So the mental attitude of pride suppresses the feelings of grief down into the subconscious where it adversely affects us both psychologically and physically. But pride can also motivate us to inordinate expressions of grief: wailing out loud, fainting and many other grandiose displays of emotion to get people to pay attention to you. Personal pride couples with bitterness can come in and say, “I'll never love again as long as I don't have you”. It's the mental attitude that says I'll never be happy in life, or be blessed in life because I lost that person or that thing.

Pride keeps us locked into our grief, instead of moving forward in life and in the spiritual life with God! There is a spiritual solution that God has provided for dealing with our grief and it is spiritual renewal! But it is our pride that holds us back from appropriating it. God says, Here's the solution”, but pride says, “I don't want to”. When Adam and Eve sinned against God, they not only acquired a sin nature, they also acquired **Satan's spirit of pride!**

Yes there will be times of sadness and weeping and there will be times that it occurs regularly, but God has provided something infinitely better for fellow believers in Christ and that is spiritual renewal. Spiritual renewal is the renewing of the new man and is accomplished as the believer is concentrating on the teaching of the Word of God under the filling of the Holy Spirit, claiming the promises of God, prayer, living by faith and confessing our sins to God if necessary. It is pride that rejects that dynamic and seeks to avoid it. Once one is in the Spirit, then they can apply Bible Doctrine to their grief.

Pride is a major factor in **jealousy**. Now the Greek makes a distinction between jealousy and envy. **Envy** would have the idea of wanting what others have for yourself, while **jealousy** would seek to deprive the other person of what they have. They both have the same common emotion of displeasure over the success, benefit, profit, etc., that someone else has; and can be greatly intensified if they don't have that thing themselves!

To list a few things: envious of those who are married, when you are single; of those who have children, when you are childless; of those who have a nicer home, car, furniture and clothes than you do; of those who have better paying jobs; of those who have higher positions in a company; of women who are beautiful, when you are plain; of those who have greater figures, when you struggle to lose weight; of those who have money and travel, when you're broke and have to stay home.

Obviously this is a sin nature concept; it is a feeling, but the mental attitude that drives it is **pride**! It is not the spiritual mental attitude of *agape* love that rejoices when others are blessed, but reacts instead with **displeasure**. “Why them and not me?”, it says. The lofty thinking of pride views oneself as being above other people, so when they are blessed, benefited, or prospered in some way, and you're not, it means they are now “one up on you”, or above you. And pride won't have that.

Pride also has the thinking that it deserves this or that and it has a problem when others have things you don't have. It reasons, “why can't I have that?” I work harder than they do, or I'm better than they are, or I'm more moral, or this or that. What pride definitely lacks is grace humility. **Grace humility** is the mental attitude that everything I do receive from the Lord is a gift from the grace of God. Whether it is one of his provisions, or a grace blessing, it is all from the undeserved grace of God.

Pride is the mental attitude that drives **human happiness**. It says, “I deserve to be happy, I have the right to be happy”, and then makes it one's life ambition to do things and have things so they can derive some happiness in this life. It is self centered all the way and puts one's own happiness above other people and how it effects them. **Pride does not care about whether or not another person is made unhappy by its actions, only that it is happy!**

Human happiness is a feeling, and a fleeting one at that, which comes about as the result of pleasant, desired stimuli. A bride at her wedding reception, a young man getting the car of his dreams, someone winning the lottery all have the same thing in common and that is they're happy! But happiness is an emotion not spiritual phenomenon; something that is external stimulates happiness in them. While **joy** is a spiritual phenomenon produced in the soul of the Christian, as he or she is filled with the Holy Spirit. It is internal and not dependent upon pleasant, or desired circumstances.

One of the problems with human happiness is the acquired lust or desire to be happy to the point that they go off in life in pursuit of the things they think will make them happy! They pursue after money, education, material possessions, marriage, children, alcohol, music, notoriety, fame, being in the lime light, etc.. **They pursue after the things they think will make them happy!**

Human happiness is not in itself a sin like theft or murder, nor is it a lust like lust for power, although one can lust after happiness, but is an emotion produced by the fallen flesh nature. **Joy**, however, is a spiritual phenomenon, which God has provided free of charge for every believer in Christ, and is produced by the filling of the Holy Spirit in the new nature of born again Christians, who are metabolizing the Word of God by faith.

Pride, though, enters in and rejects the entire concept. It rejects the idea that human happiness is not a

spiritual phenomenon; it rejects the idea of a spiritual phenomenon altogether; it rejects the idea of being under the authority of Bible Doctrine and the Pastor-Teacher gift in a local church; it rejects the idea of spiritual joy because it rather have fun and human happiness.

So pride drives the believer all over the place in a frantic pursuit for happiness. It refuses to learn the lesson of Solomon's folly. *"I said in mine heart, Go to now, I will prove thee with **mirth**, therefore enjoy pleasure: and, behold, this also is vanity. I said of **laughter**, It is mad: and of **mirth**, What doeth it? I sought in mine heart to give myself unto wine, yet acquainting mine heart with wisdom; and to lay hold on folly, till I might see what was that good for the sons of men, which they should do under the heaven all the days of their life."* Ecclesiastes 2:1-3 The question and issue for us today is will we learn from Solomon, or pursue on our own frantic pursuit for fleeting happiness?

Examples of fear

In Genesis 14:22–15:1-6 **Abram** became afraid after turning down the fortune offered to him by the king of Sodom. Insecurity had set in, due to his advancing years, and he realized he was getting older. The question that would arise is how am I going to take care of myself and Sarai? His advancing years caused him to think about having the son he wanted, which prompted him to thin of Eliezer again.

Insecurity and a lack of faith always ends up in the emotion of fear. Fear means we're controlled by the flesh nature, which means we're looking to our flesh for the answers. Eliezer was nothing more than the fleshly response to his problem. But with Abram he utilized the spiritual solution provided by God in restating his promise to him and he recovered from fear.

David became afraid of Achish, so he feigned insanity and later escaped to the cave of Adullam. *"And David laid up these words in his heart, and was sore afraid of Achish the king of Gath. And he changed his behaviour before them, and feigned himself mad in their hands, and scrabbled on the doors of the gate, and let his spittle fall down upon his beard."* 1 Samuel 21:12,13 *"David therefore departed thence, and escaped to the cave Adullam: and when his brethren and all his father's house heard it, they went down thither to him."* 1 Samuel 22:1

Examples of anger

The first one listed in the Bible is with **Cain**. Cain was so angry that he murdered his brother Abel. And he not only was angry with Abel he was also angry at the Lord. *"But unto Cain and to his offering he had not respect. And Cain was very **wroth**, (charah – intense anger), (charah – intense anger), and his countenance fell. And the LORD said unto Cain, Why art thou **wroth**? and why is thy countenance fallen? And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him."* Genesis 4:5,6,8

Cain did not utilize God's spiritual grace provision of trusting in the Lord to be saved before the murder, nor afterward. He rejected the sacrifice needed to be in right standing before the Lord, instead he expected the Lord to accept his human good sacrifice demonstrated in the produce of his garden. The animal sacrifice looked forward to the time when the Lord would pay for his sins in his atoning death on the cross. While Cain rejected all that and stated by his offering that he was good enough in himself. A classic case of human good demanding acceptance by God. And we see where all this human good led to – the murder of an innocent, righteous human being!

Jonah's pride and resentment of the Ninevites motivated him to rebel against God's will for his life and his ministry and he sailed off in a different direction. (How many communicators have taken a different path than the one chosen for them by the Father?) *“But Jonah rose up to flee unto Tarshish from the presence of the LORD, and went down to Joppa; and he found a ship going to Tarshish: so he paid the fare thereof, and went down into it, to go with them unto Tarshish from the presence of the LORD.”* Jonah 1:3 But after God stepped into the picture and Jonah changed his mind, he went out and did his duty, but he was still angry! *“But it displeased Jonah exceedingly, and he was very **angry**. And he prayed unto the LORD, and said, I pray thee, O LORD, was not this my saying, when I was yet in my country? Therefore I fled before unto Tarshish: for I knew that thou art a gracious God, and merciful, slow to anger, and of great kindness, and repentest thee of the evil. Therefore now, O LORD, take, I beseech thee, my life from me; for it is better for me to die than to live. Then said the LORD, Doest thou well to be **angry**?”* Jonah 4:1-4

Even after God talked to him, which is the communication of Bible Doctrine, to try to get him to recover. He even caused a gourd plant to grow up to give him some shade; he was still bitter and angry over the whole matter. *“And God said to Jonah, Doest thou well to be angry for the gourd? And he said, I do well to be angry, **even unto death**.”* Jonah 4:9 Apparently he was still angry at this point, but may have recovered spiritually later on.

Asaph, who was a fine, doctrinal man, became envious and bitter over the prosperity that the wicked enjoyed, Psalms 73. He tried to understand it through human reasoning, but to no avail. *“When I **thought** to know this, it was too painful for me;”* Psalms 73:16 But he went back to the Temple of God where somebody was teaching the doctrine needed at that time and he was able to recover spiritually from his emotions. *“Until I went into the **sanctuary** of God; then understood I their end.”* Psalms 73:17

It is inevitable that sooner or later God's people are going to have problems with their **emotions**. The question is, are we going to be controlled by them? destroyed by them? (and everyone else around us?) Or are we going to appropriate God's spiritual recovery solution that he provides for us in his grace? Some do; some don't. The question is, which one will we be?

Examples of grief

David had two children that died; one was his son, Absalom, 2 Samuel 18. The other was the child born to him through Bathsheba, 2 Samuel 12. When the child between him and Bathsheba became sick, because God had struck the child in his discipline of David; David fasted, cried and prayed hoping the child would be saved. But when he found out that the child had died, he got up, washed, changed his clothes, went to the Temple to worship and take in Bible Doctrine, then he went back home to comfort Bathsheba and make love to her from which came Solomon, 2 Samuel 12:15-25.

But when Absalom died, David completely fell apart in his grief crying out loud, *“O my son Absalom, my son, my son Absalom! would God I had died for thee, O Absalom, my son, my son!”* 2 Samuel 18:33 Even later on he was doing this publicly, *“But the king covered his face, and the king cried with a loud voice, O my son Absalom, O Absalom, my son, my son!”* 2 Samuel 19:4

It was **Absalom**, who was leading a rebellion against David's rule as Israel's king and many men fought to save David's throne and many men died. But when David started crying over the man, who had caused Israel so much grief and who was responsible for the deaths of so many fine men, it turned Israel's victory into one of mourning!

What's the difference between the two? In the former David applied the spiritual doctrinal solution in his grief and he recovered quite well and normally, as he should have. But in the latter, he got caught up in his grief, which was totally subjective, and ended up in abnormal, evil grief. In the former there was grief, but he fasted, cried and called out to God. But when he saw the Lord's will in the matter, he went to the Temple to take in doctrine and worship the Lord; he applied Bible Doctrine to the situation, and went on with life. While in the latter, there was a subjective element there that had him trapped in abnormal grief, when there shouldn't have been any at all, maybe a little in private as he thought about his son. It wasn't until one of his generals came in and rebuked him that got him straightened out.

It must be remembered that while **Absalom deserved to die** due to his arrogance, rebellion, assault on the throne and being negative to the Word, **the baby didn't deserve to die. Absalom died because of his own sin! While the baby died because of David's sin!**

Examples of guilt

Of course there was **Cain** who said that his punishment or guilt was too great for him to bear when God banished him from the land. *“And Cain said unto the LORD, My punishment is greater than I can bear.”* Genesis 4:13

David felt guilty after he had numbered the men in Israel who could fight, but recovered through God's spiritual recovery process, which included severe discipline. *“And David's heart smote him after that he had numbered the people. And David said unto the LORD, I have sinned greatly in that I have done: and now, I beseech thee, O LORD, take away the iniquity of thy servant; for I have done very foolishly.”* 2 Samuel 24:10

The consciences of the **unsaved** convict them of their sinning, but they don't turn to the Lord for forgiveness. *“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;)”* Romans 2:15

Many **Christians** feel guilty about certain foods, alcoholic beverages, or other issues, but don't appropriate God's spiritual provisions through Bible Doctrine, faith, truth and the filling of the Holy Spirit. But Paul did and that's why he said, why is my freedom judged by someone else's conscience? *“Conscience, I say, not thine own, but of the other: for why is my liberty judged of another man's conscience?”* 1 Corinthians 10:29

Grace, faith truth and the filling of the Holy Spirit are the NT provisions of God for spiritual **recovery** from the feelings of guilt. *“How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God?”* Hebrews 9:14 *“Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.”* Hebrews 10:22

Examples of envy

We know that **Cain** was envious of his brother Abel, whom he later murdered, and this was the first case of human envy in sibling rivalry. *“But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell.”* Genesis 4:5 Cain made the mistake of looking at the whole issue of the sacrifice **subjectively** and not **objectively**. To him the issue was his brother and not the sacrifice. He assumed that the Lord chose his brother over him, when he couldn't look at the whole

matter from an objective perspective, which had nothing to do with his brother – it was the sacrifice that was the issue not his brother! Which the Lord made it quite clear to him afterward. *“If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him.”* Genesis 4:7

We had studied how **Hannah** was provoked and envious of her husband's other wife, Peninnah, who had bore Elkanah sons and daughters and this because the Lord had closed her womb so she couldn't have children. *“But unto Hannah he gave a worthy portion; for he loved Hannah: but the LORD had shut up her womb. And her adversary also provoked her sore, for to make her fret, because the LORD had shut up her womb.”* 1 Samuel 1:5,6

For years **Hannah** was allowing herself to be controlled and ruined by her emotions of grief, bitterness and jealousy, not to mention its negative impact on her marriage, until she got right with the Lord! For years she was dealing with her personal problems out of her emotions, instead of applying a doctrinal solution and for years it was ruining her life!

Now she had been going to the Temple all that time, like going to church today, but nothing happened until she decided to personally deal with the matter before the Lord, instead of emoting about it! And when that happened God resolved her problem. Oh how many years do we waste in our emotions, instead of applying a spiritual problem solving solution? She recovered spiritually from grief, anger, depression, frustration and envy and now had a son!

Rachel, who was barren, was jealous of her sister Leah because she had children through Jacob. Anger jealousy, arguments and frustration consumed Rachel's life. And when Rachel prayed, God did not answer. But when Leah prayed, God answered her and gave her a child. Then one day, when Rachel got right with the Lord, he answered her prayer! Genesis 30

Examples of human happiness

Probably the best one is **Solomon's** testimony in Ecclesiastes 2:1,2, *“I said in mine heart, Go to now, I will prove thee with mirth, therefore enjoy pleasure: and, behold, this also is vanity. I said of laughter, It is mad: and of mirth, What doeth it?”* He said it was all vanity, or emptiness, that there was nothing to it. It's the flesh's cheap and inferior substitute for spiritual joy.

Then there was the thousand year history of **Israel** in its frantic search for fun and happiness, like America today. *“Neither be ye idolaters, as were some of them; as it is written, The people sat down to eat and drink, and **rose up to play.**”* 1 Corinthians 10:17 God has provided every Christian the opportunity to have spiritual joy in their life through the spiritual life dynamic.

Examples of human love

Samson wanted to marry a young Philistine woman against his parent's wishes. *“And Samson went down to Timnath, and saw a woman in Timnath of the daughters of the Philistines. And he came up, and told his father and his mother, and said, I have seen a woman in Timnath of the daughters of the Philistines: now therefore get her for me to wife. Then his father and his mother said unto him, Is there never a woman among the daughters of thy brethren, or among all my people, that thou goest to take a wife of the uncircumcised Philistines? And Samson said unto his father, Get her for me; for she pleaseth me well.”* Judges 14:1-3 And later on we all know the story of how Samson fell in love with

Delilah and how that all worked out. “*And it came to pass afterward, that he **loved** a woman in the valley of Sorek, whose name was Delilah.*” Judges 16:4

Solomon started out good in his life under his father, David, but later on human love turned his heart away from the Lord as he was warned it would. You see, human love is an emotional phenomenon; it is **not** a spiritual phenomenon! He held fast to these women out of the feeling of love all the way to his old age and his heart was not fully devoted to the Lord. “*But king Solomon **loved** many strange women, together with the daughter of Pharaoh, women of the Moabites, Ammonites, Edomites, Zidonians, and Hittites; Of the nations concerning which the LORD said unto the children of Israel, Ye shall not go in to them, neither shall they come in unto you: for surely they will turn away your heart after their gods: Solomon clave unto these in **love**.*” 1 Kings 11:1,2

Paul's human love for the Israelites in Jerusalem motivated him to go against what the Lord wanted him to do, but he persisted anyway, Acts 20:22-21:14. But Paul did recover spiritually over the emotion of human love during the next 4-5 years while he was incarcerated. “*And when they agreed not among themselves, they departed, after that Paul had spoken one word, Well spake the Holy Ghost by Esaias the prophet unto our fathers,*” Acts 28:25, see verses 26-28.

Then there was the young **disciple**, whom the Lord had called, but wanted to go and bury his father, a human love concept. “*And another of his disciples said unto him, Lord, suffer me first to go and bury my father. But Jesus said unto him, Follow me; and let the dead bury their dead.*” Matthew 8:21,22

Our emotions can control our thinking, our speech, our actions and our lives, but we are not to be controlled by them! They are there due to our fallen natures we acquired from Adam, but God has a spiritual solution for all of them. “*Whose end is destruction, whose God is their **belly**, and whose glory is in their shame, who mind earthly things.)*”, Philippians 3:19

It cannot be emphasized enough how important this matter of faith in the Word of God is for maintaining the spiritual life dynamic and preventing the flesh's emotions from flooding into our souls and reaping havoc. We need constant daily spiritual renewal for the new man. “*And have put on the new man, which is renewed in knowledge after the image of him that created him:*” Colossians 3:10

In Romans 4:20 it says that **Abraham** did not waver by unbelief, but was strengthened by faith, or by “*the faith*”, *te pistei*, which refers to placing one's faith in the promises of God. “*He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God;*” To be **strengthened** is the aorist passive indicative of *endunamoo*, which tells us that this strengthening took place inwardly in the soul, but the passive voice tells us that we **receive** this strengthening from the Lord.

And we note that this **strengthening** comes to us through faith in the Word. It is in the **sphere** of faith that the believer is strengthened and renewed in the soul. It is our faith in the Word of God that creates the spiritual life dynamic inside of us in which the Holy Spirit operates thus empowering and renewing us inwardly. Inside this spiritual dynamic are to be found: love, joy, peace, gentleness, goodness, meekness, longsuffering, patience, faith, confidence, power and hope.

When the spiritual life dynamic is **not** present, then all we have left is the **flesh nature** and what it produces: pride, fear, anger, guilt, grief, envy, human love, human happiness, human sin, human good, sexual immorality, impurity, lying, cheating, deceiving, debauchery, idolatry, witchcraft, the occult, hatred, discord, gossiping, fits of rage, selfish ambition, narcissism, dissensions, factions, drugs, drunkenness, orgies, partying, carousing, bragging, and all the other mental attitude sins, emotional

sins, sin of the tongue and physical sins.

When we look at the life of **Abraham** in Genesis 15 we see fear and worry present in the absence of his faith. There was no bitterness and resentment because there was no reaction of pride on his part. But we do see the emotion of fear and his attempt to solve the problem with a human viewpoint solution. The approach to our problems has to be spiritual, doctrinal. Sheer logic will not solve our problems.

Faith in the promises and doctrines of God's Word is extremely important for maintaining the spiritual life dynamic in our souls, which prevents stress in the soul, sin in the soul and the soul from being ravaged by our emotions. That's why we need to learn to recognize our emotions and deal with them.

The problem we have in recognizing our emotions is that many of them have been suppressed, or repressed down into the subconscious. It is a defense mechanism we learned back in childhood to avoid pain, embarrassment, ridicule, or repercussion from others. We learned this as children as a self-defense survival mechanism and it helped us as children to survive, but it became destructive as adults. And how can we recognize and confess that which we have kept hidden in the sub-conscious?

When we felt fear or concern over something, people would laugh at us. When we were angry about something, it would be met by their overriding anger. If we became sad over a loss of a family member, the adults would comfort each other, but dismiss us. When we wanted to laugh and have fun, they would call us silly. When we wanted love, they brushed it aside. When we wanted something, they told us to be happy with what we had. When we felt guilty about something, they played it to the hilt.

This is not to say that our feelings were always right and pure, but the result of all this is that we learned to suppress how we really felt about something to avoid embarrassment or repercussion. An entire childhood of this conditioned us to do the same thing as adults, but now all of that has bad consequences for us, one of which is that it keeps us from confessing our sins, our faults and failings, and our feelings to God. We end up in denial and self-justification.

This is not to say that we are to live by our feelings, nor go around always expressing how we feel to others, but that our repression of them creates the problem of **tension** in the soul. On the one hand the Holy Spirit is always trying to bring our feelings, and other garbage in the soul, up to the surface of the conscious mind, but our mental conditioning is directed at keeping them buried in the sub-conscious! Tension in the soul leads to stress in the soul, which leads to sin in the soul, which leads to the soul being overrun by the emotional complex of the soul, leading to scar-tissue garbage in the soul, which ends up in false doctrine in the soul and finally mental illness in the soul.

When God saved us, through faith in Christ, he did everything at a moment in time to save us permanently and eternally. This saving act of God had direct impact on our relationship to the world system, the flesh nature and the devil.

In regards to the **world system** God took us out of it legally and dynamically, when he transferred us over to the kingdom of his Son. "*Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:*" Colossians 1:13 As the result of God's action, we are no longer citizens of Satan's earthly domain, but citizens of heaven. "*For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ:*" Philippians 3:20

In regard to our **flesh nature**, which we acquired from Adam and Eve through physical birth, there was absolutely nothing that God could do with it for sin had corrupted every part of our bodies and our

souls. Every aspect of our humanity, our minds, our wills, our emotions, as well as the physical aspect of our bodies, has been tainted by sin. Like an incurable disease that is in every cell of the body. So what God did in regard to that matter is create an entirely new and different nature in every believer in Christ. This creation is new in time and new in quality. *“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

In regard to **the devil**, who ruled over us from physical birth on, God took us out of his rule and away from his dominion when he gave us to his Son, Jesus Christ, in salvation. Satan may be the ruler of this world, but **he is not our ruler!** He may be the god of this age, but **he is not our God!** And God also delivered us from the sting of death, which is under Satan's dominion.

In regard to the **flesh nature**, we will always have physical problems that we have to contend with concerning the aging of the body, injury, sickness and disease. And God's ultimate solution for that is the daily renewal of the new man. *“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

But the flesh nature is not just limited to the flesh, but the **soul** as well, which includes the mind, the will and the emotions. These were there before we got saved and they are there afterward. We find that the **will** is indecisive and vacillates, not to mention that it does not want to do what God wants us to do. The many functions of the **mind** do not operate correctly. And our **emotions**? They plague us continually, in fact, they are one of the biggest problems in society. And yet in our new birth God gave us a new nature, and through the process of spiritual renewal, the metabolization of Bible Doctrine through faith in the Word, and the filling of the Holy Spirit, we are delivered from the fleshly mind, the fleshly will and the fleshly emotions.

As we continue on in our faith journey in life, we will have to deal with these things at ever-increasing levels. Bible Doctrine delivers our minds, but the rebellious will, due to pride, will always be a problem for us. And we will have to spend a great deal of time in the study of doctrine so we can learn to identify what our emotions are and deal with them so we can continue on in the spiritual life.

In regard to the **devil** and his attacks against us; attacks motivated by his great hatred of us because we belong to Jesus Christ, God has provided us the armor of God, the filling of the Holy Spirit and faith in his Word, and so we can stand against them and prevail victoriously over them!

It is important for us to know that we have to apply ourselves everyday to dealing with the World, the flesh, including its emotions, and the attacks of the devil because they do not go away. As long as we live in this present life, in these bodies of flesh we will have to apply the spiritual problem solving devices of faith in the Word, prayer, the filling of the Holy Spirit and spiritual renewal.

As mentioned before, the **pressure** of the world system will always be a problem for believers. *“These things I have spoken unto you, that in me ye might have peace. In the world ye shall have **tribulation**: but be of good cheer; I have overcome the world.”* John 16:33 And if the pressure is not kept outside the soul, then it will result in stress in the soul, sin in the soul, the defense mechanisms of the soul, with TMS and its physiological mechanisms being one of them and false doctrine in the soul.

The spiritual solution that God has provided, and I might add it is the **only** solution for believers, for keeping the pressure of the world from getting into our souls is the metabolization of Bible Doctrine by the faith rest drill. It is when we place our faith in the promises and doctrines of God's Word that the spiritual dynamic from God is activated within us leaving us with the peace that eliminates stress and

sin from the soul.

Now if the believer in Christ fails to utilize the spiritual life dynamic God has given to him, or refuses to do so, then the result for that believer will be stress in the soul, then sin in the soul, followed by the emotional complex of the soul with the emotions of fear and anger usually being the first emotions to be activated, then all kinds of defense mechanisms ranging from projection, to transference, to denial to rationalizing, to self-justification, to blaming others, then the miserable condition of TMS where the brain triggers physiological problems to mask or detract from the emotions which have gone crazy, the believer will then go away from the teaching of sound doctrine into other kinds of teachings that are false, and finally into mental illness. Not a pretty picture.

God's provision for handling pressure, keeping stress out of the soul, or getting stress in the soul out if it is already there, sin in the soul, the defense mechanisms of the soul and false doctrine in the soul, is not to make the pressure go away, (which is what they want), but to handle the pressure by utilizing the spiritual life dynamic of faith in the Word under the filling of the Holy Spirit, which results in Christ's peace controlling our souls.

But many believers resent the pressure, and they resent that God is allowing them to go through things that cause them pressure. So in their pride they react, they resent, they rebel against the provision of the spiritual life of faith in the Word, and then they peel off from living the true Christian life.

There is only one solution for the believer in this predicament and that is to humble themselves under the mighty hand of God. "***Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time.***" 1 Peter 5:6 Which means that we will have to realize and accept that there is an authority over us, God the Father, and that our place is to submit to his rule over us by obeying him, by doing what he tells us to do as found in the Word of God.

And in this matter of the pressure that is found from living in the world, or the pressure that comes from doing his will in life, or our lot in life, then it means that we are to stop resenting it, stop rebelling against it and start living by faith and utilizing the spiritual problem solving devices that he has given us in Bible Doctrine and the filling of the Holy Spirit!

When it comes to **trials**, as we refer to them, trials are nothing more than added or increased pressure! And trials are to be handled the same way that we handle the pressure from the world, which is by faith in the Word, only at an intensified level.

James 5:7-10 uses the example of the prophets and how they handled the pressure of their lives. They had **patience** when dealing with unwanted situations, which would be **endurance**, and they had **patience** when dealing with difficult people. "*Take, my brethren, the prophets, who have spoken in the name of the Lord, for an example of suffering affliction, and of patience.*" James 5:10

Even the patience of Job is brought out here, and some may look at this and say, what about his anger, or bitterness, or self pity, or complaining? But the word used here for **patience** is *hupomone*, which means endurance telling us that Job endured the situation. And sometimes that's all you can do – **endure**! It also had the idea of forward momentum in it, which gives us the idea of **perseverance**. He did not give up his faith and trust in the Lord while he was enduring a miserable situation. Which gives us insight in how to handle our trials when we go through them.

The Holmes – Rahe Stress Inventory lists the stress factors for the things we go through and assigns to

them a numerical value. 150-300 points in one year means that the individual has a 50% chance of having a major health breakdown within two years. 300+ points in one year says that the individual has an 80% chance of a major health problem. Death, divorce, marriage problems, finances are at the top.

When we consider what Job went through in one year, his stress point levels went through the roof. 10 children dying, his wife's hostility, loss of friends, loss of his finances, loss of his business empire, all his employees who died, loss of community respect, even the low-life's turned against him and then his health problems where he was racked with pain, loss of his plans and the dreams of his heart, etc.; and it's very possible that his wife divorced him after he had lost everything. Job was probably over 1,000 points for the year!

James uses the word *kakopatheia* for **suffering**, which points to not just physical suffering, but also the suffering of the soul. When James referred to the suffering of the prophets, it is true that they did suffer physically at times in their ministries, but they also suffered in their souls as well. *“Take, my brethren, the **prophets**, who have spoken in the name of the Lord, for an example of **suffering affliction**, and of **patience**.”* James 5:10

It's important for us to understand the nature of suffering, why we suffer in our bodies and souls, how suffering is a part of this life, and how it is even in the plan of God for us. We also need to understand the aspect of how our emotions are affected by suffering, and the need for living the faith rest life in the power of the Holy Spirit. *“But rejoice, inasmuch as ye are **partakers of Christ's sufferings**; that, when his glory shall be revealed, ye may be glad also with exceeding joy.”* 1 Peter 4:13

Purifying the Heart

*“Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and **purify your hearts**, ye double minded.”* James 4:8 - εγγισατε τω θεω και εγγιει υμιν καθαρισατε χειρας αμαρτωλοι και αγνισατε καρδιας διψυχοι.

The word for **purify** here is *hagnizo* and its fundamental idea is separating oneself, or removing oneself from things that defile for the purpose of consecration to God, service to him and fellowship with him. God is the epitome of all that is holy; he is separated from all sin and evil, therefore to have fellowship with him the believer will have to separate, that is, remove himself from all sin and defilement.

Here the subject that is in view is the heart. So there is the idea of removing everything from the heart that defiles us. We know that we are to separate ourselves from unbelievers in life and negative believers living in the world system. *“Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?”* 2 Corinthians 6:14 *“Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you,”* 2 Corinthians 6:17

But we are also to “clean up our acts” concerning our lifestyles and getting the garbage out of our hearts! Which is accomplished through living in the Word and applying it to our lives. *“Seeing ye have purified your souls in **obeying the truth through the Spirit unto unfeigned love of the brethren**, see that ye love one another with a pure heart fervently:”* 1 Peter 1:22 *“And every man that hath this **hope in him purifieth himself**, even as he is pure.”* 1 John 3:3

Originally the temple of God, and even the pagan cults, had a purification ritual whereby those who had contaminated themselves through sin, dirt, touching dead bodies, disease, foreign gods, demons,

etc., could be cleansed so they could achieve the state of purity needed for the enjoyment of the blessing of God. For us, fellowship with him in the spiritual life.

When we talk about **washing**, *katharizo*, we are talking about the removal of dirt from our hands, our feet, or our body by scrubbing with soap and water. We were given a **bath**, John 13, when Christ **saved** us, but we will have to wash our hands and feet, not take another bath, due to our walk and actions here on earth. Foot-washing refers to the dirt we pick up from the world system as we walk through this life. Washing our hands refers to the dirt we get on ourselves due to personal sin. In both cases the protocol for the removal of these sins from us is by confessing them to God, *“If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”* 1 John 1:9

But here James is talking about purifying our hearts. Both the verbs to **wash your hands** and to **purify your hearts** are in the aoist active imperative, which not only commands that we are volitionally responsible to do so, and can do so, but they speak of an action that has not occurred, so we end up having, *“start washing your hands, sinners, and start purifying your hearts double-minded ones”*.

So what we have in view here is the **purifying of the heart**, which is accomplished by removing the things that defile the heart. Which things prevent us from living in the spiritual life dynamic and keep us from fellowshiping with God. So what is it that defiles the heart? The emotions of fear, anger, guilt, shame, abnormal grief, human love concepts, envy, jealousy, fun, bitterness, rage, worry; basically it's referring to stress in the soul, sin in the soul, the defense mechanisms of the soul and false doctrine in the soul.

Now the word for **purify** is *hagnizo*, which comes from the word *hagios*, which has the basic idea of separation. That there is a distance or separation of that which is good from that which is bad or evil. And there are two ways this can be accomplished. 1) by removing oneself from that which defiles you, 2) removing that which defiles you from yourself.

For example, let's say that dirt defiles the body, or that walking through mud will defile one's clothes. So what does one do? One can remove oneself from the things, the dirt or mud by **staying away from** the things that defile the body or clothes. Or one can remove the things that defiles **by washing the clothes or the body!**

Practically speaking it was nigh on impossible to stay away from dirt and mud, when they lived in a society of dirt streets, dirt floors and they worked in the dirt everyday! Now this is not to endorse sin in our lives, but it recognizes that we will pick up dirt on our feet from just living here in the world system and that we do get caught up in mental attitude sins, emotional sins, sins of the tongue and overt sinning of one kind or another.

Acts 15:10 tells us that our hearts were purified by faith when we believed on Christ as our Savior. *“And put no difference between us and them, purifying their hearts by faith.”* The problem is when we let stress get into our souls by not having the protective barrier of faith in the Word in place. *“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

Keeping this shield of faith in the Word up is not only important for keeping stress out of the soul, but also for protecting us from the fiery darts of Satan! *“Above all, taking the shield of faith, wherewith ye shall be able to quench all the **fiery darts** of the wicked.”* Ephesians 6:16

Fiery darts should be thought of as burning darts, or better yet poisonous or **venomous darts**. They are fiery, but they are burning with the venom of bitterness! And once Satan's, (the angriest being in the universe), venom of bitterness gets into our systems, then it is pumped around by the heart until it affects every area of our souls, and even our bodies!

Bitterness and its related complex of anger takes control over all our emotions; it affects every aspect of our thinking; it affects our outlook on life; it affects how we look toward the future; it affects how we view and treat other people and our environment; and it affects our faith and the spiritual life, which now becomes non-existent. And this bitterness affects our bodies where we now begin to have physical problems, including TMS, and our bones, organs and muscles start to suffer because of it.

Dealing With Emotions – Review

*“Looking diligently lest any man fail of the grace of God; lest any root of **bitterness** springing up trouble you, and thereby many be defiled;” Hebrews 12:15*

And what is **bitterness** - *pikria*? It is our pointed reaction of our personal pride against having to do something we don't want to do, or not being allowed to do what we want to do. It is the reaction of the rebellious, fleshly will. It also can come about as the result of being hurt, whether physically, or emotionally; self pity usually will accompany it later on; and it can end up resenting one thing where the believer will end up resenting everything!

Underlying the emotion of bitterness, which leads to the rest of the anger complex, is the human will, that is, the will of the flesh nature. And when we get down to it the will of the flesh nature does not want to do God's will, neither is it able to. *“For it is God which worketh in you both to will and to do of his good pleasure.” Philippians 2:13* So when confronted with doing God's will, or anything pertaining to the spirit, the flesh nature resents it and rebels against it.

What we have got to understand is that the emotions we feel today Adam and Eve did not experience before they sinned! They did not know fear, anger, guilt, grief, jealousy, or even the concept of human love and happiness we experience today. And there is no way that a fallen sinful being can know what an unfallen, sinless being experienced in their souls.

So what kind of “emotions” did Adam and Eve have before they changed due to an acquired OSN? They had an enhanced capacity that operated at a different and higher level enabling them to interact to their environment and each other far above what we have today. This isn't even going into the area of their intellects, which was far superior to anyone's since then. When God created them he created them to have the capacity to relate to their physical environment on a **physical** level, to relate to each other's souls on an “**emotional**” level, and to relate to himself on a **spiritual** level.

On the physical level he gave them **sight**, so they could see what was going on around them. He gave them **hearing**, so they hear the things of the material world. He gave them the sense of **touch**; the sense of **taste**; and the sense of **smell**. All five of these sense completed their capacity to be able to interact completely with their physical environment for they were physical beings living in a physical world.

But because they had **souls**, they had to have the capacity to interact with each other on a soul to soul level. So God created them with a capacity higher than the five physical sense where now they were able to appreciate and enjoy each other and their environment. But not only appreciate and enjoy, but

also to experience the ability to love, to have happiness and to enjoy peace. Which are all concepts found in the dynamic of the soul. And in addition to all that and above all that God created them with another capacity that was higher than the five physical senses and higher than soul capacity, he created them with a **spiritual** capacity so they could commune with him on a soul to soul basis over his Word.

So when we look at all this, all we can say is that everything is the same **after** Adam sinned, but we can't say that it was the same **before** he sinned! Since then man has had nothing but problems with his flesh nature, Christians included. Fallen man commits all kinds of terrible sins, but he also has a problem with his lusts, his intense desire to have things, and he also has a problem with all his **emotions**, Christians included, and fear and anger are the two biggest emotions that plague us.

Colossians 3:19, "*Husbands, love your wives, and be not bitter against them.*" tells the husbands to love their wives and not be embittered toward them. The husbands were bitter at their wives over something, and the passive voice tells us that they had **become** embittered in their souls for whatever the reason. Even in the home among believers, bitterness can be a problem. The command here is to stop an action in progress, so they were commanded to **stop being bitter** at them.

Paul has two commands here; one dealing with a positive issue, the other with a negative; both must be applied. The one has to do with starting an action, to **start loving their wives with agape** love, and this is important for it deals with having an agape mental attitude toward them, not personal love. And the other is to stop an action in progress, that is, they are embittered toward them and they are to stop it!

Be not bitter against them is *pros autas*; *pros* dealing with personal relationships. Now we know that it's wrong for husbands to be bitter toward their wives, we're not arguing that, but their bitterness is connected to something. The preceding verse gives us insight into this matter for it gets into a command that he has for the wives; they're to be in subjection to their husband's authority over them. "*Wives, submit yourselves unto your own husbands, as it is fit in the Lord.*" Colossians 3:18

Paul gives three commands to husbands and wives. He wants the wives to be in submission only to their own husband's authority, which means that they are to stop fighting him over control of the home, to stop going behind his back, or manipulating situations. The problem is when wives fight their husbands' authority, when they are always arguing with him over things, or pitching a fit to get their way, when they respond to every whim of their children, but fight him every step of the way, then husbands often can become bitter toward their wives.

Now it's wrong for them to become bitter, hence the command of God for them to stop being bitter and to start loving their wives with the impersonal love of agape, but the wives need to see that it's just as wrong for them to be fighting their husband's authority! But even if the husband stops being bitter about the situation, then there still remains the problem of the wife's arrogance and rebellion against authority. Both problems need to be addressed by both parties.

"*Every wise woman buildeth her house: but the foolish plucketh it down with her hands.*" Proverbs 14:1 Cannot the wife see that by her arrogance and rebellion against her husband's authority that she is tearing down her own home? Even if her husband is no longer bitter at her, she is still tearing down her own home by the training she is giving her children by her example of rebelling against authority in general! And not only that she is destroying any soul love relationship she has with her husband. Then we have the mandate from the Lord for wives to be in submission to their husbands as unto the Lord. "*Wives, submit yourselves unto your own husbands, as unto the Lord.*" Ephesians 5:22

God wants the home to be place of harmony and peace; a place where the concepts of *agape* love and soul capacity love can grow and be expressed. But to have that both the husband and the wife have to apply the Word of God to their respective roles as husband and wife. When they do, then God will bless that home. And not only will they have God's blessings on their home they will be examples to their children of what God can do for them, if they also apply Bible Doctrine to their lives!

But when husbands are constantly embittered toward their wives and the wives are constantly refusing to respect their husband's authority, not to mention husbands and wives constantly lusting after the material things that Babylon offers to them, then the home becomes a battleground, instead of a place of peace and tranquility.

The seven feelings of the emotional complex are something that all people have, including born again Christians. They are a part of our flesh nature that we acquired from our parents through human birth and nothing was done to them, nothing was changed in them in our regeneration. The NT refers to the **flesh** nature as *sarx*, σαρκ, or the flesh, or sinful flesh, the old man, the old self, or the old sin nature. *“For the **flesh** lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.” Galatians 5:17* The flesh also is susceptible to disease, aging, injury and physical death. It also is the source of over 28 categories of lust. In the OT the word used to denote this sinful side of man's nature is *enosh*.

There are two aspects of the flesh nature, one is psychological and the other is physiological. One deals with the concepts pertaining to the **soul**, the other to the **body**. Concerning the body, not the soul, the body is subject to physical decay, physical injury, physical disease and finally physical death. But concerning the soul the presence and influence of sin in the fleshly body affects the soul with the emotional complex and lusts. The soul is also susceptible to false teaching and mental illness.

Which takes us down to our passage in Galatians 5:17, *“For the **flesh** lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.”* What we find is that there is a conflict going on inside our souls, actually a war, that gets into the areas of stress in the soul, sin in the soul, defense mechanism of the soul and false doctrine in the soul. On the other side we have the filling of the Holy Spirit, the renewal of the new man, the metabolizing of Bible Doctrine by faith and living by faith in the new nature. These are the things of the flesh warring against the things of the Spirit.

When emotions, or **lusts** are present in the soul, then the spiritual life dynamic is absent. We no longer have love, joy, peace, etc., but instead we have fear, anger, grief, guilt, envy, human love and human happiness phenomena taking place inside us. It's not just one battle, but an ongoing campaign of war inside us that prevents, or hinders us from living by faith and living in the filling of the Holy Spirit. *“Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly **lusts**, which war against the soul;” 1 Peter 2:11*

What this tells us is that when we get into repressing our emotions, which is a childhood self-defense mechanism of the flesh nature we learned growing up, and we do it in our adult lives, then that dynamic hinders, interferes and prevents the spiritual life dynamic of claiming the promises by faith and living in the filling of the Holy Spirit. And TMS is included in that fleshly dynamic because it is a defense mechanism designed to keep our “conscious mind's eye” off our emotions by distracting it to a physical problem.

Now the word for **lust** against the spirit is *epithumeo*, which can sometimes be used in a good sense, or a neutral sense, but usually in a bad sense. Paul usually used it in a bad sense. If he wanted to connote a good sense, he would use *epipotheo*. *Epithumeo* is man's inner striving for an objective, which may be a person, thing, or an experience. It is usually followed by the action of driving the individual to gratify that desire. It meant to be excited about something and had the ideas in it of: urges, passions, desires, or impulse. It was used of human aspirations in general in a bad sense. In a neutral or good sense epithumeo was used to express a particularly strong desire. It is the desire for all kinds of things, which in and of themselves may not be sinful. It isn't the object desired that makes a lust sinful, it is the **lusting** that is the problem! Lusting is a sin present in the flesh nature and is a highly destructive power. If not avoided, it will spread out like a thorny vine choking out any spiritual life phenomena taking place in our souls. The only solution for avoiding it is to remain filled with the Holy Spirit.

The **flesh** (*sarx*) **lusts** (*epithumeo*) against (*kata*) the **Spirit** (*pneuma*) and the **Spirit** (*pneuma*) **lusts** (*epithumeo*) against (*kata*) the **flesh** (*sarx*). And remember the **flesh** does not just refer to the **lusts** of the soul, but also the **emotions** of the soul, **sin** in the soul and the **defense mechanisms** of the soul, as well as the mental attitude of **pride**, (which dominates just about everything going on inside us), and **thinking based on emotions or assumption!**

Kata is used with both the flesh and the Spirit. What it denotes is hostility directed toward someone or some thing. When the hostility is between two parties, it speaks of an mutual antagonism between two irreconcilable adversaries, here the flesh and the Spirit. The attitude, goals and activities of the flesh toward the spiritual life dynamic of the Holy Spirit are totally hostile toward the Spirit, and so also are the attitudes, goals and activities of the Spirit hostile toward the flesh's dynamic. And what this tells us is that the flesh's defense mechanisms of the soul are hostile toward the spiritual life inside us!

The flesh nature not only includes lusts and the seven feelings of the emotional complex of fear, anger, guilt, grief, envy, human love and human happiness, but it also includes denial, dissociation, repression, suppression, projection, transference and tension myositis syndrome. The defense mechanisms of the soul are all concepts of the flesh nature and are contrary to the operation of the spiritual life dynamic found in the filling of the Holy Spirit.

It's important for believers to know this because there will come a time in their Christian life that they can't seem to get over a problem they have. They seem to be "locked into" something and their spiritual life just isn't there any more. The OT is full of examples of believers who get stuck in their fear, anger, guilt, etc., and when they do their spiritual walk with the Lord stops. That is, until they seek the Lord's face in the matter and deal with the problem. See Asaph in Psalms 73.

Many project their faults into others, but maybe they'll wake up one day and say, "I wonder if **I'm** the one with the problem?" Or if they're angry, maybe they'll wake up one day and stop blaming others for the reason they're angry and own up to their own anger, confess it to God and then find out why they're angry! There is no access to, or progress in the spiritual life until that believer **acknowledges their wrongdoing to God**. "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." 1 John 1:9

The flesh is hostile toward the Spirit and the Spirit is hostile toward the flesh. What this tells us is that there is a spiritual battle going on inside of us, but there can only be one winner. We decide who the winner is going to be, the flesh or the Spirit. And as in a war there is the **offensive** and then there is the **defensive**. Only an offensive action can gain victory; a defensive action can only avoid defeat. So what this tells us is that we have to go on the offensive to gain the spiritual victory in our lives!

To be able to see the difference of **for** us, *huper*, and **against** us, *kata*, we need to see that the flesh is against (*kata*) us, while Christ died for (*huper*) us. *Kata* denotes an act that is hostile toward the good or betterment of the individual; it wants to hurt or destroy, while *huper* denotes action that is done for the benefit of the individual. That's why Peter wrote concerning the lusts, which is just one part of the flesh's dynamics, "*Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against (kata) the soul;*" 1 Peter 2:11

This is why the Holy Spirit is against everything pertaining to the operation of the flesh nature because it is harmful and destructive to us! His war against our destructive flesh natures exists because he loves us and wants the best for us! As evidenced by Christ dying to save our souls.

We also need to understand that each one of us will have our own particular problems to deal with in the area of our emotions and lusts. Some will have a problem with their anger, while others it may be their fear, and still others guilt, certain defense mechanisms of the soul, TMS, etc.. In the area of our lusts, the strong desires and drive of the soul some will have more problems in one type of lusting than another believer. That's why the Word defines these areas so we can identify them in ourselves and deal with them doctrinally, so that we can enjoy the spiritual life.

Galatians 5:16, "*This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.*" gives us the secret for victory over the flesh and that is to **walk by means of the Spirit**. Bearing in mind that having victory over the flesh on a given day, where you stay in the filling of the Holy Spirit and enjoy the peace he gives, does not set you for life. It means you have won the battle that day, but it's a war that's going on and will be going on until we go to be with the Lord. There will be many battles, but one war and each battle we win will make us stronger expanding our capacity to enjoy God and life.

Now it says that these two, the flesh and the Spirit, are **contrary**, *antikeimai* - opposed to one another. That's because the flesh is by natural birth where the sin nature was passed down genetically, while the Spirit is by virtue of the new birth created by God the Father, who is the Father of our spirits. That's why when we pray to God as our Father it is because he created us anew on the inside. **So when we talk to him we need to be cognizant that the One we are talking to is the one who created us!** "*Furthermore we have had fathers of our flesh which corrected us, and we gave them reverence: shall we not much rather be in subjection unto **the Father of spirits**, and live?" Hebrews 12:9*

The Spirit of God brings repressed feelings to the surface for us to deal with them through doctrine and the filling of the Holy Spirit to have relief and freedom in the soul, while the flesh tries to keep them buried in the subconscious where there is no relief, no healing, only continued misery. It is this continual battle of bringing up versus pushing down that causes pressure and tension in the soul.

The problems that the flesh has will always be there, but it is only through the continued intake of Bible Doctrine, under the filling of the Holy Spirit that we will be able to overcome them. If we are rejecting Bible Doctrine, then we are rejecting the only solution for this scar tissue garbage of the soul and we are hurting ourselves. "*For whoso findeth me findeth life, and shall obtain favour of the LORD. But he that sinneth against me **wrongeth his own soul**: all they that hate me love death.*" Proverbs 8:35,36

An interesting shift in viewing our soul problems, other than them being a problem, is to view them as an impetus, an impelling force that forces us to go to God and his Word to get the answers, overcome the problem and move on in our spiritual life to higher ground.

It's not just the pressure of the world system and the attacks of the devil that force us to go to the Word in faith to maintain our spiritual life, which also causes our spirits to grow and mature; it's also the problems we have with the flesh's lusts, the flesh's emotions, including TMS and various other defense mechanisms of the soul that force us to go on in the Word to get answers and overcome them.

James refers to this dynamic when he talks about the various trials and sufferings we go through in life and how these sufferings are designed by God to be an impetus for Christian growth with the goal of the completion of our souls. *“My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye **may be perfect and entire**, wanting nothing.”* James 1:2,3 These trials are not just from external sources, but also from our soul problems.

Categories Of Lust (Desires)

1. Power – the desire to be in control, to tell others what to do.
2. Approval – the desire to be well thought of, accepted by others.
3. Social – the desire to constantly be around people, interacting with them.
4. Sex – adultery, fornication, pornography, same sex, perversion, voyeurism.
5. Chemical – legal and illegal drugs, alcohol, tobacco, sugar, soft drinks, coffee, etc..
6. Money – wanting money, avarice, greed.
7. Ambition – the inordinate desire to succeed, to be on the top, to be above others.
8. Crusader – to follow a cause, start a cause, to get others to join your cause.
9. Revenge – the desire to get even, to hurt others.
10. Criminal – the desire to do what's wrong, to break the law.
11. Pleasure – to be occupied with pleasing the senses.
12. Materialism – the desire to accumulate things.
13. Security – the desire to feel safe, secure, to be taken care of.
14. Gluttony – to be occupied with eating, often emotion driven.
15. Stimulation – the desire to have the senses constantly stimulated.
16. Entertainment – the desire to be distracted from the realities and problems of life.
17. To be loved – the desire to be loved by a husband, wife, kids, parents, and friends.
18. To be happy – a pleasant emotion coming from agreeable circumstances; not spiritual joy.
19. To have fun – momentary pleasant and exciting feeling derived from stimulus.
20. Success – the desire to be at the top, usually associated with money, careers, etc..
21. Retirement – the desire to be at ease, to no longer have to work.
22. For love – an emptiness in the soul hoping to fill by having someone to love, husband, and wife.
23. Missed love – to have the love missed out on in childhood.
24. Covetousness – the desire to have more things.
25. Wanderlust – the desire to travel about, to be constantly on the move.
26. Blood lust – a frenzied desire to shed blood, to kill without restraint.
27. Information lust – the desire to constantly be accumulating knowledge.
28. Technological lust – the desire to absorb oneself into the many forms of technology.

Lusts are strong desires that can become drives that can drive us to action to seek gratification, which gives us a sense of pleasure that is short lived and non-fulfilling. These drives can become obsessions and finally addictions. When we are not filled with the Holy Spirit, then we will be living in one or more of our lusts patterns, and our emotions to one degree or another. But if living in the filling of the Holy Spirit, then we will be able to escape them. *“Whereby are given unto us exceeding great and*

precious promises: that by these ye might be partakers of the divine nature, having escaped (apopheugo) the corruption that is in the world through lust.” 2 Peter 1:4

So that when it says that the flesh lusts against the Spirit and the Spirit against the flesh, it's saying that the seven emotional categories of fear, anger, guilt, (abnormal) grief, envy, human love and human happiness are hostile toward, counter-productive and prevent the operation of the spiritual life dynamic. They are so strong that when we get caught up in them they not only keep us out of the sphere of the spiritual life, but they can control and ruin our lives! The emotions can also be the driving force behind our lust patterns. Fear the driving force to get money and success; anger for crime and vengeance; guilt for acceptance and approval; love behind sex; happiness for fun; envy to acquire or steal things; grief to replace the loss, etc..

So what do we do? Live in the filling of the Holy Spirit and we will not fulfill the lusts of the flesh. The flesh will never stop lusting; it is incapable of not lusting; all it does is lust, so corrupted it is by the indwelling sin nature. And the same goes for the emotional complex of the flesh. Both the lust patterns and the emotional complex are a part of our fallen flesh nature, which we will leave behind when we go to be with the Lord. But when we are filled with the Holy Spirit, then we operate outside them!

But if we lose the filling of the Holy Spirit, then we go right back to the lusts and the emotions. The key to spiritual recovery is 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.*” When we do, then we go back to the faith rest dynamic and occupying our minds with the teaching of God's Word.

I liken the operation of the flesh and the Spirit, the old nature and the new nature, as two generators; the one producing all the bad, destructive energy in our souls, and the other producing all the beneficial, good energy in our souls. Especially from the standpoint that when a generator starts up it takes time for it to slowly build up to its full level of operation and potential. And the same goes for when it shuts down, it takes time for it to slow down to the place where it is no longer producing any energy. It's a little simplistic, but it helps explain the lag time that sometimes takes place when one goes from being controlled by the flesh nature to being filled by the Holy Spirit.

The Bible uses the word **lusts** to translate *epithumeo*; the problem is that most equate the word lusts to things such as the lust for sex, drugs, etc., when it is a middle English word used to denote desires, or strong desires. Today we would define *epithumia* as 1) **desire** – a strong feeling or craving for anything that brings enjoyment or satisfaction that impels the individual to the attainment of the thing desired, whatever that thing is. 2) **drive** – a strong motivation that prompts the activity needed toward fulfilling or gratifying that desire. 3) **compulsion** – a very strong, almost irresistible impulse to perform an act, sometimes even against one's will. 4) **obsession** – the domination of the thoughts or feelings by a persistent idea, image, or desire; a preoccupation with a fixed idea, or feeling. 5) **gratification** – a temporary fulfilling of the desire, but it never leaves the individual satisfied; they must go off for more, either in that area, or another area.

These lusts of the flesh **war** against our souls. “*Dearly beloved, I beseech you as strangers and pilgrims, abstain (apechomai) from fleshly lusts, which war against the soul;*” 1 Peter 2:11 When the gratification of a lust is delayed, then we get **frustrated**. When it is denied, then we get **angry and resentful!** Lust **delayed** – frustration; lust **denied** – anger!

Peter talks about escaping the flesh's lusts in 2 Peter 1:4, “*Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having **escaped** the*

*corruption that is in the world through lust.” and he uses the word *apopheugo* in doing so. It had the idea of being behind enemy lines as a soldier and trying to get back home, or a POW trying to get out of his prison camp, or maybe a Mexican jail.*

Now we see more clearly the impetus here behind the idea of escaping the lusts of the flesh. The emotions and lusts of the flesh are tyrants bent only on destroying our well being and when we allow ourselves to come under their control, then we are definitely under the control of an evil master and the only thing we should be thinking about is how can we escape them! What this tells us is that we are going to really have to apply ourselves toward the goal of getting back to living in the sphere of the spiritual life dynamic. To do so we must not be focused on our lusts and emotions, but on the Word of God and faith.

The desire (lust) for entertainment comes in under the emotion of happiness and it is under the category of the lust for pleasure. **Entertainment** is an agreeable occupation for the mind, a diversion, something that holds the attention of the mind and offers pleasure away from serious or painful matters. Where a **diversion** for the mind is a distraction from business, care, or serious matters, an activity that stimulates or amuses. **Amusement** is something that holds the attention of someone in a pleasant manner, something that causes mirth or laughter.

The lust for pleasure or entertainment comes under the heading of wanting the feeling of happiness or fun. Once that is in place, then the individual will set a course of action whereby he/she can have it and seek gratification of their lust and emotion. Sporting events, personal sports, reading books, watching TV, listening to music, gambling, recreation, hobbies, favorite TV shows, crossword puzzles, video games, movies, card games, gambling, dancing, socializing with others are all a part of that.

Now there is nothing wrong with these things per se, but what the problem is that the believer has a lust to gratify a certain emotion and then they seek after those things. Like Israel who woke up to play, *“Neither be ye idolaters, as were some of them; as it is written, The people sat down to eat and drink, and rose up to **play**.”* 1 Corinthians 10:7 This **desire** leads to a **drive**, then a **compulsion** and finally an **obsession**. They live their lives like this, instead of living life in the new nature.

Now a certain amount of diversion is needed in life and is healthy as Ecclesiastes teaches, *“A time to weep, and a time to **laugh**; a time to mourn, and a time to **dance**;”* Ecclesiastes 3:4, but that is not the same as spending one's life in the pursuit of these things as we see so many doing today. The lust for pleasure and entertainment today is at such an all time high that people work all week long just so they can play on the weekends! Not only that they spend most of the day being entertained by music at their job, or in the car, and when they go home it's TV and video games. And then there are those who want to heighten their lust for pleasure and entertainment by using drugs and alcohol. And the weightier matters of God's Word, their families and the nation are ignored.

One of the problems with this is that they are ignoring the well being of their souls, which need the Word of God and the filling of the Holy Spirit. Another problem is that they end up squandering their time, money and lives on things of no importance. They are like children playing games. Another problem is that they have now entered into the category of structuring their lives so as to escape reality! This is psychologically unhealthy and should be a warning sign.

We all need at times to divert our minds from problems and pressures to things that are a little bit more pleasing and enjoyable, but what's happening today is that many believers live in the pursuit of their emotions and lusts, rather than living in the Word of God! This has become such a problem in the

Church here in America that Christians have found a way to combine the two, the “spiritual life” and their lust for pleasure and entertainment into their “worship” services! Skits, plays, pageantry, drama, media events, rock and roll and contemporary music now saturate today's churches worship services.

Paul brought out that this will be a major problem in the Last Days leading up to Christ's return to earth. *“For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears; And they shall turn away their ears from the truth, and shall be turned unto fables.”* 2 Timothy 4:3,4 And that they will be lovers of pleasure rather than lovers of God, *“This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy,”* 2 Timothy 3:1,2 *“Lovers of pleasures more than lovers of God;”* 2 Timothy 4:4

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*“Neither be ye idolaters, as were some of them; as it is written, The people sat down to eat and drink, and rose up to **play**.”* 1 Corinthians 10:7

Now they may claim to be lovers of God, but without loving his Word they aren't. What they do love, instead, is pleasure, entertainment, stimulant gratification, themselves, and everything else pertaining to the flesh. And as a part of their self-deception, they have a form of godliness, but deny its power because what is absent is the filling of the Holy Spirit and metabolized doctrine.

This passage gives us a picture of what believers will be like, and are now, in the Last Days. They will be selfish, money lovers, braggarts, arrogant, maligners who bad-mouth other people, disobedient to their parents, ungrateful and that because they think they're entitled to everything, unholy, without natural affection, implacable, irreconcilable, fault-finders, no self control over their mouths, thinking, actions and emotions, brutal, haters of what is good, haters of divine good, untrustworthy, and evil in character, (they may be pretty on the outside, but their hearts are black), impulsive and reckless, conceited and lovers of pleasure. All of which proceed forth out of the mental attitude of pride, their lust patterns and emotions.

The lust for ease or retirement is very predominant in the older generation in America today, but there was a man mentioned in the NT who was going through the same thing. *“And he spake a parable unto them, saying, The ground of a certain rich man brought forth plentifully: And he thought within himself, saying, What shall I do, because I have no room where to bestow my fruits? And he said, This will I do: I will pull down my barns, and build greater; and there will I bestow all my fruits and my goods. And I will say to my soul, Soul, thou hast much goods laid up for many years; take thine **ease**, eat, drink, and be merry. But God said unto him, Thou fool, this night thy soul shall be required of thee: then whose shall those things be, which thou hast provided?”* Luke 12:16-20

In this parable there was a certain rich man, who had a bumper crop on his land; a crop so large that he could retire from working the land, retire from even working at all! This is analogous to believers receiving wind-fall profits on their business, or hitting the lottery, hitting the jackpot in Reno, lawsuit settlements, or having saved enough, plus their pension, to retire. Some today are able to retire at age 70, some 65, and some in their 40's! Then it's golfing, traveling, or whatever their desires/lusts are.

This passage deals with the lust for ease, the lust not to work any more, (although man is commanded as a part of the curse to work until he dies, *“In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return.”*

Genesis 3:9, the lust to retire, the lust to go out and have fun instead of constructive work.

To **retire** means to withdraw from working. You say, what's wrong with that? The curse laid upon **man** was to work by the sweat of his brow until he dies. The curse for the **woman** was to be in subjection to their own husband's authority and to have pain when bearing children. *“Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee.”* Genesis 3:16

There are many men in America, who are financially set for life, who work everyday. Many of them have farms or ranches where work goes on all the time, but many are in the cities who are actively working in things that are constructive, not playing out on the golf course.

Many today in America parallel the man in Luke 12:19, who said, *“And I will say to my soul, Soul, thou hast much goods laid up for many years; **take thine ease, eat, drink, and be merry.**”* Luke 12:19 The basis for his prosperity enabling him to retire was agricultural, while for most today it's the stock market, banking, investments, real estate, pension plans, etc..

The KJV has it as “take thine ease”, while the NIV puts it as “take life easy”. The word is the present middle imperative of *anapaou*. To **eat** is the aorist active imperative of *esthio*; to **drink** is the aorist active imperative of *pino*; and **be merry** is the present passive imperative of *euphraino*.

An interesting side note here is that the active voice is used in both **eating** and **drinking**, while the passive voice is used in **being merry**. The point? The point is that this man thought that eating and drinking was the thing that enabled him to be merry, like so many today. But to do that, of course, he had to have the time and the money, so it was necessary for him to have acquired enough money so he could retire, so he could pursue a life of eating, drinking and having fun!

Anapaou meant to stop, to cease, to bring to an end, to come to an end of something; it meant to stop working, instead of God's directive of **taking a rest in working**. There is a world of difference between taking time off, or taking a break, or mini-vacations from work, while one is actively working at something constructive, versus resting from work altogether, which is the idea of retirement today.

Both eating and drinking are in the aorist imperative, which is a command to start an action. Now it's not that he had never ate or drank, but now he's going to give himself over in the pursuit of the “good life”, as so many mistakenly follow after today. He thought that having good food, beer or wine and having fun summed up the epitome of what life is all about, but it isn't. *“For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.”* Romans 14:17

His thinking is entirely flesh oriented and has rejected the spiritual life God has for us. It's also his repudiation of the curse that God has laid upon all men to work until we die. He's saying, because of his windfall, that he doesn't have to work any more. Well, rich or poor all men have to work until we die. Even if we don't have to work because of our financial situation, we are still commanded to be actively involved (work) in something productive and constructive. We may only be able to work 20 hours a week, instead of the 60-80 hours we did when we were young, but we still have to work.

So the desire, the lust to retire, to withdraw from working enters into one's mind. This desire became a drive to be able to get to the place where one can retire. And as one goes on his way they become singularly focused on this desire to retire. It becomes an obsessive compulsive desire to retire where all they think about is retiring. Then one day after they get their pension plan, or social security, hit the

lottery, or their investment comes through, they are officially retired. Now they can do what **they** want to do! Which, for this man, was to go out and “live the good life” and have fun!

Many retirees in America retire with the goal of traveling around, which is best defined by the old German word wanderlust. **Wanderlust** is a strong innate desire of the flesh to rove, to travel about, to move here and there at random. The mildest form is a wish to travel all the way to full blown going all over the country in an RV. It is the opposite of settling down, or staying in one place after you retire, where you can start accomplishing something productive and constructive with your life. “*And he shall be like a tree planted by the rivers of water; that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.*” Psalms 1:3

Although a multi-billion dollar industry has been created upon the wanderlust of the flesh nature, RV's, campers, trailers, SUV's motor homes, etc.; it is an industry that has built itself up by stimulating the flesh's lust to wander as well as being the source of gratifying that lust. In America you have armies of talented people, who are experts in stimulating people's various lusts and then offer their products as the solution for gratifying them.

Remember, **wanderlust** is the idea of running from a feeling, or to a feeling, or to gratify a feeling. Oftentimes these people think they are pursuing after a legitimate goal and would never imagine that they are pursuing after an illusion of the mind. This introduces the problem of the *mataiotes* of the mind. “*This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity (mataiotes) of their mind,*” Ephesians 4:17

Basically *mataiotes* is an illusion of the mind; something that deceives by producing a false or misleading impression of reality. The believer who has this thinks that he is following after something real, true and worthwhile, but he's actually following after an illusion of the mind. It's an exact similarity to the man in the desert who thinks he sees a body of water and then goes after it, only to find that it's a mirage.

Once he is there he looks up and sees another body of water and goes after it, only to find that it also is a mirage. Further deception impels him to go on seeking one mirage after another. And so it is with people in life, they follow after one mirage after another only to find that there is nothing to them and at the end of it all is bitter disappointment and a wasting of one's time and life!

Mataiotes of the soul so distorts one's perception of reality that they think, they are convinced that this next thing they are chasing after will supply to their soul what their soul needs, only to find, after they have attained it, or bought it, that there is nothing to it at all. So now they go on chasing after the next illusion of their minds for surely it has to have the answers and satisfaction their souls crave. They are in pursuit of the impossible dream. If this isn't what I thought it was, then surely it has to be over the next hill or around the corner.

Mataiotes doesn't just produce one illusion in the mind and then it's done; **it keeps on producing one illusion after another!** It comes from *porosis* in the mind, which is similar to a calcification, or building up gunk in water pipes. When a buildup of sediment or sludge occurs in water pipes, then the flow of the water is cut down and can be stopped altogether. The similar thing takes place in the soul where *porosis* builds up in our spiritual “*pipes*”, thus diminishing, even stopping the flow of spiritual phenomena through them. The result is that this so effects the soul that it no longer functions as it should and its perception of reality changes. Instead of perceiving reality as it is, it now perceives it differently. Instead of perceiving the truth of reality, it now is perceiving an illusion. This is what

mataiotes is. **The only thing that will prevent the buildup of *porosis* in our souls, and remove that *porosis* if it is already there, thereby ridding our souls of illusory thinking, is the intake of Bible Doctrine metabolized by faith, under the filling of the Holy Spirit.**

Wanderlust is not only a strong drive to travel and not settle down in one place. It can be connected to the emotions of fear, guilt, anger, grief, human happiness and human love, where one keeps going to get away from these feelings, or in some of them **to gratify** these feelings. But it is also connected to *mataiotes* because *mataiotes* is a mental condition that keeps on producing **illusions** in the mind that deceive the individual that this next thing, or this next goal, or this next love will satisfy what the soul needs and keeps compelling the individual to go after them.

Characteristics of the flesh nature.

The flesh is **weak**; it is unable to perform. *“Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is **weak**.”* Matthew 26:41

Lusts originate in the flesh. *“This I say then, Walk in the Spirit, and ye shall not fulfil the **lust** of the flesh.”* Galatians 5:16

Emotions originate in the flesh. *“And they that are Christ's have crucified the flesh with the **affections and lusts**.”* Galatians 5:24

The flesh has a **will** of its own. *“Which were born, not of blood, nor of the **will** of the flesh, nor of the will of man, but of God.”* John 1:13

The flesh can only produce **flesh activity**. *“That which is born of the flesh is **flesh**; and that which is born of the Spirit is spirit.”* John 3:6

The flesh can **judge**. *“Ye **judge** after the flesh; I judge no man.”* John 8:15

There is no **profit** in the flesh. *“It is the spirit that quickeneth; the flesh **profiteth** nothing: the words that I speak unto you, they are spirit, and they are life.”* John 6:63

The flesh is the **outer man**. *“For he is not a Jew, which is one **outwardly**; neither is that circumcision, which is outward in the flesh:”* Romans 2:28

The flesh cannot be **justified**. *“Therefore by the deeds of the law there shall no flesh be **justified** in his sight: for by the law is the knowledge of sin.”* Romans 3:20

The flesh has its own **dynamic** for living life. *“There is therefore now no condemnation to them which are in Christ Jesus, who walk not **after** the flesh, but after the Spirit.”* Romans 8:1

Sin is in the flesh. *“For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned **sin** in the flesh:”* Romans 8:3

The flesh only **cares** about the things of the flesh. *“For they that are after the flesh do **mind** the things of the flesh; but they that are after the Spirit the things of the Spirit.”* Romans 8:5

The flesh **cannot please** God. *“So then they that are in the flesh **cannot please** God.”* Romans 8:8

We owe **nothing** to the flesh. *“Therefore, brethren, we are **debtors**, not to the flesh, to live after the flesh.”* Romans 8:12

Our **relations** are flesh related. *“For I could wish that myself were accursed from Christ for my brethren, my **kinsmen** according to the flesh:”* Romans 9:3

There is **no glory** in the flesh. *“That no flesh should **glory** in his presence.”* 1 Corinthians 1:29

The flesh can and will **die**. *“To deliver such an one unto Satan for the **destruction** of the flesh, that the spirit may be saved in the day of the Lord Jesus.”* 1 Corinthians 5:5

This flesh cannot **inherit** God's eternal kingdom. *“Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; neither doth corruption **inherit** incorruption.”* 1 Corinthians 15:50

Our **warfare** is not of the flesh. *“For we wrestle not against **flesh** and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”* Ephesians 6:12

We have to live our **lives**, though, in the flesh. *“I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the **flesh** I live by the faith of the Son of God, who loved me, and gave himself for me.”* Galatians 2:20

Spiritual **completion** does not take place in the flesh by the flesh. *“Are ye so foolish? having begun in the Spirit, are ye now made **perfect** by the flesh?”* Galatians 3:3

Temptation comes from the flesh. *“And my **temptation** which was in my flesh ye despised not, nor rejected; but received me as an angel of God, even as Christ Jesus.”* Galatians 4:14

The **liberty** of grace is not to be opportunity for the flesh. *“For, brethren, ye have been called unto liberty; only use not liberty for an **occasion** to the flesh, but by love serve one another.”* Galatians 5:13

The flesh can be summed up as always **wanting**. *“This I say then, Walk in the Spirit, and ye shall not fulfil the **lust** of the flesh.”* Galatians 5:16

The flesh is **contrary** to the life and design of the Spirit. *“For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are **contrary** the one to the other: so that ye cannot do the things that ye would.”* Galatians 5:17

All **wickedness** proceeds from the flesh. *“Now the **works** of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness,”* Galatians 5:19

We have been crucified and are **dead** to the flesh. *“And they that are Christ's have **crucified** the flesh with the affections and lusts.”* Galatians 5:24

Corruption comes from the flesh. *“For he that soweth to his flesh shall of the flesh reap **corruption**; but he that soweth to the Spirit shall of the Spirit reap life everlasting.”* Galatians 6:8

The flesh has **mental** and **emotional desires**, as well as **physical cravings**. *“Among whom also we all*

*had our conversation in times past in the lusts of our flesh, fulfilling the **desires** of the **flesh** and of the **mind**; and were by nature the children of wrath, even as others.” Ephesians 2:3*

Man **loves** his flesh. “*For no man ever yet hated his own flesh; but **nourisheth** and **cherisheth** it, even as the Lord the church:” Ephesians 5:29*

We are to have **no confidence** in the flesh. “*For we are the circumcision, which worship God in the spirit, and rejoice in Christ Jesus, and have **no confidence** in the flesh.” Philippians 3:3*

We have **fathers** of our flesh and a Father of our spirits. “*Furthermore we have had **fathers** of our flesh which corrected us, and we gave **them** reverence: shall we not much rather be in subjection unto the **Father** of spirits, and live?” Hebrews 12:9*

Various Sins In The Soul

Sin in the soul can be categorized as mental attitude sins with pride being the worse, then the seven feelings of the emotional complex, and then the 28 categories of lust. Stress in the soul, which is not technically sin is tantamount to sin in the soul because it quickly converts to sin in the soul and its effect is as destructive as sin in the soul.

Defense mechanisms on the soul, including TMS, are also in this category of sin in the soul because they repress the truth of various feelings that we want to keep buried. TMS is a diversionary tactic that the subconscious mind employs to divert our conscious mind from being consciously aware of how we actually feel inside. It does this through creating, or exacerbating existing physical pain to distract the mind so that it doesn't feel the emotion. Refusing to feel an emotion on a conscious level is in effect a denial of that emotion.

The mind doesn't want to accept the true person of the heart, so it creates its own alternate personality; a more acceptable personality, or identity, which is in effect an idol because it is not real! We do this so that the alternate personality will be accepted by those around us and even ourselves! But to do that, it has to deny that these certain feelings don't exist, because how we truly feel about things really defines us. So we deny or repress our true feelings, which really reveal us on the inside, so we can put forth this false personality. To deal with that we must learn to not only confess our sins to God, but also express to him how we really feel! “*If we **confess** our sins, he is faithful and just to forgive us **our** sins, and to cleanse us from all unrighteousness.” 1 John 1:9 **Confession** means that we recognize to ourselves that we do feel a certain way, (he already knows we do), and are acknowledging to him that we do.*

There is another factor in this and that's the new man that was created in us when we believed on Christ as our Savior. This new man is Christ being formed in us, it is Christ in us, and the old man definitely does not want to accept this, so it fights the surfacing and revealing of Christ in us. Sitting under the teaching of Bible Doctrine over the years is bringing this new man to the surface, so a lot of our fighting back against this is really the old man trying to keep the new man from surfacing into the conscious mind. And this makes sense because the new man is created in the image of Jesus Christ, whom the world rejected when he was here on earth. “*My little children, of whom I travail in birth again until **Christ be formed in you,**” Galatians 4:19*

The psychological defense mechanisms of repression fighting against the emergence of Christ in us creates tension in the soul, which is the stuff of TMS. Truth, under the ministry of the Holy Spirit, wanting to surface in the soul, while the flesh trying to keep it buried. “*For the flesh lusteth against, (a*

state of hostility), the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.” Galatians 5:17

Paul put it as, “*O wretched man that I am! who shall deliver me from the body of this death?*” Romans 7:24 Who shall rescue **me**, the inner new man, **out of**, *ek*, the body of this death? Paul wanted this new man inside of him to be reflected in everything he thought and did in life, but the old man fought against it incessantly to the place where he was most miserable. The key to victory in this is by having the correct doctrinal information about what took place and what is taking place inside of us and by living in the filling of the Holy Spirit, for it is only through the power of the Holy Spirit that we can overcome the tyranny of the flesh. “*This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.*” Galatians 5:16

The Flesh And Its Activities

“This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.” Galatians 5:16,17

Intro:

This outline is not designed to be an exhaustive study on the flesh, but to be fairly comprehensive in pointing out things so that we will be able to recognize the various manifestations of the flesh nature's activity for the purpose of being able to regain the spiritual life activity of peace found in the filling of the Holy Spirit and the new nature.

It is designed to assist those who have gone through the one hundred plus classes on dealing with the emotions to be able to more readily identify what flesh characteristic they are having a problem with as they seek to live their lives in the filling of the Holy Spirit for the flesh's activity is hostile to what the Spirit is trying to accomplish in us.

Mention is made of the physical aspect of our flesh natures, only for the purpose of touching on some of these things, and obviously if one is having a problem with their body, then they need to consult their doctor on such a thing. But also for the purpose that, even though the physical side of the flesh is not spiritual, we can have problems in the spiritual realm due to the problem of fear, anger, guilt, anxiety, etc., over a physical problem. Some of the body's activities can be classified as human sin, others as human good, but all are still of the flesh.

Body

A. Physical

1. Infirmities – a reference to the body's physical weaknesses.
2. Injury – the body is subject to physical injuries.
3. Illness – the body is subject to physical illnesses.
4. Diseases – the body is subject to physical diseases.
5. Aging – the body is subject to the aging process.
6. Mortality – the body is subject to physical death.

B. Verbal

1. Complaining – expressing one's dissatisfaction.
2. Maligning – to speak harmful untruths about someone else.
3. Quarreling – an angry dispute with others.
4. Bragging – an expression of superiority that you are above others by stating what you have, what you do, or what you have accomplished.

Soul

A. Mental Attitude – Pride

1. First level – sees oneself as being above others.
2. Second level – sees oneself higher than that.
3. Third level – sees oneself above everyone, including God.
4. Conceited – occurs for many reasons, but often comes about as the result of being in a position that you lack the capacity or qualifications for, but because you're there you think you're something now.
5. Puffed up – occurs also for many reasons, looks, money, education, position, etc., where one has an inflated ego, an inflated opinion of himself.
6. Lime lighter – one who always has to be the center of attention; they always have to be in the limelight.
7. Rebellion – the mental attitude of pride that refuses to submit to authority.

B. The Emotions Of The Flesh

1. Fear – the feeling of fear covers everything from worry, to anxiety, dread, apprehension, fright, etc.. It is a feeling that one's security is or could be threatened. Fear can be felt at a conscious level, or repressed into the subconscious.
2. Anger – is a complex of feelings covering everything from the reaction to things, which is bitterness, to being fuming mad, to outright rage. Anger can be felt also at a conscious level, or repressed into the subconscious. It can be expressed verbally or physically.
3. Envy – envy is the felt sense of displeasure over the profit or advantage of others. It can result in the person wanting to have what others have, or worse yet, wanting to deprive the other person of what they have for yourself.
4. Guilt – is the conviction of the conscience over wrongdoing, whether actual or imagined. There is real guilt, where you are guilty; and there is sensed guilt, where you feel guilty. And guilt leads to the feeling of shame.
5. Grief – is the pain the soul feels over loss. When two come together there is a connection in the soul. When one is lost there is a disconnection and that pain is grief. Abnormal grief gets into areas such as denial, repression, non expression of the grief and prolonged expression of grief.
6. Human Love – is not in itself sinful, but it is a dynamic of the flesh and not the Spirit. *Agape* love and *phileo* love are spiritual dynamics produced only in the new natures of believers in Christ by the filling of the Holy Spirit.
7. Human Happiness - is not to be confused with spiritual joy, although most Christians make this mistake. Human happiness is dependent upon one getting their way, having fun, experiencing something pleasant, etc.. While spiritual joy is produced in the new nature and is not dependent upon pleasant external factors.

C. The Thinking Of The Flesh

1. *Logizomai* – thinking based upon objective facts.
2. *Nomizo* – thinking based upon assuming something to be true.
3. *Dokeo* – thinking based upon one's emotions.

D. The Memory Function Of The Flesh

1. It leaves things out.
2. It adds things.
3. It misconstrues things.
4. It forgets altogether
5. There is no perfect memory function.

E. Imagination

1. Is the ability to create a picture in the mind apart from the physical senses.
2. Some mental pictures are sinful, some aren't.

F. The Defense Mechanisms Of The Flesh

1. Repression – is the unconscious pushing down of painful or embarrassing feelings into the subconscious where one doesn't have to see them or deal with them.
2. Suppression – is the conscious pushing down into the subconscious mind the painful or embarrassing feelings.
3. Denial – denying that one feels a certain way, or denying one's actions.
4. Dissociation – is where certain anxiety-provoking thoughts, emotions, or physical sensations are separated from the rest of the psyche.
5. Projection – is the tendency to ascribe the attitudes, feelings and thoughts present in oneself to another person
6. Transference – is the shift of emotions, especially those experienced in childhood, from one person or object to another, especially the transfer of feelings about a parent to an analyst.
7. TMS – *tension myositis syndrome* is a diversionary tactic that the brain uses to distract the conscious mind from being aware of painful, or embarrassing feelings, by using physical pain. It can use an existing problem; it can amplify an existing problem; and it can create a new problem. Of course, all physical problems need to be checked out by one's own doctor. (See, *Healing Back Pain*, by Dr. John Sarno).

Note: Again this is not designed to be an in depth study on any of these concepts, rather sort of a check off list to enable us to see what is going on in our day to day walk with the Lord, so we can be able to identify what activity of the flesh is going on and recover the filling of the Holy Spirit.

G. The Lust Of The Flesh

Definition Of Lust

1. The first thing we need to see is that the King James word, *lust*, is an Old English word and is the exact same idea for the present day word – **desire!**

2. The next thing we need to see is that in the original Greek it's in the singular, which summarizes the flesh as constantly lusting; the flesh lusts or desires!
3. The flesh lusts and it lusts in various categories.
4. The mistake that many make, especially Christians, is that they think this concept of lust applies to only a few things, such as, fornication, drugs, etc., while it applies to just about everything that people are doing!
5. A lust is a strong feeling or craving for anything, conscious or unconscious, that one thinks will bring enjoyment, satisfaction, or completion.
6. People's lust patterns differ. Some people desire certain things in life, while others desire different things.
7. People's lusts often change over the years; wanting different things at different times in their lives as they get older.
8. The object of the lust, the thing desired, may not necessarily be sinful in itself.
9. Lust is the condition of fallen humanity, and because it is resident in the body believers in Christ will have a problem with it also.
10. Lusts are countered by the filling of the Holy Spirit.
11. Lusts are hostile to the activity and purpose of the Spirit.
12. We cannot complete our souls by gratifying our lusts.

The Stages Of Lust

1. Lust - begins with the person having a desire for something that they think will bring them satisfaction, completion, enjoyment, or something else.
2. Drive - is the next thing proceeding out of lust where the individual is motivated to act and do what is necessary to acquire what one is desiring.
3. Compulsion – usually follows if the desire is strong and is an almost irresistible impulse to act toward the goal of gratifying the lust.
4. Obsession – follows in many and is the domination of one's thoughts and feelings toward fulfilling the lust or desire.
5. Gratification – is only a temporary fulfilling of the lust, but never leaves the person satisfied. They have to do it again and again.
6. Analogy – I liken lust and its gratification to poison oak. If one has ever had poison oak or ivy, then you know how bad it itches; crying out to be scratched. And when you do scratch it feels so good, but it's only temporary because it itches all over again. So is lust and the gratification of the lust.
7. Denied – if one's fleshly lusts are delayed or denied, then the flesh kicks in with frustration or anger. Anger, resentment, depression, self pity and all sorts of reactor factors will follow when one doesn't get what they want.

The Categories Of Lust

Power – the desire to control other people. People with the lust for power are found in every walk in life: politics, schools, government, religion, business, etc..

Approbation – the desire to have approval from other people. Lacking spiritual self esteem they seek to have acceptance or validation from others.

Social – the desire to socially interact with others. Needy people love to chit chat, to always be around friends, relatives, get-togethers, etc., to fill a void in their souls.

Sex – abnormal sex drive, fornication, (sex in religious rituals), pornography, adultery, (sex with another while married), illicit sex, (sex outside of marriage), pedophilia, same sex, voyeurism, etc., are

all involved in this. When someone is motivated by the lust for sex, then that makes the other person involved a sex object that is being used only for the purpose of gratifying that person's lust. In fact, whenever anyone acts on the basis of any lust, and uses people in the process, then those people are nothing more to them than an object used to gratify that person's lust!

Chemical – covers the desire, dependence and addiction to alcohol, drugs, legal or illegal; one can even desire certain additives put in food.

Money – the lust, desire, to have money, gold, silver, also referred to as greed. Even when one has money, they always want more.

Covetousness - is the lust for material things. And being never satisfied, the lust is there for still more things. Remember, lusts are never satisfied, only gratified!

Ambition – the inordinate desire to succeed, to be the best, to be on the top. The problem today is that most of America now considers these things as admirable traits and not the lusts that they are.

Crusader – the desire to start a cause, to get others involved in your cause, or to follow a cause.

Crusaders lusts have increased significantly in the past twenty years or so. It seems like everyone has a cause that they want you to get involved in.

Revenge – the desire to get even with someone over a wrong suffered. It proceeds out of pride and the anger complex. But vengeance belongs to the Lord, not us.

Criminal – the desire to break the law, to hurt other people, or damage their property. The reason why some turn to criminal enterprises to make money, instead of legitimate ones, is because of criminal lust.

Pleasure – hedonism is the desire and drive to do things, or possess things, that bring pleasure to the senses.

Security – security lust stems out of a sense of insecurity where the individual wants to feel secure.

This desire for security will drive them to arrange their entire lives: job, housing, friends, etc., in such a manner that they will be secure.

Gluttony – the desire to eat, or the desire for food, or excessive eating and drinking. Food is the means by which our bodies receive the nutrition that they need. This desire goes beyond that and is often used to fulfill an emotional need.

Stimulation – is the desire to be constantly excited, invigorated, roused to action, either mentally or physically. TV, movies, music, interesting conversation, even soft drinks and coffee all the way to drugs help accomplish this.

To Be Loved – is the desire to receive the love that often one missed out on in their childhood. Many people go from relationship to relationship looking for love. When one is in the Spirit they will be loving with *agape*.

To Love – one will say, what's wrong with that? But it's an instinctual dynamic of the flesh. A man wants a wife to love, and vice versa; women want to have children to love, or to love them, but it's all a part of the flesh inherited from Adam. While the spiritual life dynamic of *agape* love is far superior to that.

To Be Happy – This seems to be the mantra of just about everybody in America today. They say, I just want to be happy. What's wrong with that? The thing about happiness is that it's a product of the flesh, it's short lived and it's dependent upon usually pleasant external circumstances. Human happiness, that any unbeliever can have, is not the same thing as spiritual joy. The fruit that the Holy Spirit produces in the new nature is spiritual joy and is not dependent upon anything external, but only upon the filling of the Holy Spirit as the believer walks in faith with the Lord.

Fun – the desire to have something that provides mirth or amusement, which is also so prevalent today, is a temporary fleeting thrill of stimulating excitement similar to human happiness. It's more than a desire with many, it's an obsession. All too many people want to do is go out into different pursuits, usually costing money, just so they can have fun.

Family – the desire to have a family, or the desire to see one's divorced parents back together again, is once again under this category. Remember that a lust is nothing more than a desire.

Success – the attainment of wealth, position, honors, or the like. Many people have the lust to succeed in a certain field, or to have money, and often will not stop at anything so they can have the success they so desire.

Retirement – is where one is financially able to stop working, or to cease from working. It's the desire to live a life of ease and not have to work any more. But men are not allowed to retire, even if they're financially able, because of the curse laid upon all men by God when Adam sinned against God. They are to be actively and constructively, hopefully profitably, working until they die. This too has become a major problem in America today as the result of the modern industrial revolution.

Wanderlust – is the innate desire of the flesh to rove or travel about, to move here and there at random. Whether it is just a wish to travel, or actually traveling, it's all wanderlust. The only difference is the lust and its gratification.

Blood lust – a frenzied desire to shed blood, to kill without restraint.

Information lust – the desire to constantly be accumulating knowledge.

Technological lust – the desire to absorb oneself into the many forms of technology.

Materialism – the desire to accumulate things.

Security – the desire to feel safe, secure, to be taken care of.

Entertainment – the desire to be distracted from the realities and problems of life.

Missed love – to have the love missed out on in childhood, or lost loves in life.

When lust is **delayed**, the flesh reacts with frustration. When lust is **denied**, the flesh reacts with anger or resentment. When lust is **forbidden** the flesh reacts also with anger or resentment. The flesh wants what it wants, although it may remain patient for awhile to get it, in the end, if it doesn't get what it wants, then everyone around it will pay the price!

The purpose of this outline is not for us to become absorbed in one's personal flesh activities, but simply to point out the various areas that the flesh operates in so we can recognize them in ourselves. The activity of the flesh is hostile to the activity of the Spirit in our lives and by recognizing what areas of activity that do belong to the flesh, and acknowledging these things to God, we can recover the filling of the Holy Spirit.

Dealing With Emotions – Review

It is important to see that our emotions, as well as our lusts, are a part of the flesh nature, which has been corrupted due to Adam's sin against God. “*And they that are Christ's have crucified the flesh with the **affections and lusts**.*” Galatians 5:24 Also we need to see that when we believed on Christ as our Savior we died to all that because we are now in union with Christ's death, burial and resurrection from the dead. “*Knowing this, that our old man is **crucified with him**, that the body of sin might be destroyed, that henceforth we should not serve sin.*” Romans 6:6

Paul goes on to tell us that our day to day victory over the flesh nature is through our knowledge of our new position in Christ. “*Likewise **reckon** ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.*” Romans 6:11 The word used here for **reckon** is the present middle indicative of *logizomai*, which was the thinking of an analyst, not out of one's feelings. The present tense tells us that this is to be our daily thinking on the matter, and in the middle voice it tells us that we will be benefited by the action, if we do it.

Included in this thinking one will have to take into consideration: our faith in Christ, our union with Christ, our being crucified with Christ, our resultant death, burial, resurrection with Christ, and our

ascension into heaven with Christ! It also needs to have the consideration of the old man dying, the creation of a new man patterned after Christ and the indwelling of the Holy Spirit.

Paul taught that at the moment of our salvation God created a new man inside us, which is to be renewed daily through the metabolization of Bible Doctrine by faith under the ministry of the Holy Spirit. *“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 have put on the new man, which is renewed in knowledge after the image of him that created him:”* Colossians 3:10

He also taught that we have the power and responsibility not to let sin, which is in the flesh, to reign over us in life. *“Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof.”* Romans 6:12 And that the power to do this comes from the indwelling Holy Spirit. *“This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.”* Galatians 5:16,17

God has given to all Christians a spiritual life, which contains all spiritual phenomena, which are far superior to emotional phenomena. *“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.”* Galatians 5:23,24 This spiritual life is accessed **by living in the sphere of faith** under the ministry 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

The Lord taught us that in this life we will have much pressure, but we are not to let it turn into stress in our souls, or fear. *“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 *“These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.”* John 16:33 The spiritual provision he has supplied to us, which will prevent stress and fear in our souls, is his **peace**.

We've been studying on the internal struggle between the flesh and the spirit within us and how when we're controlled by the flesh we have: stress in the soul, sin in the soul, the activation of our emotions, lusts and pleasures. But when we're controlled by the Holy Spirit, then love, joy, peace, gentleness, goodness, meekness, temperance, longsuffering, faith and hope become the experiential dynamic in our souls.

We know in our regenerated souls what we want and what we choose to have; the peaceful life of the Spirit of God. But even though we choose time and again, we fail to have it so many times because it's the flesh that stops us dead in our tracks. Why? Because the flesh is a **tyrant!** But remember, **it is a tyrant that we have died to, so we don't have to obey it.**

One of the reasons why we fail to have joy and peace in our lives is because we are trying to get it by focusing on joy and peace, which are the results, and are not focusing on the means! It's like wanting an education without going to school; or wanting knowledge without studying Bible Doctrine; or wanting wisdom without applying Bible Doctrine to our situation; or wanting income without working for it.

We want God's peace in our souls, but wanting his peace is not how we get his peace! It's a beginning, but here's what God has to say, “Seek peace and earnestly pursue it”. **Wanting** to have the experience is not the same as **having** the experience. The experience is the result, but we have to implement the

means, if we want to have the experience. Our **focus** is not to be upon peace and joy, instead it is to be on God's promises! When we do, then the peace will come.

So how do we get this peace? The first thing we need to see is that comes about when the Holy Spirit is in control of our souls, or **fills our souls**. When the Spirit of God is in operation in our souls, then we will have the peace of God. So we ask the question again, what do I have to do to have God's peace? The answer is nothing! Just trust God. When we exercise faith in the promises of God, then in that sphere of faith in the Word, will we have God's peace.

In the sphere of the flesh's **lusts** there is no peace. In the sphere of the flesh's **emotions** there is no peace. But in the sphere of **faith**, then there is peace! *“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 *“May the God of hope fill you with all joy and peace **as you trust in him**, so that you may overflow with hope by the power of the Holy Spirit.”* NIV But remember, the focus of our faith is not to be on faith – but on the Word of God!

So how do we prove that faith is there? **The nature of the deed is the proof, ipso facto**; the activity of faith is the proof of faith; faith exercised in the trial is the proof that faith exists. If we're looking at just a mental attitude, it would be difficult maybe even impossible to prove what one was thinking. But if there was an action involved, then we could see that action as the proof of faith. **The actions of those mentioned in Hebrews 11 is the proof of their faith!**

James, Hebrews and other places in the Bible bring out the aspect of the activity of faith. Peter brings out the idea of sufferings and trials, not only as a proof of faith, but also as the means of bringing this faith out, developing it, strengthening it and completing it. *“Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you:”* 1 Peter 4:12 Faith acts. Now activity and faith are not the same thing, but whenever and wherever faith exists it eventually acts. It may believe and pray; it may believe and confess sins; it may believe and make a decision, but activity will always proceed from faith.

Every place in the Bible where you find faith you will find an activity connected to that faith. Faith prompted that woman to go to the Lord to be healed; faith motivated her to touch the hem of his garment. Faith prompts the unbeliever to call out to Christ for salvation. *“For whosoever shall **call upon the name of the Lord shall be saved.**”* Romans 10:13 When David was surrounded by the enemy his faith motivated him to call out to God for help. *“I **sought the LORD**, and he heard me, and delivered me from all my fears.”* Psalms 34:4 *“This poor man **cried**, and the LORD heard him, and saved him out of all his troubles.”* Psalms 34:6

Faith motivated **Abel** to offer the proper sacrifice to God. Faith motivated **Enoch** to live a doctrinal life to please God. Faith motivated **Noah** to build an ark to save his family. Faith motivated **Abraham** to the activity of leaving Ur to go down into the promised land. By Faith **Jacob** blessed Joseph. By faith **Joseph** gave instructions about his bones after death. By faith **Moses' parents** hid him for three months. By faith **Moses** rejected his ties with Egypt and chose to be identified with God's people. By faith **Moses** left Egypt. By faith **Moses** kept the Passover. By faith the **people** passed through the Red Sea. By faith the walls of **Jericho** fell down. By faith **Rachel** welcomed the spies. By faith **believers conquered** kingdoms, **administered** justice and **gained** what was promised. By faith they shut the mouths of **lions**, quenched the fury of the **flames**, escaped the edge of the **sword** (death in the time of war). By faith their weakness was turned into **strength**; they became **powerful** in battle and **routed** foreign armies.

So what's the point? The point is that faith acts; it has activity. Wherever there is faith in God's Word, then that faith will motivate that believer to some form of activity. And it will not only motivate that believer to an activity it will support him in that activity. For when we act in faith, then we will be empowered by the Holy Spirit!

James is so strong on this subject that he says faith without works (activity) is dead. “*Even so faith, if it hath not **works**, is dead, being alone.*” James 2:17 “*But wilt thou know, O vain man, that faith without **works** is dead?*” James 2:20 The believer who says that he has faith, but there is no activity coming from that faith is just deceiving himself. “*Yea, a man may say, Thou hast faith, and I have works: shew me thy faith without thy works, and **I will shew thee my faith by my works.***” James 2:18

Now Biblical faith will motivate a believer to activity, but activity can also be an opportunity for us to exercise faith! Now this activity can be imposed upon us not of our own will, such as, a trial, or suffering, or responsibility, but it can also be there because of our own choice, such as, a project we have undertaken, or an idea we would like to see come to fruition.

Many believers look at their jobs, professions, or business enterprises as simply a way to make money, which can take the heart out of the matter making them into drudgery for us. Where, instead, we should look at them as an opportunity to claim the promises of God and live by faith! This becomes even more important to us when we **realize that the spiritual life of love, joy, peace, etc., is activated in us in the sphere of faith!**

What this tells us is that money is not to be the consideration when we are seeking one's life goals and careers, rather it is to be a place where we can serve God! Sadly money is the motivator of most Christians today. Our field of service is not the issue, whether in business, politics, medicine, labor, or the ministry, nor is financial compensation the issue. (God promised to provide our needs). Rather is this the field of service that God wants me in and is this a place where I can apply Bible Doctrine and live by faith?

We know the story of Daniel in the lion's den and how God delivered him, but most don't know he was delivered because he trusted God! Daniel exercised faith in this most certain death that was before him. “*Then was the king exceeding glad for him, and commanded that they should take Daniel up out of the den. So Daniel was taken up out of the den, and no manner of hurt was found upon him, because he believed in his God.*” Daniel 6:23

The word for **believed** here is the Chaldean *aphel* stem of *aman*, which was the equivalent of the Hebrew *hiphil* stem, which is **causative** showing that something caused this action of believing. *Aman* meant to lean upon, to trust against, to totally trust the object which one is leaning to hold you up. And when used in the *hiphil* stem it meant that Daniel was caused, because of the dire situation, to totally trust that God would protect him from the lions.

That is **faith** used in a passive sense for there was nothing he could do about it in his own strength. But we have an **active use of faith** when David took off after a lion, who had taken one of his sheep. “*And David said unto Saul, Thy servant kept his father's sheep, and there came a lion, and a bear, and took a lamb out of the flock: And I went out after him, and smote him, and delivered it out of his mouth: and when he arose against me, I caught him by his beard, and smote him, and slew him.*” 1 Samuel 17:34,35

And **Benaiah**, who killed a lion in a pit. “*Benaiah the son of Jehoiada, the son of a valiant man of*

Kabzeel, who had done many acts; he slew two lionlike men of Moab: also he went down and slew a lion in a pit in a snowy day.” 1 Kings 11:22 And Samson, who slew the lion that attacked him. “Then went Samson down, and his father and his mother, to Timnath, and came to the vineyards of Timnath: and, behold, a young lion roared against him. And the Spirit of the LORD came mightily upon him, and he rent him as he would have rent a kid, and he had nothing in his hand: but he told not his father or his mother what he had done.” Judges 14:5,6

In the flesh the average person will be paralyzed by the roar of a lion, but here we have examples of how the king of the jungle was and can be subdued by faith, for it is in that sphere of faith that the believer will be strengthened by God to do what was impossible in the flesh. And the mightiest lion that believers will ever face is the roaring of Satan. But Paul said that he was delivered from the lion's mouth of Satan by faith. “*Notwithstanding the Lord stood with me, and strengthened me; that by me the preaching might be fully known, and that all the Gentiles might hear: and I was delivered out of the mouth of the lion.*” 2 Timothy 4:17 And Peter tells us that faith in the Word will deliver us from Satan. “*Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:*” 1 Peter 5:8

By faith Shadrach, Meshach, and Abednego quenched the **fury** of the flame; the fury, *dunamis*, referred to the power of the fire, that is, its heat! “*Quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, waxed valiant in fight, turned to flight the armies of the aliens.*” Hebrews 11:34 The fire still burned, intensely so, but the heat didn't bother them. It was the faith of those three men that enabled them to triumph over a natural phenomenon and commune with Christ in the sphere of faith in the sphere of a fiery trial! **And if the exercise of their faith will enable them to overcome their fiery trial, it will enable us to overcome our fiery trial!**

Faith enabled God's children to “**escape the edge of the sword**”. The word for **sword** here is *machairos* and it refers to a military situation. The word for **escape** is *pheugo* and it meant to escape, to flee, to avoid a threatening situation, to flee from unjust prosecution, or to flee from a military threat! **This may be of great importance to us in the upcoming days.**

To **escape** also had the idea that death or capture was imminent, either from the military or the “law” and the believers were able to successfully escape. It would also refer to the believer in the military, or a combat situation, who is able to escape or avoid death or capture, either by defeating the enemy, retreating from it, or by evasion.

Escape would also refer to civilians who are able to defend themselves against an invading army, or to be able to evade or escape it, or the same thing from a “militarized” police force. It would speak of being able to avoid a trap set for you; being able to successfully flee from a threatening situation, avoid threatening situations, escape from situations eluding capture or death.

Out of weakness were made strong refers to going **from**, *apo*, personal weakness in one or more areas to being strong in those areas in a short period of time. This would be impossible in the natural world because a thing cannot be more than it is. But becoming strong in this passage is found in the passive voice showing us that the believer receives this strength. And who does he receive it from? Jesus Christ! “*And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness.*” 2 Corinthians 12:9a “*For when I am weak, then am I strong.*” 2 Corinthians 12:10b

And in Philippians 4:13 Paul states, “*I can do all things through Christ which strengtheneth me.*” The word for I can do is *ischuo*, which meant that by faith one had the strength and everything else that he

needed to prevail victoriously over the situation he was in. He was not only able to endure the situation, but to be able to come out through the other side triumphantly. And he was able to do this because he was in-strengthened (endunamoo) by the power of Jesus Christ!

The Bible is a record of God's people, whom Christ strengthened to perform an activity, in spite of and in the middle of their personal weaknesses: Samson, David, Abraham and Sarah are but a few. But he did this in the sphere of their faith, for when our faith is exercised it now opens the door for Christ to perform out of his infinite strength. **And if he did it for them, he'll do it for us today!**

“Who became powerful in battle and routed foreign armies”, or, “waxed valiant in fight, turned to flight the armies of the aliens.” Now to begin with a battle is about the most serious of a situation you can get into because if you lost – you died! The word for **powerful**, or valiant as we have in the KJV is *ischuros* again and it meant to possess the sufficiency of whatever it is that you need to defeat the enemy and come out the other side in victory.

But here we have the word *ginomai* used for **became**; they **became** valiant or powerful, which signified a change of condition, which tells us that they weren't prevailing, but something happened where they now became strong enough to prevail over the enemy. What changed the situation? You're out on the battlefield, or in the forests and the enemy is defeating you. But now the tide has turned and you're beating the enemy! What changed? **What changed is that the believer started exercising faith and when he did he became strengthened by Jesus Christ to the place that he now was prevailing over the enemy to the place that an entire army could be routed and sent packing!!** *“Women received their dead raised to life again: and others were tortured, not accepting deliverance; that they might obtain a better resurrection: And others had trial of cruel mockings and scourgings, yea, moreover of bonds and imprisonment: They were stoned, they were sawn asunder, were tempted, were slain with the sword: they wandered about in sheepskins and goatskins; being destitute, afflicted, tormented; (Of whom the world was not worthy:) they wandered in deserts, and in mountains, and in dens and caves of the earth. And these all, having obtained a good report through faith, received not the promise: God having provided some better thing for us, that they without us should not be made perfect.”* Hebrews 11:35-40

All of these are examples of situations where God's people have exercised faith. It was their faith in the Lord that enabled them to prevail over overwhelming odds, to endure impossible situations and to come out the other side victoriously. You see, when we exercise faith in the Lord all the merits and strength go to the object of our faith, which is the Lord. But this does not refer to just situations we are in, but also things going on in our souls.

For the soul to be stabilized the faith rest dynamic is not to be “hit and miss”, but a constant daily practice. When we trust in God through his Word, then God, through the spiritual life dynamic of faith in his Word, stabilizes our souls and keeps us in a state of peace. A state of peace stabilizes the soul, and a stabilized soul is one that lives in a state of peace. *“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”* Isaiah 26:3

Have we ever thought about what it is like for the angels in heaven, these celestial beings? They don't all get to be in the presence of God everyday listening to his Word. In fact, they are convened at different times to hear the Word of the Lord. So what do they do now as they go back to the farthest reaches of the universe far away from the actual presence of God? They have his Words resounding in their souls; they have to believe his Word like we do. So whether it's them at the extremities of the universe, or us here on earth; we are to believe *Yahweh's* Words.

The word for **trust** is *batach* and it describes the faith rest dynamic of leaning, or depending on the Lord, which results in our souls having a sense of security and peace. *Batach* is found here in the qal participle and describes an action that is continually practiced daily as a way of life. The believer is constantly leaning on the Lord each day of his life and as the result his soul exists in a state of peace.

The word for *whose mind is stayed on thee* is *samak*, which is also found in the qal participle, which tells us that we have to have our eyes constantly on the Lord each day of our lives, our daily practice, and we do this by focusing on God's Word each day. *Samak* had the idea of a base or support; it was used for something that one can lean on for support or stability. It can also be used of the one who grabs your hand when falling to protect you. It can also be used of one who is holding your hand to prevent you from falling.

The word for **mind** here is *yatsar*, but it looked kind of at the totality of man with all its individual parts. God is the one who forms; the verb is to form; and the noun is what he has formed. We have God as being the potter and man put as being the clay in Isaiah 29:16, “*Surely your turning of things upside down shall be esteemed as the potter's clay: for shall the work say of him that made it, He made me not? or shall the thing framed, (yatsar – formed or made), say of him that framed it, (yatsar – formed or made), He had no understanding?*”

So our passage gets more into the idea of the whole person, the entire soul being directed at God through occupation with his Word, but the point of contact for doing this is through the mind. And if we do this, then our mind will be stabilized and peaceful. In the NT it looks at the new man that God created in every believer in Christ.

We could divide this verse into two parts. The first one says, “*Thou wilt keep him in perfect **peace**, whose mind is stayed on thee:* The second part of the verse could be put as a reply to the question **how?** To which the answer would be, “*because he is **trusting** in thee*”. **This tells us that peace in the soul comes to us as the result of trusting in the Lord and his Word.**

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

Dealing With Emotions – Review

We have seen in the NT that God gives us the shield of faith, which will protect us from the fiery (burning) darts of Satan. “*Above all, taking the shield of faith, wherewith ye shall be able to quench all the **fiery darts** of the wicked.*” Ephesians 6:16 We have also seen that this idea of fiery is **burning**, such as the burning venom of snakes, scorpions, spiders, wasps, etc., which is also a reference to the toxic venom of bitterness and anger in the soul.

And this is what we see in Job where Satan had shot his burning darts of bitterness into Job's soul, but Job had mistakenly laid this at the feet of God. These arrows could also be the type tipped with poison. “*For the **arrows** of the Almighty are within me, the **poison** whereof drinketh up my spirit: the terrors of God do set themselves in array against me.*” Job 6:4

What we have here is a figurative use of what occurred literally. Real arrows with real poison were not fired at Job by Satan, but this is a language of accommodation to describe a spiritual dynamic whereby Satan was able to direct negative, bitter spiritual energy at Job's soul where it hit and took root. The word for poison here is *chemad*, which we have just studied, and it denotes **anger!**

Remember this is all about energy. The spiritual world is a world of energy; lusts are energy, thoughts are energy and emotions are energy; and energy has frequency. So it's about directing a certain kind of energy by the devil toward believers in Christ. In this case the energy that was directed by Satan was anger, which is easy to see because he is a being of great anger! “*Therefore rejoice, ye heavens, and ye that dwell in them. Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having **great wrath**, because he knoweth that he hath but a short time.*” Revelation 12:12 And remember: **the greater the pride; the greater the anger.**

We see In Acts 5:1-5 that Ananias and Sapphira were filled with lust, greed, deception and lying as the result of the activity of Satan. “*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? Whiles it remained, was it not thine own? and after it was sold, was it not in thine own power? why hast thou conceived this thing in thine heart? thou hast not lied unto men, but unto God. And Ananias hearing these words fell down, and gave up the ghost: and great fear came on all them that heard these things.*”

Satan provoked David to number Israel in 1 Chronicles 21:1, “*And Satan stood up against Israel, and provoked David to number Israel.*” The word for **provoke** is *suth*, or *saweth* and spoke of the idea of suggestion, to put a thought into someone's mind. Now how did he do this? By appearing to him personally and actually stating the idea? Or by simply putting the thought into his mind! *Suth* had the ideas of: to be changed from one course of behavior into the opposite one, to entice, to seduce, to deceive, to turn aside from, to move or mislead someone into doing something against that person's original desire and intentions.

Satan, the seducer, does not have to use force or pressure on someone, but rather persuasion utilizing the power of suggestion, as he did with Adam and Eve in the Garden. Seductive circumstances, as well as words, thoughts and ideas put into the mind; the promise of fulfilled desires, enticing pleasantries, the alleviation of hardship; the promise of love, sex, money, fame, power, glory are offered or implied by suggestion to mislead the individual.

Remember the thought to number Israel was not in David's mind originally; it was put into his mind, *saweth*), by Satan. It is clear from the Word that Satan can and does put thoughts into people's minds. For those who are prone to say that this isn't so, I would say to you that there are many dynamics at work in the universe that you know nothing about – yet.

It is clear that the serpent put certain thoughts into the mind of **Eve**. Satan put the thought of numbering Israel into the mind of **David**. **Jezebel** put the thought of stealing Naboth's land into the thought of Ahab, 1 Kings 21. Satan filled **Ananias'** heart to lie to the Holy Spirit, “*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 5:3 The power of suggestion is very strong and everyone is prone to it, even more so who are intelligent and educated because they think they're intelligence and formal training puts them above it. Our only protection is Bible Doctrine – thus saith the Lord.

We could go on and talk about how thoughts and emotions are energies operating at various frequencies. We could talk about how each human body resonates at its own frequency and how these frequencies can be read from a distance; even how the earth itself resonates at its own frequency. We can talk about the emotion of anger for example. Who has not been around someone who is angry and do we not sense it? We don't need to see their faces; we don't have to hear them speak; we can feel it.

How is that so? Easy. The emotion of anger that they have is an energy operating at a certain frequency, which their souls radiate outward. Our souls sense it just like a receiver and we can feel their anger. Even dogs can sense the frequencies of humans. Can they not sense our fear, our anger, our sadness? At least dogs can, cats could care less.

When the woman with the issue of blood touched the garment of Christ's; **power** went out to heal her. “*When she had heard of Jesus, came in the press behind, and touched his garment. For she said, If I may touch but his clothes, I shall be whole. And straightway the fountain of her blood was dried up; and she felt in her body that she was healed of that plague.*” Mark 5:27-29

But Christ knew immediately that **power** had gone out from him. “*And Jesus, immediately knowing in himself that **virtue** (*dunamis* – **power**) had gone out of him, turned him about in the press, and said, Who touched my clothes?*” Mark 5:30 We need to note that the original has it as *exerchomai ex*, the power came **out of**, *erchomai*; and **ek** denoting the **origin** of this healing power, not *apo*, to tell us that the power to heal the woman **did not come from his garment, but from him personally**.

But what made the woman's “touch” so different than all the other people who were touching him? The difference was her **faith!** She believed that if she just touched his garment she would be healed! “*For she said, If I may **touch** but his clothes, I shall be whole.*” Mark 5:28 “*And he said unto her, Daughter, thy **faith** hath made thee whole; go in peace, and be whole of thy plague.*” Mark 5:34 And Christ sensed that power had come out from him to her.

But it is not necessary for someone to literally touch Christ to be healed by him for his power is able to transcend distance, any distance. As we see with the Roman Centurion and his servant. “*The centurion answered and said, Lord, I am not worthy that thou shouldst come under my roof: but speak the word only, and my servant shall be healed.*” Matthew 8:8 So whether is a few feet away, or hundreds of miles away, or from heaven itself; Christ's power is not limited by distance, but can touch and save, or heal anyone anywhere on earth. And this is the kind of faith that we need to have when asking God to heal our bodies or heal our souls.

But we're talking about emotions here and how they cause us problems, not only emotions we are presently experiencing, but emotions that have been buried deep down in our souls. So remember emotions are feelings and feelings are energy and that their energy has vibrations that vibrate at certain known frequencies. They can certainly be felt by other people, who are in close proximity to the one having the feelings, but they can also be sensed over long distances.

We know that we can certainly detect the feeling of anger from someone who is in our close proximity, and even more so if that anger is directed at us! Which brings us down to the matter of the devil and his army of demons and their bitterness and rage. They are angry beings and their anger is directed at God and toward everyone who is in union with God and doing his will.

This brings in the idea of the **anger** of Satan directed toward the people of God. Paul referred to this as the "fiery darts" of Satan. "*Above all, taking the shield of faith, wherewith ye shall be able to quench all the **fiery darts** of the wicked.*" Ephesians 6:16 The burning of these darts, or arrows, refers to the burning of Satan's anger against everyone connected to God; and the more they are in alignment with God and his purpose, the greater the anger is toward them.

It gets into the idea of directed anger, like a burning dart, fired at certain individuals. Satan is bitter and he is filled with great rage, all of which stems from his pride and his thwarted plans to wrestle control of the universe away from *Yahweh* and his Son. So when he is kicked out of heaven, his anger now turns into great rage and this rage will be directed at believers in Jesus Christ. "*Therefore rejoice, ye heavens, and ye that dwell in them. Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having **great wrath**, because he knoweth that he hath but a short time. And when the dragon saw that he was cast unto the earth, he persecuted the woman which brought forth the man child.*" Revelations 12:12,13 The **woman** here is regenerated, true Israel made up of the 12 tribes.

Our bodies exist in a physical material plane separated by air and distance, but apparently our souls exist in a different plane where time and distance have no bearing at all. That's why God hears our prayers and our thoughts instantly the moment we think them. So thoughts and feelings are able to transcend great distances instantaneously.

It appears that in the flesh nature of fallen humanity is a point of contact that is connected to the spirit of the world, which would be the spirit of Satan operating in the sons of disobedience. "*Now we have received, not the **spirit of the world**, but the spirit which is of God; that we might know the things that are freely given to us of God.*" 1 Corinthians 2:12 "*Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, **the spirit** that now worketh in the children of disobedience:*" Ephesians 2:2

We know that demons are capable of having at least two emotions: fear and anger. **Anger** we have seen with Satan and his great wrath toward God, Jesus Christ and his people. And we see **fear** going on in demons for they have fear over just the name of Jesus Christ! "*Thou believest that there is one God; thou doest well: the devils (demons) also believe, and **tremble**.*" James 2:19 The word for **tremble** here is *phrisso* and it meant to shudder, to tremble with fear. We see this same reaction going on when Christ cast the demons out of those two men, and when they came out they implored Christ not to torment them before the time of their judgment and being cast into the Lake of Fire. "*And, behold, they cried out, saying, What have we to do with thee, Jesus, thou Son of God? art thou come hither to torment us before the time?*" Matthew 8:29 We definitely see the emotion of fear going on here over their impending destruction.

Some may wonder why we spend so much time in learning to deal with the emotions? The answer is because it is the emotions that keep us from living in the spiritual life dynamic! And the problem is even worse today than it was years ago because people today spend virtually every second of their lives in one emotion or another. So we need to recognize what the seven emotions are and recognize when they are operating in our souls so we can deal with them and live in the spiritual life dynamic.

For example; pressure exists; it has always existed; and it will be intensified as we go into the last days. *“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.”* John 16:33 And if **pressure** is not dealt with utilizing God's spiritual problem solving devices of the application of Bible Doctrine to the pressure, then that pressure will be **converted to stress in the soul**. And if that stress in the soul is not dealt with doctrinally, then it will activate the emotional complex of the soul with the first emotion of the **fear** complex now operating in our souls. Now the believer will have fear, anxiety, worry and all the other complexes of fear ruling our lives! And if that is not dealt with, then the next emotion the soul will be experiencing with anxiety is **anger!**

The Tribulation is also referred to as the **Great Tribulation** showing that there will be an increase in pressure on the people of God getting worse and worse until we get into the time of the Great Tribulation, *megas thlipsis*, where it will be at its maximum intensity. So if we aren't handling the pressure of our lives today, imagine the problem we will be facing down the road! So we need to start dealing with our emotions today by living by faith and applying Bible Doctrine. *“For then shall be **great tribulation**, such as was not since the beginning of the world to this time, no, nor ever shall be.”* Matthew 24:21 *“And I said unto him, Sir, thou knowest. And he said to me, These are they which came out of [the] **great tribulation**, and have washed their robes, and made them white in the blood of the Lamb.”* Revelations 7:14

We also want to notice that Christ said in John 16:33 that we **will** have pressure; not that we might have pressure, but that we will. Which will be greatly intensified during the time of the Great Pressure. Which pressure is not on the people of the world, but only on believers in Jesus Christ. The people of the world will be getting exactly what they want: peace, safety, security, economic benefits, desires realized, success, material possessions and everything else offered in Satan's system. But remember, this will only be for a short period of time, then God's judgment comes upon them.

So we really need to learn to apply all these doctrines for living in our own spiritual life to the place that it has become second nature to us. If we don't, then we are going to crumble under the pressure. In this is maintaining our peace each day. For it is the peace of God that protects our hearts and our minds and gives us stability. It is his peace that is both the prevention and cure for stress! *“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 *“And the **peace** of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”* Philippians 4:7 This is why Paul tells us to practice these things. *“Those things, which ye have both learned, and received, and heard, and seen in me, do (practice): and the God of peace shall be with you.”* Philippians 4:9

There are eight warning signals we can look for to help us maintain our peace: 1) our loss of peace; 2) our loss of having a relaxed mental attitude; 3) agitation in our souls; 4) activation of the emotions with anxiety usually the first, then anger; 5) the activation of the rest of the sin nature; 6) leaving Bible Doctrine to pursue after our lusts or emotions; 7) getting into false doctrine. When we detect any of these in our souls that is **our warning** to get back into the spiritual life of faith in the Word of God!

8) the eighth and overriding warning signal for the believer to return to God, to his Word and living by faith in the filling of the Holy Spirit found within the spiritual life dynamic is **divine discipline!** When all other warning signals fail to get our attention that we must return to the Lord and Bible Doctrine, then the Father will step in with divine discipline, which is designed to correct the problem and get us back on track. *“For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth.”* Hebrews 12:6 *“Wherefore lift up the hands which hang down, and the feeble knees; And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed.”* Hebrews 12:12,13

Now, if all of this fails, and there are believers who are so rebellious that this is what happens to them, then the Father will have them taken out under the sin unto death. Now this may take place over a long period of time, or a short time, but either way it will be painful. *“If any man see his brother sin a sin which is not unto death, he shall ask, and he shall give him life for them that sin not unto death. There is a sin unto death: I do not say that he shall pray for it.”* 1 John 5:16

The word for “keep your hearts and minds” in Philippians 4:7 is phroureo, which had the idea of a guard posted on the walls of the fort, or around a military encampment. Whose job was to detect the presence of the enemy and then sound the alarm to the rest of the troops. Peace is put here as this watchman on the wall telling us that when we lose our peace something is up in the spiritual field and we need to wake up and deal with it. So that's where we get into these eight warning signals.

Warning number one is when our peace is gone, then we are vulnerable to the attack of the devil, or pressure, or problems getting to our souls. So we need to get back to the Word of God, prayer, confession of sin and claiming the promises of God by faith.

Warning number two is if we don't pick up on having lost our peace, then we need to pick up on the loss of the relaxed mental attitude of agape love. Love is the spiritual atmosphere that should be operating in our souls and if it is absent, it should serve as a warning that we are not living in the spiritual life dynamic and get back to it.

Warning number three is if we haven't picked up on the first two, then we certainly should by the third one because it is so obvious. When our souls are in turmoil, when they are agitated and stressed out, then we should realize by that time that we are not living in the spiritual life dynamic and are now losing the well being of our souls. Now we need to diligently start applying ourselves to faith, prayer and the Word.

Warning number four should be when we start having problems with our emotions: fear, anger, guilt, grief, envy, human love or human happiness. Now when I say having a problem, I don't mean that we are caught up temporarily in an emotion, but get over it shortly by going back into the spiritual life dynamic. Instead we are becoming **entrenched** in some emotion and it now is starting to take over our life and controlling us. If we are bound up in fear, anxiety and worry, or in anger, then we need to see that we're having a problem. The fourth warning signal is blowing telling us we need to get back into the faith rest dynamic and the filling of the Holy Spirit.

Warning number five is where we are caught up in or controlled by one or more of the 28 categories of lust: power, approval, social, sex, chemical, money, ambition, crusader, revenge, criminal, pleasure, materialism, security, gluttony, stimulation, entertainment, to be loved, to be happy, to have fun, for love, success, retirement, missed love, covetousness, wanderlust, blood lust, information lust and technological lust.

Warning number six is when we find ourselves abandoning the faith rest life, Bible Doctrine; all the concepts related to grace, faith and truth and are now busying ourselves with, or going back out into, the things of the World System like Demas. “*For Demas hath forsaken me, **having loved this present world**, and is departed unto Thessalonica; Crescens to Galatia, Titus unto Dalmatia.*” 2 Timothy 4:10 This is our clue get back to the Lord and his Word.

Warning number seven is if we find ourselves caught up in false doctrine. We need to remember back to those times, when we were under the sound teaching of the Word of God in some little local church that the Lord put us into, where we really learned the Word of God from some dear Pastor. He taught the doctrines of grace, faith and truth and we were learning and growing under his ministry. So this should be a clarion call that we have gotten away from the true spiritual life and need to get back to it by, once again, the faith rest life, the filling of the Holy Spirit and learning Bible Doctrine.

Warning number eight is one that will accompany warnings three or four and gets worse the farther down we go. It is divine discipline, which God will bring alongside the self-induced misery in our lives. It goes back to the idea that our bad decisions bring with them bad consequences, but because we are too dumb or stubborn to realize that we are messing our lives up due to our willful rebellion over not wanting to live in the spirit and not the flesh; he has to bring in discipline to snap us to attention. This discipline is not designed to punish us, (although it may feel that way), but to correct us.

Even if we're able to successfully deal with the allurements and pressures of the world system, and the attacks of Satan, we still have the problem with the flesh nature with its lusts, pleasures and emotions. That's why it's so important for us to be able to recognize the eight warning signs to help us get back on track living in the new nature and not the flesh. Hopefully we can catch ourselves by the first three, rather than later on.

A doctrinal dynamic that we can apply will really help us in this area and that is the concept of **turning**. My Online study of Repentance, Conversion and Faith goes into greater detail, but suffice it to say it's a **turning of the soul to God**. The word *epistrepho* referred to the idea of the turning of the soul to God and even though it is often used in the matter of salvation, it still applies to Christians on a daily basis. We get caught up so much in our lives and what is going on around us that we neglect our walk with the Lord. So *epistrepho* is that dynamic of turning our souls back to God, his Word, the filling of the Holy Spirit and just being occupied with him. Obviously if a Christian has backslidden from the Lord he needs to do this, but we can prevent that by doing this each day, by turning our souls back to the Lord for that sweet fellowship with him.

Now when I mention the soul, I'm not just talking about the academic function of the mind, but the whole person including the heart as well. Think of the soul as a solar powered battery radio that needs to be turned toward the sun so it can charge its batteries. And when it is turned toward the sun, it plays the sweetest music. But if it is turned away from the sun, the batteries start to go down and now you can no longer hear the music What's the solution? Keep it turned toward the sun during the day, so it can last through the night.

Through the process of photosynthesis sunlight is turned into electricity which makes the radio play. When our souls are **turned toward** the light of God's Word in faith, then that is converted into spiritual energy and that spiritual “energy” is: love, joy, peace, gentleness, kindness, temperance, longsuffering, faith and hope. Now our souls start to play the sweetest music as God intended.

Light and darkness are literal concepts, but they are also used metaphorically. The **light** refers to the kingdom of light that we were transferred into when we believed on Christ as our Savior. “*Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in **light**: Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:*” Colossians 1:12,13 “*For ye were sometimes darkness, but now are ye **light** in the Lord: walk as children of light:*” Ephesians 5:8 Light also refers to the Word of God, to God, his Son, to Heaven, even to the new man created in us. “*O house of Jacob, come ye, and let us walk in the **light** of the LORD.*” Isaiah 2:5 “*To give **light** to them that sit in darkness and in the shadow of death, to guide our feet into the way of peace.*” Luke 1:79 “*This then is the message which we have heard of him, and declare unto you, that God is **light**, and in him is no darkness at all.*” 1 John 1:5 “*But if we walk in the **light**, as he is in the **light**, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.*” 1 John 1:7

Darkness, however, refers, to Satan, sin the world system, lies and everything that is evil. “*And the light shineth in **darkness**; and the **darkness** comprehended it not.*” John 1:5 “*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 “*Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in **darkness**, but shall have the light of life.*” John 8:12

Now why is this turning our souls to God each and everyday so important? Because we live day by day, and each day is divided up between the light of day and the darkness of night. Now our souls have to go for the entire 24 hours, not just 12, so we need to charge our soul's “batteries” with spiritual energy in the day, so we can be able to go the distance at night. That is, we are to charge our souls with the light of God's Word and the spiritual dynamic, so we have the spiritual energy to last the darkness of having to deal with the world, the flesh and the devil.

Can we not see the admonition in Ephesians 5:14? “*Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee **light**.*” Christ is the light of God that shines in the world and we must turn our souls to him for that spiritual enlightenment; for the “recharging of our spiritual batteries”; for the “energizing” of our spiritual life. And to do that we must turn from the lusts and emotions of the flesh nature, even the defense mechanisms of the soul, and turn our souls to his Word.

When the light of Christ floods our souls they experience love, joy peace and so on; but when we lose that spiritual dynamic, then we start to experience stress in the soul, tension, agitation, the emotions, the lusts, defense mechanisms, etc.. But by staying with the spiritual dynamic of faith, Bible Doctrine, the filling of the Holy Spirit, etc., we will eventually have the victory over all that and be healed.

God healed **Jacob's** soul from the repressed emotions of guilt and fear. He delivered **David** from all his fears. “*I sought the LORD, and he heard me, and **delivered me from all my fears.***” Psalms 34:4 He delivered Job from his greatest fear. “*For the thing which **I greatly feared** is come upon me, and that which **I was afraid of** is come unto me.*” Job 3:25 He delivered Hannah from her sense of inadequacy and so many more in the Bible. And if delivered **them**, he will deliver **us** from ours!

Emotions do not spring up by themselves. They always arise as a **reaction** to some event! When an event is painful, traumatic, disappointing, hurtful, crushing, or embarrassing, and the soul is not always able to handle it, then the soul represses all the thoughts, feelings and memory of the event; pushing it down into the subconscious and putting it behind us as much as we can, so we can go on with life. This is dissociation and distancing oneself from the trauma.

It's a splitting off, or dissociating yourself from the event. The soul does this to protect itself, but in so doing it cuts off, isolates and denies that part of the soul. In the repression of the traumatic event comes the repression of the feelings connected to it, the repression of the memory of the event, but also the repression of that part of the personality, or even the original personality itself!.

What this does, depending upon how traumatic the event was, is impact the soul in such a way that the personality can become changed, altered, scarred, buried or hidden, even adopting another personality, or personalities! It goes on to live life, as we all must do, but now a different person; one who is now scarred, altered, bitter, scared, or angry.

What these self defense mechanisms, coupled with traumatic events, also do is subconsciously steer the believer away from similar events, and understandably so, because they don't want to relive the trauma all over again. But what this effectively does is restrict the believer's life and life choices. This is a pain avoidance dynamic. You wreck your motorcycle, traumatic event, and give up riding motorcycles for good. Your marriage ends in divorce, traumatic event, so you decide you won't marry again. But God knows who we are on the inside regardless of much we try to hide it, or how deep we have buried it. And it is through growth in Bible Doctrine in the spiritual life that this true person in the heart begins to surface. This is a part of spiritual growth and one of the causes for tension in the soul.

As we have seen the external pressures of life and living in the World System is a source for potential stress in the soul, if we do not meet it with faith in the Word of God, which will give us peace in the soul. But another cause for potential stress is from the inner tension that comes from garbage in the soul surfacing, while at the same time the psychological defense mechanism of repression is trying to keep it buried.

There are three aspects of this phenomenon: 1) pre-salvation garbage in the soul, that which we acquired **before** we were saved; 2) post-salvation garbage in the soul, that which we acquired **after** we were saved; 3) the growth and emergence of the new man, which the flesh nature, the old man, tries to keep buried and hidden. All three put pressure, *thlipsis*, on the soul and all three are sources for tremendous stress in the soul, if we do not handle them by living in Christ's peace through faith in the Word and the filling of the Holy Spirit.

Another potential source for stress in the soul is when dealing with the false personalities that we have created for self protection. As these false personalities, these idols we have created start to crumble; and as the true personality begins to surface, that which God knows, loves and died for; then we really start to panic, (emotional reaction of fear reacting to threat). But once again, we must push forward with Bible Doctrine and the filling of the Holy Spirit, and one day this unpleasantness will be put behind us and we, our true personality, will emerge victoriously.

The difference between pre-salvation garbage in the soul and post-salvation garbage in the soul is that in the former the believer is discovering who they are **after** they are saved; and in the latter they are re-discovering who they were **before** they were saved. Many believers, who were saved at a young age, went off into the world system and sowed their wild oats, thus accumulating a lot of scar tissue garbage in the soul. They not only lost sight of who the Lord of their life was; they also lost sight of who they are. So after they repented, that is, have a change of mental attitude toward Bible Doctrine and the spiritual life dynamic, and start to grow in the Word of God once again, they now not only start to remove the scar tissue they accumulated in their state of reversionism, they also begin to discover their true core personality.

Dealing With Emotions – Review

Paul said in Galatians 4:19, “*My little children, of whom I travail in birth again until Christ be **formed** in you,*”. This was not a spiritual phenomenon that was only taking place in Galatia, but is being found in all believers in Christ ever since the Church Age began. And it is the flesh nature that is fighting this every step of the way with its 28 categories of lust, its 7 emotional complexes, its defense mechanisms; and with pre-salvation garbage in the soul and post salvation garbage in the soul; and with the fallen nature's mental attitude of pride.

Pride is that mental attitude that **sees itself above others**, even above God. It doesn't submit to the authority of God and his Word, nor does it want to. Pride is the motivator behind the **rebellious will**; the mind-set that says, “I don't want to”. It's anti grace all the way, anti faith and anti Bible Doctrine. Pride is the motivator behind **anger**! We react with anger when we have to do something we don't want to do. We react with anger when we are not able to do what we want to do. We react with anger when someone else tells us what to do. Pride is the worse sin of all and it is the sin that set Lucifer belling against God in heaven!

Pride looks down its noses at other people; it judges and disapproves other people; it reacts to what other people say and do; it sets up its own standards for living that it judges other people by. It rejects God's grace because it wants to live by its own works so it can have something to brag about. It's the mental attitude behind all boasting and bragging.

Pride was so entrenched in the mental attitude of the OT people of God that God gave them a new name – The Stiff-Necked-People of God. Exodus 33:3, “*Unto a land flowing with milk and honey: for I will not go up in the midst of thee; for thou art a **stiffnecked people**: lest I consume thee in the way.*”

Pride is the mental attitude that rejects God's grace, an attitude that God is completely against, but also one that prevents us from enjoying the grace prosperity that God has for us and from growing in grace. “*Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for **God resisteth the proud, and giveth grace to the humble. Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:***” 1 Peter 5:5,6
Pride is the polar opposite of grace humility and meekness.

The only solution for this is by returning to the spiritual life, which entails our acknowledging our sins to God, including the mental attitude of pride. Even though we may not “feel” like we are proud, we need to take it by faith that we are based upon the evidence of what's going on in our lives. A dynamic that we can learn to apply in our lives is that one of **turning our souls to Christ**. The words used are *strepho*, *epistrepho* and *apostrepho*; and the ideas of **repentance** and **faith** are also found with them.

Remember *strepho* was the turning of the soul to the brightest star in the sky, from which the early Church used it for the turning of the soul to God. Although used primarily for the unsaved in this matter of turning to Christ for salvation, which we call conversion, it was also used for the people of God, who had not been walking with him as they should; it would refer to them turning their souls back to him once again. The intensive word *epistrepho* would denote the intensity of the action at times; and the word *apostrepho* would look at the idea of the believer having to turn from certain things so he could, or as he turned his soul back to God. In all this are found the ideas of **repentance**, that is, having a change of mental attitude; and **faith**, where we start living by faith in our lives, trust in the Father and by claiming the promises of God.

But for our study, what we need to focus on is turning our souls to God each day as we try to live in the spiritual life dynamic. Now to do this we need to turn our souls away from all the things going on in our lives, from the things of the world system, and the things of the flesh nature, which is what *apostrepho* is all about. *Epistrepho*, the intensive idea, looks at the intensity of the action needed to turn away from, if we have allowed ourselves to really be caught up in this stuff. **Repentance** is us having a change off mental attitude about of placing too much importance over the things going on in our lives and not enough importance over living in the spiritual life; and **faith** is us reminding ourselves each day to exercise the faith rest drill.

Acts 7:39, “*To whom our fathers would not obey, but thrust him from them, and in their hearts turned back again into Egypt,*” brings out the problem of ancient Israel turning their hearts back to Egypt, which was a type of the World System. Pride, stubbornness, refusal to believe God, refusal to obey God, being stiff-necked and the influence of negative people in the camp were all a part of this.

Egypt was a type of what we call the World System. It offered money, social position, material possessions, financial success, financial security, entertainment, exhilarating social life, the gratification of lusts, attainment of personal goals and desires, fun, excitement, the opportunity for their pride to expand and many other things.

This is what Egypt had to offer and this is what their hearts turned to, even though their bodies were out in the desert with God. This illustrates one of the problems that God's people can have, even though they are physically there in the church, or at home, their hearts are someplace else, either back in the past, or out there in the World wishing they could be like everybody else.

This is what **Egypt**, or the world system today, has to offer: the gratification of over 28 categories of lust, living in and the gratification of the 7 emotional complexes of the soul, the opportunity to expand our flesh's pride and the opportunity to just sin. On the other hand, this is what **God** has to offer: love, joy, peace, gentleness, goodness, meekness, temperance, patience, faith, hope, compassion, understanding, a grace perspective and spiritual fellowship with him!

From this we can see what Israel had to do; they had to turn their hearts and souls **back to God** once again; and to do this they had to turn their hearts and souls **away from Egypt** and what it had to offer. For Christians the turning of the soul back to God is not for salvation; we already have that, but the turning of the soul back to living in the spiritual life he has provided for us. We must turn our souls away from living in our emotions, from living in our lust patterns, from the defense mechanisms of the soul, which can really get us bogged down, and turn them back to fellowshipping with God!

In *Galatians 4:9*, “*But now, after that ye have known God, or rather are known of God, how turn ye again to the weak and beggarly elements, whereunto ye desire again to be in bondage?*” Paul told the Galatians believers that they had **turned from** living in the spiritual life that is found in Christ Jesus, which consists of: faith, prayer, Bible Doctrine and the filling of the Holy Spirit; and **turned to** various forms of legalism, which are unable to produce any spiritual phenomena.

In fact, he develops the whole problem throughout chapters 3 and 4 reminding them that they had initially received the Holy Spirit through faith in Christ, not by keeping the Law, and as such they were to continue living in this faith dynamic in the filling of the Holy Spirit. He said that apparently someone had “*bewitched*” them; someone had gotten to them and influenced them to turn away from living in the spiritual life dynamic and to turn to legalism.

So we have two categories of believers: 1) those who had turned their hearts away from the Lord to live in and follow the pursuits of the **world system**, and 2) those who had turned their hearts away from living in the spiritual life to become **legalistic**. Both concepts are of the flesh; both have turned away from the Lord; and **both need to turn their hearts away from what they are involved in and turn them back to the Lord!**

It is only by living in the spiritual life dynamic, which the Holy Spirit has to offer, will we find peace for our souls and to be able to withstand the pressure of the world system. But when a generation of believers is living in a time of national apostasy, as we have presently going on in America; and in a time of national judgment, as we have presently going on in America; and in a time of the Church of God being apostate, as we have presently going on in America, where Christians are turning away in droves from the true spiritual life found in faith in the Word of God having replaced it with all sorts of religious activities, as ancient Israel did; then the pressure on Christians' souls will be even greater, hence the greater need for living in the spiritual life!

In a time of national apostasy and judgment the people will go from bad to worse as God's judgment gets more severe. This will affect the economy, loss of jobs, the money supply, inflation, depression, the weather, the crops, increased debt, etc.; add to that the increase of demonic activity, which will come about as the result of negative volition toward Bible Doctrine, which will put even greater pressure on our souls. This all adds up to believers having an even greater need to live their lives by faith and to deal with all the problems these things, which will come about, by faith! Faith in the Word of God is the only thing that will protect our souls!

And if there is an apostasy of the people of God in the Last Days, and the Scriptures tell us there will be; and if there is a strong demonic delusion taking over the world in the Last Days, and the Scriptures tell us there will be, then the pressure on believers will be to go along with the Laodicean crowd and not take their stand on the Word of God. The internal argument is, "If other believers are making money, having fun and being prospered, then they must be doing what's right! We might as well go away from Bible teaching, so we can get on the prosperity train too."

The Christian, who doesn't want to depart from his walk with God, must make a decision to go on with Bible Doctrine and be firmly resolved to do so regardless of who or what is trying to seduce him away. Then he or she must each day make Doctrine the priority of his or her life, along with being committed to spending time each day in the faith rest drill and the filling of the Holy Spirit.

That's why we need to understand the dynamics of the emotional complex of the soul and be able to deal with them doctrinally and spiritually. We must be able to recognize such things as **implacability**, if it is going on inside us. **Implacability** is where it is impossible to please someone. You want to do something nice for someone; something that will benefit them and please them, but they refuse it. We've seen it in others and in ourselves at times.

The dynamics of **implacability** are a mixture of pride, bitterness, malice and unforgiveness connected to a past event. **Pride** is present at the initial reaction; it feeds and fuels the enduring bitterness; it keeps the soul in a state of unforgiveness; and it prevents the individual from accepting any grace benefit from God. How it often works is an individual could have been deprived or denied of having something in the past that meant a lot to them; not something trivial, but something important: a child, loss of parents, loss of innocence, loss of child, or any other significant loss. They reacted to this loss with bitterness and became implacable.

Joseph suffered a great loss, when he was betrayed by his brothers, who sold him into slavery and he was ripped from the love of his father and mother, whom he never saw again! But he did not react with bitterness; hurt, yes, but not bitterness for bitterness and anger is a function of the arrogance complex. It appears that **Jacob** was implacable upon hearing about the loss of his son, for he said that he would go to the grave in grief. “*And all his sons and all his daughters rose up to comfort him; but **he refused to be comforted**; and he said, For I will go down into the grave unto my son mourning. Thus his father wept for him.*” Genesis 37:35 We see his implacability in refusing to be comforted.

When we react to something that has hurt us, (a function of the pride complex), anger is kindled and one of the dynamics involved in the anger complex is **implacability**, where we refuse to be comforted, refuse to be happy, refuse to enjoy the things in life that God is doing for us, refuse to enjoy love and happiness, refuse God's grace blessings he has for us.

Ideally, spiritually, what we should do is not react to the situation in the first place. But realistically, because we have OSN's and are so prone to sin, we do. So what we need to do next is confess our sins to God and forgive those who had a part in our being hurt or greatly disappointed. So we need to let it go, which is what the word **forgiveness**, *aphiemi*, is all about. What we need to avoid is not let it go on year after year ending up souring our lives and keeping us from enjoying the grace blessings God has for us! “*Looking diligently lest any man **fail of the grace of God**; lest any root of **bitterness** springing up trouble you, and thereby many be defiled;*” Hebrews 12:15

But sometimes this happens too; a root of bitterness and implacability has so taken over our souls that we find ourselves being like this; refusing to enjoy the many things that God is doing for us down the road in our lives. This is where we might need to enlist the help of a professional who can uncover all this garbage and help us get rid of it through the spiritual problem solving devices of doctrine and faith.

Implacability can not only cause a believer to reject what God wants to do for them, is doing for them and what others try to do for them, but also to deny themselves love or happiness in the spiritual life dynamic! **Bitterness and implacability can also be behind moods people often have**, where the individual is often moody. And how do we overcome our moodiness? By prayer! “*Is any among you **afflicted**? let him pray. Is any merry? let him sing psalms.*” James 5:13 Where we are not only just to keep on praying about anything and everything, but also about wisdom on why we are moody! “*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 Praying for what it is and what to do about it.

If we want to overcome bitterness and implacability, and any resultant moodiness, then we will have to address the core problem behind it and that is personal pride. Yes the emotions will be there and have to be recognized and dealt with, but it is pride that created the problem in the first place and it is pride that sustains the problem; it keeps it going.

And **the solution for personal pride is humility and meekness**. **Pride** is where we reject the authority of God over our lives; and **humility** is where we need to understand that we are responsible to submit our souls to the will of the Father. Even more so, when we see that if we don't, then we will not only miss out on the grace of God, but that God will oppose us in our lives! A very serious matter for believers in Christ. “*Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with **humility**: for **God resisteth the proud, and giveth grace to the humble**. Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:*” 1 Peter 5:5,6

The mental attitude of **meekness**, *prautes*, is to be the Christian's **perspective** directed toward God's dealings with us, in that we accept his dealings with us as being wise, fair, loving, etc., and we do so without murmurings, arguments, resistance, complaining, or resentment. It takes in the idea of having an understanding that you were saved by the unmerited, unearned, undeserved grace of God, (which he didn't have to do). It realizes that God forgave our sins and has promised to give us a new body to live with him and his Son throughout eternity. It also is the perspective that whatever God does for you, whatever he supplies to you, whatever he gives to you, whatever his provisions are for you, are simply his gift to you out of his grace and we should be thankful for them and not be complaining about what we don't have! **It's how we look at things and at God's dealing with us.**

The food he provides; whether steak and potatoes, or beans and corn bread; the Christian friends we have, or don't have; our transportation, be it by car, foot, or bus; the clothes he provides, whether they are expensive, or from thrift shops; our home, be it a trailer, tent, apartment, or mansion on the hill; a wife, husband, or being single; children, or not; the church he provides for you, the pastor he provides to you; everything we have now as believers in Christ is not only his direct will for us, but also is a gift of his grace to us! Therefore we should be thankful and content for all of it. That's **meekness**.

To **humble yourselves** is the orist passive imperative of *tapeinoo*, which has nothing to do with the pseudo form of humility that we so often see in people and religion, but is a word that deals with authority pure and simple. It meant to look around and identify **who** the authority is and submit to them by obeying them.

Under the mighty hand of God is *hupo ten krataian cheira to theou*. *Hupo*, **under**, is the word for subservience. It meant that someone is over you telling you what to do; and you are under them doing what they tell you to do. **Mighty hand**, *krataian cheira*, is a power term, but the power of rule. It speaks of the rule of a king and as one of his subjects you are to obey him. **Of God**, *tou theou*, defines for us **who** our ruler is – **God!** When God saved us he brought us into his universal kingdom and he is now over us and we are to submit ourselves to his rule by doing what he says. And we note with the imperative mood we are **commanded** to do so!

Now by understanding this, and by understanding the nature of our problem with pride, bitterness, anger, malice and implacability, we will find the solution to our problems by submitting ourselves in obedience to God. God is not only our Father, our Creator and our Savior, but he is also our Sovereign and as such we are to submit to his rule, as his Son did in his humanity.

True **humility** is not about emotions, or an outward appearance, but is a volitional matter where we obey the Word of God and in so doing our souls and lives will be blessed. So, how can being in submission to God help us overcome implacability? Remember, **implacability** has the ideas of: pride, reaction, bitterness, anger and malice where one denied oneself things that would be good for the soul, either to punish oneself, or to simply deny oneself good things because one is still angry over the offending event.

Now there is a divine solution for implacability, as there is for all our soul problems, but one will have to **humble** themselves by doing what God says to do. Because it was the mental attitude of pride that created the problem, and it is pride that sustains the problem, then pride will have to be checked and we do this by **obeying** God's Word. The other issue is the emotion of **anger** and it will be dealt with by confession and forgiveness. In addition to pride and anger there are two other elements that stand out and they are: an unforgiving spirit and an unthankful heart. So what we will need to focus on is having a forgiving spirit and a thankful heart.

The Bible tell us to give God **thanks** for everything, “*In every thing give thanks: for this is the will of God in Christ Jesus concerning you.*”, 1 Thessalonians 5:18. And to be **thankful**, “*And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.*” Colossians 3:15 Obedience to God's authority does just that, so when we start doing it we will find ourselves climbing out of the cesspool of implacability.

Implacability is a mood of anger and arrogance and it is a mood that controls us. It is a mood of the flesh's emotions, a mood of the emotions of the OSN; and as long it is controlling us we are outside the spiritual dynamic of love, joy and peace found in the filling of the Holy Spirit. God does have a perfect spiritual solution for implacability, but for us to have the reality of it in our souls, then we will have to submit to his authority over us and do what he tells us to do!

There is a concept called being **centered**. **Centeredness** is a place where a particular activity is concentrated. For believers in Jesus Christ our center is to be God and his Word, often referred to as being Christ centered. This translates into us being centered on Bible Doctrine and living in the spiritual life. So the spiritual life dynamic for Christians is to be our center around which everything else pales into unimportance in comparison.

But when we get our eyes on other things, (lack of concentration on the spiritual life dynamic), then we will drift away from the center. Having lost our centeredness we will find ourselves spiraling ever outward away from the center; the speed and angle of which will not have to be constant, but the basic direction will remain the same and that is away from our spiritual center.

The things that pull us away are the allurements of the **world system**, and there are many of them. The unbeliever occupies their entire life with them. The **flesh nature** made up of pride, gratification of one or more of the lusts complex; living in one or more of the seven feelings of the emotional complex; and the things of the **devil**.

Once believers lose their centeredness on the spiritual life through Bible Doctrine, faith and the filling of the Holy Spirit, then they will spin off into any one of the things found in the world system ruled by Satan, or into legalism, or lasciviousness, false doctrine, the cults, or the occult. You see the center for Christians is Jesus Christ, his Word and living in the filling of the Holy Spirit. That is stationary, but all around is the violent storm of the **angelic conflict**; a hurricane in the air, or a maelstrom at sea, ever circling around us seeking to pull us down under the waves.

As long as we stay focused on Christ, who is in the center of the sphere of the spiritual life, then we will be just fine and enjoy all the wonderful spiritual blessings God has for us. But if we take our eyes off the Lord and put them on the things going on around us in the world, regardless of whether they are pleasant or fearful, then we will drift from the center, get caught up in the swift current, and be thrown out into the storm. We must stay centered on Christ! “*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*” Isaiah 26:3

Some of the things we can look for to act as reminders that we are starting to drift away from the center are: 1) loss of inner peace, 2) loss of a relaxed mental attitude, 3) agitation in the soul, or what we call being stressed-out, 4) the activation of and living in one or more of the seven feelings of the emotional complex: fear, anger, grief, envy, guilt, search for human love and search for human happiness, 5) the defense mechanisms of the soul, 6) living in one or more of the 28 categories of lusts, 7) departure from Bible Doctrine and the faith rest life.

There are four concepts that define our reality in this life: the spirit, the flesh nature, the world system and the devil, which are in concentric rings around us going from the closest to the furthest away. We first begin at the center, which is the spirit, then go outward to the flesh, then the world and finally the devil. This will help us understand what we have to deal with.

The center for Christians is Jesus Christ, his Spirit, his Word and the new nature he has created in us. And our new existence is to be found living in this spiritual dynamic. This is what the concept of being centered is all about. The center is where a particular activity takes place and for Christians is living in the filling of the Holy Spirit where we can have communion with God over his Word.

In this center is found peace, joy, love, calmness and every other spiritual benefit that God has for us. But outside this center are the concentric circles of the world, the flesh and the devil; a violent, destructive spiritual storm that seeks to pull us away from our centeredness with God. The spiritual warfare that all Christians are living in is resisting this malevolent pull so we can stay occupied each day with the Lord. Our success is found in our hearts and minds being stayed on God and his Word.

There are 8 warning signs to look for in helping us determine what is going on in our spiritual life.

Warning number one is when our peace is gone, then we are vulnerable to the attack of the devil, or pressure, or problems getting to our souls. So we need to get back to the Word of God, prayer, confession of sin and claiming the promises of God by faith. The word for “*keep your hearts and minds*” in Philippians 4:7, “*And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*”, is *phroureo*, which had the idea of a guard posted on the walls of a fort, or around a military encampment, whose job was to detect the presence of the enemy and then sound the alarm to the rest of the troops. **Peace** is put here as this “watchman on the wall” telling us that when we lose our peace something is up in the spiritual field and we need to wake up and deal with it. So that's where we get into these eight warning signals.

Warning number two is if we don't pick up on having lost our peace, then we need to pick up on the loss of the relaxed mental attitude of agape love. Love is the spiritual atmosphere that should be operating in our souls and if it is absent, it should serve as a warning that we are not living in the spiritual life dynamic and need to get back to it. “*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

Warning number three is if we haven't picked up on the first two, then we certainly should by the third one because it is so obvious. When our souls are in turmoil, when they are agitated and stressed out, then we should realize by that time that we are not living in the spiritual life dynamic and are now losing the well being of 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 Now we need to diligently start applying ourselves to faith, prayer and the Word.

Warning number four should be when we start having problems with our emotions: fear, anger, guilt, grief, envy, human love or human happiness. Now when I say having a problem, I don't mean that we are caught up temporarily in an emotion, but get over it shortly by going back into the spiritual life dynamic. Instead we are becoming **entrenched** in some emotion and it now is starting to take over our life and controlling us. If we are bound up in fear, anxiety and worry, or in anger, or any other emotion, then we need to see that we're having a problem. The fourth warning signal is blowing telling us we need to get back into the faith rest dynamic and the filling of the Holy Spirit.

Warning number five is where we are caught up in or controlled by one or more of the 28 categories of lust: power, approval, social, sex, chemical, money, ambition, crusader, revenge, criminal, pleasure, materialism, security, gluttony, stimulation, entertainment, to be loved, to be happy, to have fun, for love, success, retirement, missed love, covetousness, wanderlust, blood lust, information lust and technological lust. *“Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul;”* 1 Peter 2:11

Warning number six is when we find ourselves abandoning the faith rest life or Bible Doctrine; all the concepts related to grace, faith and truth and are now busying ourselves with, or going back out into, the things of the World System like Demas. *“For Demas hath forsaken me, **having loved this present world**, and is departed unto Thessalonica; Crescens to Galatia, Titus unto Dalmatia.”* 2 Timothy 4:10
This is our clue get back to the Lord and his Word.

Warning number seven is if we find ourselves caught up in false doctrine. We need to remember back to those times, when we were under the sound teaching of the Word of God in some little local church that the Lord put us into, where we really learned the Word of God from some dear Pastor. He taught the doctrines of grace, faith and truth and we were learning and growing under his ministry. So this should be a clarion call that we have gotten away from the true spiritual life and need to get back to it by, once again, the faith rest life, the filling of the Holy Spirit and learning Bible Doctrine.

Warning number eight is one that will accompany warnings three or four and gets worse the farther down we go. It is divine discipline, which God will bring alongside the self-induced misery in our lives. It goes back to the idea that our bad decisions bring with them bad consequences, but because we are too dumb or stubborn to realize that we are messing our lives up due to our willful rebellion over not wanting to live in the spirit and not the flesh; he has to bring in discipline to snap us to attention. This discipline is not designed to punish us, (although it may feel that way), but to correct us.

The eighth and overriding warning signal for the believer to return to God, to his Word and living by faith in the filling of the Holy Spirit found within the spiritual life dynamic is **divine discipline!** When all other warning signals fail to get our attention that we must return to the Lord and Bible Doctrine, then the Father will step in with divine discipline, which is designed to correct the problem and get us back on track. *“For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth.”* Hebrews 12:6 *“Wherefore lift up the hands which hang down, and the feeble knees; And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed.”* Hebrews 12:12,13

This pull of the world, flesh and the devil is a storm circling around our soul and its moorings in the Word of God. If the believer allows himself to be pulled away from his centeredness with the Lord, then he will go spiraling away off into the maelstrom or hurricane. It is helpful for the believer to have a buffer zone around him of living in a state of tranquility and being obedient to God by staying away from negative people and influences.

Visual pictures that will help us understand this spiritual phenomenon are: the tornado sweeping Dorothy away from her home and family in the movie, “The Wizard of Oz”, and the little circle that children sit on in “Fun Houses”, where, as the circle spins faster and faster, only those who are in the direct center will be able to keep from being spun off. Our center as Christians is not only spiritual, but our doctrinal center – the local church. The 8 signs will help prevent us from being spin offs.

December 2015 Newsletter – Dealing With Emotions – Review

In the **four concentric circles** of our existence on earth: the spirit, the flesh, the world and the devil; the closest one to us is the flesh And it is the flesh with its genetic sin nature that gives us so many problems, either in trying to pull us away from living in the spiritual life, or by fighting it altogether in an aggressive manner.

It does this in five areas: 1) the **emotions** - the seven feelings of the emotional complex; 2) the 28 categories of **lust** – those strong desires of always wanting things; 3) the **pleasures** – where we pursue after the things that please the five senses of the body; 4) the **defense mechanisms of the soul** – repression, suppression, transference, projection, denial, distancing, etc.; and 5) **physiology**, which gets into the many needs and weaknesses of the body.

And we notice the **direction** that the flesh pulls us in; away from our spiritual center out into the world system and the devil! Whether it is the flesh's emotions kicking in or its lusts vying to be gratified, or the slipperiness of its defense mechanisms, or our bodies acting up; the direction of the soul's focus is always being pulled away from Christ and our spiritual center out to the world!

Which takes the believer, if not stopped, out into the world and ultimately the things of the devil. And this will be more so of a problem living in the Last Days because of all the things going on in our countries and world and even in the skies. Things that will be a source of great pressure on our souls. *“And great earthquakes shall be in divers places, and famines, and pestilences; and fearful sights and great signs shall there be from heaven.”* Luke 21:11 *“And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares.”* Luke 21:34

This **inner circle** consists of such things as: the filling of the Holy Spirit, faith, prayer occupation with Christ through his Word the new nature that God created in us, etc., and can also be referred to as the Spirit's dynasphere, or the divine dynasphere. So we can say that it is this new man, that which created in us that is standing there in the inner circle. But there is another man standing there in the circle with us and that is Jesus Christ!

As long as we are living in the sphere of this spiritual dynamic we are free from the emotions, lusts, pleasures, defense mechanisms and everything else that the flesh can throw at us; those things lie outside the circle, but are not inside it. And it is there in this inner spiritual circle that we have soul to soul communion with Christ over his Word. When the believer's soul is turned towards Christ and his Word, which is being occupied with Christ, then we have *koinonia*, or fellowship with God. When we are in that spiritual state of face to face communion with Christ, then we will enjoy the deepest experience of peace and joy.

But when that believer turns their soul away from the Lord and the Spirit's dynasphere out to the things of the flesh, the world and the devil, then that believer will lose their experience of joy and peace and will begin to get caught up by the many things connected to the flesh nature and their souls' will begin to go downhill. When we begin to be looking outward, and start gravitating in that direction, then we will be caught up in a **spiritual maelstrom** and be whisked away from our center in an ever spiraling action of outward and downward. The only recovery is to once again turn our souls toward Christ and his Word and we will now start moving toward our spiritual center.

Perhaps Ephesians 5:14 can give us a picture that will help us understand this dynamic. *“This is why it is said: “Wake up, sleeper, rise from the dead, and Christ will **shine on you.**”* Christ is light and when we go into his presence, then his light will shine upon us, thus shining light into our souls. The spiritual blessings that God has for every believer in Christ are also put as light, while all the negative stuff of the world, flesh and the devil are put as darkness.

The issue is what will we choose? Will we choose to fellowship with God or something else? Our emotions? Our lusts? Our husbands or wives? The world? Our career or job? Our home? Our pursuits? Our interests? Our children? Our parents? TV? Entertainment? Being occupied with our problems? Our position in life? Our accomplishments? It's no problem for God to create beings with beauty and place them in the highest positions; we have seen that with Lucifer, but will these beings choose fellowship with God over his Word, or something else?

God created Adam and Eve as perfect human beings and placed them in a perfect environment. We want to note that the relationship that the two had with God was not worshipping him every day but fellowshiping with him. The Lord instructed them, gave them Bible Doctrine and the three of them conversed with each other. But Eve got her eyes on other things and that's where the problem started.

Adam's inner circle for fellowshiping with the Lord was there in the Garden. Moses' “inner circle” for fellowshiping with the Lord was at the tent of the meeting. Daniel's inner circle was there back in his room where he prayed to God each day. For us today we do not have to go to some specific place to have fellowship with God, although it may help the idea by having some place private where we can do so, as long as we spend time each day with the Lord no matter where it is.

When we spend time each day with the Lord over his Word our souls will be prospered and be in good health. But if we don't, if we allow ourselves to drift away from the Spirit's dynasphere, then our souls will start to go downhill. The first thing we will notice is that our souls will start to become more and more miserable. If we do not check the problem there, and if we continue to drift away from the Lord, then the Lord will bring in divine discipline to correct the problem. The farther away we drift the more intense the discipline will be. *“Come, and let us return unto the LORD: for he hath torn, and he will heal us; he hath smitten, and he will bind us up. After two days will he revive us: in the third day he will raise us up, and we shall live in his sight (presence).”* Hosea 6:1,2

But as long as we are in our emotions there is no fellowship with God. When we are emotional, when we are controlled by our emotions, then we are being controlled by our fallen flesh nature and we are definitely outside the spiritual dynamic. When we are emotional: 1) we are incapable of thinking Bible Doctrine; 2) we are unable to apply the doctrinal rationale to the problem; 3) unable to discuss Bible Doctrine; 4) or receiving doctrinal advice or counsel from another believer.

Arguments in the home exist because one or more people are in their emotions. If **both** are emotional, regardless of the emotion, then there can be no resolution of the problem. In fact, the problem will not only continue to be there, but get worse. If one is spiritual, while the other is emotional, then any doctrinal advice, suggestion, counsel, or input will fall on “deaf ears” because the flesh is unable and unwilling to hear it.

Subjectivity is thinking based upon one's emotions; the Greek word for that is *dokeo*. When this occurs, which will always occur if one is emotional, then everything that comes out of their mouth is human viewpoint and so much **blather**.

The *phroneo*, *phronesis* word group in the Greek is very interesting because it denotes one's perception, or one's viewpoint toward life, other people and themselves. A mental attitude of **pride** will cause the individual to think of themselves above what they truly are and higher than other people. **Guilt** will cause people to view themselves in a negative sense. It is only through the inculcation of Bible Doctrine that we can see ourselves as we truly are.

The emotion of **guilt** distorts the way believers view themselves. It brings a sense of shame, of feeling less than others, of being outside the group, of not measuring up, of being no good, of being unworthy, of guilt complexes, inferiority complexes and no self-esteem. From there it can deteriorate down into self-condemnation, then self-rejection, self-hatred and loathing and finally down into self-punishment.

There's a difference between **being guilty** and **feeling guilty**; between **real guilt** and **sensed guilt**. **Real guilt**, or **being guilty** is where you have actually done something wrong. **Feeling guilty**, or **sensed guilt** is where you feel like you've done something wrong, even if you haven't! You can **feel guilty**, even if you've done nothing wrong; and you can **not feel any guilt** at all, even if you have done something wrong! Both come from a **malfunctioning conscience**. How one overcomes this is by truly understanding what took place with our sins in the atoning death of Christ on the cross; the imputed righteousness we have received through faith in Christ as our Savior; and how we have been received by the Father.

Sosphroneo, which has the idea of saving the mind, is where the believer can see himself as he truly is and the only way this occurs is through taking in Bible Doctrine, metabolizing it by faith, and especially those doctrines that deal with Jesus Christ, the believer, what Christ has accomplished for him on the cross, his new position as a born again child of God, his eternal destiny, etc..

True, spiritual self-perception does not come by how we presently perceive ourselves, nor how our parents, friends and society perceive us, but by how **God** sees us! How God views us is the only thing that matters. And he sees one of his precious children, who are now righteous in his eyes, he sees the new man or woman that he has created inside and he loves us with an everlasting love. Now we have to start viewing ourselves from the perspective of God.

This process of self-discovery is a life long process where we can get to the place that we can see and accept ourselves for who we truly are; and it is accomplished through the metabolizing of Bible Doctrine by faith in the filling of the Holy Spirit. But even though we will be able to see ourselves more and more clearly as the years go by, it will still be looking through a dark glass. Only when we stand before Christ will the picture be 100% clear. *“For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known.”* 1 Corinthians 13:12 There's a question asked from Paul's statement, *“shall I know”*. The question is know what? The answer comes in the second part of the passage and it's *“as also I am known”*. So it's saying that I shall know me as I am known by the Father.

It is as we are conformed to the image of Christ where Christ is formed in us that we will be able to see ourselves as we truly are as to the uniqueness of our own individual personalities; accept ourselves as to our own unique personality; and see and accept ourselves as to where we fit in God's universe. God has a certain and special place he has designated for each of us in his celestial hierarchy. Most people, Christians included, have not come to this place; perhaps the thought is too frightening to them. What they do, instead, is adopt different personalities as a projection of what they want to be and how they want others to view them. These are the **masks** we wear in life.

As NT Christians our place is: members of the royal family of God, we are his sons and daughters; we belong to the house of God; we are the bride of Christ; we are both kings and priests; we will rule over the universe under Jesus Christ; we will live forever; we will reign over cities; we will conduct the worship of the eternal Father; we will teach the Word of God to others. That's our place in the celestial hierarchy in the universe and we all will have a position somewhere in it. And eventually, then and there, be in our "right minds", that is, be in our true personality forever.

But Christ wants us to get to this place of self perception, as much as we can, before we arrive in heaven. He wants us to know the truth about ourselves, who we are, who we belong to, what we truly are, while we are still here on earth. This will bring maximum glory to the Father and the Son, this will bring us the highest level of love self acceptance, confidence, joy, hope and peace, as well as enable us to truly minister to the suffering saints of God.

When Christ cast the demons out of the man in the tombs of Gerasene, he didn't just leave him there without demons, which is wonderful all by itself, but he left him to go on in life in his "right mind". *"And they come to Jesus, and see him that was possessed with the devil, and had the legion, sitting, and clothed, and in his **right mind**: and they were afraid."* Mark 5:15 *"Howbeit Jesus suffered him not, but saith unto him, Go home to thy friends, and tell them how great things the Lord hath done for thee, and hath had compassion on thee."* Mark 5:19 It makes one wonder how many of us are really in our right minds? How many of us have had our minds, our identities and personalities, shaped by our family, friends, schools, churches, music, television shows and the rest?

How many of us are willing to do what we have to do, go through what we have to go through, to strip away the phony facades of defense mechanisms to find ourselves hiding there afraid, or kept captive in the recesses of our minds? This is what 2 Corinthians 10:4,5 are about. *"(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;"*

When Israel finally came into the land, they were to come before these fortresses where the enemy lived, tear down the walls and take over the area. This was an analogy for Christ entering into our souls, when we believed on him, and now Christ is to go into each and every area of our souls and conquer it and settle down and make it his home. This is done by the continual intake of Bible Doctrine in the soul. When we get into an area that has deeply embedded thoughts of false self-perception, the fortresses in our souls, then the walls, which represent the self defense mechanisms of the soul, are torn down one stone at a time, which stones represent incorrect, negative, unbiblical thoughts, so we can make penetration into that area and take these negative thoughts captive. The lofty parts of the fortress walls refer to the element of pride firing down on Christ's army of doctrine to prevent this.

The concept of a distorted self-perception that pride and guilt create are flesh dynamics, which we get from ourselves and others. And we can only be free of them through the spiritual life dynamic. Part of the many doctrines that Christians need to learn, understand and apply to themselves is the doctrine on **sin**, the atoning death of Christ on the cross, our forgiveness and acceptance by both the Father and the Son, our relationship to them as their children, the removal of all sin, guilt and shame; and the banishment forever from our thinking of any concepts dealing with self-condemnation, self-rejection, self-hatred and self-punishment. *"Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water."* Hebrews 10:22 We have to see that all sin, guilt and shame have been removed from us by the blood of Christ!

It's tragic that so many churches today use these issues of sin, guilt and shame for the purpose of manipulating their people to go along with their religious agendas. Legalism is where other people establish **their** own laws that they want **other** people to live by. It will bring other believers into a system of bondage, which is actually slavery. Slavery is where one is controlled by another person's: will, emotions,, norms and standards. *“And that because of false brethren unawares brought in, who came in privily to spy out our **liberty** which we have in Christ Jesus, that they might bring us into **bondage**.”*, Galatians 2:4 But God wants us to stand fast in the liberty he has placed us in. *“Stand fast therefore in the **liberty** wherewith Christ hath made us free, and be not entangled again with the yoke of **bondage**.”* Galatians 5:1

But remember we are not to use our liberty in Christ as an excuse or opportunity to gratify the lusts and pleasures of the flesh, but to serve one another. *“For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another.”* Galatians 5:13 Concerning our flesh we also need to remember that **lusts gratified** results in human happiness; **lusts delayed** end up in frustration; and **lusts denied** end up in bitterness and anger.

There are some concepts that we need to understand:

- 1) Lusts – an intense desire for something.
- 2) Pleasures – anything that pleases the five senses of the body.
- 3) Emotions – the seven different feelings of the flesh nature.
- 4) Legalism - the desire to have other people live by your norms and standards.
- 5) Distractions – anything that hinders or prevents us from concentrating on something.
- 6) Diversions – a turning aside from a course, or one's purpose in life.
- 7) Center – the place where a particular activity is concentrated.
- 8) Centered – where the individual is oriented to and focused on the center.
- 9) Focused – where one is concentrating on the center.
- 10) Sin – a missing of the mark.
- 11) Transgression - a stepping across a known boundary.
- 12) Faith – a believing something is true.
- 13) Trust – a depending upon what one believes.
- 14) Christ is the center of the spiritual life.
- 15) The fruits of the Holy Spirit are found only in the spiritual life.
- 16) Christ is the point of origin for love, joy, peace, etc..
- 17) The Christian who is oriented to the spiritual life is centered.
- 18) The Christian who is concentrating in faith on the Word of God is focused.
- 19) Everything else in life other than the spiritual life is a distraction.
- 20) Turning aside from the spiritual center, whether momentarily or temporarily, is a diversion.
- 21) Turning to is the decision to turn the soul's attention to Christ.
- 22) Focus is a part of faith to concentrate on the Word.
- 23) Christ dwells in our spiritual center.
- 24) Communion with Christ is done in the human spirit through the filling of the Holy Spirit.
- 25) Christ is in the center and he is the center and the origin of our peace.
- 26) For us to have peace we have to turn our souls away from the world, flesh and the devil to Christ.
- 27) Because of distractions we will have to constantly be refocusing on Christ.
- 28) The Word of God is the object of what our minds are focused on.
- 29) When our minds get off our spiritual center they get swept away into the maelstrom of the world.
- 30) To recover from that we have to refocus our minds back again on Christ and his Word.

When we sit under the teaching of the Word of God, we not only are renewed in the new man, but also we are learning spiritual problem solving devices that we can use to solve the many problems we face as we go through various trials and suffering. *“And have put on the new man, which is **renewed** in knowledge after the image of him that created him.”* Colossians 3:10

When people are subjected to traumatic events in their youth, the normal way they handled them is by suppression, dissociation, distancing, denial and eventually a total loss of memory concerning the event. This was done as a self defense mechanism to protect the soul. But as so often the case is these things start to surface later on in life and cause many problems for the believer.

Now if there was no doctrine to handle the surfacing feelings, then or later on, the believer will go out into the world and party on so they can forget the problem. Many of them will leave the church altogether because their churches offer no real help or solution for their problem and that's because their churches are not teaching the many doctrines needed to deal with these types of situations. There is healing of the soul for these believers and it comes under the consistent teach of Bible Doctrine.

Christ healed many people of their **physical ailments**, such as, the woman who had been afflicted by Satan for 18 years. She was a believer in Christ and had been crippled by a spirit from Satan while she was a believer back then. *“And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the sabbath day?”* Luke 13:16

Christ also healed people of **demon possession**, such as, the boy who fell often into the fire. *“Lord, have mercy on my son: for he is lunatick, and sore vexed: for oftentimes he falleth into the fire, and oft into the water.”* Matthew 17:15 Or the man in the tombs of Gadarenes. *“Who had his dwelling among the tombs; and no man could bind him, no, not with chains:”* Mark 5:3

Christ healed the deaf, the blind, the lame, the sick; and he raised the dead back to life, but all these things dealt with the physical, with demons, or life and death concepts! But what about the soul? What about scar tissue in the soul, garbage in the soul, multiple personality disorders, PTSD, dissociation, repression, and so many other problems that Christians have and try to live with?

Christ will heal our soul's diseases and he does this through the consistent intake of Bible Doctrine and living in the Spirit's dynasphere. *“Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy **diseases**;”* Psalms 103:2,3 This is one of the spiritual blessings that God has in store for everyone of his children in addition to the fruit of the Holy Spirit. *“Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with **all spiritual blessings** in heavenly places in Christ:”* Ephesians 1:3

It as we deal with the soul's many problems through God's Spirit and his Word, we are healed and this is Christ being formed in us! This is also where the war in the soul kicks in because sin indwelling our flesh will fight it every step of the way. And not only does the flesh nature fight this, but also Satan and the many demons who operate under him; and this is a big part of the angelic conflict we fight.

The “spiritual center” for Christians is centered around the teaching of the Word of God, faith in God and his promises to us, the filling of the Holy Spirit and our minds stayed upon him everyday. When we are entered we have peace and mental stability, as well as the healing of our souls' many problems. Religious activity, emotionalism, programs, tabooism, legalism and the rest will do nothing for our souls. Our new natures are made up of spirit and truth and only spirit and truth can help them.

January 2016 Newsletter – Dealing With Emotions – Review
Focusing on our position in Christ in relationship to the three areas of the devil, the world and the flesh, so as to remain centered in the spiritual life dynamic.

1. The devil – Various passages that state that we no longer belong to the devil, but to the Lord.
 - a. We are now partakers of the inheritance saints of the saints in light. *“Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light:”* Colossians 1:12
 - b. Because we are now in the light, we are no longer in darkness, that is, we are no longer operating under Satan's system. *“Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness.”* 1 Thessalonians 5:5
 - c. God chose us and saved us out of darkness to be in his light. *“But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:”* 1 Peter 2:9
 - d. Being cast into outer darkness is reserved for those who lived in darkness in this life, that is, the unsaved in Satan's world. *“Then said the king to the servants, Bind him hand and foot, and take him away, and cast him into outer darkness; there shall be weeping and gnashing of teeth.”* Matthew 22:13
 - e. The fact that we war against the demonic powers of Satan on this earth shows that there exists a state of hostility between the two camps. *“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”* Ephesians 6:12
 - f. This passage refers to our being transferred from the dominion of Satan's rule over us to the reign of Christ. *“Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:”* Colossians 1:13
 - g. The angels that sinned against God were thrown into Tartarus, and at the end, the devil and all his angels will be thrown into the Lake of Fire, and with them will be all those who reject Christ as their Savior. *“For if God spared not the angels that sinned, but cast them down to hell, and delivered them into chains of darkness, to be reserved unto judgment;”* 2 Peter 2:4 *“These are wells without water, clouds that are carried with a tempest; to whom the mist of darkness is reserved for ever.”* 2 Peter 2:17
 - h. One more point that shows we no longer belong to Satan, as the rest of the world does, is that we will not share his future. He is going to be thrown into outer darkness, but we will inherit God's kingdom of light. *“And the angels which kept not their first estate, but left their own habitation, he hath reserved in everlasting chains under darkness unto the judgment of the great day.”* Jude 6
 - i. So, in this matter of keeping spiritually centered in our lives, with so many attacks from the devil against us, and the potential of being taken captive by the devil, we need to constantly remind ourselves of our new position in Christ and that we no longer belong to the devil! We recover and escape from the devil's snare by using our faith directed toward the doctrines of God's Word. *“Those who oppose him he must gently instruct, in the hope that God will grant them repentance leading them to a knowledge of the truth, and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will.”* 2 Timothy 2:25,26 (NIV)

2. The World – Various passages that show we are no longer are a part of Satan's world system.

a. Satan became the ruler over the earth, when he defeated Adam in the garden of Eden, and has been ruling over the earth and its people ever since then. His world system rule is divided up into three categories: a religious system called Babylon, or the mother-goddess cult, an economic system, which uses debt and interest, and a political system of government, now vested in the United Nations. The Word refers to this as the **world** or the *kosmos*, and we refer to it as the World System, or *cosmos diabolicus*. “*And the devil, taking him up into an high mountain, shewed unto him all the kingdoms of the world in a moment of time. And the devil said unto him, All this power will I give thee, and the glory of them: for that is delivered unto me; and to whomsoever I will I give it.*” Luke 4:5,6 But God took us completely out of it when he saved us!

b. Believers in Christ are called the light of the world, while the world is referred to as darkness. Because of the absolute contrast between light and darkness it is demonstrated that we are not a part of it any longer. “*Ye are the light of the world. A city that is set on an hill cannot be hid.*” Matthew 5:14

c. We are referred to as **children of light**, while the unsaved are referred to as the children of the world. It is these *children of the world* that still belong to Satan. And because Christ makes the distinction between us and them, it once again demonstrates that our new position in Christ is no longer a part of their world system. “*And the lord commended the unjust steward, because he had done wisely: for the children of this world are in their generation wiser than the children of light.*” Luke 16:8

d. Satan is the prince of this world, its *archon*, its absolute ruler. He rules over the entire earth, over all its people, and over all the systems he has established on earth. All the people born on this planet come under the rule of the devil the moment they are born and remain his slaves until they die, and then they go to Hell at death, if they haven't believed on Christ as their Savior. “*Now is the judgment of this world: now shall the prince of this world be cast out.*” John 12:31

e. John 15:18 states very clearly that the World hates believers in Christ. “*If the world hate you, (and it does), ye know that it hated me before it hated you.*” The Lord uses the first class condition of if here, if something is true and it is, to state the fact that the world does hate believers in Christ. But he also wants us to know that the world hated him **first!**

f. Then he goes on in John 15:19 to say that if we were of the world, (which isn't the case), then the world would love us as one of its own, but we're not of the world and it doesn't love us as one of its own. And then he goes on to tell us why the world hates us; it's because he has chosen us. “*If ye were of the world, (and you're not), the world would love his own: but because ye are not of the world, but I have chosen you out of the world, therefore the world hateth you.*”

g. Another concept that demonstrates that we are not one of the world's people is that it persecutes us because we are Christians. “*Remember the word that I said unto you, The servant is not greater than his lord. If they have persecuted me, they will also persecute you; if they have kept my saying, they will keep yours also.*” John 15:20

h. In Christ's prayer to the Father he talked about us saying that we are not of the world. He uses the emphatic negative, ouk, to stress a point; we are **definitely not** of this world. He goes on to use the word *kathos* as a comparison to illustrate the point that we are not of this world to the same degree that he is not of this world! “*They are not of the world, even as I am not of the world.*” John 17:16

- i. Christ's kingdom, which is the kingdom we belong to, is not of this world. His kingdom is going to be established on earth at his second advent. *“Jesus answered, My kingdom is not of this world: if my kingdom were of this world, then would my servants fight, that I should not be delivered to the Jews: but now is my kingdom not from hence.”* John 18:36
- j. Believers in Christ are mandated not to be conformed in their thinking to the way that the people of the world think, but are to be renewed in the spirits of their minds through the intake of Bible teaching under the ministry of the Holy Spirit. *“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”* Romans 12:2 Once again showing the distinction that exists between us and the world.
- k. Another things that sets us as being apart from this world system is that the people of the world have the spirit of the world in them, the spiritus mundi, while we all have the Spirit of Christ, the Holy Spirit living in us. *“Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God.”* 1 Corinthians 2:12
- l. And then there is the matter of us judging the world. By the very fact that we will be judging the people of the world shows that we are on the opposite side of the table. Obviously, we are no longer one of them. *“Do ye not know that the saints shall judge the world? and if the world shall be judged by you, are ye unworthy to judge the smallest matters?”* 1 Corinthians 6:2
- m. Satan is the god of this world and the god of the people of this world. While our God, on the other hand, is the Lord God Yahweh, the Father of our Lord Jesus Christ. *“In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.”* 2 Corinthians 4:4
- n. We have been rescued out of this world by the Lord Jesus according to the will of the Father, who has given us to him. *“Who gave himself for our sins, that he might deliver us from this present evil world, according to the will of God and our Father:”* Galatians 1:4
- o. When we believed on Christ as our Savior, the world became crucified to us and us to it. *“But God forbid that I should glory, save in the cross of our Lord Jesus Christ, by whom the world is crucified unto me, and I unto the world.”* Galatians 6:14
- p. The Apostle James admonishes us to not be friends with the world. *“Ye adulterers and adulteresses, know ye not that the friendship of the world is enmity with God? whosoever therefore will be a friend of the world is the enemy of God.”* James 4:4
- q. Every reference we have to Christians is that we are in the world. This distinction brings out the positional truth that we are not of the world. *“Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world.”* 1 Peter 5:9
- r. Because we are living in the world, as we await the return of Christ to earth, one of the problems that we will face is getting our eyes on the world and the things of the world. We are definitely commanded to not love the world, nor the things that can be found in this world. Instead we are to be setting our affection on things in heaven. *“Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.”* 1 John 2:15 *“Set your affection on things above, not on things on the earth.”* Colossians 3:2

s. The moment we believed on Christ as our Savior we became victors over, not only the world, but over the devil who controls the world! *“For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. Who is he that overcometh the world, but he that believeth that Jesus is the Son of God?”* 1 John 5:4,5

t. John's knowledge that we belong to God is absolute, and so is his knowledge that the whole world lies under the control of **the wicked one**, τὸ πονηρῶν, which is the devil. *“And we **know** that we are of God, and the whole world lieth in wickedness.”* 1 John 5:19

u. Satan operates by many dynamics concerning the people of the world, he rewards those who follow him; he first tempts those who don't, then persecutes them; he's a tempter; he's a liar; he's a murderer and here we see he's a deceiver. The word to **deceive** is *planoo*, which means to lead astray. *“And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him.”* Revelation 12:9

3. The Flesh – Even though we dwell in the flesh, we are not flesh creatures.

a. Even though believers in Christ are created **anew**, (*neos*), at a point in time when they believed on Christ as their Savior; they are also **new**, (*kainos*), as to being something totally different than before! *“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

b. Christians are created in the image of Jesus Christ; they are actually a new species of humanity on the earth; new in time and new as to being totally different than anything that has existed before. The Church Age believer in Christ is a new species of humanity patterned after Jesus Christ, who is the prototype. And our essence, as with the Lord's, is spirit and truth. This is one of the reasons why we need the continual ministry of the Holy Spirit in us and the teaching of the Word of God.

c. This new man in us needs to be constantly renewed also, and this is done through the metabolization of the teaching of God's Word by faith. *“And have put on the new man, which is renewed in knowledge after the image of him that created him:”* Colossians 3:10 The word for renewed is *anakainoo*, which has the idea of refreshed, or reinvigorated, to be brought back to its original fresh condition. **It does not mean to be recreated all over again!** **In knowledge** is actually be means of knowledge and the word for **knowledge** here is *epignosis*, which refers to the metabolization of the teaching of Bible Doctrine by faith, which changes knowledge into spiritual phenomena.

d. The fact that our outer man, the flesh body, is deteriorating right before our very eyes, combined with the presence of the new man, helps us orient to, not only our position in Christ, but the fact that we are eternal beings created by God for eternity! *“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

e. Every day that we get up and look in the mirror; every time we go to church to take in the Word of God should prod our thinking back to our position in Christ and the fact that we are bound for heaven and eternity's shores. By doing this we will be enabled to keep our eyes on the **spiritual center** and be kept from being swept away by the emotions of the flesh, the lusts of the flesh, the defense mechanism problems of the flesh, the attractions and allurements of the world system and the pull of the devil.

f. When the external pressures of life are not handled by the faith concentration on the Word of God, then they will be converted to stress (*tarasso*) in the soul. *Tarasso* is best described as an uneasiness in the soul, unrest in the soul, or an agitation in the soul, but it can be avoided. “*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 It isn't fear or anger, or any other of the emotions because it's more of a generalized troubling of the soul ranging from uneasiness to full blown agitation.

g. But external pressure, the things going on around us, are not the only source of pressure that can cause stress in the soul, but inner stressors can as well. Inner stressors can be the flesh nature fighting against the growth of the new man into the image of Christ namely from: the defense mechanisms of the soul fighting this growth of the new man inside us, the emotions and lusts of the soul, and from tension myositis syndrome. All of which create tension in the soul, which becomes stress in the soul.

h. Repressing or suppressing the emotions, especially those connected to painful events of the past, is one of the greater sources of tension/stress in the soul. As these old memories and their connected feelings try to surface to the conscious mind, and at the same time the subconscious is trying to keep them buried, the result of this dynamic creates tension therefore stress in the soul. But remember, not all emotions that are trying to surface are bad, many of them are emotions like love! Many people are afraid of the intense feelings of love because it can be so painful, especially with the prospect that the one you love could die or leave you.

i. But in both situations, whether the pressure is from an external source, (the problems and trials of life in the world system, having flesh natures and dealing with the angelic conflict), or from an inner source; the solution is found by living in the spiritual life dynamic, which consists of prayer, faith in the Word, living by faith in life, and the filling of the Holy Spirit.

j. There will always be problems from the world around us and the flesh natures of our human bodies; the more occupied with them we are, the more miserable we will be. The solution for us is abiding in the peace of Christ, which is found only in the sphere of fellowshiping with Christ over his Word through his Spirit. This is our spiritual center and this is to be our focus. “*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.*” John 16:33

k. We must keep in mind there is the world system outside of us, the fallen angels that rule over this world system, and our flesh natures. But there is also our spiritual center revolving around Jesus Christ. The concepts of being centered are: turning our souls away from the world and the things in the world; confessing our sins to God, if necessary; being filled with the Holy Spirit; prayer; and concentrating on the Word of God, which things actually make up the concept of meditation.

l. Christ told us that in this world we will have much pressure and the more we do the Father's will in this life, the more pressure we will have. There is much pressure that also comes from the flesh nature, which we have noted in our study with its emotions and defense mechanisms. But another source of pressure and stress for the believer are the **lusts** of the flesh nature. “*Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul;*” 1 Peter 2:11 Peter also tells us that our victory over them is found by living in the spiritual life, which is activated by believing God's promises, which is why God gave us his **promises**. “*Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.*” 2 Peter 1:4

There are five categories of crises that Paul talked about in 2 Corinthians 12:9,10 that are very strong potentials for stress in our lives, if they are not handled by faith in the Word of God and the filling of the Holy Spirit. “*And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in **infirmities**, in **reproaches**, in **necessities**, in **persecutions**, in **distresses** for Christ's sake: for when I am weak, then am I strong.*”

Infirmities – *astheneia* deals with our personal inability, our inherent weakness, to handle problems, perform in some area, to deal with the world, the flesh nature and the devil; it covers every aspect of our existence. The stress comes in when we try to do something, or are called upon to do something, but aren't able to; we then become frustrated, angry and stressed. The solution is the spiritual life.

Reproaches – *hubris* deals with our being put down, ridiculed, threatened, being the brunt of hurtful words, of being treated despicably by arrogant, insolent men. If we do not handle this treatment by others with the spiritual life dynamic, then our souls will become stressed, harmed and even scarred.

Necessities – *anankē* deals with being compelled to go on a certain course in your life, which would be the will of the Father for you, and at the same time having to face the opposition of the world system, the flesh nature, (yours and others), and the devil. But you can't turn away; you must keep moving forward despite all that opposition; and it will be there at the moment of impact that stress will be a real possibility if we are not existing at that moment in the spiritual life dynamic.

Persecutions – *diōgmos* deals with everything from ridicule, social ostracism, loss of business, not being able to get work, to running for your life. Paul said that those who go for Bible Doctrine and want to live by it in their lives will suffer persecution. “*Yea, and all that will live godly in Christ Jesus shall suffer **persecution**.*” it's easy to see how persecution can be a real source for stress, if the believer does not live in the spiritual life God has given to him or her.

Distresses – *stenochōria* deals with the idea of feeling trapped, of being trapped, or of being closed into a situation of any kind with no way out. It's similar to the idea of claustrophobia, but different in that people can feel trapped in their jobs, in a geographical area, in an abusive home, or their life in general. Again, this can be a source for potential stress, if not handled by the spiritual life dynamic.

And we note all of these deal with, “For the sake of Christ”. Believers can and do suffer for the sake of Christ in their lives. The will of the Father will lead us into all kinds of trials and situations and all are a source of potential stress, if not handled by the spiritual life of faith in the Word and the filling of the Holy Spirit, which is his provision for every Christian.

So there will always be pressure on the soul because of the **world** itself, that is the planet we live on, from nature, from trying to survive and make a living, the weather, etc.. That in itself is hard enough to deal with, but there is also the added pressure of the **world system** by which Satan controls the planet and the people that inhabit it.

Then there is the constant pressure from the **flesh**, its lusts, its emotions, its defense mechanisms, its weaknesses, its problems, the aging factor, injuries, sicknesses and diseases. And there is the pressure from the **devil** and the demons under him against our souls because of the angelic conflict and having his rage directed at us. All of these things are sources for tremendous pressure, but God has provided Bible Doctrine and the spiritual life dynamic to handle them.

We have seen that the emotion of fear proceeds out of a sense of insecurity, where one feels vulnerable to harm; and fear produces mental torment, which is definitely stress in the soul. The flesh also produces over 28 categories of lust, which is an intense desire for something. The problem with lust is not just the thing one is lusting for, many of which are not sinful in themselves, the but lusting!

But there is a dynamic that can go on between the two where the emotions will set the lusts in motion! For example, one can be afraid because they feel insecure so they now have a desire to feel secure! The desire becomes action; and the action for most people becomes a drive; and the drive, for many, becomes an obsession. For what? To feel secure! They are motivated now to follow many roads in life: fame, fortune, education, ambition, greed, hoarding, thrift, money hard work, taking risks, success, etc.. They are driven to accumulate wealth to avoid the feelings of insecurity and fear.

The feelings of insecurity come with our flesh natures; the problem and sin is when we don't turn to God to deal with it by faith and the spiritual life dynamic. We all feel insecure! It's just that some turn to God and his Word in faith to address our insecurities, while most don't. Most turn to man-made institutions and/or their own strength to deal with the problem of vulnerability. But there is a Hebrew word for **faith**, *batach*, and it speaks of believing the promises of God and trusting in the Father, but its emphasis is on the sense of security we get from doing so.

But there are other interacting and interconnecting dynamics going on in the flesh's emotions and they are the connections that exist between love, faith and feeling secure. But we are not talking about love, faith and feeling secure in the spiritual dynamic, but in the flesh's dynamic. It all began when we were infants and children with our mothers. It was there that we first felt secure and it was all tied up with love and trust, which stayed with us on into life. This feeling of security was wrapped up in a trusting and love relationship, first with our mothers, then with other family members. And what happened in the child's mind is associate the feelings of love with the feelings of security.

That's why it's easy to confuse feelings and perhaps by understanding their definitions we can have insight into what's going on: 1) **confuse** – to associate one thing with another by mistake; 2) **blend** – to mix together where we can't distinguish one thing from another, that is, love and feeling secure; 3) **associate** – to connect a thought or feeling to another thought or feeling. Like many people confuse sex with love, so they go out having sex, when what they're looking for is love.

Academically there is a difference between the feeling of love and the feeling of security, but it's difficult to sort out the difference between the two when one is experiencing them, and especially more so when one is young and has no doctrine. This is due to the two being intertwined from childhood on. Even most adults have the problem of not being able to differentiate between the two. And even more difficult if one has fallen in love! One can easily see how the desire to feel secure is now satisfied by romantic love. And if one falls out of love, then their world has fallen apart because they have lost their security basis.

The problem really begins in the emotional complex of the soul where are sorts of feelings take place, and as we can see, many of these feelings are confused with other feelings or blended together with them. This takes place below the level of conscious thought and the rational process of the mind. The problem gets worse, though, as the subconscious sensed level affects the conscious mind and the person goes off in pursuit of these feelings. The only protection that Christians have from this is to base their life and decisions upon the clear teaching of God's Word and remain filled with the Holy Spirit, which shuts down the operation of the sin nature.

Paul deals with this matter of the growth of the soul, dealing with the emotions, subjective thinking and scar tissue garbage in the soul by way of a metaphor in 2 Corinthians 10:3-5, “*For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;*”

When an army invaded a land, it did so to conquer the people and their rulers so as to bring that territory under the rule of their own king. This land had geographical borders, a king or other ruler; it had people in it; and it had a fort or fortresses in it, which were the hardened centers of rule, military power and the ideology of its king and people. Conquest was never completed until every last fort was torn down, invaded and the king and his people were conquered. To accomplish this would take, not just one battle usually, but a campaign of war that could go on for months, even years, until its people were brought into submission to the conquering king. Fierce opposition by the inhabitants of the land and their king would be expected.

The Biblical example and analogy of this would be the nation of Israel being brought into the promised land by Jesus Christ. This action would be fiercely opposed by the Canaanites and the hardest place to break through would be their fortress, or city wall. And when the Lord brought Israel into the land, it was not to stop at the walls of Jericho, but to **conquer the entire land he was giving them!**

But in our case a literal physical land is not in view, but rather our souls! When Christ saved us, he came and indwelt our souls with no intention whatsoever of living in just one little corner of them. His purpose is to conquer every part of our souls and bring them into subjection to our King, God the Father, thus establishing peace within every part of our souls.

As can be expected the flesh nature will fight against this with every weapon it has at its disposal. Which is what the great inner battle is among all believers in Christ. “*This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.*” Galatians 5:16,17

The flesh builds walls around certain thoughts and feelings we have accepted, which can cause us problems in life. It's like living in a beautiful land blessed by God wanting to enjoy what God has given to you, but the inhabitants in the land come out periodically from behind their fortress walls to cause us grief, which is what would have happened if the inhabitants of Canaan were allowed to remain there. Our passage in 2 Corinthians 10:3-5 describes the assault on these fortresses in our souls; and to aid us in understanding of the analogy we can look at the meanings of the different terms.

War – strateuo doesn't look an individual battle, but a campaign of war that could go on for years. Many battles to be fought, many hills and fortresses to be taken, but one campaign of war that could go on for years. The war is over when every last hill is taken, every fortress demolished and every last enemy citizen is taken captive.

Weapons – the *hopla* were the tools of war: siege mounds, battering rams, fire, fire towers were some of the machines of war used in those days, but the foot soldier had his shield, his sword, breastplate, helmet, sandals, belt and often two throwing javelins. Other soldiers were archers, so they would carry those things plus their bows and arrows.

Pulling down – *kathairesin* was to destroy by pulling down. Fortresses in those days were made up of large stones stacked up top of each other and the only way they could breach the walls was by tearing down these stones, which because of their large size and weight was a very difficult job. Which was how the Lord prophesied that the temple would be destroyed. “*And Jesus said unto them, See ye not all these things? verily I say unto you, There shall not be left here one stone upon another, that shall not be thrown down.*” Matthew 24:2

Strong holds – *ochurōma* was the word for a fort or fortress. In the plural it tells us that there will be several or many of these fortresses in our souls. Typically the walls were tall, thick and served as a defense for the people living inside. They had gates, towers, elaborate systems of defense and inside the walls were the people, their homes, businesses and places of worship.

Casting down imaginations – *kathaireō logismos* tells us this demolishing or casting down will be accomplished one stone at a time. *Logismous* in the plural shows that there will be many of these things and the word refers to the reasonings of the mind, here it's reasonings used as a **defense mechanism**. Excuses, denial, self-justification, arguing the point, projection, transference, repression, TMS and more are all a part of the soul's defense mechanism put as a fortress wall, or as some refer to it today as the heart wall. Other's might refer to this as the layers of the onion peel. But the walls of the fortress refers to the defense mechanism of the soul and the individual stones in the walls, each one, refers to some particular thought or idea used to repel anyone going any further.

Every high thing – *pan hupsoma* would refer to the turrets or towers from which the enemy could shoot fiery arrows, that is, burning arrows of bitterness, anger and implacability and worry at the conquering army and this refers to the entrenched bastions of pride that resists and fights against Christ's advancement into our souls. And remember, there will be many of these fortress that Christ, his Spirit and his Word, will come up against in our souls. These are the lofty tower of personal pride.

Exalteth itself – *epairomenon* refers to the believer's pride that raises itself up against the advance of the spiritual life. Pride is that mental attitude that sees itself above others and above things. Here it sees itself as above the spiritual life, which is to say it doesn't need it.

Bringing into captivity – *aichmalōtizō* means just that to take an inhabitant into captivity as a prisoner of war. Just as the thoughts, feelings, beliefs and worship of the Canaanites were just the opposite of what pertained to Jesus Christ and so they had to be removed and be replaced by the things of Christ.

Every thought – *pan noema* refers to the results of the mind's thinking; its thoughts or conclusions that we have arrived at, what we believe, what we hold to that we live our lives by, or affect us in one way or another. But these thoughts are not based upon what is true, but upon supposition, assumption, our emotions, false teaching, or the negative input from other people. Which thoughts adversely affect us all our lives and rob us of our peace that Christ has given us. From the time of our salvation, when Christ entered our souls through the indwelling Holy Spirit, there has been a campaign of spiritual warfare to bring every thought into obedience to Christ thus establishing the reign of peace in our souls.

Behind the walls of the fortress, that is, the defense mechanisms of the soul are the *noema*, which are firmly entrenched behind hardened walls, which can come out at any time to wreak havoc on the peace and stability of our soul life. These are what make our lives miserable at times. These *noema* are concepts that we have accepted as true, but are not. Thoughts such as: we're no good, having no self-esteem, that we'll never measure up, thoughts of fear and worry about what will happen to us, thoughts put into our minds back in childhood that have stuck with us for years.

Surrounding these *noema*, which are at the core of our problem, are elaborately constructed defense systems, which serve to keep the truth out and the *noema* from being exposed to the light. The walls of these fortresses are thick and tall mounted by the lofty towers of pride, which resist the advance of doctrinal truth. And sometimes it takes the dismantling of the fortress wall one stone at a time, one human viewpoint reasoning at a time, until the fort is taken.

The words **belly** and **bowels** are also used to describe certain things about us. They are found using the words *koilia* in Philippians 3:19, “*Whose end is destruction, whose God is their **belly**, and whose glory is in their shame, who mind earthly things.*”) And the word *splanchnon* in 2 Corinthians 6:12, “*Ye are not straitened in us, but ye are straitened in your own **bowels**.*”

Koilia referred to the hollow part of the body and described the digestive system made up of the stomach, colon and intestines and reproductive organs including the womb. ***Splanchna*** referred to the entrails, the heart, lungs, liver, spleen and sometimes the reproductive organs.

The oriental perspective on the emotions and their relationship to certain organs in the body: the **heart** was regarded as the center for human **happiness**; the **liver** was regarded as the center for the **anger complex**; the **lungs** were regarded as the center for the **grief complex**; the **kidneys** were regarded as the center for the **fear complex**; the **reproductive organs** were the center of the emotion of **love**.

In 2 Corinthians 6:12, “*Ye are not **straitened** (*stenochria* - constricted) in us, but ye are straitened (*stenochoria*) in your own bowels.*” Paul talked about how the flow of the spiritual dynamic through the believer's soul was **constricted** by the believer's emotions.

If we look at one of the organs, such as, the **heart**, which is connected to human happiness; the oriental practitioner, if there were problems connected to the heart, they would look at the person having an excess of the wrong kinds of happiness. Christians who look to the world, or the flesh, for happiness and pursue after it will have an imbalance in their life. What they should be seeking is the **joy** of the Lord, which is a spiritual phenomena. The desire for the emotion of human happiness and not spiritual joy will constrict the flow of the spiritual dynamic in the believer's soul.

The **liver** was the organ generally regarded as the organ associated with the anger complex: bitterness, wrath, anger, malice, vindictiveness, arguments, violent outbursts and physical violence. One can easily see how the emotion of anger will constrict the flow of spiritual phenomena in the soul, not to mention how it will shut down any exercising of faith. Both the OT and NT are constantly addressing the problem of anger and how we're to cease from anger and forsake wrath; and we do so by confessing our anger and living in the filling of the Holy Spirit.

The **lungs** were regarded as the center for grief. Now normal grief is natural and cathartic, but if it isn't allowed to have its day and have its way, then it becomes destructive to the spiritual life and to the health of the soul and the body. **Abnormal grief** would be where one refuses to grieve, rather any feelings of sadness are suppressed down into the subconscious. Or the individual would spend the rest of their lives grieving over the loss of their loved ones. Both concepts are abnormal and both concepts constrict the flow of spiritual phenomena in the soul.

The **kidneys** were regarded as the organ associated with the fear complex: fear, anxiety, worry, dread, fright, terror, apprehension, fear of the future, fear ranging from mild to severe, etc..

February 2016 Newsletter – Dealing With Emotions – Review

“Ye are not straitened in us, but ye are straitened in your own bowels.” 2 Corinthians 6:12

Paul told the Corinthian believers that they were being constrained by their **emotions**, *splanchna*, or **bowels** as we have here. The spiritual life dynamic is **sustained** by the Word of God, faith and the filling of the Holy Spirit, but it is **constrained** by the emotions of the flesh nature. Fear, anger, guilt, grief, jealousy; all these feelings and more prevent the exercise and free flow of the spiritual life dynamic in the soul. It is to hinder, restrict or prevent an activity. The activity is the flow of spiritual phenomena through the soul, but it the emotional complex of the soul which hinders that.

Paul told the believers in Philippi that believers, who live their lives out of their emotions, are actually enemies of the cross! Christ's death on the cross for our sins, our acquiring of a new nature and the Holy Spirit has enabled every believer in Christ to live their lives on a spiritual level, but by sinking back down into the emotions of the flesh nature, we are saying in effect that everything that Christ has done for us is to no avail because we won't avail ourselves of it! *“Whose end is destruction, whose God is their **belly**, (*koilia*) and whose glory is in their shame, who mind earthly things.” Philippians 3:19*

The *koilia*, or **belly**, was the abdomen, which took in the stomach, colon, intestines and reproductive system, which in Oriental thinking dealt with certain feelings of the emotional complex. So what it was saying is that these believers had their lives centered around their emotions, rather than around God, his Word and the spiritual life he has provided for us, so their emotions have become their God! Because this area of the anatomy deals with the reproduction system and the digestive system it tells us that these believers were primarily occupied with **food and sex!**

The American culture today, along with so many other concepts, is totally obsessed with food and sex. It's all people talk about and live for, but for the Christian we are to be occupied with the Lord, his Word and the spiritual life he has given us. *“For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.” Romans 14:17*

Acknowledging

We are all familiar with the concept of **confessing** our sins to God, *homologeo*. *“If we **confess** our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” 1 John 1:9*, but this matter of acknowledging plays a much bigger part in our spiritual life than we have previously thought. *Homologeo* here means to admit, to confess, or to acknowledge with the addition that one is citing a court case precedence where you are tying our sins to Christ's death on the cross as him paying the full penalty for them. But we need to look further into the word.

To **acknowledge** is to admit something to be true or real, to recognize the existence of something, to express the recognition of the fact or truth, to concede, confess, or acknowledge, even if reluctantly. To **confess** would be a more formal acknowledgement of one's guilt, while to **concede** is to intellectually accept the point.

We're familiar with the idea of confessing, such as in our sins to God, which is acknowledging our sins to God, but there's another concept where confessing comes in and that is in the area of scar tissue on the soul, or garbage of the soul, or repressed memories and feelings of the soul, even in the area of the

repressed true identity of the hidden man of the heart.

Remember, **confession**, or **acknowledgement** is the volitional, conscious recognizing and admitting of a truth! There is the dynamic of **knowing** the truth, “*And ye shall know the truth, and the truth shall make you free (or free you).*” John 8:32 And **suppressing** the truth, or holding the truth down. “*For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who hold (katecho – to hold down) the truth in unrighteousness;*”, Romans 1:18

What we are doing by confessing, admitting, or acknowledging is really admitting the truth about ourselves! We're just used to the idea pertaining to the confessing of our sins, but it is to be used about every facet of ourselves; and in the area of spiritual growth and overcoming the scarred areas of our hearts, it's recognizing the truth about ourselves, when God shows us something about ourselves, and admitting it to God. And when we do, then that's when the healing of our souls takes place.

There is also the acknowledging of the truth regardless of what it is, and there is spiritual power involved when we do! Hiding the truth, burying the truth, covering up the truth, denying the truth all deal with the opposite of acknowledgment of the truth. When David kept quiet about his sins, (he didn't acknowledge them to God), he suffered physically, spiritually and emotionally. “*When I kept silence, my bones waxed old through my roaring all the day long.*” Psalms 32:3 But through **confession** of his sins he found forgiveness and **release** from their tyranny.

There is the acknowledgement of the **Mystery of God**. “*That their hearts might be comforted, being knit together in love, and unto all riches of the full assurance of understanding, to the acknowledgement of the **mystery of God**, and of the Father, and of Christ;*” Colossians 2:2

There is the acknowledging of God. “*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

David acknowledged that he had sinned against God. “*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.*” Psalms 32:5 “*For I **acknowledge** my transgressions: and my sin is ever before me.*” Psalms 51:3

All Israel had to do was **acknowledge** their iniquity to God. “*Only **acknowledge** thine iniquity, that thou hast transgressed against the LORD thy God, and hast scattered thy ways to the strangers under every green tree, and ye have not obeyed my voice, saith the LORD.*” Jeremiah 3:13

Jeremiah acknowledged Israel's and his iniquity to God. “*We **acknowledge**, O LORD, our wickedness, and the iniquity of our fathers: for we have sinned against thee.*” Jeremiah 14:20 God told **Hosea** that he was withdrawing himself from Israel until they acknowledged their sins to him. “*I will go and return to my place, till they **acknowledge** their offence, and seek my face: in their affliction they will seek me early.*” Hosea 5:15

God is the God of truth and he loves truth; he walks in the truth and he wants us to walk in the truth; his Son is the embodiment of truth; he is truth through and through and that's what he wants from us. Now when we don't, then we are to admit, or acknowledge that to him. To acknowledge the truth entails four things: 1) knowing what the truth is; 2) knowing what the truth about ourselves is; 3) accepting the truth about ourselves and: 4) acknowledging that truth to God. When we do, we are forgiven, and, we are cleansed in our souls and freed from the negative troubling feelings.

Whenever we experienced a traumatic event in our past, either of our own doing, or someone else's, and we did not handle it the doctrinal way, then we repressed the feelings connected to that event, dissociated ourselves from it, which is a mental disconnection from it, distanced ourselves from it, and eventually forgot all about it, or so we think.

The feelings that might be connected to these traumatic events, and they do come in clusters, can be in the fear complex, or anger, or the feelings of grief, or feelings of guilt and shame, embarrassment, fear of being found out, fear of having to face the feelings, shame over having to face the feelings, many various feelings re found clustered in these traumatic events, so it's no wonder that people bury these things down into the soul because he can deal with all that?

The problem is that we did not doctrinally process them through so as to deal with them. Once we process them, then we have delivered ourselves from their tyranny. For example, let's take the matter of grief. Someone you love has passed away, which brings about tremendous feelings of grief and sorrow. Some bury those feelings into the subconscious so they don't have to experience them. While others may just go on and on for years to come grieving over the loss of their loved one.

But there is another way by which the feelings of grief can be processed and in our culture it's the funeral process. Arrangements have to be made; you have a service at the funeral home; people who care about you show up to express their condolences and pay their respects; a perhaps smaller group goes out to the graveside where words are spoken as you place the casket into the ground; then later on food is set out at your home; where friends, family and well-wishers can express their love and support. During the whole time the tears are flowing. People leave to go back to their own lives, and friends and family members are there to clean up after everybody and then they go home and you're alone with tears flowing and the Lord is there to comfort you. You have your times of sorrow and depression over the weeks to come, but it gets easier; you visit the graveside, the tears flow again, but it gets easier as time goes by. In this manner you are able to process the emotion of grief, and every culture has a system in place to deal with grief. So what the believer has to do is find out the doctrinal approach to deal with each one of our feelings and apply it, and in so doing they are freed from the feeling.

So when we are dealing with our emotions we're not saying that we have to live by our emotions, or let our emotions control us, but that we have to learn to recognize our emotions and deal with them so we can continue to live in the spiritual life dynamic. And the first step is to be able to recognize that we are in an emotion and acknowledge it to ourselves and to God. And if we're not able to recognize it, then that's where we have to go to God in prayer and ask him to give us wisdom on the matter. *"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 If we're stuck on trying to figure out exactly what's wrong, then that's where we need to be constantly praying to God over the matter. *"Is any among you afflicted? let him **pray**. Is any merry? let him sing psalms."* James 5:13

Now there are a lot of things about ourselves that we have repressed over the years, some things that we have done that are wrong, and other things are connected to our true hidden personality being found out. This is probably the worse because we are afraid of reprisal, rejection, ridicule, being made fun of, scolding, and all the other forms of shame-based techniques of suppressing our inner man. Spiritual growth is not just about the growth of faith, and the growth of knowledge; it's about the growth and emergence of the true hidden personality of the heart, where we no longer are wearing a mask, but exist publicly for all to see in our true person.

In dealing with our emotions, or our lusts, or garbage in the soul one of the first things we must do is make a choice. We must choose as to whether we are going to spend the rest of our lives controlled by these things, or are we going to live our lives in the new nature and the filling of the Holy Spirit? The next thing we need to see is that the emotional complex of the soul will shut down, or at least hinder the spiritual life dynamic inside us. “*Ye are not straitened in us, but ye are straitened in your own bowels.*” 2 Corinthians 6:12 The spiritual life dynamic is constrained by the emotions.

Any one of the seven feelings of the emotional complex of the soul is sufficient to shut down, restrict, or put a crimp in the flow of spiritual phenomena in the soul. Fear will do it; anger will do it; grief will do it; guilt will do it; jealousy will do it; looking for human love concepts will do it; and searching after human happiness will do it. But so will lusts do it, hedonism and garbage in the soul, so we have got to learn to recognize these things, acknowledge them to God and live in the spiritual life.

Even Cain had a choice to make back in the Garden, when the Lord told him what kind of a sacrifice that he had to bring. Abel chose right and brought the proper sacrifice, but Cain chose wrong. Afterward, God appeared to Cain, who was caught up in great anger, and told him what he had to do to have victory over this emotion, but Cain chose wrong again. “*And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the LORD had respect unto Abel and to his offering: But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell. And the LORD said unto Cain, Why art thou wroth? and why is thy countenance fallen? If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him.*” Genesis 4:4-7 It's interesting that the first sin with Eve was a **lust** and the next big sin with Cain was an **emotion**. So you tell me if dealing with our emotions is important. Actually Cain's sins were negative volition, jealousy, pride and anger in addition to murder.

If we're prone to the emotion of fear, anxiety and worry, then we're going to have to confess that to God and get all the doctrines we can on faith and God's promises to protect us and provide our needs. If we're prone to the emotion of bitterness, resentment and anger. Then we're going to have to confess that to God, forgive, let it go, put it into the hands of God and get all the doctrines we can that deal with that subject. If we're prone to the emotion of guilt and shame, then we're going to have to confess that to God and get all the material we can that deal with how we've been forgiven, our righteous state, and the blood atonement of Christ. If we're prone to the emotion of sadness, then we have to confess that to God and go over the doctrines that deal with our eternal destiny and God's great love for us. If we're prone to the emotion of jealousy, or envy, then we're going to have to confess that to God and the doctrines that God has provided for us what he wants us to have and how that covers all our needs – not our wants, but our needs. If we're prone to wanting the emotion of love in our life, then we need to see that God has given us a perfect love to live by – *agape* love. And if we're prone to wanting to be happy, then we need to see that God has given us spiritual joy.

One of the things that believers need to understand and accept is it is our personal responsibility to deal with our own soul problems; not other people's soul problems, but our own. We may not have been responsible for the problems caused our souls in days gone by, but now that we have them we are responsible to deal with them.

Oftentimes our suffering is related to some problem of the soul and if we don't know what it is, then we re to go to God in prayer to find out why. “*Is any among you afflicted? let him pray. Is any merry? let him sing psalms.*” James 5:13

Now our suffering may be related to self-induced misery as the results of our sins, or failing or refusing to live in the spiritual life, or scar tissue garbage of the soul, or to divine discipline, but whatever the reason we are to **seek his face** in the matter. 1) **preventative discipline** - “*Before I was afflicted I went astray: but now have I kept thy word.*” Psalms 119:67 2) **motivational discipline** - “*It is good for me that I have been afflicted; that I might learn thy statutes.*” v.71 3) **corrective discipline** - “*I know, O LORD, that thy judgments are right, and that thou in faithfulness hast afflicted me.*” v.75

We're not to resent the discipline from God, but go to God to find out why. “*But the hypocrites in heart heap up wrath: **they cry not** when he bindeth them. They die in youth, and their life is among the unclean. He delivereth the poor in his affliction, and openeth their ears in oppression.*” Job 36:13-15 “*The godless in heart harbor resentment; even when he fetters them, they do not cry for help. They die in their youth, among male prostitutes of the shrines. But those who suffer he delivers in their suffering; he speaks to them in their affliction.*” Job 36:13-15 NIV

The spiritual recovery procedure starts with the idea of understanding the need for power in our souls. Virtually everything in America either runs on electricity, or is made using electricity. Electricity is the power that enables every gadget out there to operate. And electricity comes from: 1) coal fired plants, 2) nuclear plants, 3) solar, 4) wind farms, 5) or hydro-electric dams, such as, Shasta Dam. Once the electricity is generated it travels over transmission lines to the home where it is used.

The new man is similar because it too takes power to operate on, as Paul stated, “*I can do all things through Christ which strengtheneth me.*” Philippians 4:13 The word for **strengthen** here is a compound of en – inside me, and dunamoo – power. So Paul is saying that he has the strength to go through anything in life and come out the other side victoriously because Christ **empowers** him.

Now the new man doesn't have transmission lines hooking it up to some power source here on earth, but it is very similar to photo-voltaic cells, in that, as photo-voltaic cells get their power from the sun, our new man gets its power from the Son of God! And as these photo cells get their power by converting the light of the sun into electrical energy, so our souls get their spiritual power (*pneumatika*) by converting the spiritual light that comes from god through his Word. All we need to do is make sure that our little cells are turned toward God every day.

Even our bodies run on electricity, which it manufactures by converting food into electricity for the body and the brain, but also by converting sunlight into electricity through photo synthesis. And as the body can get run down if it is running out of energy, so can the soul. The body needs food, water, rest and exercise, and the soul needs the food of God's Word, rest and the exercise of faith.

Sin, Satan, the World and the people of the World are all put as **darkness**, while the children of God are put as **light**; we are lights shining in the world. But as light we need continual power to keep our lights burning; the more power, the greater the light. This power we operate by is spiritual power, and as such, we constantly need to be empowered by God. This we do by occupying ourselves by faith in the Word of God through the filling of the Holy Spirit.

Our physical bodies need **air, water and food** to keep going without which we will die; we can only go 3 minutes without air, 3 days without water and 3 weeks without food. Up to that time limit we become weak are really going downhill. The same with the soul; the soul needs spiritual energy, pneumatika, to operate as God intended, and if we don't have it, then the soul starts to go downhill and can get into the place where it becomes critical.

The ideas of *strephe* and *apostrepho* come into play here, which deals with the idea of the turning of the soul. *Strephe* denotes the turning of the soul, while *apostrepho* deals with the turning of the soul away from something to redirect it as something else. If you understand that our souls are like spiritual photo-voltaic solar cells it becomes quite easy to understand the dynamic. As the solar cell is pointed toward the sun it generates electricity to power the gadget, whatever it is. The soul turned toward God, that is, the Word of God, spiritual power is generated so the soul can operate as God intended.

We must turn our souls away from the darkness of this world, (no power source there only a big drain), and turn them to God's Word. "*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*" Isaiah 26:3 Once we point or direct our souls in faith toward God's Word, then the Spirit of God will empower us with spiritual power. **And to have the maximum effectiveness in this dynamic the souls must be pointed completely and directly to God and his Word!**

When we do that the new nature will start to "*power up*", like a generator, and at the same time, the old nature will start to "*power down*". When the new nature comes "*on line*", then the fruit of the Spirit will start to be produced: love, joy, peace, gentleness, goodness, meekness, temperance, long-suffering and faith. But if the new nature is taken "*off line*", then the old nature will start to "*power up*" producing: stress in the soul, the emotional complex of the soul, scar tissue garbage of the soul, getting into false teaching and general over all misery in the soul.

When we lose the filling of the Holy Spirit, when we drift away from living in the sphere of the spiritual life dynamic, then we will lose the peace of Christ in our souls. Once that happens then the toxic influence of the sin nature starts to come into our souls producing stress in the soul, the emotional complex of the soul, scar tissue garbage of the soul, getting into false teaching and general over all misery in the soul. So it is vitally important that believers maintain the spiritual life dynamic.

Paul stated that he was not ignorant of how Satan operated, that is, he was well aware of how Satan operated and was always on guard for it. "*Lest Satan should get an advantage of us: for we are not ignorant of his devices.*" 2 Corinthians 2:11 We too should know how Satan operates, how the old sin nature operates, and how Satan uses our sin natures to further his purpose.

Satan is very clever in getting believers to operate in the 7 feelings of the emotional complex of the soul, or in any one of the 28 categories of the lust complex, or getting us to pursue after pleasure, ease and comfort, or to go after the things of the world system, which he controls. Paul knew what our problems are in these areas, and he also knew how Satan tries to activate these areas in us.

Two of the chief areas that he targets in people are the emotions of fear and anger. If he can get us to start doubting God and his Word, then he has gotten the fear complex activated and now all our souls will be doing is being **afraid**. Whether it is fear of a known thing, or apprehension over what might happen, or anxiety disorders. Once he does that, then it's a downward spiral away from our spiritual center with Christ. Or if he can get us to react over something, and then get **angry**, he can keep us wrapped up in bitterness and anger for years to come! It only takes one emotion to get us out of the spiritual life dynamic, and if not caught and corrected, then we can spend the rest of our lives being caught up in one emotion or another, all the time we are going downhill spiritually. And not only spiritually, but the condition of our souls will be going downhill also! If we react to pressure, and there is plenty of that to go around, then that pressure will be converted to stress in the soul, then that will activate the emotions of the soul. So Paul was not ignorant of the devices that Satan uses to keep believers away from their spiritual center with the Lord and neither should we!

We have seen that the external pressures of life here in the devil's world will be a constant source of pressure on the believer's soul. And if not handled by faith in the Word of God, will convert to stress in the soul. *"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**, (stress in the soul) neither let it be afraid."* John 14:27 *"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."* John 16:33

This pressure on believers is going to be dramatically increasing as we get closer to the time of the Lord's return to earth, especially in what is called the Tribulation Age. In fact, so much so, that it will be the greatest pressure the people of God will have ever experienced on the earth! *"For then shall be **great tribulation**, such as was not since the beginning of the world to this time, no, nor ever shall be. And except those days should be **shortened**, there should no flesh be saved: but for the elect's sake those days shall be shortened."* Matthew 24:21,22

The second word for **shortened** is the future passive indicative of *koloboo*, which had the idea of a limb being cut so that it was shortened in length. Let's say that an arm is two feet long, but one has severely injured his wrist and hand to the place that it has to be cut off to spare the body. It is to be so many inches long, but one has to cut off the extremity of the limb to save the body. And so it is with the Tribulation; it is supposed to run so many days, months and years, seven years to be exact. But to save the body, the body of Christ, the remaining extremity of those years, or days, has to be shortened.

Some of the things that will be occurring in the Last Days are: 1) believers turning away from the faith, betraying and hating each other, with many false prophets. *"And then shall many be offended, and shall betray one another, and shall hate one another. And many false prophets shall rise, and shall deceive many."* Matthew 24:10,11; 2) wickedness increasing and the love of the majority growing cold. *"And because iniquity (lawlessness) shall abound, the love of many shall wax cold."* Matthew 24:12; 3) the greatest of pressure for all times of human history, *"For then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be."* Matthew 24:21; 4) the earth will be at war; nation against nation, kingdom against kingdom. *"Then said he unto them, Nation shall rise against nation, and kingdom against kingdom."* Luke 21:10; 5) there will be great earthquakes, famine, pestilence, fearful events and signs in the heavens, *"And great earthquakes shall be in divers places, and famines, and pestilences; and fearful sights and great signs shall there be from heaven."* Luke 21:11; 6) there will be signs in the sun, moon and stars, *"And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring;"* Luke 21:25; 7) men's hearts will faint in terror apprehensive of what's to come, *"Men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken."* Luke 21:26; 8) we're to lift up our heads in faith and encouragement for Christ's return is rapidly approaching. *"And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh."* Luke 21:8; 9) we're to avoid drunkenness, dissipation and worry, *"And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares."* Luke 21:34; 10) then the end will come suddenly, *"For as a snare shall it come on all them that dwell on the face of the whole earth."* Luke 21:35

This calls for the intensive application of the faith rest drill for believers coupled with their prayers to God. And as all this becomes more and more intense, then the believer will have to intensify the faith rest drill in their lives. Thankfully the Lord is going to cut those days short for the sake of the elect. Some have put it at around 110 days short of a full 7 years.

The 7 Seals gives us an idea of how difficult it will be for believers in the Tribulation Age.

1st Seal – Revelations 6:2 – the antichrist will conquer the world. *“And I saw, and behold a white horse: and he that sat on him had a bow; and a crown was given unto him: and he went forth conquering, and to conquer.”*

2nd Seal – Revelations 6:4 – worldwide war. *“And there went out another horse that was red: and power was given to him that sat thereon to take peace from the earth, and that they should kill one another: and there was given unto him a great sword.”*

3rd Seal - Revelations 6:6 – worldwide drought. *“And I heard a voice in the midst of the four beasts say, A measure of wheat for a penny, and three measures of barley for a penny; and see thou hurt not the oil and the wine.”*

4th Seal – Revelations 6:8 – drought, famine, infrastructure breakdowns, and wars kill ¼ of people. *“And I looked, and behold a pale horse: and his name that sat on him was Death, and Hell followed with him. And power was given unto them over the fourth part of the earth, to kill with sword, and with hunger, and with death, and with the beasts of the earth.”*

5th Seal – Revelations 6:9-11 – the souls of those Christians who were slain are in heaven under the altar of God. *“And when he had opened the fifth seal, I saw under the altar the souls of them that were slain for the word of God, and for the testimony which they held: And they cried with a loud voice, saying, How long, O Lord, holy and true, dost thou not judge and avenge our blood on them that dwell on the earth? And white robes were given unto every one of them; and it was said unto them, that they should rest yet for a little season, until their fellowservants also and their brethren, that should be killed as they were, should be fulfilled.”*

6th Seal – Revelations 6:12-14 – a great earthquake, asteroids and meteors hitting the earth, mountains and islands toppled from their place. *“And I beheld when he had opened the sixth seal, and, lo, there was a great earthquake; and the sun became black as sackcloth of hair, and the moon became as blood; And the stars of heaven fell unto the earth, even as a fig tree casteth her untimely figs, when she is shaken of a mighty wind. And the heaven departed as a scroll when it is rolled together; and every mountain and island were moved out of their places.”*

7th Seal – Revelations 8:2 – the seven trumpets begin. *“And I saw the seven angels which stood before God; and to them were given seven trumpets.”* And from here it continues to get worse all they way up to Christ's appearance on earth.

As one can see, (although they may not want to), the situation is going to get more and more dire here on earth, which raises the potential for increased stress in the believer's soul with all its negative impacts on our mental health and peace of mind.

The solution for us is the faith rest drill, which entails claiming the promises of God; keeping our eyes focused on Christ and his Word; going over the doctrines we have that pertain to our individual soul problems, which can keep us outside the spiritual life dynamic; reviewing the doctrines that deal with our righteous position before God, through Jesus Christ; getting the various passages that deal with end times phenomena and passages that deal with our eternal destiny. All combined with our confessing our sins to God and our priesthood function of prayer.

March 2016 Newsletter – Dealing With Emotions – Review

There is often a connection between the emotions of the flesh nature and some physiological problems. Even today they have linked heart disease and other problems to stress. And stress is certainly a problem, which the Lord warns us about to avoid because it leads to fear in the soul. *“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, (tarasso - stressed) neither let it be afraid.”* John 14:27

In Psalms 38 David had pain in his bones, *“there is no soundness in my bones because of my sin.”* v.3, and his back was filled with searing pain, *“My back is filled with searing pain;”* v.7, which he attributed to God's discipline over personal sin, *“I confess my iniquity; I am troubled by my sin.”* v.18. So sin can cause our bodies pain due to self-induced misery; and sin can also bring about divine discipline, which also can result in pain in the body.

Job concluded that his personal misery had to be coming from God due to some personal sin in his life, even though he had no idea of what it could be. His “friends” were certainly pushing that idea. But unbeknownst to all of them is that Job's personal suffering was due to Satan's attack against him! So now we have the idea of Satan or one of his demons causing pain in the body.

In Psalms 55 David was suffering from an involuntary muscle spasm, **trembling**, due to having fear in the soul and that fear existed because there was stress in the soul. *“Fearfulness and trembling are come upon me, and horror hath overwhelmed me.”* Psalms 55:5 Stress in the soul came about due to not having faith in the promises of God, this led to fear in the soul, then involuntary muscle spasms and finally wanting to run away to solve the problem. Faith in the Word is the answer to solving our problems, not running away. *“And I said, Oh that I had wings like a dove! for then would I fly away, and be at rest.”* Psalms 55:6

So what's the point? The point is in any given situation where we are suffering and in pain, we may not and probably don't know the reason why we are suffering. It may be due to personal sin where under the principle of self-induced misery we brought it on ourselves. It may be due to divine discipline due to personal sin. It may be due to a demonic attack against our bodies. It may be due to a demonic attack against our souls, which could result in physical suffering. It could be due to operating outside the field of faith and our spiritual center.

The point is because we don't know why we are suffering we are to seek the face of God in prayer to find out why and what course of action he would have us to follow. *“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.”* James 5:13 If it is due to personal sin, then we need to ask God to reveal that sin to us so we can confess it and put it behind us. If it is due to Satan, then we are to go on the alert, put on the armor of God and then resist him in every aspect of our life. If it's due to unbelief, then we need to get back to claiming the promises of God.

I don't think that we appreciate the fact that Paul was really suffering and in real pain in 2 Corinthians 12:7-10 to the place where he asked God three times to take it away from him to which Christ replied that his grace was sufficient for him and anything else he would have to go through in life. This provision of God is covered in my Online study of, “Christ's Grace Is Good Enough”. Concerning the many reasons why Christians suffer, and there are many of them, see my study on “27 Reasons Why Christians Suffer”.

From the standpoint of the **flesh** the unconscious mind uses TMS, which can wander from one area of the body to another, to mask or divert the conscious mind's attention away from repressed emotions, or scar tissue garbage of the soul. This is one of the problems that we have to deal with in the flesh nature, along with the lusts and pleasures of the soul. From the standpoint of the **spirit** the soul must be totally focused on the Word of God in faith, and when it is, then we will find ourselves in the sphere of peace.

Now the problem of **lusts** can be dealt with by learning the 28 categories of lusts and seeing if they're something we are currently involved in and applying spiritual problem solving devices. And the same thing would go for the problem of **pleasures**. The problem of the 7 **emotional** complexes of the soul have been dealt with in our study and they too must be handled by the spiritual life dynamic.

But there is another area, and one that is more difficult to deal with, and that is if we are bound up by, or our mind and behavior is affected by, or controlled by something we can't explain. We may have a problem with a repressed emotion that goes way back in our lives to some past event that triggered the whole thing, which affects us negatively to this day.

We have covered about having to go through some traumatic event in our past, usually in the formative years of our youth, which subjected us to a great deal of physical or emotional suffering: severe hurt, a crushing of cherished dreams or hopes, physical, sexual, or emotional abuse and many other things that left us scarred in areas of our souls. We **dissociated** ourselves from them, **distanced** ourselves from them, even to the place of **eradicating** them from our memories,(or so we thought), and even to the place of **repressing or dissociating ourselves from our true core personality!**

Now in spiritual growth the Lord will take us back to face these traumatic events that transpired in the past to overcome them with Christ, but the flesh will fight against this with every fiber of its being, even to the place of fighting against the Lord, as we see with the case of Jacob. Many years later, when Christ was taking Jacob back into the land, he had to face Esau and this is something he definitely did not want to do because he was afraid. Even after everything he possessed had gone safely over to the other side he remained and fought the Lord tooth and nail in the matter. *“So Jacob’s gifts went on ahead of him, but he himself spent the night in the camp.”* Genesis 32:21 Jacob was now all alone and he wrestled with a “man” until daybreak. *“So Jacob was left alone, and a man wrestled with him till daybreak.”* Genesis 32:24 The “man” prevailed by touching his hip wrenching it and then he finally went over to face his past and so it is with us today. Jacob named this place **Peniel** because the man he wrestled with was God and so he named it Peniel because he had seen God's face.

What we have here is God taking Jacob back to face his past, which he definitely did not want to do as evidenced by his fierce resistance to it. Which gets into the idea of how, under doctrinal growth, God will take us back to face certain things in our past that have had such a negative impact on our life and ones that will definitely be causing opposition to our growth in grace and spiritual walk with the Lord. Instead of living in the love, joy and peace available to us in the spiritual life; we will spend most of our time being governed by fear, anger, guilt, or something else from these past events. So God will take us through these things and this is where we will see *ananke* coming into play.

Ananke is the **necessities** found in 2 Corinthians 12:10. *“Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.”* It speaks of being compelled to go through that which you don't want to go through; it refers to something that poses an extremely stressful situation, yet you still have to go through it. It denotes that extreme pain in the soul at the moment of impact as you go through the ordeal.

But once Christ takes us through it, and his power will be sustaining us as we do go through it, then on the other side there will be a tremendous relief and freedom as one has been released from the negative emotions that have been plaguing us for much or most of our lives! Remember, we don't suffer according to the will of God for no reason at all. Our suffering is designed by God to form Christ in us and place our souls in the experiential state of peace, joy and freedom!

Now when we went through traumatic events when we were younger, or young, we could not handle them, so we resorted to childhood problem solving devices, such as, fight or flight, repression, denial, acting out and so on. Those things may have enabled us to survive the traumatic event, but they won't help us in our adult lives. In fact, they will work against us. But with Bible Doctrine in our lives we can go through these things, face them, and overcome them coming out the other side in victory over them.

In 2 Corinthians 12:10 Paul gives us 5 categories of crises that we go through in life: *infirmities, reproaches, necessities, persecutions, and distresses*.

Infirmities is *astheneia* and it refers to our personal weakness to handle something. How many school kids have suffered severe psychological trauma because they were too weak to stand up to the bullies in school, or to abusive parents? Or to cope with other problems in life? Most develop survival defense coping mechanisms, but at the best they come out of that with severe scars on the soul.

Reproaches is *hubris* and it refers to being the brunt of cutting, hurtful, words designed to inflict injury on the person's soul. How many kids and adults have had severe damage done to their souls and sense of self-esteem by their parents, or kids in school? *Hubris* covers the ideas of: being ridiculed, made fun of, being put down, being the brunt of jokes, humiliation, being made to feel less than others, that you're no good, or being told you're stupid, ugly, fat skinny, that you're no good, that you're a loser, etc. We may lash out; we may change our personalities; we may adopt a different persona; we may repress the hurt, shame and anger, but we will carry those scars into adult life where they will still affect us in one way or another and to one degree or another. They may stay dormant for years, until God forces them to the surface where they will have to be dealt with Bible Doctrine, faith and the spiritual life.

Necessities is *ananke*, and as we have seen, it has the idea of being compelled to go through something in life in the plan of the Father for our lives that we don't want to go through. It's sort of like the irresistible force meeting the immovable object. *Ananke* is that pain of soul when we impact the concept, which can be of a short or long duration.

Persecutions is *diogmos* and it meant to be put to flight for one's faith in Christ, or because of trying to live in the spiritual life dynamic and apply Bible Doctrine to one's life. **Persecution** can range from being snubbed by others, or socially ostracized, all the way to beatings, no one shopping at your store, not being hired in the work force, to having to run to another country to save your life. “*Yea, and all that will live **godly** in Christ Jesus shall suffer persecution.*” 2 Timothy 3:12

Distresses is *stenochoria* and it referred to the idea of being trapped in a “no way out” situation, or where one feels like they are trapped. A child growing up in an abusive home will end up feeling like this, or spouses in a loveless abusive marriage. This feeling of being trapped will create a whole host of negative emotional dynamics that will carry on with the individual for many years, until dealt with by Bible Doctrine, faith and the spiritual life dynamic. These are some of the things that we will often have to face and overcome in our journey of spiritual growth unto spiritual maturity. There is an expression used 4 times in the Gospel of John and it's, “**For fear of the Jews**”. John 7:13,

*“Howbeit no man spake openly of him **for fear of the Jews.**” John 9:22, “These words spake his parents, because they **feared the Jews**: for the Jews had agreed already, that if any man did confess that he was Christ, he should be put out of the synagogue.” John 19:38, “And after this Joseph of Arimathaea, being a disciple of Jesus, but secretly **for fear of the Jews**, besought Pilate that he might take away the body of Jesus: and Pilate gave him leave. He came therefore, and took the body of Jesus.” John 20:19, “Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled **for fear of the Jews**, came Jesus and stood in the midst, and saith unto them, Peace be unto you.”*

Its impact on the believers living then was so powerful that it caused them to suppress how they felt and what they really believed. It was this **fear of reprisal** from unloving Jews that caused them to suppress what they really believed and how they felt about Christ. In John 7:12 we see that the people were only whispering about Christ to one another, because of their fear of the Jews. “*And there was much murmuring among the people concerning him: for some said, He is a good man: others said, Nay; but he deceiveth the people.*” But no one spoke openly about him.

In John 9:22 where the Lord had healed the blind man on the Sabbath, the Pharisees came out to investigate the matter and interrogated the man and his parents. But their reply to the Pharisees was less than direct and complete. They could have stated openly that it was Jesus Christ and gave him the glory, but they didn't because they were afraid that the Jews would kick them out of the Synagogue!

In John 19:38 we saw that Joseph of Arimathaea was a believer in Jesus Christ, one of his disciples and he loved him. It was he who came to retrieve the body of Christ and place it in the tomb. But he was a secret believer for fear of the Jews.

In John 20:19 we see that on the first evening after the crucifixion and resurrection of the Lord, the disciples had met together in a house with the doors shut for fear of the Jews.

This is what we studied at the beginning of our study on emotions in the suppressing of our emotions. Fear of reprisal, ridicule, rejection, humiliation, being embarrassed, put to shame, or pain of some sort will cause us to suppress, to push down into our subconscious and even deny, how we really feel about someone or something.

We have examples of believers in Jesus Christ, who had not only believed on him, but also loved him, followed him and had given their lives over to him, who suppressed how they really felt about the Lord for **fear of reprisal!** Even Peter did this three times, “*Then began he to curse and to swear, saying, I know not the man. And immediately the cock crew.*” Matthew 26:74

There's no denying that these men loved the Lord with all their hearts and souls; Christ was at the core of their existence. Yet the fear of reprisal caused them to push all that down to the place where they would not openly admit how they felt about him! And it is this same fear of reprisal that can keep us today from openly admitting how we really feel about something, or someone.

Often we won't admit this even to ourselves; we have denied this for so long, we won't admit it to others, even to ourselves. Openly confessing is really **telling the truth about how you feel**. Most of us have some secrets we have all kept buried inside, not necessarily bad things, but things that can keep us from being fully integrated and completed in our souls.

“Have pity upon me, have pity upon me, O ye my friends; for the hand of God hath touched me.”

Job 19:21

Pity is to show mercy, or compassion, or kindly sorrow to another individual, who is suffering, to show that you care for them and to somehow try to alleviate their suffering over what they had to go through. It is commonly practiced throughout the world and is a part of human society. The problem is when we get into **self-pity** where we are feeling sorry for ourselves.

Self pity is characterized by a person's belief that he or she is a victim of events and is deserving of condolences. Now when this person doesn't get the kind of sympathy they think they should have coming, or if the sympathy isn't at the level they think it should, then they give it to themselves; hence the idea of self-pity, or feeling sorry for one's self.

It is considered somewhat normal, and in some circumstances even be considered healthy or helpful, as long as it is transitory leading to acceptance, enlightenment and the resolve to grow and mature from the experience. But it often becomes an excuse for one's behavior, for avoiding personal responsibility and for not going on to enjoy any and all normal aspects of life. The sentiment of self-pity is, "I can't and I won't because this happened to me". There are many out there in America today who choose to stay in a personal victim status, which is unhealthy for them and the country as a whole.

There are three situations over which self-pity can arise: 1) that which makes, or that which could make me happy has been denied me, or taken away from me. This leads to **resentment**. 2) that which gives, or that which could give meaning and purpose to my life has been denied me, or taken away from me. This leads to **despair**. 3) that which enables me, or could enable me to cope with life has been denied me, or taken away from me. This leads to **cowardice and timidity**.

Self-pity is a combination of three dynamics in the soul: the mental attitude of **pride** and the emotions of **grief** and **resentment**, which is a function of the anger complex where you're angry because you didn't get what you want, or had it and lost it. These three, along with the non-acceptance of what the believer has had to go through, will result in self-pity.

Even though the believer will need to constantly be applying the doctrinal provisions of God in getting over self-pity, such as, acknowledging and confessing one's pride, anger, etc., the filling of the Holy Spirit, prayer and the faith rest dynamic; the ultimate solution lies in acceptance. One has got to forget the things that lie behind, press forward to what lies ahead in the future, but accept the present. One also has to learn to stop bemoaning what we have lost in life and be thankful for what we have left!

When one has to go through that which he does not want to go through, when he has to go through that which is painful and cannot change; the believer must **accept** it. Christ accepted the cup that the Father had for him and so must we accept what the Father's will for us is in the same spirit of meekness that the Lord had, but with the knowledge that God will give us the grace and strength to go through it and come out the other side victoriously! "*I can do (I am strong for) all things through Christ which strengtheneth me.*" Philippians 4:13

The mental attitude of **meekness**, *prautes*, is to be the Christian's **perspective** directed toward God's dealings with us, in that we accept his dealings with us as being wise, fair, loving, etc., and we do so without murmurings, arguments, resistance, complaining, or resentment. It takes in the idea of having an understanding that you were saved by the unmerited, unearned, undeserved grace of God, (which he didn't have to do). It realizes that God forgave our sins and has promised to give us a new body to live with him and his Son throughout eternity. It also is the perspective that whatever God does for you,

whatever he supplies to you, whatever he gives to you, whatever his provisions are for you, are simply his gift to you out of his grace and we should be thankful for them and not be complaining about what we don't have! **It's how we look at things and at God's dealing with us.**

The food he provides; whether steak and potatoes, or beans and corn bread; the Christian friends we have, or don't have; our transportation, be it by car, foot, or bus; the clothes he provides, whether they are expensive, or from thrift shops; our home, be it a trailer, tent, apartment, or mansion on the hill; a wife, husband, or being single; children, or not; the church he provides for you, the pastor he provides to you; everything we have now as believers in Christ is not only his direct will for us, but also is a gift of his grace to us! **Therefore we should be thankful and content for all of it. That's meekness.**

But **pride** enters into our thinking and we think that we should have so much more, and that God exists for the purpose of giving us what we want! **Pride** is the mental attitude that is just the opposite of meekness and is the enemy to the mental attitude of meekness, as well as many other concepts. It is the mental attitude of entitlement, that it has a right to something, that it is entitled to things, that it deserves things. It is the mental attitude of Satan, who is the king over all who are proud. *“He beholdeth all high things: he is a king over all the children of pride.”* Job 41:34 How often do we see this spirit of pride in the churches today, instead of the spirit of meekness?

Now the Scriptures teach us that we will have the spiritual perspective of meekness as the result of being filled with the Holy Spirit! *“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness (praotes), temperance: against such there is no law.”* Galatians 5:22,23 What this tells us that the flesh is incapable of producing this perspective, and that it comes to us only through the filling of the Holy Spirit!

The fact that the mental attitude of **meekness** is a spiritual attitude brought about by the filling of the Holy Spirit is also brought out in Colossians 3:12, *“Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;”* And in Ephesians 4:2 as well, *“With all lowliness and meekness, with longsuffering, forbearing one another in love;”*

The spirit of **meekness** is to be the mental attitude of all believers in Christ. *“But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.”* 1 Peter 3:4 *“But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear:”* 1 Peter 3:15 *“Blessed are the meek: for they shall inherit the earth.”* Matthew 5:5

Meekness is one of the defining qualities of our Lord and Savior, Jesus Christ, who, even though he was God in the flesh, humbled himself in submitting to the Father's will for his life, even though that meant his death on the cross. *“Let this mind (phroneo – spiritual perspective) be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross. Wherefore God also hath highly exalted him, and given him a name which is above every name: That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth; And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.”* Philippians 2:5-11 *“Tell ye the daughter of Sion, Behold, thy King cometh unto thee, meek, and sitting upon an ass, and a colt the foal of an ass.”* Matthew 21:5

God has a perfect solution for dealing with past childhood traumas and that is accepting them with the

disposition of meekness. We didn't want them; we couldn't change them; the past is the past and one can do nothing about it, so instead of being bitter and angry about what we had to go through; we accept them as part of our life experience here on earth with the knowledge that God in his grace will cause them to work out for our good. *“And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”* Romans 8:28

And taking meekness beyond acceptance, with the understanding that doctrine gives, we can eventually take them to the place of being able to thank God for all the things in life that we had to go through, even if they were painful to us. *“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”* 1 Thessalonians 5:18 When God spoke to Job in Job 38 he basically told him in the passage, “I know what I'm doing”.

Acceptance is an understanding of what happened, in that, you understand that what you went through can't be changed and won't be changed, but you also understand that you can still live life to the fullest and enjoy it; you can be happy and successful, even though you lost this or that, or you were denied this or that, or had to go through this or that. You understand that these things do not have to define your existence, nor ruin your life. They are just things that we went through in our journey in life and we are confident toward the future because God promised to make them work out for our good!

Self-pity has the elements of pride, resentment, grief and narcissistic self centeredness in it, while **meekness** has the elements of humility, acceptance and thankfulness in it. Acceptance is not resignation. Acceptance is positive for it accepts what one has had to go through, but continues to move forward in life. While resignation is negative where one gives up on life and stops moving forward.

Life is! It is not this or that. **Life just is.** And in this life are both pleasant and painful experiences; joy and sorrow, good times and bad times, when things go your way and when they don't. Life has all sorts of experiences in it and to live life is to experience whatever comes with life. And that includes when you get the desires of your hearts and when you don't! Ecclesiastes 3:1-8

Self-pity arises when one has had bad experiences in life, and this is not to discount or minimize the trauma of these experiences, but when one reacts in anger to these experiences. With the onset reaction of pride over the bad experiences, resentment enters in and then the individual starts feeling sorry for themselves for what they had to go through, what they were denied, or what they lost. The pain avoidance emotion of fear will kick in to prevent the individual from going out and living life to the fullest, but it's not the only one. Self-pity is that deeply embedded sorrow in the soul that will control the believer from going out and enjoying life for it's still mourning over what it went through.

In Job 6:14, *“To him that is afflicted **pity** should be shewed from his friend; but he forsaketh the fear of the Almighty.”* Job said that the despairing man should have pity from his friends. The word used for **pity** is *chesed*, which can be translated as grace, mercy, or pity. What it's talking about is having the mental attitude of grace toward him, but also extending, or showing that grace in the way they talk to him and treat him, which is the idea of mercy, or pity.

One would not expect mercy or pity from people in society, but one would expect it from their friends! Especially if their friends are supposed to be grace believers!! But, as so often is the case, many grace believers are not really gracious at all, as evidenced by this situation where they were tested in their grace mental attitude and failed the test. *“Have **pity** upon me, have **pity** upon me, O ye my friends; for the hand of God hath touched me.”* Job 19:21

Job said in Job 14:22, “*But his flesh upon him shall have pain, and his soul within him shall mourn.*” NIV, “*They feel but the pain of their own bodies and mourn only for themselves.*” He said in the end man feels only his own pain and mourns only for himself. The word for **mourn** is *abal* and it had the ideas of mourning, crying, or grieving, but here it's for one's self. It's just another way of saying feeling sorry for oneself. Self pity is common to all mankind, but the important thing is to get past it and go on in life with the Lord and Bible Doctrine in the soul.

The problem is where many have suffered a serious set-back in their lives, either as children growing up in the home, or as adults; something that seriously impacted us negatively, a death, a divorce, loss of health or loved ones and it became a condition for us that we never got over. If this is the case, then we are going to have to isolate the event with the Lord's help; identify it for what it was and instead of feeling sorry for ourselves and nursing our wounds, we learn to accept it, embrace it and move on in life. No matter what we have lost in life, or what we have been denied, we can still have fellowship with God each and every day of our lives! We still have him!

Often believers will get into self-pity, or feeling sorry for themselves, and that's because they haven't had anyone show any compassion for them. We believers are to be compassionate toward one another, but, as so often is the case, there is very little of it shown by others today. Generally the sort of “compassion” we hear today is, “Well, you'll just have to get over it”, or, “It's time to move on”, or “Others have gone through this”, etc..

So people will start feeling sorry for themselves because they felt that no one else cared. They use it as a form of self-nurturing because they were not nurtured in their time of trial. Even David expressed this sentiment in Psalms 142:4, “*Look to the right and see; For there is no one who regards me; There is no escape for me; **No one cares for my soul.***”

Many have suffered the death of dreams, the death of innocence and the death of a loved one. Job knew full well about the **death of dreams** because his plans and desires of the heart were shattered. “*My days have passed, my plans are **shattered**. Yet the desires of my heart.*” Job 17:11 NIV He also knew about the **death of a loved one** for he lost all 10 of his children! “*Oh, for the days when I was in my prime, when God's intimate friendship blessed my house, when the Almighty was still with me and **my children** were around me,*” Job 29:4,5

Now most people get into one form or another of **self-pity** and for differing lengths of time, but what we have to avoid is allowing it to become a **condition** in our lives! It prevents us from the experience of life by using it as an excuse not to live life to its fullest! God has given us the gift of eternal life, but temporal life is a gift from God also! And as such, we have a responsibility to live it to the fullest! The passage in Ecclesiastes 3:1-9 tells us that this is the way life is! So many people live their lives resisting the way life is, instead they need to embrace life and accept what has happened to them in life.

Job 3:20, “*Wherefore is light given to him that is in misery, and life unto the bitter in soul;*” describes how Job felt **during his trial**. Job 42:3-6, “*Who is he that hideth counsel without knowledge? therefore have I uttered that I understood not; things too wonderful for me, which I knew not. Hear, I beseech thee, and I will speak: I will demand of thee, and declare thou unto me. I have heard of thee by the hearing of the ear: but now mine eye seeth thee. Wherefore I abhor myself, and repent in dust and ashes.*” describe **Job's acceptance of it based upon BD**. And Job 42:16,17, “*After this lived Job an hundred and forty years, and saw his sons, and his sons' sons, even four generations. So Job died, being old and full of days.*” **describes Job's full life after his loss.**

April 2016 Newsletter – Dealing With Emotions – Review

Pity is where we feel compassion or sorrow for others over what they had to go through. **Self-pity** is where we feel sorrow for what **we** had to go through. “*Have **pity** upon me, have **pity** upon me, O ye my friends; for the hand of God hath touched me.*” Job 19:21 **Sympathy** is where we are compassionate over the suffering of someone else. This is often experienced by children over the suffering of one or more of their parents; we feel sorry for them and feel guilty if we don't!

Many a child has left the home to go out to live their own lives, but they can't fully because they are still feeling sorry for what their parents had to go through and maybe still going through. What this does is rob them of their own life experience for they are not able to enjoy their own life to the fullest because they feel guilty about the suffering parent they had to leave behind. Sometimes the parent doesn't want to let the child go, but this is selfishness.

The solution for both the parent and the child is to apply the doctrine given on the matter of suffering. “*A time to weep, and a time to laugh; a time to mourn, and a time to dance;*” Ecclesiastes 3:3 It's the responsibility of the parent to show the child how we are to handle the rough times in life we go through, that is, there will be those times of weeping and mourning and it may go on for awhile; maybe even for months depending on the situation, but then there is the time to let it go, put it behind you and go out and live life to the fullest!

Self pity is pretty common and natural; it deals with us feeling sorry for ourselves for what we had to go through, what we were denied, or what was taken from us. In a sense it actually is a form of “**self-comforting**”, instead of allowing ourselves to be comforted by the Holy Spirit. “*Blessed are they that mourn: for they shall be **comforted**.*” Matthew 5:4 “*But when the **Comforter** is come, whom I will send unto you from the Father, even the Spirit of truth, which proceedeth from the Father, he shall testify of me.*” John 15:26

In 1 Thessalonians 4:18 we find that we are to comfort one another in the loss of our loved ones with Bible Doctrine and words of kindness and sympathy, especially those doctrines which pertain to the Lord's return and the resurrection of the dead. “*Wherefore **comfort** one another with these words.*” This grace is for all those in the body of Christ, which many new Christians have never experienced before they came to Christ.

This is what Job's brothers, sisters, friends and acquaintances did after Job came through his trial; they came over to his house to comfort him. “*Then came there unto him all his brethren, and all his sisters, and all they that had been of his acquaintance before, and did eat bread with him in his house: and they **bemoaned** him, and **comforted** him over all the evil that the LORD had brought upon him: every man also gave him a piece of money, and every one an earring of gold.*” Job 42:11

If we went through traumatic loss when we were young, or when we were not believers, or were believers but did not have any doctrinal teaching, or the sympathetic love of other Christians, our grief and any other related soul condition problems would follow us right into adult life, even as Christians. And when we say condition, it really is a condition of the soul that becomes a definite problem.

One goes on in life, gets married, pursues a career, acquires things, but deep down inside is a **yearning**, or desire of: 'I wish I had this or that', or would have had that, or, 'One day I will have it'. “*My days are past, my plans are torn apart, Even the wishes of my heart.*” Job 17:11

When we get into this area, we get into the area of the heart and its desires and expressions would be: **yearning** – the expression of the passion and depth of the desire; **longing** – would be the wholehearted desire of the heart; **pining** – would be longing with suffering, pain and grief; **pining away** – would be nostalgic longing that withers away from grief.

The emotions of the soul are quite complicated. **Desires** can be for the wrong things, but they can also be for things that are not wrong! And they can also get stuck in us and start to have other emotions get attached to them, such as, grief, anger, envy, self pity and guilt. These new emotions are now a **cluster** of emotions having become attached to the central one at some event.

Most believers will go through these things at one point in time or another in their lives, but don't deal with them; instead they push them down into the subconscious where they continue their destructive work inside the soul. But there are some believers, as with the case of Job, where God brings them up to the surface in a trial to deal with them.

It's important for all of us to learn how to process our emotions spiritually for ourselves and others, so we and others don't get caught up in them. One of the ways is that we are to comfort one another, as we go through the hard trials of life, is through Scripture. If someone loses a loved one in death, or they are in, or have gone through a hard trial, then we are to use the promises of the Word of God to comfort them, “*Wherefore **comfort** one another with these words.*” 1 Thessalonians 4:18 “*Then came there unto him all his brethren, and all his sisters, and all they that had been of his acquaintance before, and did eat bread with him in his house: and they bemoaned him, and **comforted** him over all the evil that the LORD had brought upon him: every man also gave him a piece of money, and every one an earring of gold.*” Job 42:11

Self pity, or feeling sorry for oneself, is a feeling of sorrow over what you had to go through and is also accompanied by self comforting. **Self comforting** can take on many manifestations and can go on for many years, even one's entire life, such as: babying yourself, not trying to excel in life any more, letting yourself go, eating comfort foods, allowing yourself to get out of shape, alcohol abuse, drugs, not pushing yourself, (after all you've been pushed enough), developing a victim mindset, developing a martyr complex, indulging yourself, staying away from concepts that deny oneself things; it's like our mothers used to do to comfort us. The list is as endless and varied as there are people, but at the bottom of it all is the believer feeling sorry for himself over what he had to go through.

Everyone goes through hard things in life, many go through crushing trials and disappointments; the apostles went through things and at the end of their lives they were crucified or beheaded, but none of them felt sorry for themselves! The reason why goes back to the doctrine of the 6 P's! 1) They had faith in the Father's **plan** for their lives. 2) They had faith in the Father's **promises**. 3) They had faith in the Father's **provisions**. 4) They had faith in the Father's **protection**. 5) They had faith in the Father's **power**. 6) They had faith in the Father's **process** he would use to perfect their faith and mature them.

If we have faith in the Father's **plan** for our lives how can we ever feel sorry for ourselves? There will be good times and bad times in it, sadness and joy, socializing and solitude, pain and pleasure, prosperity and adversity, successes and failures; things we wanted to do, but didn't; desires denied and desires granted. “*I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ which strengtheneth me.*” Philippians 4:12,13

God has ordained that every Christian is and will be **conformed** to the image of Christ. *“For whom he did foreknow, he also did predestinate to be **conformed** to the image of his Son, that he might be the firstborn among many brethren.”* Romans 8:29 In each Christian is this innate drawing to Christ and to become like Christ, but this is in the new man. But there is another dynamic at work in us and this is found in the flesh nature.

Now this core image maybe different to one degree or another in each one of us, but they are all similar. **Our core image** is how we view our life, ourselves here on earth. A man has the right woman in mind and vice versa living in a little house enjoying each other's love and companionship. A child may envision having their parents back together again, or having a happy childhood.

What makes up the **core image** for many people is a man and woman walking off into the sunset of life holding on to the hands of their child between them; the father, the mother and you the child. It's in the flesh and is a carry over of Eden where this is how life should have been, but wasn't, but because it was imprinted on the heart we are deceived and think it could be, because this is how it was supposed to be!

It helps us understand why the flesh fights the Spirit, for the Spirit wants us to be conformed to the image of Christ, which is Christ being formed in us, while the flesh wants to have the inner “picture”, the core image to become our reality! **Core** being the central, most innermost and important part of something, which is to say that which constitutes us! **Image** is a mental idea or conception.

It helps explain Cain's actions for Abel didn't fit into the “picture”; it explains sibling rivalry and jealousy, for there is only one child in this “picture” and it's **you**; the father, mother and you. It's a carry-over from Eden of the perfect “picture” that our soul has of us: our father and our mother, who created us, and we living in the idyllic condition of Eden. This is the archetype of the soul for the flesh. This core image or picture appears to be the core desire of the subconscious heart in reference to the flesh nature and the quieting of the inner child is a part of dealing with it.

The question now is what happens when the flesh's heart does not get this **core desire** to come true? Because, remember, the Lord has his own purpose and that's for us to be conformed to the image of Christ, not some core image that we may be holding on to in the flesh. What happens is that the flesh reacts over not having this core image and desire become a reality. Desire delayed results in frustration; desire denied results in anger; and with anger comes bitterness and self pity, along with acting out. **The image that is to be our core is Jesus Christ!**

The flesh is totally focused on, obsessed with recreating, or making our reality this Edenic genetic input that is programmed into our brains. Having our Adam or Eve, having our perfect children, having our little Garden of Eden, having our picture of us with our father and mother. Eden was real, but the historical fact is that when Adam and Even sinned against God Eden was lost. But even though it was lost that original genetic imprint in our souls that has been passed down to each generation is still in everyone of us.

This image we have of Eden in our flesh nature is really an **illusion** of the mind. *“This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the **vanity** of their mind,”* Ephesians 4:17 It really is only an illusion of the mind; a mirage of what once was, but will be no more. Eden has been lost forever, but the Christian has the Paradise of God to look forward to.

One of the problems we have with our emotions is due to scar tissue on the soul, the *vanity* of the mind as we saw in Ephesians 4:17, “*This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the **vanity** of their mind,*” Now some will say we're no longer Gentiles, which is true, but this is a problem of the flesh nature, which all Christians still have after they are saved.

But the context tells us and them to stop living like the unsaved, and the illusions of the mind are a part of that problem. The unsaved do not have regenerated natures, nor the filling of the Holy Spirit, so all they can do is follow after their lusts and the illusions of their minds. It is only the born again Christian, through the filling of the Holy Spirit and the metabolization of Bible Doctrine by faith that has the ability to be renewed spiritually and have his/her scar tissue removed.

And even if people are able to create some facsimile of Eden in their lives, it will never be like the original one and they will never be able to fully enjoy it because: 1) they lack the personal capacity to do so; 2) they have a sin nature; 3) and because they live in a sin-cursed earth! Their souls will never have the satisfaction that Adam and Eve's souls did back in the Garden. Eden is gone forever.

The unsaved spend their entire lives chasing after one illusion of the mind or another. They think that this thing they are chasing after will satisfy their souls and when they finally get it they discover that it won't, so they go on to pursue after another one and another one. The end result will be a fruitless and wasted life chasing after mirages. That's *mataiotes* of the mind! Even Christians, who are not under the spiritual protocol of God, can get caught up in the same fruitless pursuit wasting their lives chasing after the illusions of their minds (*mataiotes*) with wasted lives and wasted opportunities.

As soon as one gets saved by believing on Christ as their Savior, they are to immediately get under the sound teaching of God's Word so they can learn how to live the spiritual life. And even when we do that, we will still have areas of scar tissue, (one of them being *mataiotes* of the mind), that we bring forward into our new life in Christ. Much of our new Christian life will be removing this old scar tissue on the soul, especially if it's hindering our forward progression and our spiritual communion with God every day. But many Christians don't get under sound doctrine, so they start accumulating more scar tissue in life added to what they already have. And one of the sad things about this is that they don't know it. They are driven by the illusions of their mind and they think they're OK!

Now God is in charge of our spiritual growth and he is always working to clean up the garbage in our soul. After all, his goal is to make us like Christ in our souls! The first area of scar tissue removal is in the area of the **mind**, the *nous*. Now it differs from everyone, but normally around 6 months to 2 years any scar tissue we have in our minds, (the seat of thinking), will go away. The next area is in the **heart**, the *kardia*, (the seat of the emotions), but it is much more difficult to remove scar tissue in the heart and it takes a lot longer time to do so. The heart is slow and reluctant to change.

The term **scar tissue** may not be the best term to use because it implies the ideas of lacerations or abrasions, but it could express the idea of being “wounded in the heart”. The word used in the original is *porosis* and it denotes a buildup of something in an area similar to the buildup of deposits in our home's water pipes, or barnacles on a ship, or plaque on the teeth. Buildup on water pipes is a good analogy for it brings out the idea of a calcification taking place thereby restricting the flow of water of water through them. Only the difference here is not the flow of water through pipes, but the flow of spiritual phenomena through our souls.

There are two words that are translated as **emptiness**, *kenos* and *mataiotes*. **Kenos** speaks of the

hollowness of something, while *mataiotes* denotes the aimlessness of something. *Kenos* brings out the idea of having no substance, as in the area of teaching where there is no doctrinal content; while *mataiotes* has the idea of pursuing after that which is not real, or not truly attainable, therefore it results in worthless pursuits, aimlessness of life, chasing after the wind, looking for the pot of gold at the end of the rainbow, fruitlessness as to results, waste of time and a waste of life.

It's to live all, or a part of one's life, based, unknowingly, upon an illusion. “*For sin, taking occasion by the commandment, deceived me, and by it slew me.*” Romans 7:11 “*That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;*” Ephesians 4:22 The indwelling sinful element in our flesh natures, which includes *mataiotes*, is the thing that deceives us giving us the **illusion** that this or that out there will be what my soul needs!

Any one of the lusts of the flesh nature are capable of deceiving us giving us the illusion that whatever it is that we are lusting after will satisfy that emptiness and longing in our souls. But that's an illusion! If we go off in pursuit after this thing, then we will live our lives in an endless pursuit for what can never be! That's *mataiotes* of the mind. And *mataiotes* is the result of *porosis* of the soul.

There are two flesh nature dynamics that prevent or hinder the flow of the spiritual life in the believer: 1) *stenochoria*, the constriction of pathways by the emotional complex of the soul, “*Ye are not straitened in us, but ye are straitened in your own bowels.*” 2 Corinthians 6:12 ; and 2) *porosis*, where there is a buildup of deposits in the soul preventing the flow of spiritual phenomena. The difference between the two is that in the first one, *stenochoria*, there is a narrowing of the channel where the flow is prevented from going through, like the crimping of a garden hose; while in the latter, *porosis*, there are buildups of deposits in the water pipe cutting down, or stopping the flow of water.

When *porosis* occurs it affects the mind in such a way that it no longer perceives things clearly or accurately as they truly are, while at the same time the individual is completely convinced that he does! They will be operating under an **illusion** where they have a false and misleading impression of reality. The individual will also be partially or totally **delusional** where they can have a fixed idea or belief that is resistant to reason and confrontational to the facts.

Both are very similar to a **mirage**, except a mirage is an optical illusion where you see things with your eyes that the mind incorrectly processes, while **illusions** and **delusions** are a mental phenomenon. It's quite disturbing because what this tells us is that virtually everyone on earth, except for doctrinally mature believers in Christ, are influenced or controlled, to one degree or another, by the illusions and delusions of their minds!

Whether it's from a faulty system of conclusions and beliefs derived from the mind, or a faulty sense of what's real from the influence of the emotions, both illusions and delusions deceive the individual and mislead them in life. *Mataiotes* so **affects** the mind that it causes the individual to have a distorted and incorrect perception of reality where that which is not true, real, or attainable now seems to be true! The individual will be convinced that it is true.

What a **mirage** is to the eyes, *mataiotes* is to the mind! So we can term it **the illusions of the mind**. From there the desires of the flesh kick in, (lusts), and now the individual will pursue after his mental illusions. But because the individual is pursuing after that which is not real or attainable, after that which does not satisfy the soul, **his life ends up fruitless and wasted!**

Porosis, the buildup of deposits in the soul, causes the mind and heart to develop the condition of

mataiotes. The mind now perceives the world and things from the standpoint of an illusion. The mind now is convinced that illusion is reality with the result that the individual chases after the illusion. The result is futility, emptiness and a wasted life. They may get the things that they are chasing after, as guided by their mental illusions, but they will miss out on what really matters and that's a relationship and communion with the eternal Creator through his Son, Jesus Christ.

Miners spend their lives looking for the riches of El Dorado; people go from place to place looking for their “pot of gold”; there are those always looking for greener pastures; there are those who are always moving under wanderlust trying to find a feeling, (usually love), success, or something else. **Paul** was operating under an illusion in Acts 20,21 when he went back to Jerusalem. 1) that the Jews would be saved, or wanted to be saved; 2) that he was the man who would bring them to Christ. The next 4 to 5 years he spent incarcerated was his painful **disillusionment**.

Some believers get saved when they were young, get under the teaching of the Word of God, get away from it, put on scar tissue, repent and recover and start removing their scar tissue, while others never recover. Some get saved in a non doctrinal church, don't receive the sound teaching of the Word and start putting scar tissue on the soul because the spiritual life dynamic is absent.

Mataiotes speaks of the illusions or delusions of the mind. An **illusion** is a mistaken perception, while a **delusion** is a mistaken conviction. **Illusions** are wholly of the senses where one has a false or mistaken sensory impression, while **delusion** involves mental error or faulty judgment. One is what you think you see with your eyes, or feel with your heart, the other involves thinking, judging and decisions.

As stated before, what the mirage is to the eyes, illusion or *mataiotes* is to the mind. And operating under illusion, as most Christians are and all unbelievers are, what the mind sees and perceives is not the reality. It thinks it is! It is convinced it is! It feels it is, but it isn't. The mind has been deceived by scar tissue in the soul; it is operating under one or more illusions and now, as the deception develops and continues further on, the believer will go off in pursuit of these mental illusions to try to make them real, just as the person in the desert wanders off after water.

They acquire one thing after another that they were convinced would fill that emptiness in their souls; they chase after money, fame, love, things, success, but none of them are what they are looking for, so they keep looking and acquiring, then one day life for them is over! They've been deceived by the *mataiotes* of the mind and their life has been wasted.

The only way out of this is living in the sphere of the spiritual life dynamic of faith in the teaching of the Word of God, being filled with the Holy Spirit and living in the new nature. When one does, then a phenomena called disillusionment will be there periodically. **Disillusionment** is being freed from the illusions of our minds by having them taken away so we can accept reality. But the whole matter can be painful at times and be accompanied by the emotional reaction of: fear, anger, grief, despair, etc..

Now *mataiotes*, or illusion is the effect of *porosis* in the soul. **Porosis** would be the buildup of deposits in the soul, while *mataiotes* would be the effect that they cause. Apparently there are “pipes” or some kind of channels in the soul where spiritual phenomena, or energy, or spiritual light is circulated around the soul, much like the blood veins in the body. If there is something blocking these “pipes”, (*porosis*) then that spiritual light will not get to that part of the soul resulting in *mataiotes*. The soul now malfunctions, which explains the illusions and delusions of the mind, but also the soul spirals downward into mental illness, polarization and fragmentation of the soul.

Now we can use water flowing through a pipe, or even better yet, blood flowing through our veins as an analogy to explain how spiritual light or energy flows through our souls. The complexity of this is staggering when we consider how it takes blood flowing through every part of our bodies to keep us walking, talking, thinking, loving, feeling, speaking, breathing, etc.. Now imagine how much superior and more complex this is when get into the areas of our souls where we can commune with God!

In one example we saw where the emotions can constrict the spiritual energy flow by “pinching off”, or **constricting** the channel through which spiritual energy or light flows, thus preventing the spiritual energy from getting to that part of the soul, like pinching off a garden hose. “*Ye are not **straitened** in us, but ye are straitened (stenochoria) in your own bowels.*” 2 Corinthians 6:12 You can have a situation where there has been a strong emotional reaction over what you had to go through, which will constrict and prevent the flow of spiritual energy and at the same time create a condition where *porosis* builds up on that part of the emotional reaction constriction.

In our example here in Ephesians 4:17,18, “*This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, Having the understanding **darkened**, (skotizō - darkness is the absence of light because *porosis* has built up on the channels of the soul), being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:*” we see a different dynamic where *porosis*, a foreign body of matter, builds up on the inside of the channel once again preventing the flow of light from going to the different parts of the soul, much like the buildup of deposits on the inside of a water pipe.

The third way light does not circulate into the different parts of the soul is to have no light present to begin with! You have to have exposure to the light of God's Word if you're going to get light into the soul. This speaks of unbelievers, or believers in Christ who are not submitting to the teaching of Bible Doctrine so they can get light into their souls.

In Ephesians 4:17 Paul is telling the believers back then, and us today, that we are to no longer live like the Gentiles do, (the unsaved), in the vanity of their mind (*mataiotes*). Which tells us that this is a condition that all unbelievers have and Christians have to some degree after we're saved. It is caused in Christians due to a neglect of the spiritual life dynamic, but it can be corrected.

What this means is that every **unbeliever**, due to the fact that they have no spiritual apparatus in them, that is, no regenerated nature and indwelling Holy Spirit, and that there is no spiritual activity going on inside their souls, there is nothing left but an accumulation of scar tissue on their souls and an ever increasing **darkening** of their understanding! When it comes to **believers** in Christ, if we are not under the sound teaching of the Word of God, living in the filling of the Holy Spirit and the faith rest drill, then we too can accumulate scar tissue in our souls.

Now to go over what happens to the soul again an **illusion** is where one holds on to an unreal concept or idea that is misleading, but the individual is thoroughly convinced that it is real! It is a faulty sensory impression or perception. Delusions are false beliefs not in keeping with reality and are the result of an error in judgment or the thought processes. Disillusionment is being freed from illusion and can be quite painful and discouraging in the process. It is usually accompanied by anger, bitterness, sadness, discouragement, depression, fantasy, or regression back to a former level of development.

Reversionism, or **regression**, is where the individual reverts back to earlier behavior patterns to escape from an unpleasant situation or the painful reality.

Illusions are all around us like flies on a carcass and for the most part are put there by TV. “I really

believed he or she loved me!” “I was really convinced that my political party (Republican or Democrat) is the answer to my country's problems!” One was under an illusion; they became **deluded** because of mistaken convictions, then became **disillusioned** later on when they finally realized the truth, and many leave politics altogether in **disillusionment**. While others, because they do not want to know the truth, (and this goes for everything in life), choose to remain in illusion the rest of their lives! This explains the strong **delusion** coming on the people of the world at the end of the age. “*And for this cause God shall send them strong delusion, that they should believe a lie:*” 2 Thessalonians 2:11

Illusion is a natural process of our fallen natures that comes about as the result of not being under the doctrinal teaching of the Word of God and the spiritual life dynamic. If one rejects, the truth, faith and the filling of the Holy Spirit, then illusion is unavoidable! It's like plaque on the teeth; you don't have to do anything to get it for it comes naturally. In fact, you have to be proactive to prevent its accumulation and the same goes for *porosis* in the soul; you have to be proactive through the continual intake of Bible Doctrine, faith and the filling of the Holy Spirit to prevent its buildup.

Now we have the problem of **darkness** (*skotizo*) versus **light** (*photizo*). Bible Doctrine metabolized by faith produces light in the soul. “*The entrance of thy words giveth light (spiritual light); it giveth understanding unto the simple.*” Psalms 119:130 But the absence of Bible Doctrine allows the buildup of deposits on the soul, *porosis*, this is *porosis* in the heart creating a darkening of the understanding. “*Having the understanding darkened, being alienated from the life of God through the ignorance (agnoia – no doctrine) that is in them, because of the blindness (porosis) of their heart:*” Ephesians 4:18 This buildup prevents spiritual light from entering into the soul.

Now it says that they are alienated from the life of God, which gets into the area of the spiritual life dynamic. The life of God is found in the spiritual center of communion with God through his Spirit. “*Being alienated from the life of God*”, *apallotriomenoi tes zoes tou theou*. This denotes all unsaved people who are alienated from spiritual communion with God, but it also applies to believers in Christ, if they are in the flesh and not filled with the Holy Spirit, along the lines of scar tissue in the soul.

The word for **alienate** is the perfect passive participle of *apallotriōō*, which is first of all a condition, a very serious condition for believers, and secondly the word came from *allos*, which is the noun form for a **stranger, one who is not your own people or race**. To be alienated would be to be removed from your own people, to have to live away from them. This tells us that all believers in Christ were created by God to have daily communion with him; this is our birthright as his children. But when we are operating outside the spiritual life dynamic, it's telling us that we are living like foreigners to him. The passive voice is interesting here because it tells us that the believer has **received** the action of the verb, being alienated, and the reason for this is because of the accumulation of scar tissue on the soul. It is this scar tissue on the soul that prevents us from having communion with God because these deposits (*porosis*) prevent the flow of spiritual light from flowing through our souls!

Now if the problem is *porosis*, which we call scar tissue, then a consistent intake of Bible Doctrine metabolized by faith, under the filling of the Holy Spirit, will remove that scar tissue in that area over a period of time. If the problem is a constriction of the energy channels caused by one or more feelings of the emotional complex of the soul: fear, anger, guilt, grief, envy, human love and human happiness, then once that negative emotion is gone by recognizing it and confessing it, then the restriction on the spiritual channel will be removed and spiritual energy, or light will now start to flow through these channels in the soul. It's very similar to blood flowing through our veins.

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Ephesians 4:17,18, “*This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, Having the understanding **darkened**, (skotizō - **darkness is the absence of light because porosis has built up on the channels of the soul**), being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:*”

“*Being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:*” The word for **being alienated** is the perfect active participle of *apallotrioō*, which denotes someone who is living in a foreign land. Believers who operate outside the spiritual life dynamic are like foreigners living in a different nation having a different people, (not your own), having different customs and cultures and speaking a different language. We were made by God, through regeneration, to live in the spiritual life and anything outside of that is foreign to us. We also want to notice that this has become a spiritual condition and that of their own doing.

If the problem of the soul is **scar tissue**, *porosis*, then a consistent intake of Bible Doctrine under the filling of the Holy Spirit will remove it in time from the mind and even the heart. If the problem is a **constriction of the energy channels**, *stereophonic*, caused by one or more of the 7 emotions of the emotional complex of the soul: fear, anger, guilt, grief, jealousy, human love and human happiness, then once the negative emotion is gone through confession of sin and recovering the filling of the Holy Spirit, then the spiritual energy will start to flow once again through the soul.

It's very similar to blood flowing throughout our body; if a vein is crimped off, or if it is plugged up due to plaque and cholesterol, then that area of the body to which the blood is supposed to flow will become adversely affected. The only difference is in the soul that part of the soul doesn't die, it becomes sickly and will not function as God designed it to do.

The writers of the Septuagint used the word *mataiotes* to describe what Solomon was talking about when he wrote Ecclesiastes 1:2, “*Vanity of vanities, saith the Preacher, vanity of vanities; all is vanity.*” *Mataiotes* has the idea of pursuing after that which is not real, or not truly attainable, therefore it results in worthless pursuits, aimlessness of life, chasing after the wind, looking for the pot of gold at the end of the rainbow, fruitlessness as to results, waste of time and a waste of life.

Mataiotes so **affects** the mind that it causes the individual to have a distorted and incorrect perception of reality where that which is **not true, real, or attainable now seems to be true!** The individual will be convinced that it is true. What a **mirage** is to the eyes, *mataiotes* is to the mind! So we can term it **the illusions of the mind**. From there the desires of the flesh kick in, (lusts), and now the individual will pursue after his mental illusions. But because the individual is pursuing after that which is not real or attainable, after that which does not satisfy the soul, **his life ends up fruitless and wasted!**

This is what Solomon experienced in his life and that's why he termed it emptiness, or *mataiotes* as the Septuagint has translated it. Solomon had the money and the power to acquire or create anything his mind could think of in his futile attempt to satisfy that aching emptiness in his soul, but only a daily communion with God could satisfy that, not all the things he had done, purchased and built. He bought this, he built that, he had sex with hundred of women; he was worth billions of dollars; he had immense power, but none of them satisfied his soul

Porosis, the buildup of deposits in the soul, causes the mind and heart to develop the condition of *mataiotes*. The mind now perceives the world and things from the standpoint of an **illusion**. The mind now is convinced that illusion is reality with the result that the individual chases after the illusion. The result is futility, emptiness and a wasted life. They may get the things that they are chasing after, as guided by their mental illusions, but they will miss out on what really matters and that's a relationship and communion with the eternal Creator through his Son, Jesus Christ. *Mataiotes* speaks of the illusions or delusions of the mind. An **illusion** is a mistaken perception, while a **delusion** is a mistaken conviction. **Illusions** are wholly of the senses where one has a false or mistaken sensory impression, while **delusion** involves mental error or faulty judgment. One is what you think you see with your eyes, or feel with your heart, the other involves thinking, judging and decisions.

As stated before, what the mirage is to the eyes, illusion or *mataiotes* is to the mind. And operating under illusion, as most Christians are and all unbelievers are, what the mind sees and perceives is not the reality. It thinks it is! It is convinced it is! It feels it is, but it isn't. The mind has been deceived by scar tissue in the soul; it is operating under one or more illusions and now, as the deception develops and continues further on, the believer will go off in pursuit of these mental illusions to try to make them real, just as the person in the desert wanders off after water.

They acquire one thing after another that they were convinced would fill that emptiness in their souls; they chase after money, fame, love, things, success, but none of them are what they are looking for, so they keep looking and acquiring, then one day, life for them is over! They've been **deceived** by the *mataiotes* of the mind and **their life has been wasted**.

The only way out of this is living in the sphere of the spiritual life dynamic of faith in the teaching of the Word of God, being filled with the Holy Spirit and living in the new nature. When one does, then a phenomena called disillusionment will be there periodically. **Disillusionment** is being freed from the illusions of our minds by having them taken away so we can accept reality. But the whole matter can be painful at times and be accompanied by the emotional reaction of: fear, anger, grief, despair, etc..

Now *mataiotes*, or illusion is the effect of *porosis* in the soul. *Porosis* would be the buildup of deposits in the soul, while *mataiotes* would be the effect that they cause. Apparently there are “pipes” or some kind of channels in the soul where spiritual phenomena, or energy, or spiritual light is circulated around the soul, much like the blood veins in the body. If there is something blocking these “pipes”, (*porosis*) then that spiritual light will not get to that part of the soul resulting in *mataiotes*. The soul now malfunctions, which explains the illusions and delusions of the mind, but also the soul spirals downward into mental illness, polarization and fragmentation of the soul.

So when Solomon says in Ecclesiastes 1:2, “*Vanity of vanities, saith the Preacher, vanity of vanities; all is vanity.*”, and when we use the Septuagint translation of *mataiotes* we end up with “Illusion of illusions; all is an illusion”. So when Solomon says that everything is an illusion, he was saying that everything he had been chasing after in life and acquired turned out to be an illusion! Whether it was money, or power, or earthly projects, or sex did nothing to satisfy his soul. The KJV translates Ecclesiastes 1:14 as, “*I have seen all the works that are done under the sun; and, behold, all is vanity and vexation of spirit.*” and the NIV puts it in modern day terms as, “*I have seen all **the things that are done under the sun; all of them are meaningless, a chasing after the wind.***” Which is what the idea of *mataiotes* is all about where the individual chases after the mirage of water in the desert, or people who chase after their feelings, or lusts, or whatever it is that they are chasing after because they think this thing will bring them what their heart desires, which it won't for only Christ will satisfy our hearts.

Chasing after the things in life that we think will bring us satisfaction is in essence **a chasing after the wind**. This is what Solomon did and this is what virtually every person on earth today is doing! The difference between Solomon and the rest of the people is that 1) he had the money to do it all and 2) he realized in time that it was all an illusion! Chasing after an illusion always ends up in non-satisfaction of the soul, which results in meaningless and futility of a life wasted.

Ecclesiastes 2:1, “*I said in mine heart, Go to now, I will prove thee with **mirth** (fun), therefore enjoy pleasure: and, behold, this also is vanity.*” shows that scar tissue was already operating in his heart in his thinking that pleasure would satisfy his soul, but it doesn't; it was an illusion of the mind.

Ecclesiastes 2:11, “*Then I looked on all the works that my hands had wrought, and on the labour that I had laboured to do: and, behold, all was vanity and vexation of spirit, and there was no profit under the sun.*” expresses the scar tissue he had in his soul deluding him into thinking that accomplishing great things in life would satisfy his soul, but they didn't and couldn't. Another illusion of the mind.

Ecclesiastes 2:17, “*Therefore I hated life; because the work that is wrought under the sun is grievous unto me: for all is vanity and vexation of spirit.*” expresses his emotional reaction of bitterness and anger that came with his **disillusionment**. Solomon realized that it was all an illusion and that he had wasted his life chasing after an illusion! He ended up hating the things that he had accomplished and acquired in life.

So what did we have here with Solomon? 1) he had been neglecting the doctrinal intake of the Word of God; 2) scar tissue (*porosis*) began to form in his soul; 3) he started to get illusions in his mind about life; 4) he had the wealth needed to go after these illusions; 5) he devoted his life to pursuing after these illusions; 6) he finally arrived, at a much later time in life, realizing that there was nothing to them and became disillusioned; 7) in his disillusionment he became angry; 8) he misguidedly directed his anger toward inanimate objects and life itself; in a sense he was blaming them for his problem.

Ecclesiastes 4:4, “*Again, I considered all travail, and every right work, that for this a man is **envied** of his neighbour. This is also vanity and vexation of spirit.*” reveals Solomon's insight to see that everything that people chase after in life: money, political power, things, and all the rest, stem from their **jealousy** over what other people have!

The **illusion** is that we think that all of these things that the world has to offer will satisfy our souls, when they will only gratify our **lusts**, but even in that there is no true satisfaction of the soul but only a continual lusting for more. It's like scratching poison oak; it only gives temporary relief, but the itching comes back even more. You will find the operation of **deception** in this because we will have a false impression leading us to go astray after these illusions and **wander** away from the path of living in the spiritual life dynamic.

People won't admit to their illusions because they think they're real! Only through Bible Doctrine and spiritual growth will the believer go through the process of disillusionment where he will finally see and accept the truth. It's like trying to show someone they're wrong when they're convinced they're right! Or trying to show an unbeliever he's on the path to Hell when he's convinced there's no Hell!

To remove scar tissue from the soul and be freed of illusions it takes time; it takes time and it takes the exercising of the spiritual life dynamic. “*And ye shall know the truth, and the truth shall make you free.*” John 8:32 But first you have to know the truth.

The root of the cause for illusions in the mind starts with having no metabolized Bible Doctrine circulating in the soul. Regardless of the reason why the spiritual phenomena that comes from metabolized doctrine is absent. From there *porosis* starts to build up in the soul with the result that the individual now starts to have illusions in the mind.

Some may have never been exposed to doctrine, others may have heard it and rejected it, and still others may attend churches that either do not teach the Word, or have no doctrinal content in their messages and all of these add up to no gnosis or Bible Doctrine. Whether we receive no information, false information, or empty information, (no doctrinal substance), it all has the same effect where *porosis* builds up in the soul and a darkening takes place creating mental illusions.

Now **illusions**, like lusts, Ephesians 4:22, “*That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;*”, **deceive** the believer, *apatao*, to deceive is to give the individual a false impression, and once one has a false impression they go astray, *planao*. No Bible Doctrine in the soul results in mental illusions where the individual is convinced, like the mirage, that his illusion is real. This is where the deceit comes in for the illusion gives them a false impression.

Illusions deceive us; they give us the impression that this thing we are desiring holds forth the promise of happiness, fulfillment, love, or whatever it is we are lacking in our soul, so we go after it in life. So we have illusions, deception, lust or desire, a wandering off the path of the spiritual life dynamic to pursue whatever it is that we are convinced will satisfy our soul. When we get it, we realize that wasn't it, so we go off in pursuit of something else we think is what we're looking for; and when we realize that isn't it either, then we go off in pursuit of something else. The end result is a life wasted looking for the pot of gold at the end of the rainbow.

Illusions hold forth the promise that there is something there that we want or need, something that will satisfy our souls, but once we obtain it, acquire it, attain to it, we find out that there was nothing to it. It did not have what our souls were looking for, it was hollow, empty, so we go off in search of a new thing. Like cracking open a walnut shell only to find it empty, so you go on to the next walnut shell and find it empty, and spend the rest of your life doing that.

Sooner or later, (many years down the road), people will wake up and realize that there is nothing to the things that they have dedicated their lives in pursuit of; these things did not have what their souls were thirsting after. When this happens they will become **disillusioned** and end up being mad at life, as Solomon did. “*Therefore I hated life; because the work that is wrought under the sun is grievous unto me: for all is vanity and vexation of spirit.*” Ecclesiastes 2:17

But disillusionment can be a good thing, if it results in the soul of the believer turning back to Bible Doctrine! Once the believer recovers spiritually they can start removing the scar tissue in their souls that was the cause of them wandering off after the empty things in life. And the sooner this happens, the better off we'll be. This wouldn't have happened to Solomon, if he had listened to his father, David.

Oftentimes our illusions, and they may be only a few, can become a part of our core identity and to have them taken away, which is a good thing, can be quite painful and traumatic for the believer. For they have become so much a part of us that they have defined us, at least in our thinking, especially those illusions in the mind that we have had since childhood. So the question is, do we want the truth regardless of how painful it is, or do we want to remain in our illusions? Our only course is to press on with doctrine and let God handle the results.

The illusion is that we think that we need this person, or that thing, or that emotion, love or whatever it is, to be complete in our souls, when all we really need is for Christ to be at home in our souls. We search the world over looking for lost love, or respect, or success, or validation, or the one that got away, or for a father or mother, or a lost sibling, or whatever it is that we think will fill that void in our souls, that emptiness that will complete us.

But that's the illusion! It's not that they don't exist, they do exist! The illusion is that they will complete us that they will complete our incompleteness! The only thing that will fill our souls in every area is occupation with Christ through his Spirit and the Word.

Paul finally realized this many years after he was saved when he said, “*Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.*” Philippians 4:11 Now there are a couple of words that jump out here and the first one is *mueo* in verse 12, “*I know both how to be abased, and I know how to abound: every where and in all things I am instructed (mueo) both to be full and to be hungry, both to abound and to suffer need.*” Philippians 4:12 *Mueo* was a word from the Mystery religions and it meant to be initiated into the mystery.

And the other one is “*learned to be content*” in verse 11. The word **learned** or instructed is *manthano* and it was not the word used for the process of academic learning that we would find in school, but the process of initiation found in the mystery religions, which went on over a period of time where knowledge combined with personal experience led the initiate into an inner realization of something.

“*Learned to be content*” is the perfect passive indicative, which tells us that this was a process that went on over a period of time, it came to a completed state where he was now **content**, and that he was the subject who received the action of the verb. Paul finally realized a truth on the inside, even if he wasn't aware of it happening at the time and this inner realization now became the reality of his life.

And what was it that Paul finally realized? This brings in the second word in the sentence and that was to be content. *Autarkēs* was a word that the Stoics used to denote the state of self-sufficiency where they did not look to or lean upon other people for what they needed in life. They were independent from all others possessing what was needed for their own existence.

But this is where we as Christians differ from the Stoics in the matter of *autarkes*. We do not believe that we in and of ourselves are sufficient for the all things in life, but our self sufficiency comes through the power of the indwelling Christ and his spiritual life dynamic that he provides. “*I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ which strengtheneth me.*” Philippians 4:12,13

The inner strength for facing all things in life comes from the spiritual life dynamic that Christ pioneered, lived by, perfected and passed down to us, consisting of the filling of the Holy Spirit, the metabolization of Bible Doctrine by faith, and the application of that doctrine to our life experiences. This inner strength found in living in the spiritual life dynamic enables us to meet whatever comes our way, go through the trial and come out the other side victorious over the situation. In time the believer will come to the place (inner realization), that he can meet any situation that the Father allows to come to him, survive the trial and come out the other side victoriously, which will give him a new found confidence, faith and hope in life. He will realize that he doesn't need anyone else to provide for him, sustain him, or provide his emotional needs. He has everything he needs inside in the spiritual life.

Job 6:14, “*To him that is afflicted pity should be shewed from his friend; but he forsaketh the fear of the Almighty.*”; Job 14:22, “*But his flesh upon him shall have pain, and his soul within him shall mourn.*”; Job 17:11, “*My days are past, my purposes are broken off, even the thoughts of my heart.*”; Job 19:21, “*Have pity upon me, have pity upon me, O ye my friends; for the hand of God hath touched me.*”; describe how Job felt during his trial, which is applicable to every believer going through a trial.

Some of the emotions coming to the surface during the trial are: discouragement, pointlessness, no hope, mourning the past, mourning the present, mourning for oneself, bitterness, anger, jealousy; feeling that there is no future so what's the point in going on, absorbed with one's suffering, life has no meaning, guilt, self-justification, fear, anxiety, apprehension, death wish, no self esteem, sense of alienation from other people.

Job 42:1-6, “*Then Job answered the LORD, and said, I know that thou canst do every thing, and that no thought can be withholden from thee. Who is he that hideth counsel without knowledge? therefore have I uttered that I understood not; things too wonderful for me, which I knew not. Hear, I beseech thee, and I will speak: I will demand of thee, and declare thou unto me. I have heard of thee by the hearing of the ear: but now mine eye seeth thee. Wherefore I abhor myself, and repent in dust and ashes.*” describe Job's acceptance of his life and what he went through in the trial of losing everything. But it was only because the Lord spoke directly to him giving him the Bible Doctrine he needed to pass the test. Heretofore Job was not able to process what he was going through, even though he tried at times, because he did not have the doctrine on the angelic conflict.

Sometimes we get the doctrine we need to go through a trial in our life **before** the trial, which we will need to recall and review in the trial so we can pass it. And sometimes we are given the doctrines we need **in** the trial so we can pass it and move on. There's a reason why there are **2 chapters** in Job dedicated to the background; **40 chapters** on the suffering itself; and **6 verses** on the afterward. Why? We need more doctrine during the intensity of the trial.

Job had faith and he had an extensive background on doctrinal truths, as evidenced by the many statements he made to his wife and three friends. But it wasn't until the Lord explained to him his own sovereignty and the workings of Satan that Job was able to put it all together. He finally got the doctrine his faith needed and he passed the trial!

What this tells us is that, even if we have a tremendous background in the Word of God, and we should have, and even if we are applying by faith what doctrines we do know, which will be of tremendous help during the trial, we might be lacking certain doctrines, or a specific doctrine that we need to resolve the trial by faith and pass our test.

This gets us into two major areas in this matter. While we are going through a trial, while we are suffering for any reason, then we are to concentrate on our prayer life with God. “*Is any among you afflicted (kakopatheō)? let him pray. Is any merry? let him sing psalms.*” James 5:13 *Kakopatheo* covers everything from being down to intense suffering. And to **pray** is the present middle imperative of *proseuchomai*, which is a command to keep on praying during the trial, and that it will benefit us.

The second area is in the matter of praying for wisdom as to what's going on, why am I suffering, and what doctrines do I need to apply to the situation? “*If any of you lack wisdom, (and you do), let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.*” James 1:5 To **ask** is the present active imperative of *aiteo*, which is a command to keep on asking God for wisdom.

June 2016 Newsletter – Dealing With Emotions – Review

“*My days are past, my purposes are broken off, even the thoughts of my heart.*” Job 17:11 -

מִי עָבְרוּ, זְמַתִּי נִתְקַוּ--מִזְרָשִׁי לְבָבִי.

“*My days have passed, my plans are shattered. Yet the desires of my heart.*” NIV

Job's trial was so severe, so long, so intense that it brought to the surface things he had treasured in his heart; desires of the heart that he had secretly hoped and wished would come true one day, but the trial also brought to the surface the reality that they would never come to pass. These are the hard trials to deal with because oftentimes people will have things treasured in their hearts that are so special that they will never tell anyone about them. They also become one of, or the chief motivator to go on in life in spite of all the difficulties they face.

So when these treasured things in the heart are taken away from the believer, or when they realize they will never come to pass, where they are torn from the heart, the believer is left utterly hopeless for the thing they had been secretly hoping for, which was their motivator in life, is now gone. Now what do they do, they ask? One is left with an emptiness, a sadness, a void in the heart that leaves them with such a void in the heart and despairing of life altogether.

The heart says, “what's the point in going on for that which I have loved, or hoped for has been denied me, or taken from me! One can see the significance of statements such as, “to take heart”, “to believe”, or “to be encouraged”, or “to have hope”. One can now see the importance of doctrines such as, to keep on trusting the Father, or having a personal sense of destiny, and God has a perfect plan for our life.

The NIV has translated *nathaq* as **shattered** for it has the idea of to take away (from the heart), to tear out of (the heart), to tear loose (from the heart), to draw out of (the heart). A common expression of this idea today is, “I feel like I've been gutted. Whatever the treasured desire of the heart was we see that it was firmly entrenched in the heart to the place that it made up a part of the core identity of the person and that's why the ideas of “force” are involved here in getting it out, hence the severe trial.

It wasn't just the physical pain that bothered Job so much, although that was certainly a major factor in his trial, or the loss of his wealth, children and social standing in the community, and they were also a major factor in all this, but was the certain things that he had treasured in his heart, which we notice he doesn't talk about, that were taken away from his heart. There were two things that were driving Job forward in his life, as there are with all of us, and they were first of all, the **plans** we have for our lives, a function of the **mind**; and our **heart's desires**, which is a function of the **heart**.

Now we may not have all the answers for what we're going through in our life right now, but we do have some of the answers and we can exercise faith in the doctrines and promises we do have. And it is dynamic that will enable us to go through the trial and come out the other side victoriously. And in so believing the promises and doctrines of God's Word and trusting him, we can maintain our peace. Remember, it is our emotions that act as a barometer that tell us whether we are operating in the flesh, or in the spirit. When fear, anger, guilt, worry, grief, jealousy, self pity and scar tissue garbage of the soul start flooding the conscious mind, instead of the peace of God, then we are alerted that we are operating outside of the spiritual life dynamic from God.

Christ told us in 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.” that he has given us his peace, therefore we are to stop letting our hearts be **stressed** because of all the problems we are going through in life and to stop being **afraid**. (Once stress enters into the soul it creates fear in the heart.)

He also 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: but be of good cheer; I have overcome the world.” that he gives us both the **prevention and cure for stress and anxiety**. He tells us that he has spoken to us, (given us doctrine), for the purpose that we won't live in fear in our lives. We will have pressure, that pressure exists because we live in a world controlled by the devil and because we live in these frail mortal bodies. But he also wants us to be encouraged because he has overcome the world and so have we because of our union with him.

In Proverbs 3:5,6, “**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.**” he tells us to **start trusting in the Lord, batash**, with all our hearts, *kol* and *leb*, and to **stop leaning on rationalism** to figure things out in our lives, both of which are a command. Why? So we can get back to that place of faith where we will find the **peace** we need to keep stress out of our souls.

The **flesh** produces desires and feelings; that's all it can do and that's all it wants to do. The flesh is unable to produce any spiritual phenomena whatsoever. It cannot do it and it doesn't want to do it, in fact, it is totally opposed to any spiritual life phenomena. The believer-priest has to realize that he not only has to contend with his/her own flesh nature with its lusts and emotions, but will have to do it each and everyday of their lives! And the types of lusts and emotions the flesh produces will change, or become stronger in an area, after one gets older.

The approach for dealing with the emotions of the flesh, or the flesh's lust patterns, is to recognize that we are caught up in one of them, realize that we are operating outside of the spiritual life, confess it to God, be filled with the Holy Spirit, start claiming the promises of God, orient our thinking back to the teaching of God's Word, and orient to God and his grace once again. In so doing we will be able to stay operating in the peace of God. “*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*” Isaiah 26:3

The Christian's enemy is the world, flesh and devil because they lead us away from living in our spiritual life. The world system is a constant source for pressure, a distractor and source of temptation in that it is always putting forth things that are desirable made even more attractive by TV and mass advertising. It puts forth things for us to see, things that we can have and so lust is aroused in the flesh and we want them, so we end up in a state of constantly lusting. We spend our cash to buy them, or if we don't have the cash we go into debt to get them.

But the world system is also a source of having our emotions aroused, either fear, or anger, or jealousy, or guilt. It is portraying things before us that either make us afraid, or angry, or feeling guilty about something, as far as the emotions go. As far as the lusts of the flesh go, TV has become the biggest tool of Babylon to stimulate people's lust patterns and the perfect mass brainwashing tool ever invented by the wicked heart of man and we submit ourselves to it everyday. Whenever we find ourselves wrapped in various lusts (desires), or any of the 7 feelings of the emotional complex of the soul, it's important that we recognize this, confess them to God, and get back to being filled with the Holy Spirit. Then focus our souls, once again, back on the Word of God.

The Christian's enemy is the world, flesh and the devil and anyone of these three sources are a constant source of distraction and temptation for us and will keep us away from the spiritual life. This problem will be greatly intensified in the Last Days. *“This know also, that in the last days perilous times shall come.”* 2 Timothy 3:1

TV is constantly stimulating our lusts to buy more, to have more, so we go out and take our cash to buy things to gratify the lusts of covetousness. And if we don't have the money, then we will go in debt to buy things. This brings about the emotion of fear because we have placed ourselves in a less secure position. We've either depleted our cash reserves, or go into debt, or both! Then we anxiously think, how am I going to pay my bills? What happens if I lose my job? So we get caught up in the anxiety complex and are virtually outside of the spiritual life dynamic all the time. Or if we didn't buy the stuff that Babylon advertises because we didn't have the money, or had bad credit, or couldn't afford them, then we react with bitterness, anger, jealousy over what others have, or self pity concerning ourselves, etc., and are outside the spiritual life all the time.

James addresses this very problem about the anger and arguments that arise in the home over believers lusting after things, not getting them and then arguing with their spouses. *“From whence come wars and fightings among you? come they not hence, even of your **lusts** that war in your members? Ye **lust**, and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet ye have not, because ye ask not. Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your **lusts**. Ye adulterers and adulteresses, know ye not that the friendship of the world is enmity with God? whosoever therefore will be a friend of the world is the enemy of God.”* James 4:1-4

It brings out the idea also that believers are praying to God for him to give them money to buy the things they are lusting after, but God refuses to grant their requests because they stem out of their lusts! Then they go around saying that God doesn't answer their prayers! *“Ye ask, and receive not, because ye ask amiss, that ye may **consume it upon your lusts**.”* James 4:3

Believers that are constantly in their flesh natures wanting this and that and are not getting them are not only controlled by their lust patterns, but also by their emotions. The result of which brings them into an ever downward spiral of misery. *“Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and your joy to heaviness.”* James 4:9

God not only addresses what our **problem** is in verse 3, the **results** of it in verse 9, but **what to do about it** in verses 7,8, *“Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.”*

To **submit** is to place ourselves under the authority of God by doing what he tells us to do, which in this case is to recover the filling of the Holy Spirit and get away from the lusts pattern. Next is to stand our ground by **resisting** the devil in our lives. Then to **draw near to God**, which entails our getting away from our involvement in the world and lusting after the things of the world. To **cleanse** our hands is to confess our sins to God, recover the filling of the Holy Spirit and stop sinning. And then purify **our hearts** is to deal with the lusts and emotions of the flesh nature.

God did not promise to take our pressure away, but he did leave us with a spiritual provision whereby we will be able to handle all the pressure that life throws at us and this provision is his peace through the filling of the Holy Spirit as we exercise faith in his Word.

When we are in a pressure situation and we find ourselves getting stressed out over it, then we have to conclude that we are not living in the sphere of the spiritual life and the first thing we need to do is confess our sins, then recover the filling of the Holy Spirit, start exercising the faith rest drill, orient to God's grace once again, orient to Bible Doctrine once again and start believing that God has a purpose for us in this life. If we don't then that pressure will be converted into stress in the soul, which in turn will activate the emotions of the soul, then the first emotion that will surface will be the fear complex, then the anger complex and the lust pattern will be activated and finally scar tissue garbage will come up again.

One can never underestimate the destructive impact on our souls from having to live around negative people during a time of apostasy. Their pride, anger, negativity and all the other sinful aspects of fallen humanity will be more pronounced. It impacted Job's soul negatively and it will impact ours making it more difficult to orient to our spiritual life each day. *“(For that righteous man dwelling among them, in seeing and hearing, **vexed** his righteous soul from day to day with their unlawful deeds;)”* 2 Peter 2:8 *“This know also, that in the last days **perilous** (difficult) times shall come.”* 2 Timothy 3:1

As negativity, unbelief, sinful activity, apostasy and evil around us increases, so we will have to increase our applying ourselves to living in the spiritual life. And the closer we get to the time of Christ's return to earth, then the more rapid the increase of sinful people will be and at the same time the increase in demonic activity, which creates such pressure on our souls that it will be increasingly difficult for us to stay in fellowship and live in Christ's peace! But live in Christ's peace we must, so we will have to apply ourselves even more so to applying the doctrines of God's Word on these matters.

The emotion of **fear** has always a problem in normal life because people are always asking, 'what shall I eat and what shall I wear?' *“Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?”* Matthew 6:25

But then add to that the evil and tyranny of the anti-christ's rule over the earth and the threat of what that brings will bring the potential problem of fear way over the top. But then add to that the natural disasters on the planet that will be occurring in the Last Days, droughts, flooding, earthquakes, volcanic activity, plus meteors and other things that will be impacting the earth, then we can see how much a problem fear can be for us, if we do not handle it by faith in the Word and living in our spiritual priesthood. *“Men's hearts failing them for **fear**, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken.”* Luke 21:26 So we better start applying the Word of God to our lives and learn to stay in the sphere of our spiritual priesthood.

The emotion of anger has always been a problem for people, Christians included. *“Be ye angry, and sin not: let not the sun go down upon your wrath:”* Ephesians 4:26 *“Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:”* Ephesians 4:31 Fear and anger are the two emotions that plague us so much, so we need to learn to identify them and deal with them spiritually, so we can stay in the sphere of peace that comes with our spiritual priesthood.

So we must ascertain, Am I angry? Perturbed? Irritated? Bitter? Resentful? Fuming mad? Steaming mad? There are many shade of anger in the anger complex, but it's up to us to identify these things in our life, admit them to God, recover the filling of the Holy Spirit and get back to living in the faith rest dynamic. Once we do, then we will be able to recover the peace of Christ and live within it, instead of going around being angry all the time. The same thing goes for fear.

One should also have a selection of verses memorized that they can turn their minds toward in going through trials or spiritual recovery. *“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 *“These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.”* John 16:33 *“Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.”* Hebrews 12:2 *“Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul;”* 1 Peter 2:11

Life is always changing and our perception of life, due to *mataiotes* in the soul, does not always perceive how it is. Scar tissue in the soul, (*mataiotes*), so affects the soul in every way that the soul's perception of life is incorrect and distorted. The only thing that adjusts our perception of life is Bible Doctrine in the soul and a continual keeping our souls' focused on Christ each day.

People have illusions about all sorts of things: politics, government, work, friendships, marriage, love, kids, parents, money, success, fame, material possessions, the medical field, public service, owning your own business, death, eternity. If it exists then people will have illusions about it. And the reason why is because of *mataiotes* in the soul.

It is only Bible Doctrine metabolized by faith coupled with the filling of the Holy Spirit that enables us to be free from the illusions of the mind and see life, both eternal and temporal, as it truly is. This is enlightenment. *“The eyes of your understanding being **enlightened**; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints,”* Ephesians 1:18

But if one is negative to the truth, as there will be many in the Last Days and it can happen to anybody, then they are doomed to stay in their bubble of illusion never seeing life as it is. *“And with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved.”* 2 Thessalonians 2:10

Ephesians 4:18, *“Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:”* talks about the **understanding** (*Dianna*) being **darkened** (no light in it), alienated from the life (spiritual dynamic) of God, because of **ignorance** (*agnoia* – no doctrine), because of the **blindness** (*porosis* – scar tissue) of their heart. But once we start getting doctrine in the soul, then spiritual light enters in.

Illusions of the mind is not just a phenomenon in the NT era, but also back in the days of Israel, as we see with David addressing this issue in Psalms 4:2, *“O ye sons of men, how long will ye turn my glory into shame? how long will ye love vanity, and seek after leasing? Selah.”* *“How long will you people turn my glory into shame? How long will you love **delusions** and seek false gods?”* NIV

They, like Christians today, rejected the sound teaching of God's Word resulting in a buildup in their souls called *porosis* in the Greek, which in turn produces an effect in the soul called *mataiotes*, which is analogous to a phenomenon called an illusion or a mirage. Because they did not want the truth their souls suffered and life now is one big illusion to them, that is, their perception of life what it's about and what it has to offer them, is not in keeping with reality. This is what is happening in America today by the mass majority of Americans; they did not want the truth so God gives them over to believing the lie. It is the strong delusion prophesied about in 2 Thessalonians 2:11, *“And for this cause God shall send them **strong delusion**, that they should believe a lie:”*

We also need to see how the concept of being stiff-necked and hard-hearted play on the matter of dealing with the flesh's emotions, along with the mental attitude of pride and anger and how they all negatively impact the body. And not just the body, but the soul as well in its ability to love, be happy and enjoy life.

The first place we want to visit is Acts 7:51, “*Ye stiffnecked (sklērotrachēlos) and uncircumcised in heart and ears, ye do always resist (antiptō) the Holy Ghost: as your fathers did, so do ye.*” He refers to the Jews as being **stiffnecked**; and he says that they were always **resisting** the Holy Spirit telling us that the concept of being stiff-necked causes the believer to resist the Holy Spirit. The term in the Hebrew for **stiffnecked** was *qâsheh-’ôreph*. When God referred to his OT people he so often called them as, *’am -qâsheh-’ôreph*, **a stiff-necked-people**.

The word for **neck**, *’ôreph*, did refer to the neck, but also the upper, middle and lower back because they were all part of the spinal cord. The neck was emphasized because when one would want to turn the head to point it in the direction that God would want it to go, the neck muscles would stiffen up to prevent or resist God dealing with them and us in life.

That's the analogy for what's going on in the soul, but we also saw that *qasheh* spoke of the stiffening of the muscles so that the muscles in the neck, or any other place in the back, can tighten up or stiffen and in time cause back spasms, or the muscles becoming rigid and unbending. “*Because I knew that thou art obstinate, and thy neck is an iron sinew, and thy brow brass;*” Isaiah 48:4

The mental attitude of pride and the emotions of anger are what's behind our resisting God and his will for our lives, this is the resisting of the Holy Spirit. But we also want to notice that these two negative dynamics are not only the factors of our resisting the Holy Spirit, but they also have a negative impact on our bodies! Which in this case is problems with the back and neck.

When God's will is at cross purposes with our will, (negative volition), our pride immediately reacts with anger, anger restricts the blood flow to the affected part, which is the neck and back here, and then the muscles stiffen. Being **stiff-necked** is found in: Exodus 32:9; 33:3,5; 34:9; Deuteronomy 9:6,13; 10:16; 2 Chronicles 30:8; Proverbs 29:1 in the Septuagint.

Now the problem of being “stiff-necked”, *qâsheh-’ôreph*, referred to a tightening of the muscles of the neck and could go into other areas of the back, but the phenomena of the stiffening of the muscles due to pride and anger could also include other areas of the body. It's also a condition that could be brought about subconsciously by TMS to avoid unpleasant or painful memories. The intense physical pain can be used to dis tract us from even more painful memories and feelings, but as always the believer should consult his doctor in the matter. What being stiff-necked denoted is **obstinacy, which is a stubborn and unyielding holding to one's purpose!**

The reason why we want to understand this dynamic is because when the Hebrew was translated into the Greek, they used one word, *sklērotrachēlos*. The reason why this is important is because it gives us insight into the *skleros* word group, which is usually translated as : hard, hardening, or hard-hearted, with one reference to the neck and all the others to the heart. And when we think of hard we think of things such as: wood, metal, rock, etc. But because we are dealing with living muscle tissue, then we are not talking about hard in the sense of a rock, but being so stiff that it now becomes hard. There's a difference between muscle tissue that has become “**hard**” due to exercise, and muscles that have become **stiff** due to no blood flow through them.

July 2016 Newsletter – Dealing With Emotions – Review

Now we get to the problem of hardness and being hardhearted in the NT using the *skleros* word group. The first one we want to look at is Romans 2:5, “*But after thy **hardness** and impenitent heart treasurest up unto thyself wrath against the day of wrath and revelation of the righteous judgment of God;*”. The word impenitent is *ametanoētos*, which speaks of a dynamic where the individual cannot change his mind about Christ and is linked to hardness of heart.

The soul's heart has become stiffened to the place where it can no longer function as it should! It has now become hard. The unsaved man or woman that is exposed to the Gospel of Christ, exposed to his love, his grace, his kindness and forgiveness reject it due to their hard hearts. Many Christians can get to the place where they need to repent toward grace, Bible Doctrine, the spiritual life dynamic and they don't because of the hardness of their hearts. “*In meekness instructing those that oppose themselves; if **God peradventure** will give them repentance to the acknowledging of the truth;*” 2 Timothy 2:25

Picture, if you will, a father trying to lead his child down the right path, but the child stiffens up like a board digging his heels in because he doesn't want to go that way. That's the stiffening spoke of here, but not of the body, but the soul and the will. So we can have a stiffening of the heart, a stiffening of the neck and a stiffening of the back.

The next one we want to look at is Acts 19:9 where Paul had been speaking at a synagogue for around three months talking to them about Christ and salvation, but they became hardened and refused to believe on the Lord. “*But when divers were **hardened**, and **believed not**, but spake evil of that way before the multitude, he departed from them, and separated the disciples, disputing daily in the school of one Tyrannus.*”

The word **hardened** is the imperfect passive indicative of *skleruno* and the word **believed not** is the imperfect active indicative of *apeitho*. *Apeitho* is to believe as the result of being persuaded, while *apeitho* shows that they did not believe because they weren't persuaded, that is, because they were **unpersuadable!** *Skleruno* tells us that the reason why, the thing that prevented their believing on Christ was because of the **hardness** of their hearts! But because of the passive voice it tells us that they became hardened after listening to Paul teach, reason, argue, etc., all the various points on why Christ was the Messiah and how forgiveness came through faith in him.

The imperfect tense denotes an action going on during a period of time, but came to an end. Paul was there three months teaching and preaching from the Scriptures about how Jesus was the Messiah and paid the penalty for their sins, but all during this time their hearts became hardened toward the message and they did not believe on him, that is, they refused to believe on him because their hearts had become hardened and they were unpersuadable. What this shows us is that they were basically negative to the Gospel all the way through the 3 months. The **passive voice** of hardening means that they became hardened, which was due to their pride and negative volition toward the Gospel of grace.

We see the idea of hardening in Romans 9:18, “*Therefore hath he mercy on whom he will have mercy, and whom he will he hardeneth.*” God hardens those whom he wishes to harden; a passage that has much debate over the years. But now we can see how God hardens people. He does so by giving them the truth! People use this expression to denote the idea, “The sun melts butter, but hardens concrete”.

God gives people the truth; the truth about heaven and hell; the truth about forgiveness and judgment, the truth about his kindness, his grace and patience; the truth about the blood of his Son who died for them, but with some people their pride and negative volition come in, they react and their hearts become hardened and they will not believe.

All three verses: Hebrews 3:8, “*Harden not your hearts, as in the provocation, in the day of temptation in the wilderness:*”; Hebrews 3:15, “*While it is said, To day if ye will hear his voice, harden not your hearts, as in the provocation.*”; Hebrews 4:7, “*Again, he limiteth a certain day, saying in David, To day, after so long a time; as it is said, To day if ye will hear his voice, harden not your hearts.*” are given to Church Age believers not to harden their hearts. It was originally addressed to the OT saints of God, but is reapplied to the NT people of God. **Don't harden your hearts!** And what is the thing that hardens our hearts? **Negative volition toward God's word and living by faith!**

“If you hear his voice”, which is the communication of the Word of God, is in the 3rd class condition of **if**, which says, if you hear his voice, now maybe you will and maybe you won't, but if you do, do not harden your hearts! So how can the phenomenon of the communication of the Word of God end up in hardening our hearts? When negative volition toward truth and pride come into the picture, then our hearts will end up being hardened.

Hebrews 3:13, “*But exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin.*” gives us an even more clearer picture. It tells us that there is a dynamic going on in the inside of the flesh nature that is negative to the Word of God. It is the sinful nature that is proud and in open rebellion toward God. It deceives us and it hardens our hearts.

But for the people of God he has made a wonderful grace provision whereby we can **confess** all our resistance to and reactions against the truth, recover the filling of the Holy Spirit, get out from under the control of the flesh nature, start living in the new nature and start taking in the Word of God once again believing it and living by faith!

Hebrews 3:12, “*Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God.*” also gives us insight into this dynamic for it connects the idea of having an evil heart, which is a hard heart, with unbelief! And a warning for us to avoid it. This whole passage deals with the heart becoming hardened or stiffened by unbelief and a turning away from God, which also deals with turning away from the spiritual life dynamic of faith in the Word, which God has given to all believers as a grace provision for us to live in. The key for all this is the soul's heart functioning as it is supposed to in the spiritual life dynamic. But when it tightens up, stiffens up and becomes hard due to negative volition and unbelief, then the flow of the spiritual energy is stopped.

The word **hardness of heart**, *sklērokardia*, is used three times in the NT: Matthew 19:8, “*He saith unto them, Moses because of the hardness of your hearts suffered you to put away your wives: but from the beginning it was not so.*” Mark 10:5, “*And Jesus answered and said unto them, For the hardness of your heart he wrote you this precept.*” Mark 16:14, “*Afterward he appeared unto the eleven as they sat at meat, and upbraided them with their unbelief and hardness of heart, because they believed not them which had seen him after he was risen.*” Once again we see unbelief connected to hardness of heart and even the apostles had this problem because they did not believe he had risen from the dead! So unbelief results in the hardening of one's heart and hardness of heart contributes to further unbelief! We are hardened because of the presence of sin in our bodies.

Hebrews 3:13, “But **exhort** one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin.” gives us a way out of this, which is to exhort, or encourage, as the case may be, each other every day to stay with the faith rest dynamic. To **exhort** is the present active imperative of parakaleo, which is a command to we all are to do everyday. The **frequency** of the action is to be **every day**, *hekasten hemeran*, telling us how important it is to do this each and every day, not once a month, not once a week, but **every day!**

God provides the Word; he provides doctrinal teaching; he provides faith; and he provides the new nature apparatus to metabolize doctrine, but we must avail ourselves of it. And because the deluding influence of Satan, his world system and the body's sinful nature is so strong, we are easily pulled away from the spiritual life dynamic of the faith rest life. That's why we have to encourage each other every day because we can't let one day go by, for one day could be for the rest of our lives!

We must remember Jesus Christ. We must remind ourselves of the faith of Jesus Christ; the faith that he lived by when he was here on earth. Hebrews 12:2, “Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.” Galatians 2:20, “I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.” Christ lived by faith in the Father; he ran the race course by faith that the Father had chosen for him. And so must we. Faith in the Father's **plan** for our lives; faith in the Father's **promises**; faith in the Father's **protection**; faith in the Father's **provisions**; faith in the Father's **power**; and faith in the **process** that the Father chooses to perfect our faith!

Now the Holy Spirit will enable us to trust the Father and do his will, but we cannot allow ourselves to get to the place where we are **resisting** him as the OT Israelites did! Acts 7:51, “Ye stiffnecked and uncircumcised in heart and ears, ye do **always resist the Holy Ghost**: as your fathers did, so do ye.” And **grieving** him in Ephesians 4:30 by holding on to anger and resentment. “And **grieve not the holy Spirit** of God, whereby ye are sealed unto the day of redemption.” And in 1 Thessalonians 5:19 we have the **quenching** of the Holy Spirit. “*Quench not the Spirit.*”

So we have the **resisting** of the Holy Spirit in Acts 7:51; the **grieving** of the Holy Spirit in Ephesians 4:30; and the **quenching** of the Holy Spirit in 1 Thessalonians 5:19. The **quenching** of the Holy Spirit is where believers try to shut down the communication of Bible Doctrine to them by suppressing the teaching by doctrinal Pastors. The **grieving** of the Holy Spirit is accomplished by our refusing to let our bitterness and anger go, refusal to forgive and live in the filling of the Holy Spirit. And the **resisting** of the Holy Spirit uses the word *antipto*, which doesn't have that many references to in the NT, but there is reference to it in the Septuagint's translation of the OT using the word marah.

Now **marah** means to rebel, not to just passively resist, but to outright rebel against God, to not only disobey him, but to intentionally go in the other direction! Like Esau who intentionally went out and married Hittite women just to spite his parents. It is found in Numbers 27:14, “For ye **rebelled** against my commandment in the desert of Zin, in the strife of the congregation, to sanctify me at the water before their eyes: that is the water of Meribah in Kadesh in the wilderness of Zin.” **Mârâh** also had the ideas of bitterness, pride and anger in the matter of intentional rebellion against God.

So to resist the Holy Spirit, as we have stated here, is not to just **fail** to do what God wants; it's not to just **resist** the Holy Spirit, but **to intentionally go out and do the opposite of what God wants!** But with one more thing - it brings out the idea of having **bitterness of soul!**

Healthy Soul and Healthy Body. (Classes #181-192)

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 2 - αγαπητε περι παντων ευχομαι σε ευοδουσθαι και υγαινειν καθως ευοδουται σου η ψυχη. “Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.” NASB

We have four verbs here: **I pray** is the present middle indicative of *euchomai*; **you may prosper** is in the present passive infinitive of *euodoo*, εὐδοῶ; **be in good health** is the present active infinitive of *hugaiinō*; and **prospereth** is the present passive indicative of εὐδοῶ again.

John said that he was constantly **praying** this prayer, the reality of it in that he was actually praying for them and that he was benefited for doing it concerning the matter of their health and prosperity. *Peri panton* says that he was praying **concerning all things** in their lives.

You may prosper in the present passive infinitive tells us first of all that he wants their prosperity to be a daily reality in their lives. The passive voice tells us that they receive the action of being prospered. And the infinitive mood tells us that this was the purpose of his prayer that they would be prospered.

But what is meant by prosperity here? The word is a compound of two other words: *eu* – good, and *hodos* – journey, that they would have a good journey. They looked at life differently than we do; they looked at life as a journey on their way to heaven. Now the question is would it be a **good** journey, or a **bad** one? Now there are several things that would make our journey a good one, instead of a bad one and being filthy rich is not one of them. A life of peace and joy; having a healthy body and healthy soul; surrounded by people who love you and whom you love; fulfilling God's will for your life, the completion of our faith and our souls are some of the things that makes our journey a good one.

Be in good health is the second aspect of his prayer that he is praying for them; the present active infinitive of *hugaiinō* shows that this is the purpose of his prayer and this does get into the physical health of the believer. There is suffering that does come in this life; suffering because of the angelic conflict; suffering because we get older; suffering because of the trials we go through, but being healthy is to actually be the norm for us. So we can be healthy throughout life, a few aches and pains, an occasional bout with illnesses, etc., but basically healthy. And the Scriptures are full of references to this matter, and even around us in many of our elders we see that believers have lived to the ripe old ages of being in their 80” and 90's with very little health problems. So John wants them to be healthy.

But both **prospering** and **being in good health** are tied to the idea of **even as thy soul prospereth**, which gets us back to *euodoo* again – having a good journey. The phrase in the Greek is *kathos euodoutai sou he psuche*. **Prospereth** is in present passive indicative of εὐδοῶ again, which tells us that he wants this to be a daily reality for them in life.

Now we notice that the phrase begins with the preposition *kathos*, which denotes a norm or standard, or a degree of something. So what it's saying is that our journey through life, as to whether it will be a good one or bad one, and our physical health is tied to the standard of how our souls are doing! Our physical health and our journey we will experience in life is tied to the degree of our soul's journey through life. So what makes a good journey for our souls? Do we live in the filling of the Holy Spirit? Is our soul's experience one of peace and joy? Are we getting rid of our scar tissue? Are we living by faith? Are our souls becoming completed? Do we fellowship with God along the way?

The *hodos* word group looks at the path we take in life from different perspectives. *Hodos* is the path we have chosen to walk in our life; *eisodos* looks at our entry onto this path at some point in time; *exodos* looks at the exit from this path when we arrive at the end of our journey; *euodos* looks at the life we had on this path that it was a good life. *Eisodos* and *exodos* were terms used on the Greek stage. The actor entered onto the stage, that was his *eisodos*; the actor played the part he was to play, and at the end of his play he exited the stage, which was his *exodos*.

For the Christian God has put us on the path in life that he wanted us to take, which is our *eisodos*, our entrance, or our entry. Our exit from this life, which is our *exodos*, comes to us at the end of life. These two concepts are pretty much cut and dried; the issue now turns to our *euodos*. What kind of life did we have? Was it a good one? Was it a good journey?

All cultures have various ways of expressing our journey through life in that it was a pleasant one, a prosperous one, that things go well for us in life, that we don't have many pressures, problems, trials and suffering. In America it's to be successful, a satisfying career, making money, having nice material things, a large family, well respected in the community, etc..

But **you may prosper** is in the present passive infinitive of *euodoo*, εὐδοῶ, is in the passive voice telling us that this “prosperity”, this good life is something we receive from God out of his grace! We don't earn it; we don't deserve it; we don't merit it; it is from God who blesses us! **He blesses us, if we choose the path he has chosen for us!** “*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.*” Psalms 1:1 “What man *is* he that feareth the LORD? him shall he teach in the way *that* he shall **choose.**” Psalms 25:12

But if we choose to go down the wrong path, (and we do have a choice for God will not coerce our volition), if we choose to follow the advice of the unsaved or the reversionistic believer, (one who has departed from Bible Doctrine and living by faith), if we choose to go down the path of gratifying our OSN lusts and emotions, if we hang around with the wrong kinds of people, if we choose to immerse ourselves in the things of the world system, then it won't be a good journey for us in life!

John prays that our journey through life will be a good one, that we will end up with the right man or woman, that we will work in a field that we enjoy doing, that it will be productive, constructive, that it will be the Father's will for our lives and that our lives will glorify God. And it will be if we choose to go down the path chosen for us by God.

To **be in good health** is the present active infinitive of *hugainō*; God actually wants us to enjoy good health! But he uses the active voice here to denote the believer's responsibility to make the right decisions to bring about good health in their lives. The passive voice has been called the voice of grace for it looks at the concept of God's grace in doing things for us. While the active voice has been called the voice of choice for it looks at our volitional responsibility to make right choices in life.

Good health isn't an automatic thing; it doesn't come about just because we are alive, or because our parents were healthy, or because we have read about it, or because we are sick and tired of being sick and tired. It comes about as the result of believers making right decisions in their lives and acting on those decisions. It begins with eliminating all “foods” that aren't nutritional. Next one needs to start incorporating only the foods in life that our bodies can handle in balanced proportions that promote good health. Nutritional supplements may be needed or helpful. Then proper rest, proper exercise and then into the area of developing a positive, healthy soul.

The concept of **prosperity** deals with: 1) *thou mayest prosper*, which gets into the external aspects of our life, such as family, friends, work and many other things; 2) our personal **health**, which gets into the internal physical aspects of our life; 3) *even as thy soul prospereth*, which gets into the internal dynamic taking place in our souls.

The final aspect of our prosperity in life, which is first in importance, is our soul being prospered, *kathos euodoutai sou he psuche*. The last word for **prospereth** is the present passive indicative of εὐδοῶ again and in the present passive indicative it tells us that the soul is **being** prospered. So what is it that prospers the soul? It is Bible Doctrine that has been metabolized by faith under the filling of the Holy Spirit. The spiritual life dynamic prospers the soul.

The original has the word **kathos** with *euodoutai sou he psuche*, (our soul's journey through life), and by using *kathos* we have introduced here the idea of a norm or standard by which something else is measured or connected to, **which tells us that our personal health and our journey through this life is connected to our soul's journey through life!**

Our soul's journey uses the passive voice, which tells us that the subject receives the action of the verb, as the soul is receiving the action of the spiritual life dynamic of peace, etc., it will be prospered. If we are filled with the Holy Spirit walking in love, joy and peace as believers everyday in life, then our soul's journey through life will be a good one! But if we aren't, if we are walking according to the dynamic of the flesh nature, then it won't!

*“This I say then, Walk in the **Spirit**, and ye shall not fulfil the lust of the **flesh**. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. But if ye be led of the Spirit, ye are not under the law. Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.” Galatians 5:16-23 “Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, **which war against the soul;**” 1 Peter 2:11*

It's easy to see how the emotions of bitterness, anger, fear and guilt can be extremely detrimental not only to the soul, but the body as well! It's also easy to see the contrast and benefit to the soul, (and the body as well), of living in the love, joy and peace that the filling of the Holy Spirit brings to our souls. What this tells us is that having a good journey through life, having God's spiritual blessings on us, of being blessed in our comings and goings, of being blessed, successful and productive in life in accordance with God's standards is connected to the condition of our souls.

Is our soul being blessed? Is it growing toward completion? Are we getting over our problems? Our scar tissue? Our OSN reaction? Is the spiritual life dynamic having more control over our souls and our lives? It was for these believers that John was saying that their souls were being prospered. The present tense describes an action that was continuing on into the present as they lived in the spiritual life. And as the result their journey and path through life was a good one and not only that, so was their health. They were continuing to enjoy good health, better health than they had before as the result of having a healthy soul. Remember all believers in Christ will end up at the same destination of heaven, but not all of them will have a good journey through life on their way there!

August 2016 Newsletter – Dealing With Emotions – Review

In dealing with our emotions, and that is dealing with them not living in them, we have to see that there are feelings that we are consciously aware of and feelings that are trapped down in the subconscious that we aren't. The ones that we are consciously aware of can be dealt with by confessing them to God, recovering the filling of the Holy Spirit and start claiming the promises of God. The ones we aren't aware of can be dealt with as the Holy Spirit brings them up into the level of consciousness where we, then, can confess them to God. *“If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”* 1 John 1:9

Feelings that we are consciously aware of, such as, the feelings of the fear, and guilt complexes will keep us out of the sphere of the spiritual life and the peace it brings us. But repressed emotions can do the same thing where our moods are affected and we don't consciously know the reason why! They can also bring about TMS and other adverse affects on our physical health.

Being caught up in a mood from repressed emotions not only will keep us out of the sphere of the filling of the Holy Spirit, but they also can keep us from enjoying all the grace blessings that God has for us. Such as, if one is implacable, a function of pride and anger, then there is nothing that one can do for an implacable believer where he or she will enjoy or appreciate the gesture. So they will need to see that they are in a mood, what that mood is, what it is connected to and confess it to God.

The dynamic of conscious **suppression**, or unconscious **repression**, is where we push certain feelings that are painful or embarrassing down into the subconscious – out of sight, out of mind, so we think. What we are doing is burying them not only from public view, but from ourselves! We do this as a self preservation tactic to protect ourselves. But this dynamic really has a bad affect on our minds, bodies and relationships.

Emotions are a part of the flesh nature and when we are caught up in one or the other of them, then we are not living in the spiritual life dynamic. The first thing we must do is recognize that we are having a problem; 2) identify what the emotion is; 3) confess them to God; 4) keep moving forward in faith and the Word of God.

They, (and our lusts as well), need to be dealt with: 1) if they are preventing us from living in the sphere of the spiritual life dynamic God has given to us; 2) if they are causing problems in our body; 3) if they are negatively affecting our personal relationships; 4) if they are preventing us from appropriating and enjoying God's grace blessings; 5) if they are preventing us from communing with God; and 6) so we can go on to maturity and being conformed to the image of Christ.

Now the reasons why believers repress their emotions and bury them down into the subconscious are fairly uniform across the board; we all do it for the same reasons. 1) they reveal our true inner self; 2) fear of repercussion; 3) fear of rejection; 4) fear of retaliation; 5) embarrassment; 6) they're something we are ashamed of; 7) fear of judgment; 8) fear of punishment; 9) they may be what are considered good emotions that we are afraid of experiencing; 10) they may be something we treasure in our hearts.

Originally man did not exercise the dynamic of repressing things in the heart; he didn't do it and there was nothing to hide anyway. It was only after Adam and Eve sinned did they practice the dynamic of hiding. They hid from God; they hid behind fig leaves and they hid the truth from him.

*“And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves **aprons**. And they heard the voice of the LORD God walking in the garden in the cool of the day: and Adam and his wife **hid themselves** from the presence of the LORD God amongst the trees of the garden.” Genesis 3:7,8*

Adam then told the Lord why he did it; he was **afraid and ashamed** of his nakedness, *“And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.” Genesis 3:10*; and then as a **guild avoidance dynamic** he passed the buck to Eve, *“And the man said, The **woman** whom thou gavest to be with me, she gave me of the tree, and I did eat.”, Genesis 3:12*; who in turn **blamed the serpent**, *“And the LORD God said unto the woman, What is this that thou hast done? And the woman said, The **serpent** beguiled me, and I did eat.” Genesis 3:13*

One of the first recordings of repressed emotions in human history is with Cain and his anger. *“But unto Cain and to his offering he had not respect. And Cain was **very wrath**, and his countenance fell. And the LORD said unto Cain, Why art thou **wrath**? and why is thy countenance fallen?” Genesis 4:5,6* He may not have expressed it verbally, or acted upon it yet physically, but it did affect him physically because the Lord was able to read it on his face. The word for **countenance** is *pānîym* and is the word for the face, or the countenance of the face.

He did act upon it later for he murdered his brother Abel. *“And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and **slew him**.” Genesis 4:8* And when confronted about it later, he denied his actions and his guilt and lied. *“And the LORD said unto Cain, Where is Abel thy brother? And he said, I know not: Am I my brother's keeper?” Genesis 4:9*

God punished Cain by banishing him and later on had a son through his wife, (he could have had other children as well), and five generations later there was a son born through his line named Lamech. *“And unto Enoch was born Irad: and Irad begat Mehujael: and Mehujael begat Methusael: and Methusael begat **Lamech**.” Genesis 4:18*

Lamech made a boast of killing a man and what's interesting is that he mentions his forefather's Cain's vengeance as a legal precedent. *“And Lamech said unto his wives, Adah and Zillah, Hear my voice; ye wives of Lamech, hearken unto my speech: for I have slain a man to my wounding, and a young man to my hurt. If Cain shall be avenged sevenfold, truly Lamech seventy and sevenfold.” Genesis 4:23,24* OSN trends are passed down to the generations to follow both genetically and environmentally.

Certain sin trends are passed down through the **genes** of individuals and they are also **learned** in the home. The curse of God is to visit them upon the third and fourth generation. *“Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;” Exodus 20:5* But this can be broken by faith in Jesus Christ and the intake and application of Bible Doctrine.

What we see here are the concepts of pride, anger, boasting, hate, murder and self-justification being passed down in the genetic line as a predominant trait. We also see what appears to be a sympathetic vengeance energy in Lamech. Anger, as well as all the other emotions, have energy, this energy would affect the DNA of the individual and be transmitted down to succeeding generations. The reason why we must deal with our flesh nature's emotions is because they prevent us from living in the new nature and by our understanding our OSN trends will help us do so.

One of the more common emotions people have to deal with is **fear**, especially the fear of what might happen to them. We're afraid of pain, sickness, injury, of loss, of ending out on the streets, cancer, our death or the death of those we love; we all have certain fears that bother us. Even that great believer Job had his fears. *"For the thing which I **greatly feared** is come upon me, and that which I was **afraid** of is come unto me."* Job 3:25 (Timothy's insecurity was developed in the home).

Even the disciples with the Lord standing there with them were afraid; what were they going to eat, what were they going to clothe themselves with, how were they going to make it? The Lord then and went on to tell them how the Father has promised to take care of all of us. *"And he said unto his disciples, Therefore I say unto you, Take no thought for your life, (**worry**) what ye shall eat; neither for the body, what ye shall put on."* Luke 12:22 **"Fear not, little flock; for it is your Father's good pleasure to give you the kingdom."** Luke 12:32 **#134 9-11-16** #135

To overcome **fear** in our life we have to turn our souls to the Word of God where we thereupon receive faith and as we get faith we have peace instead and our fears subside. *"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 *"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."* John 16:33

Another emotion that is commonly repressed is **love**. You say, what's wrong with love? Nothing! The problem is we're afraid we'll be hurt, or rejected, or they'll leave us, or die, so we repress the feelings of love we have for another person. We won't allow ourselves to experience consciously the feeling we have, but we also do the same thing with anger and guilt.

Under doctrinal growth the believer will develop the capacity to love, but in so doing we will have to deal with certain emotions along the way. We must remember that in dealing with our emotions we must not be focusing on them all day. Instead we are to be focusing in faith concentration on the doctrines and promises of God's Word as we live in the filling of the Holy Spirit.

We saw in 2 Corinthians 6:11-12, *"Our mouth has spoken freely to you, O Corinthians, our heart is opened wide. You are not restrained by us, but you are restrained in your own affections."* NASB that the emotions constrict, or pinch off the flow of the spiritual life phenomena in the soul. To change this the believer has to recover the filling of the Holy Spirit.

When our emotions are activated there are two ways that they can be directed: 1) **outwardly** toward others in our speech and actions; 2) **inwardly** where they are repressed and internalized. Feelings such as fear, anger, guilt jealousy, and shame are destructive toward other people and our own souls and bodies. Obviously the solution is to get out from them as soon as possible and back into the sphere of the spiritual life. We do this by confessing them to God.

The emotions of anger and jealousy motivated **Cain** to murder his brother. Genesis 4:8, *"And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him."* Fear motivated **Abraham** to lie about Sarah. Genesis 12:12, *"Therefore it shall come to pass, when the Egyptians shall see thee, that they shall say, This is his wife: and they will kill me, but they will save thee alive."* Abraham's subjective family love motivated Abraham to plead to the Lord over Lot. **Rachel's jealousy** of her sister motivated her to put demands on Jacob Genesis 30:1, *"And when Rachel saw that she bare Jacob no children, Rachel envied her sister; and said unto Jacob, Give me children, or else I die."*

Samson's "love" for Delilah caused him to depart from his walk with the Lord. Solomon's feelings for his wives caused him to depart from his walk with the Lord. Jonathan's subjective love/loyalty for his father, king Saul, resulted in Jonathan dying with him. Asaph's feelings of jealousy and resentment, which is anger, had a tremendously negative impact on his soul, body and walk with the Lord. Psalms 73 Demas forsook Bible Doctrine, his ministry and his time with the apostle Paul because he "loved" the world system. "*For Demas hath forsaken me, having **loved** this present world, and is departed unto Thessalonica; Crescens to Galatia, Titus unto Dalmatia.*" 2 Timothy 4:10

One can go through the entire Bible and you will find that wherever there was a negative act, or negative speech, or a negative effect on other people, or one's own body and soul there were certain emotions preceding it. These negative, destructive acts or speech may come about as soon as the emotion arises, or they may come about months or years later. One may be **angry** and lose his temper immediately, or may "bottle it up" for a long time. Some people "blow their cork" immediately, while others "bottle it up" for years, then fly off the handle, or keep it buried down until later on it has a destructive effect on their bodies and relationships with others.

Part of the process of healing our souls, which is what "purifying our hearts" is all about, is where God brings these buried feelings to the surface where they can be recognized and then confessed to God; we now are filled with the Holy Spirit and are able to recommence the faith rest drill and occupy ourselves with the Word of God and his grace. The **pressure** of the trials we go through is part of the process of bringing these repressed feelings to the surface.

Emotions are a good indicator that we are still in the flesh and not living in the spiritual life of the new nature. When there the absence of faith in the Word of God, then the emotions of the soul will be activated and we are totally out of fellowship, the spiritual life dynamic is not present, and we will be trying to solve our problems with human solutions, which are no solution at all. #135 9-18-16 #136

Psalms 55,56 gives us insight into what **David** was going through when he stepped outside the faith rest life. David's enemies were threatening him with death. "*Because of the voice of the **enemy**, because of the oppression of the wicked: for they cast iniquity upon me, and in wrath they hate me.*" Psalms 55:3 The effect of it on him was fear to the ultimate; he was absolutely terrified in his soul. "*My heart is sore pained within me: and the **terrors** of death are fallen upon me.*" Psalms 55:4 His fear was so strong that it affected him physically. "***Fearfulness and trembling** are come upon me, and **horror** hath overwhelmed me.*" Psalms 55:5 His human solution was to run away from it all. "*And I said, Oh that I had wings like a dove! for then would I **fly away**, and be at rest.*" Psalms 55:6 But the divine solution was to get back to trusting the Lord in the faith rest drill. "*What time I am afraid, I will **trust** in thee.*" Psalms 56:3 Getting back to trusting the Lord resulted in David having joy, peace and confidence instead of fear. "*In God I will praise his word, in God I have put my trust; **I will not fear what flesh can do unto me.***" Psalms 56:4

When what has been buried comes to the surface it can be very distressing for we are seeing the truth about ourselves. After all, there was a reason we repressed it into the subconscious in the first place! Self awareness or self realization is just the opposite of denial, but we have to comfort and strengthen ourselves in the knowledge that God already knows who we are deep down inside and he loves us. He loved us and he had his Son die for us. Only Bible Doctrine can help us sort through this over a period of time where we can see these things about ourselves, our sins and shortcomings, and realize that Christ paid the penalty for all these things on the cross so as to redeem our souls, that hidden person of the heart we are so afraid to embrace.

Projection, transference, denial, self-deception, **false personae** are all peeled away and there we are seeing ourselves for the first time, our eternal soul being conformed to the image of Christ. The reason why we do these things is because we have never accepted ourselves. In fact, we have been running from our self our entire lives! But doctrinal growth gets us to the place we can and we are able to when we can finally see ourselves in the Beloved. Only when we Christ; can we see ourselves in him.

One of the things that the soul does is create a fictionalized person, sometimes even more than one. It is an alter ego that it puts before the public as representing us. We can even convince ourselves that it is us! We often do this in our youth and as time goes by we may even create other alter egos depending upon our circumstances and the crowd we hang around with.

It's very similar to an idol; an **idol** is something a craftsman forms out of wood, metal or stone as a representation of a deity, the elements of a deity, or what the deity looks like – but it isn't a deity! It's a figment of their imagination; something that their mind has invented. The same thing goes on in our minds where we create a fictional person that we show to the world; sometimes several fictional persons that we create over the years. We do this to protect our inner person; we do this so we can give them something that we think they will accept. But as the believer in Christ grows under Bible Doctrine, then the idol begins to crumble before our very eyes until all that is left is the real you standing behind a very transparent veil!

When the soul is put under pressure through various kinds of trials, and the spiritual life dynamic is not in operation to protect it, then the emotions will start to surface: worrying about whether God will provide for us, fear if we'll be protected, anger if we're hurt or offended, jealousy when others have more than we do, guilt when we've done something wrong, wanting fun, love and happiness. If we lose our peace and various emotions are present, then that should be our signal for us telling us we need to get back into the dynamic of the spiritual life of occupying our minds on God's promises through faith.

In dealing with our emotions we have to recognize what is going on. When any of the seven emotional complexes of the soul is present, then we have to conclude we are in the flesh nature. Pressure, stress and the fear complex are indeed problems for our souls, but we have the power over whether they're going to be our reality or not! *"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 The key lies in the last sentence where it says let not your heart be troubled, stressed, neither let it be afraid, the fear complex. This tells us that **we can prevent stress and fear from being in our souls!**

Now just knowing this is not sufficient to solve the problem; all this does is make us **aware** of the problem. The solution lies in directing our souls back to the Word of God once again, confessing our sins to God, if necessary, then we are to believe the promises and doctrines of God's Word. The spiritual life consists of the believer in Christ directing his/her soul in faith toward the promises and doctrines of God's Word; it takes place in the new nature as the believer is filled with the Holy Spirit.

The spiritual life is the provision of God to protect our souls from the pressures of the world system and the flesh nature, but also from the attacks of the devil. It is created inside of every born again believer in Christ and is unique only to the individual; God created our own spiritual life inside of us that is unique only to us and no one else on earth has one like ours. The **key to victory** in this area is not occupation with our problems, our emotions, our lusts, demons, or the things going on in the devil's world. The key to victory over the world, flesh and the devil is occupation with Christ through his Word and the filling of the Holy Spirit, who empowers us. **#136 9-25-16 #137**

Pressure exists in this world, that's a given and nothing can be done about it and nothing will be done about it until Christ returns to earth and sets up his kingdom. The devil is the present ruler of this world and all the people here on earth are under the devil's rule, which includes all the institutions and governments he established here on earth. We live on a sin cursed earth where everyone living on it has sin cursed bodies. So yes, we do have pressure in this life. "*And we know that we are of God, and the whole world lieth in wickedness.*" 1 John 5:19 "*We know that we are children of God, and that the whole world is under the control of the **evil one**.*" NIV "*In whom the **god of this world** hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.*" 2 Corinthians 4:4 "*Now judgment is upon this world; now the **ruler of this world** will be cast out.*" John 12:31

Paul uses a military metaphor in Ephesians 6:14 as our approach to dealing with our emotions and his statement is that we are to **protect** them! "*Stand therefore, having your **loins** girt about with truth, and having on the breastplate of righteousness;*". If we are to stand our ground in the angelic conflict, then we are going to have to have the helmet of salvation firmly in place, be wearing the breastplate of righteousness, having our feet shod with the sandals of peace, having our shield of faith up in place, the sword of the Spirit, which is the Word of God, but we're to also have our loins girt about with truth.

The word for **loins** is *osphus*, which refers to the soft areas in the abdomen. This area of body has no natural defenses built into it, such as bone, so it is very vulnerable to being hurt. The Roman soldier used a wide belt having strops that hang down from it. The wide leather belt protected the waistline, and the strops protected the abdomen down past the groin area. These strops were overlapping, which provided further protection and allowed for flexibility in movement.

For us it is the **belt** of truth, not just the truth referring to the Word of God, which is of utmost importance, but all truth in general that protects our emotions. And the overlapping idea comes from one learning a truth about something, then another truth that "touches" on the same idea abuts it, then from these two truths other truths are developed so that the heart is protected by overlapping truth.

For example, we have learned many, many things about the nature of the flesh's emotions; the different kinds of feelings, how each one has its own complex, what they're connected to, how they can become repressed into the soul, how they can affect the body, how they are flesh phenomena not spiritual phenomena, how they can stay buried for years, how to deal with them spiritually, etc., etc.. These things constitute overlapping truth and the more we learn about them and see them in ourselves, and the more we apply spiritual problem solving devices to them, then the more protected our feelings will be so they aren't agitated or damaged.

They are not going to go away. We cannot get rid of them for they come with our human flesh natures and hardening our hearts, denying them, repressing them, acting on them is not the way to handle them. We must protect them from the world system, the flesh nature and the attacks of Satan and how we do that is by leaning truth about them and applying the spiritual life dynamic to solve the problem.

And the belt of truth is an excellent approach to dealing with our emotions for it gives us the flexibility to move around in life and interact with different kinds of people, as well as be able to serve the Lord in the devil's world, for while we are doing that the belt of truth with its overlapping strops gives us the flexibility to do that! It keeps us from hiding in our rooms, or restricting where we go and what we do because of certain emotional problems. It enables us to live more on a grace basis in life, rather than being a strict, "stiff" legalist.

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. **#137 10-02-16** #138

The overlapping straps refer 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 feedback 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 make us sick, give 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 are 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 the practice in our lives of keeping our minds on Christ through his Word.

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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 enlightens 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, even people 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 *meas 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! God gives the grace.

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. **#139 10-30-16**

We can't do anything about the external pressures and irritants 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. John 13:17 - **Consequences**

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 will be 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! **#140 11-06-16 #141**

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 “*Pentecost's*”, 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. *

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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! **#141 11-13-16 #142**

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 also 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 consciously 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.

In the World

Worldly – caught up in the ambitions, goals and ideas of the world system.

*“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 different planes 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 and react to 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 are, 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 the 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, and 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 of God**.

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! #142 11-20-16 #143

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 in the image of Christ!**

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, and 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-poo 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 whom 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. #143 11-27-16 #144

November 2016 Newsletter – Dealing With Emotions – Review

We need to create oases of tranquility, (and we can with God's help), where we can meditate on the Word of God. These areas we do this in will become oases of tranquility because we will be meditating on the Word of God. And, as we do so, we will find any of the flesh's emotions that have been agitated will start to calm down.

The Scriptures teach us that we're to have oases of tranquility in our lives and it begins with us having **a place where we can go to in privacy to talk with God**. In the Orient the people would have their homes. Outside would be the public streets with people coming and going on about their daily business, not a place conducive to those intimate times of prayer with the Lord. The oriental home would have a large wall going around their property to shield the home from all that. Once you entered into the home through the gate you would go into a courtyard, then into the home.

As one can see you were removing yourself further and further away from the hustle and bustle and noise of people. And further on into the home you would find that most Orientals had a hidden, secret room in the innermost part of the house; a place used for storage or privacy. This room was called the *tameion*, translated as *closet* in the KJV, and it was this room that the Lord told the disciples that we are to go into to pray, (or talk), to the Father. Matthew 6:6, "*But you, when you pray, enter into your **room** (**closet** - *tameion*), and shutting your door, pray to your Father in secret. And your Father seeing you in secret will repay you openly.*"

This is where we begin by confessing any known sins that we are aware of and then start asking God for wisdom on what's wrong. Perhaps we have internalized anger going on inside, but we don't know it. We've lost our peace, our mental attitude stinks and our body is tied up in knots. We don't know what the problem is, nor do we know why it is there. So we keep on praying to God for answers. And as the Holy Spirit reveals to us what's wrong and we confess it to God, then we recover our peace.

Maybe we're stressed out over what's going on in America, or the condition of our marriage, or going through a divorce, or a problem with the kids; maybe we're stressed out, or maybe we're anxious, or angry, so we not only confess it to God, start claiming the promises of God, then take doctrine and apply it to the situation. Such as, we're just "pilgrims passing through". "*Dearly beloved, I beseech you as strangers and **pilgrims**, abstain from fleshly lusts, which war against the soul;*" 1 Peter 2:11

As believer-priests we can apply the reverse rationale: 1) we don't know what is wrong. 2) We don't know why our souls are agitated. 3) We then recognize that our souls are agitated. 4) We realize that we are in our emotions and not the new nature. 5) We've allowed stress to enter our souls. 6) We've reacted to pressure. 7) We realize that we must handle the pressure by faith in the Word of God. 8) We confess our known sins to God. 9) We start claiming the promises of God. 10) We focus our attention back to Bible Doctrine. 11) The agitation is gone. 12) Peace is now in our souls.

Negative emotions are activated when under the control of the flesh nature. The old nature is in control when we are not under the control of the new nature. The new nature goes into operation when the believer is focused on the Word of God by faith in the filling of the Holy Spirit. So faith in the Word of God is vital in this matter. "*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 **#144 12-04-16** #145

This is where the doctrine of election is so beneficial to strengthening our faith. When we begin to see that our salvation is all from God, then our hearts can finally rest in faith and trust. The spiritual atmosphere of faith in the Word produces peace and joy in our souls and protects our souls from the negative emotions of the flesh nature. *“Even so then at this present time also there is a remnant according to the **election of grace**.”* Romans 11:5

The human activity of striving and trying always results in troubling emotions, but total grace calms the emotions. We must be considerate of the emotions, in that, we don't want to work them up, but we also don't want to live in, or be governed by our emotions! *“So then it is not of him that willeth (wanting), nor of him that runneth (trying), but of God that sheweth mercy.”* Romans 9:16

Spurgeon, Hodges and the Reformers were against the free will doctrine of Arminianism because it led directly to legalism and legalism is a spirit of bondage that leads directly to fear, the agitating of the emotions. *“For ye have not received the spirit of bondage again to **fear**; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.”* Romans 8:15

The reason why is that at the root of free will is the **uncertainty** that one has not really come to Christ, that he has not fully trusted in Christ, or that he has not fully exercised his free will. There is always that **nagging sense that there has been something left undone**. Arminianism brings “me” into the equation, while election looks solely to God and his grace! #145 12-11-16 #146

The soul is divided between the conscious and the subconscious. Thinking and feeling takes place in both, but it is in the conscious mind where we are consciously experiencing our thoughts and feelings. It's sort of like a computer where the hard drive is the subconscious, while the monitor is our conscious.

The soul also has a self-defense survival mechanism where certain thoughts, feelings and memories are pushed down into the subconscious where we don't have to think about them, feel them, or remember them. We do this, and automatically so, because we are ashamed of them, embarrassed by them, afraid of them, afraid of the pain and hurt they bring, afraid of the repercussions that we might get from others, afraid of the loss of face, afraid of rejection, afraid of coming face to face with ourselves!

And these repressed thoughts, feelings and memories are not dead, perhaps dormant, but not dead. They are not conscious, but they are still there in the subconscious nevertheless. At best they are in a state of inactivity, but they are living energies that operate below the level of the conscious mind and they do have an effect on the soul and the body. The normal way that people handle their feelings is: repression, suppression, denial, dissociation, projection, transference, expression and acting out. But the way that God wants us to handle them is acknowledging them to ourselves and to him.

Most of us are content to keep our feelings buried down into the subconscious, “let sleeping dogs lie”, after all there's a reason why we pushed them down there in the first place! But oftentimes in life certain circumstances and events will come about that trigger these old feelings and we will not be able to keep them buried any longer. Old memories, old hurts, old thoughts and feelings will start to rush to the surface where the conscious mind has to experience them. Now we have to deal with them. This usually happens in our adult life where childhood trauma with its memories, thoughts and feelings, which we repressed to protect the soul, and it did protect the soul back then, will surface in our adult life. **But what was protective in our childhood becomes destructive in our adult life.**

The thing we need to keep in mind is that the problem with the flesh's emotions can prevent us from living in the spiritual life dynamic, so we have to learn to deal with them. We do this by not neglecting

faith, the promises, Bible Doctrine and the filling of the Holy Spirit. We must learn how to deal with the various emotions that pop up along the way, as we are walking in the spiritual life. The flesh's emotions can prevent us from living in the sphere of the spiritual life dynamic and they can even cause us to turn around and go backwards! So we have to deal with them so we don't live in them!

One of the major mistakes that Christian churches make today is confusing emotional phenomena with spiritual phenomena. They are **not** the same! One is produced by the flesh, while the other is produced by the Holy Spirit operating in the new nature. We need to understand that our fallen natures had emotions before we were saved and they still have them **after** we were saved! The thing that changed is that we all acquired a **new nature** that God created in us at the moment we believed on Christ as our Savior. *"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 God did not revamp, restore, or rehabilitate the old nature we inherited from Adam, but created something entirely new and different in us; a new nature patterned after and from Jesus Christ himself; a new species of humanity.

The emotional complex of the soul is made up of: fear, anger, guilt, grief, envy, human love and human happiness. While the spiritual phenomena that the Holy Spirit produces in us is listed in the NT as: love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance, hope, bowels of mercies, kindness, humbleness of mind, forbearance of one another and forgiving one another.

Before Adam and Eve sinned they did not have the emotions of: fear, anger, guilt, grief and envy. They did have the "emotions" of love and happiness, but there was no way that we could ever know what that felt like for they experienced those two "feelings" in a sinless state. The five senses of: sight, sound, touch, taste and hearing were how their inner souls related to their external world. But their two "senses" or "emotions" were how their inner souls related to external souls.

Before the Fall Adam and Eve only had two *feelings*, love and happiness, but after the fall these two *feelings* became twisted and distorted. Also after the Fall Adam and Eve acquired five other feelings: fear, anger, guilt, grief and envy, which they did not have before. We see **guilt** and **fear** revealed when the Lord entered into the Garden and Adam said to him, *"And he said, I heard thy voice in the garden, and I was **afraid** (fear), because I was **naked** (guilt, ashamed); and I hid myself."* Genesis 3:10

And we certainly see **anger** with Cain in the time that he and Abel both brought their offerings to the Lord in Genesis 4:3-5. *"And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the LORD. And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the LORD had respect unto Abel and to his offering: But unto Cain and to his offering he **had not respect**. And Cain was **very wrath**, and his countenance fell."*

The word for **had not respect** is *shâ'âh*, which meant to turn the head away from. When the Lord did this Cain **reacted** with pride, negative volition, bitterness and anger. Now the word for **anger** was *chârâh*, which was the strongest form of anger, but when used with the word *m^e'ôd* it intensified it even more! **Cain became instantly furious!**

Cain's offering was one of human good, which was a denial of human bad; he was saying in effect that he was not sinful and really didn't need to be saved. But when the Lord rejected it he instantly erupted in anger. (Whatever happened to how good you were Cain?) Later on when the Lord instructed him in the way of grace he rejected that and in his fierce anger he went out and murdered his brother.

So now we have the concepts of: self-righteousness, negative volition, rejection of Bible Doctrine, rejection of grace, human good, disobedience, arrogance, bitterness, jealousy, anger, rage, denial, self-justification and murder. We even see guilt in him in Genesis 4:13, "*And Cain said unto the LORD, My **punishment** ('âvôn) is greater than I can bear.*" Some translations have 'âvôn as guilt.

As God instructed Cain in the OT as what to do, so he instructs all of us how we are to get right with him through faith in his Son, Jesus Christ, if we're unbelievers; and for believers he instructs us as to how we are to live in the spiritual life. It's a strict protocol provided to us by his grace. But, as with Cain, many out of their pride and sense of human good reject God's protocol plan of grace!

The protocol plan of God's grace as brought out in Bible Doctrine is whereby the problem is **defined**; the solution is **outlined**, and the path we are to follow **clarified**. When God asked Cain, "Why are you angry?", he was revealing to him that he had an anger problem and told him what the biblical solution was to handle the problem, which was to offer the proper sacrifice.

But, as we know, Cain was arrogant, negative to Bible Doctrine, negative to grace, full of human good and self-righteousness and full of emotional sins, among which were anger and jealousy, so he went out and murdered his brother Abel. His pride motivated him to reject God's protocol on how to get right with him and instead substitute his own ideas on how to do that, which God promptly rejected.

The dynamic for Christian living for NT believers today has already been provided by God and he is inflexible in this matter. It's just like worshipping God. How are we to worship God? Does God give us all a choice in the matter? Does he allow us to establish in our own works and our own ideas of how we are to worship him? Or does he clearly state how he to be worshipped? Christ made this patently clear in John 4:24, "*God is a Spirit: and they that worship him must (dei – must, absolutely have to), worship him in spirit and in truth.*"

People in their churches have concocted all sorts of religious fal-de-ral they employ in their "worship" of God, but God never authorized that! What he did authorize, and there is no going away from this as to how he is worshipped, and that is through the true filling of the true Holy Spirit, faith and the teaching of Bible Doctrine! **#146 12-18-16** #147

The same thing goes for Christians in their walk with God. It is God who has provided us new natures; he has indwelt us; he regenerated us through faith in Christ; he gave us both Jesus Christ and the faith to believe in him; he has given us his Word; he has given us the local church and a man with the spiritual gift of Pastor-Teacher to teach his Word; he has provided us the filling of the Holy Spirit; he has provided confession of sin; he has provided for us all that is needed to live in the spiritual life dynamic. All we are to do is walk by faith in him and his Word.

There are **four** major areas in the flesh that cause believers problems in living in the spiritual life of the new man: 1) stress in the soul, which we have allowed to come into us from the outside world; 2) sin in the soul, which comes from the sin natures of these bodies; 3) false doctrines in the soul, which we have accepted from non-doctrinal sources; 4) the inner conflict of the defense mechanisms of the soul in the area of repressed emotions.

Life has always had its share of problems and problems bring stress with them, if they are not handled by faith in the Word of God, or, as many would say, leaning on God for the solution. For the believer living at the end of the Age the pressure, problems and stress will intensify like no other time in history. So it is vital that the believer needs to learn and apply how to deal with the conflict going on at that

time via faith in the Word, prayer and the filling of the Holy Spirit; the increased pressure (tribulation), OSN operation, false doctrine and apostasy and a world gone mad during that time mandates that we all live in the spiritual life dynamic.

When people go through traumatic trials in their lives, even from years gone by, they have a tendency to repress the hurt, then dissociate and distance themselves from it, maybe even deny it ever happened. There in the subconscious it is now "out of sight" "out of mind", or so we thought, until something triggers it and it comes to the surface. Now they're going to have to deal with it, but how?

This is where Christ's grace comes in. 1 Corinthians 10:13, "*There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.*" As God provides a spiritual provision to bear the trial, and as God provides a spiritual provision for us to bear our burden in life, so God also will provide a spiritual provision along with dealing with our problems!

Sometimes we will be thrown into a situation where there is no way out of it apart from learning and applying the doctrinal truths that God wants us to learn and dealing with our own internal problems. It won't go away; we couldn't avoid it; we can't get out of it, so the only option we have is to learn and apply the truth, which will be our only means of getting through it to the other side. We will have to do it by faith, but faith has to have its object, which is Bible Doctrine.

It is the trial which often brings these buried feelings up to the surface; feelings from recent events and even feelings from things gone by in our lives. Now the believer will have to apply the doctrinal truths that pertain to such things to deal with them. Remember, we cannot solve our emotional problems with our emotions. We can only solve them with doctrinal solutions. We must also remember that oftentimes this dynamic of surfacing feelings and the subconscious trying to repress them causes tension in the soul. This tension can create a problem called tension myositis syndrome, which will bring in various physical problems to get our minds on them instead of on the psychology of the problem and dealing with them through the spiritual life dynamic.

We are all familiar with the problem Christians face with the world system, the flesh nature and the devil. Inside of us is our human spirit (created in us at the moment of salvation); it is surrounded by the soul; and the soul is surrounded by the flesh nature body; and the body is surrounded by the world; and over all that outside of us is the devil. So there are a lot of things that can cause us problems.

It is these external things: the world, flesh and devil that put pressure on our souls and if they are not handled by living in the spiritual life, then the **pressure** they bring will come into our souls creating **stress** in our souls. Stress in the soul isn't sin, but it will be readily converted into sin in the soul and the first sin(s) in the soul that will arise will be: 1) the emotional complex of the soul, 2) the lust complex of the soul, 3) false doctrine in the soul, 4) the inner conflict, (which brings more stress), of trying to live life and solve our problems by using childhood defense mechanisms of repression, dissociation, denial and acting out our feelings.

For example, let's take a look at living in the end times, or apostasy, or under a tyrannical regime somewhere. Pressure abounds all around the believer; the solution is to live in the faith rest life in the power of the Holy Spirit. But if he doesn't, then he has stress in the soul with fear and anxiety now in the soul. He needs to confess his sins and get back into the faith rest drill with the filling of the Holy Spirit and he will recover spiritually.

But if he doesn't then the result of fear in the soul will be as described in Luke 21:34, "*Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap.*" Fear and anxiety will cause people to turn to such things as drugs and alcohol to cope with the pressure. But there is only one solution for pressure and stress and it's recovering the spiritual life dynamic of Christ's peace.

When the pressures of life are not met with prayer, faith in the promises, concentration on Bible Doctrine, confession of sin, having a personal sense of destiny, the filling of the Holy Spirit and peace, then the result will always end up with stress in the soul. And if not remedied doctrinally, then that stress will be turned into sin in the soul. And the first sins in the soul will be the emotional complex of the soul and the first emotion that will come into play now will be the fear complex usually followed by the anger complex. And if we're at this place, then we need to wake up and realize that we are caught up in the grip of our emotions and remember that we can't solve an emotional problem with our emotions; we must turn back to the spiritual life dynamic as the solution.

If it makes more sense to handle pressure and stress outside our souls, instead of trying to deal with them in our souls, then why don't we? The answer is the flesh nature; the flesh doesn't want to utilize spiritual problem solving devices for it wants to do things based upon its own strengths and abilities! Which are always ineffective in our spiritual warfare leaving us with failure and misery, but **misery can be a motivator to apply doctrinal principles.** #147 01-01-17 #148

Man acquired the emotional complex after the fall of Adam and Eve. Prior to that they did not know what the feeling of **fear** was, nor did they experience the feeling of **anger**, nor the feeling of **grief**, nor the feelings of **guilt** and shame, nor the feelings of **envy** and jealousy. And the feelings of human **love** and human **happiness** they had before the fall were but a hollow, vague memory of something they used to have, but not sure of what it was. But God has provided us something infinitely superior to that in the filling of the Holy Spirit.

The problem we have is that our emotions block off the filling and ministry of the Holy Spirit; they block off any flow of spiritual phenomena through our souls! When we allow the outside **pressures** of this life to penetrate into our souls, then we now have stress in the soul, which will activate the fear complex of the soul. If we **react** against things that are going on around us in life, then we will activate the emotional complex of anger in our souls.

In the Garden, before the fall, Adam and Eve had no pressure, no stress, nothing to react to and no emotional complex to deal with. But after they sinned they acquired a fallen nature and emotions. And after they were cast out of the Garden, they pretty much reacted to everything going on around them. Why? Because they were now vulnerable; they were now insecure, they were afraid; they were angry and ashamed.

But God has given us something to rise above all that; he has given us a spiritual provision in the person of the indwelling Holy Spirit, who is our provision for dealing with the pressure of living in this world and in these bodies; he gives us the inner sense of security and peace in our souls accomplished through the faith rest drill of faith in the promises and doctrines of God's Word. He is also our provision for dealing with provocation so we don't react to people or what's going on around us and thereby we are able to retain our peace.

When the Lord told the disciples that he was going to leave them and return to heaven they became very sad. But he also told them that he was going to send to them the Comforter, the Holy Spirit, who

would indwell them and every other believer in Christ living around the world. This would guarantee that physical proximity to the Lord was no longer an issue concerning our inner peace.

The problem that so many of us have is that somewhere in our souls we have an emotional reaction to something that was done to us, said to us, or said about us, or something that was taken from us, or denied us, which reaction is bitterness that leads to anger, which also prevents the filling of the Holy Spirit and any spiritual phenomena from taking place in our souls. "*You are not restrained by us, but you are restrained in your own affections.*" 2 Corinthians 6:12 NASB

So what has to be done is to root this problem out to get at the bottom of it and then let it go. It is the Pastor-Teacher's job to teach the doctrine to facilitate that and it is the believer-priest's responsibility to take these matters to the Lord in their own priesthood for their healing. All of us have the responsibility to deal with our own emotional issues so we can deal with things that prevent spiritual phenomena from flowing through our souls in the filling of the Holy Spirit.

December 2016 Newsletter – Dealing With Emotions – Review

If we're not experiencing God's peace in our lives, and we know he wants us to, then we have to ask the question why? What's holding us back? What's preventing us from enjoying the peace that Christ gave to us? "*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

When we can get past the "blame game" and realize that the reason why we're not living in Christ's peace is not because of the church, or our pastor, or our parents, or society, but because of ourselves, then we're ready to see: 1) that Christ has given us his peace; 2) he wants us to live in it; 3) if we're not, then something is going on inside of us that prevents it; 4) we keep on going to God in prayer and faith for God to reveal to us what it is and deal with it.

Our feelings can and will prevent us from living in the filling of the Holy Spirit. In fact, they are the direct result of not living in the filling of the Holy Spirit! They block the flow of the spiritual life dynamic in our souls and we can get caught up in them. We've got to learn to recognize the dynamic of the flesh's emotions in each one of us, as well as the lusts of the flesh, confess them and recover the filling of the Holy Spirit.

There are certain inherited traits that each one of us have; traits that we have acquired genetically in the flesh, that act to prevent us from living in the Spirit, in fact, they war against the spirit inside of us. "*For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.*" Galatians 5:17

These **genetic traits** have been passed down from the parents to the children in our flesh natures and affect us to a great degree physically and psychologically giving us certain things that we will have to learn to spiritually deal with and overcome in our Christian growth. In addition to that there is also the problem of our **upbringing** of how we were raised by our parents. Were we nurtured? Abused? Neglected? Was there trauma in our lives? What kind of trauma? And then there were **environmental** issues that played a part on the flesh before we believed on Christ. Were we raised in a nation at war? Was there very little food to eat? Were we raised in neighborhoods where there were gangs? These are some of the things that put scar tissue on the soul, which will be removed as we grow in Doctrine.

All these things belong to the flesh nature; recognize it as such and then turn to the Lord, his Word and his power to overcome them. We may be “worry warts”, or fearful and insecure; we may be angry and moody, but all that is in the flesh nature, not the new nature! We need to step out of that dynamic and get into the spiritual life of peace that Christ has given to us.

Emotions that have been repressed over the years, especially in childhood, tend to want to surface into the conscious mind as adults and usually unbeknownst to us. It is this repression/surfacing dynamic that causes tremendous tension in the soul, which can be another source for stress in the soul. Again, the procedure we need to follow is “*If any of you lack wisdom, let him **ask** (aiteo – to 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** (proseuchomai - converse). Is any merry? let him sing psalms.*” James 5:13

We are familiar with the concept of *ananke* where we are forced to go through something we don't want to go through; something that seems to be an impenetrable barrier and will destroy our souls, but God uses it **to rid our souls of scar tissue!** #148 1-08-17 #149

“*Therefore I take pleasure in infirmities, in reproaches, in **necessities**, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.*” 2 Corinthians 12:10 *Ananke* describes the distress that we experience in our souls when we have to face old buried feelings and painful memories. We spent our lives running away from them, but now, in the plan of God for our lives, we are forced to face them so as to bring about peace, spiritual growth and conform us to the image of Christ.

But remember, when the repressed **memory** of the traumatic event, when the repressed **thoughts** and **feelings** connected to it come to the surface, (we can no longer avoid it now), then the Spirit of Christ will transcend all that, take it away from us and we will be healed of it and have peace. How it works is when the believer claims the promises of God by faith, focuses entirely on Bible Doctrine, and lives in the filling of the Holy Spirit; he or she will go through the impossible trial and come out the other side at a higher level of spiritual growth than when they entered into the trial.

The world system, the flesh nature and the devil will array everything they can to stop us dead in our tracks, but it is the pre-ordained will of God the Father that compels us to keep moving forward. The last barrier we will face is our physical death when our souls are finally released to go into the presence of Christ in heaven.

The **flesh nature is a barrier to the spiritual growth** of the believer in Christ and the completion of his/her soul and it does so in the following ways: 1) through the 28 categories of lust, 2) through the 7 emotional complexes of the soul, 3) through the various categories of pleasure, 4) and through repressed memories, repressed emotions, scar tissue of the soul, repressed personality, adopted personas, multiple personality disorders and role playing, acting a part.

Often we call people “phonies” because they're trying to be somebody other than they are. But there is a concept that addresses that in the NT with the use of the word *hupokrisis*, which was the mask that the actor wore on stage; to a degree most people are wearing masks everyday, some wear many masks! These masks are something that the true personality of the soul hides behind so no one can see him. Some people, in time, think that their mask is them! Which isn't true.

God deals with those issues with believers in Christ because he knows who they truly are on the inside because he created that new nature on the inside when that believer trusted Jesus Christ as his Savior. Now for the believer in Christ the issue is to have that new man or woman come to the surface, or to be

manifested to the outside. How this is accomplished is by the systematic intake of Bible Doctrine over the years, going through the many trials we have to go through, passing those trials by the application of Bible Doctrine to them, and then gradually, over the years, the true personality will come forth to the glory of God the Father and his Son, Jesus Christ.

2 Corinthians 12:10, “Therefore I take pleasure in **infirmities**, in **reproaches**, in **necessities**, in **persecutions**, in **distresses** for Christ's sake: for when I am weak, then am I strong.” can be divided up into five categories: 1) **infirmities** – which denotes our personal weaknesses, 2) **reproaches** – being insulted, treated and spoken to in a despicable manner accompanied by a mental attitude of hubris, 3) **necessities** – soul pain of having to go through things you don't want to go through, 4) **persecutions** – where we are put to flight over our faith or the application of the Word of God, 5) **distresses** – being in a no way out situation. But in all these things it is the power of Christ that gives us the victory, but his power operates in our weakness in the sphere of faith for it is only there, when we are not trying to do these things in our own strength, that we find his strength there.

In Genesis 15:1, “After these things the word of the LORD came unto Abram in a vision, saying, **Fear not, Abram: I am thy shield, and thy exceeding great reward.**”, we see that Abram was fearful and worrying; he had been offered part of the spoils of war by the King of Sodom, but he refused it standing on doctrinal principles. This left him with a sense of vulnerability and insecurity in his senior years. How was he going to take care of himself and his wife, Sarai, in their old age? How was he going to protect them and provide for them? The Lord answered this problem by telling him that he was his shield and his exceeding great reward.

He had acted in faith on the call of God to leave his homeland and family and the security that provided for him to go into a strange land and people. He had acted on faith and a doctrinal principle when he refused the spoils of war by the king of Sodom. But here he is now worrying. How was he going to take care of Sarai and himself? The answer was supplied to him by a personal appearance of God who reassured him that **he was going to protect him and provide for him.**

Abraham and Sarah have been referred to as the father and mother of our faith and that's because everything: Isaac, Jacob, the 12 tribes, Jesus Christ and Christianity today come from these two! So it will greatly profit Christians today to go over and over **their journey of faith** in this life from their leaving the comfort and security of their own land, people and family, to the different things they had to face in their lives and their eventual passing away.

The pressure of life had got through to Abram's soul and it activated the emotion of fear inside him. So what did God do to deal with the problem of Abram's emotions? He spoke the Word to him, actually he made a promise to him, which promise extends down to this day to every born again believer in Christ. Such as found in Deuteronomy 31:6, “Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he it is that doth go with thee; **he will not fail thee, nor forsake thee.**”; and in Deuteronomy 31:8, “And the LORD, he it is that doth go before thee; he will be with thee, **he will not fail thee, neither forsake thee: fear not, neither be dismayed.**”; and in Hebrews 13:5, “Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, **I will never leave thee, nor forsake thee.**” #149 1-15-17 #150

When Abram turned his soul to the promise that God made to him, then **his fear went away.** And the same thing will happen to us today 4,000 years later, when we turn our souls in faith to the promises that God makes to us; **the fear will go away!** For it is in the sphere of faith that the power of God, through the indwelling Holy Spirit, will set aside all our emotions, fear included!

Stress can only come into our souls to harm us, if we open the door and let it in! And we open the door to let it in, when we decide to handle our problems in our own strength, instead of relying on the Lord! The spiritual life dynamic that God has given to every believer in Christ is more than sufficient to handle anything we face in life.

It's like living comfortably and securely in your own home, (the new man inside of us), in peace, while outside are snarling wolves. As long as you keep the door closed you are fine, but as soon as you decide to go outside in your pride, and do something about it in your works of the flesh, then you have opened the door to a problem. There are always wolves outside in the world system seeking to destroy the peace and tranquility of the people of God. If we decide to stay in our "house", the new man of the soul, and handle the outside problems with faith, prayer and the filling of the Holy Spirit, which is the spiritual life dynamic, then God will handle them for us, but if we decide to "do something about it", then we are opening up, "Pandora's Box".

God outlines a procedure in Philippians 4:4-9 where if we follow it, we will have peace in our souls and in our lives. 1) to keep on rejoicing in the Lord; 2) have an over reasonable mental attitude toward everyone in life; 3) realize that the Lord is always in us and near to us and will be with us wherever we go in life; 4) to stop worrying about even one thing in life; 5) to keep on praying about everything in life; 6) to be a thankful person and remember to always be thanking God for everything; 7) to occupy our minds with positive and excellent concepts.

The spiritual life dynamic is more than sufficient to handle all our problems in life, whether from the outside world, satanic attacks, physical problems, or garbage in the soul. What we have to watch out for is reacting to situations, getting angry, not trusting the Lord, not believing the promises of God and resorting to self-help activities, which are our works! Christ's peace is more than sufficient to protect our souls regardless of what we go through in life, but to live in his peace we must live in the sphere of faith in the Word of God.

The spiritual life dynamic is God's grace provision for every believer in Christ and being from his grace it sets aside all of our works, striving and trying to figure things out. And because it is of his **grace**, then it means that God now is the one who is going to handle the problem. When we live in **faith**, it means that we are trusting God to handle the problem, either way it goes back to **God!**

We need to remind ourselves that the new man lives in a "bubble", if you will; a spiritual bubble living inside a flesh body that has a sinful nature in rebellion against God. And this fleshly body is a "bubble" living in a world corrupted by sin ruled over by an enraged celestial being. If God's people are going to survive all that, then a **perfect God** had to come up with a **perfect plan** and a **perfect solution** and a **perfect provision!** And he has done so by giving us his **perfect peace**, which is activated as we live in the sphere of faith in his Word.

For us to be successful in living within the sphere of his peace, which protects our soul from stress, destructive emotions, lusts and garbage in the soul, then we are going to have to follow the protocol of the spiritual life dynamic, which means that we are going to have **to stop living emotionally and start living doctrinally!** This means that we are going to have to be confessing our sins, when necessary, be praying to God, claiming the promises of God by faith, sitting under the doctrinal teaching of the Word of God, putting matters into the hands of the Lord, forgiving others, etc..

We must remember that our *eusebeia*, mistranslated as **godliness**, is our very own unique and spiritual life that God created for us and in us at the moment of our salvation on an individual basis. It is ours; it is eternal; it is what we will be living in for all eternity and it is what we are to be living in now! It was created by God for us. James 1:17,18, “Every good gift and every **perfect gift is from above**, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning. Of his own will **begat** he us with the word of truth, that we should be a kind of firstfruits of his creatures.” It can be and is to be renewed on a daily basis. 2 Corinthians 4:16, “For which cause we faint not; but though our outward man perish, yet the inward man is **renewed day by day**.” And it is renewed by a spiritual process called *epignosis*, which centers around the idea of metabolizing Bible Doctrine by faith, which converts doctrinal information into spiritual phenomena. Colossians 3:10, “And have put on the new man, which is **renewed in knowledge** after the image of him that created him:”

This becomes especially important to us in the light of our present situation. We are living on the earth in bodies of corrupt natures, among people who hate Jesus Christ and us, and ruled over by an enraged, very powerful celestial being who is at war with our God!

How this applies to us is that it is our spiritual life, if we live in it, or while we are living in it, that will protect our souls from the cares and worries of this life, the things we are afraid of, pressure, temptation, stress, allurements, the attacks of Satan, the emotions, the lusts, from everything that the world, flesh and devil can throw at us. If it protected and sustained Christ on the cross from all the demonic hate channeled at him, then it will protect us. And if under attack, we can always go back to our place of refuge, the spiritual life inside us.

Even though many Christians are moral, and that’s a good thing, and many churches teach the Bible, and that’s a good thing also, there is one thing so many lack, which is so important, and that’s teaching believers how to live in their own spiritual life. Some offshoot churches teach a “spiritual life”, but it’s a fake one based upon emotions. The true spiritual life is living in the filling of the Holy Spirit, which produces the fruit of love, joy, peace, etc., as the believer lives in the sphere of faith in the Word.

Colossians 3:2, “**Set your affection on things above, not on things on the earth.**” tells us to set our minds on things above, where there is peace, and not on the things of the earth, to set our minds on things pertaining to eternity, on things pertaining to the spiritual reality. To **set** is the present active imperative of *phroneo*, which deals with having a particular mind-set, or perspective, and the way it is constructed tells us to shift the way we are looking at things presently and adopt a spiritual perspective.

Christians can get caught up in the things of this life: job, family, money, fun, shopping, career, things to the place where they become preoccupied with them, follow after them, even adopt them as their viewpoint on life. They have now become their reality! But the true reality for all believers in Christ is eternity with Christ!

But when we become occupied with the things of the world, we open up the door for the pressures of the world to come crashing into our souls producing stress in the soul, which triggers the emotional complex of the soul; we lose our spirituality and start spiraling downward. To stop that and to prevent that we must shift our thinking back to the Word of God, to eternity, to the faith rest drill of the spiritual life dynamic that God has provided for us in his grace.

What we need is the mental attitude of humility, *tapeinos*, which is the mental attitude that recognizes that there is an authority over you, God the Father, and we are to be in submission to it in obedience to his Word. Jesus Christ was in submission to the Father's will over his life in every area and so should

all Christians be in like submission to the Father's will, Word and doctrines. If we do we will have love, joy and peace in our lives, as well as prosperity, but when we don't then things won't go well for us. The journey we have in this life from our salvation to the time we are face to face with the Lord will be a good one, if we submit to God, but if we don't, then it will be a not so good one.

The problem we run into is personal **pride**, which is a problem of the flesh nature that will cause us to resist God's will for our lives, rebel against it, even resent it with the result that we will not only be hurting ourselves in the process, but also those around us. There is blessing by association, or cursing by association. We need to decide if we want to be a blessing to others, or a cursing!

The only solution for this is to submit ourselves to God's authority over us by being filled with the Holy Spirit, living in the new nature and not the old, living by the impersonal love of *agape*, confessing our sins to God, prayer, claiming the promises by faith, living our lives by faith, learning Bible Doctrine and applying it to our lives, applying doctrinal solutions to our lives, living our lives to do the Father's will not our own will, etc..

And when, or if, we have come down to the point in our lives that we have to deal with our repressed emotions, memories, or painful events of the past, then we are going to have to deal with them. We may have our own agendas going on: making money, career, education, profession, etc., but now we are going to have to deal with them.

No longer are we going to deny that we feel such a way; no longer are we going to keep on acting out our feelings, or transfer our feelings to others, project our feelings, but acknowledge our feelings to God to find the healing and release from them. No longer are we going to be saying, "I don't have a problem". In humility we admit we do have one and seek healing from God in the matter.

Now if we're consciously aware that we're feeling such a way, then that makes the job a little easier because we can admit it to God and seek the appropriate healing for it, say, as being anxious, or having an anger problem. But what if we're not consciously aware that we're angry, or worried, or afraid, or feeling guilty, or jealous? Then in humility we can admit that to God also and ask him for the wisdom to identify what it is and seek the appropriate healing in the matter.

This is where looking for **clues** and seeking **solutions** are vital to the process. Looking for clues would be the first step after we have determined that something is wrong, that something is preventing us from enjoying fellowship with God. It may be lusts! It may be one of our emotions! The problem is we don't know what it is! One of the first clues we want to note is that there is an **absence of peace**. If peace is lacking in our lives, then there is a reason for it, so we have to find out why. Another clue would be is there **divine discipline** in my life? And if there is, what is it connected to?

These clues are often connected to, or associated with our physical health, such as with those who are taking communion without having the proper frame of mind, or some sin in their life. *"But let a man examine himself, and so let him eat of that bread, and drink of that cup. For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body. For this cause many are weak and sickly among you, and many sleep. For if we would judge ourselves, we should not be judged."* 1 Corinthians 11:28-31

All Christians are Believer-Priests and as such have the individual right and responsibility to analyze their own walk with the Lord and deal with such things that are contrary to God's will for their lives. We need to evaluate such things as: **are our bodies suffering?** If so, is it corrective discipline? Is it

forward momentum suffering? Is it self-induced misery due to our own bad decisions? Are we violating God's laws for our bodies? Are we eating things that our bad for our bodies? Are our bodies suffering because we live in our emotions? If so, then it is our responsibility to correct these things.

We note that we are physically suffering in an area, and it's hard not to notice that. We have ruled out that it isn't divine discipline; we have also ruled out that it isn't self-induced misery because we have eliminated the things in life that make us miserable: wrong foods, sinning in an area, getting drunk, etc.. So now we go on into other areas and ask ourselves is my problem due to **stress**? Am I being stressed-out in my life? And stress can definitely affect our physical health adversely.

So now we go through our lives to eliminate the things we have allowed in our lives that cause us stress, or at least minimize them as much as we possible can. We also seek to pursue after peace in our lives, both inner and outer peace, and affect a peaceful environment for ourselves. But with that and above that in priority is to start **living the faith rest life** for it is only faith in the promises of God that keep the pressures of life from becoming stress in the soul.

January 2017 Newsletter – Dealing With Emotions – Review

Healthy souls come from having Bible Doctrine in the soul through the spiritual life dynamic. This is bore out by Proverbs 8:35,36, “*For whoso findeth me findeth life, and shall obtain favour of the LORD. But he that sinneth against me wrongeth his own soul: all they that hate me love death.*” The word me refers back to wisdom (*chokmâh*) mentioned at the beginning of the chapter. *Chokmâh* denotes the doctrine that we have learned, understood, believed and applied to our life experience.

Those who find it find life and receive grace or favor from the Lord, but those who fail to find it and partake of it harm (*châmas* – mistreat, do violence to) their own souls (*nephesh*). It also says that they love death, not life. Why? Because it is the metabolized doctrine that we bring into our souls through faith in the Word of God that heals our souls! Scars are removed; toxic thoughts and feelings are removed; capacity for love, life and joy are increased. That's why those who reject Bible Doctrine harm their own souls.

Stiff Necked Believers

What is it that causes us so much problem in our lives and interferes with us having fellowship with God and receiving his blessings on our lives? Could it be that the problem is one of pride? This is a short study on pride and its effect even on our bodies. #153 2-19-17 #154

Old Testament References

Deuteronomy 21:18 – “*If a man have a stubborn (*sarar*) and rebellious (*marah*) son, which will not obey the voice of his father, or the voice of his mother, and that, when they have chastened him, will not hearken unto them:*” סורר ומורה

Deuteronomy 21:20 – “*And they shall say unto the elders of his city, This our son is stubborn and rebellious, he will not obey our voice; he is a glutton, and a drunkard.*” סורר ומורה

Exodus 32:9 – “*And the LORD said unto Moses, I have seen this people, and, behold, it is a stiffnecked*

people:” עִם־קִשְׁה־עַרְף

Exodus 33:3 – “Unto a land flowing with milk and honey: for I will not go up in the midst of thee; for thou art a stiffnecked people: lest I consume thee in the way.” עִם־קִשְׁה־עַר

Exodus 33:5 – “For the LORD had said unto Moses, Say unto the children of Israel, Ye are a stiffnecked people: I will come up into the midst of thee in a moment, and consume thee: therefore now put off thy ornaments from thee, that I may know what to do unto thee.” עִם־קִשְׁה־עַרְף

Exodus 34:9 – “And he said, If now I have found grace in thy sight, O Lord, let my Lord, I pray thee, go among us; for it is a stiffnecked people; and pardon our iniquity and our sin, and take us for thine inheritance.” עִם־קִשְׁה־עַרְף

Deuteronomy 9:6 – “Understand therefore, that the LORD thy God giveth thee not this good land to possess it for thy righteousness; for thou art a stiffnecked people.” עִם־קִשְׁה־עַרְף

Deuteronomy 9:13 – “Furthermore the LORD spake unto me, saying, I have seen this people, and, behold, it is a stiffnecked people:” עִם־קִשְׁה־עַרְף

Deuteronomy 9:27 – “Remember thy servants, Abraham, Isaac, and Jacob; look not unto the stubbornness of this people, nor to their wickedness, nor to their sin:” אֱלֹהֵי הָעָם הַזֶּה

Deuteronomy 10:16 – “Circumcise therefore the foreskin of your heart, and be no more stiffnecked.” וְעִרְפְּכֶם לֹא תִקְשׁוּ

Deuteronomy 31:27 – “For I know thy rebellion, and thy stiff neck: behold, while I am yet alive with you this day, ye have been rebellious against the LORD; and how much more after my death?” וְאַתָּה עִרְפְּךָ הַקִּשְׁה

Judges 2:19 – “And it came to pass, when the judge was dead, that they returned, and corrupted themselves more than their fathers, in following other gods to serve them, and to bow down unto them; they ceased not from their own doings, nor from their stubborn way.” וּמִדְרַכְכֶם הַקִּשְׁה

1 Samuel 15:23 – “For rebellion is as the sin of witchcraft, and stubbornness, (patsar), is as iniquity and idolatry. Because thou hast rejected the word of the LORD, he hath also rejected thee from being king.” הַפְצַר

2 Kings 17:14 – “Notwithstanding they would not hear, but hardened their necks, like to the neck of their fathers, that did not believe in the LORD their God.” וַיִּקְשׁוּ אֶת־עִרְפֵּם

2 Chronicles 30:8 – “Now be ye not stiffnecked, as your fathers were, but yield yourselves unto the LORD, and enter into his sanctuary, which he hath sanctified for ever: and serve the LORD your God,

that the fierceness of his wrath may turn away from you." אֶל־תִּקְשׁוּ עֲרַפְכֶם

2 Chronicles 36:13 – *"And he also rebelled against king Nebuchadnezzar, who had made him swear by God: but he stiffened his neck, and hardened his heart from turning unto the LORD God of Israel."*

וַיִּקְשׂוּ אֶת־עֲרַפּוֹ

Nehemiah 9:16 – *"But they and our fathers dealt proudly, and hardened their necks, and hearkened not to thy commandments,"* וַיִּקְשׁוּ אֶת־עֲרַפְכֶם

Nehemiah 9:17 – *"And refused to obey, neither were mindful of thy wonders that thou didst among them; but hardened their necks, and in their rebellion appointed a captain to return to their bondage: but thou art a God ready to pardon, gracious and merciful, slow to anger, and of great kindness, and forsookest them not."* קִשְׁוּ אֶת־עֲרַפְכֶם

Nehemiah 9:29 – *"And testifiedst against them, that thou mightest bring them again unto thy law: yet they dealt proudly, and hearkened not unto thy commandments, but sinned against thy judgments, (which if a man do, he shall live in them;) and withdrew the shoulder, and hardened their neck, and would not hear."* וְעֲרַפְכֶם הִקְשׁוּ

Psalms 78:8 – *"And might not be as their fathers, a stubborn, (sarar), and rebellious generation; a generation that set not their heart aright, and whose spirit was not stedfast with God.* סוֹרֵר וּמֹרֵד

Proverbs 7:11 – *"(She is loud and stubborn, (sarar); her feet abide not in her house:"* וּסְרֵרָה

Proverbs 29:1 – *"He, that being often reprov'd hardeneth his neck, shall suddenly be destroyed, and that without remedy."* מִקְשֵׁה־עֲרֵף

Isaiah 48:4 – *"Because I knew that thou art obstinate, and thy neck is an iron sinew, and thy brow brass;"* קִשְׁוָה אֶתְּךָ וְגִיד בְּרֹזֶל עֲרַפְךָ

Jeremiah 7:26 – *"Yet they hearkened not unto me, nor inclined their ear, but hardened their neck: they did worse than their fathers."* וַיִּקְשׁוּ אֶת־עֲרַפְכֶם

Jeremiah 17:23 – *"But they obeyed not, neither inclined their ear, but made their neck stiff, that they might not hear, nor receive instruction."* וַיִּקְשׁוּ אֶת־עֲרַפְכֶם

Jeremiah 19:15 – *"Thus saith the LORD of hosts, the God of Israel; Behold, I will bring upon this city and upon all her towns all the evil that I have pronounced against it, because they have hardened their necks, that they might not hear my words."* הִקְשׁוּ אֶת־עֲרַפְכֶם

Hosea 4:16 – *"For Israel slideth back as a backsliding (sarar) (stubborn) heifer: now the LORD will feed them as a lamb in a large place."* סָרָר

"A stubborn and rebellious son" - *sarar* and *marah*. Deuteronomy 21:18

This phrase is found frequently in the Old Testament to describe the attitude and actions of believers and the effect that our attitudes have toward our actions.

The word *sarar* is translated as **stubborn**, which is a good rendering of the idea. It means that **a believer won't listen to the Word of God. They refuse to sit under the teaching of Bible Doctrine and/or they refuse to apply it in their lives**

The backsliding heifer is a poor translation but a good picture of the dynamic. It should be rendered as a **stubborn heifer** for it speaks of an heifer **that refuses to go along with what its master wants**; it resists the yoke and will not be disciplined. One can use many words to describe the concept, but better still is a mental picture of an heifer pulling away, kicking and fighting its owner. And this is a good description of what so many believers in Christ are doing with the Lord. Christ said that his yoke is easy and his burden is light, but believers all over the world are fighting him constantly.

We refuse to do what he wants us to do; we refuse to listen to him; we refuse to apply his Word to our lives; we fight him all the way. That's the idea of stubbornness. **So in the idea of stubbornness, *sarar*, are the elements of resistance to God, disobedience to God, fighting God's will for our lives and the element of resentment and pride.** So a stubborn son is one that won't listen to his parents, (the ones who brought him into this life). He won't obey them; he won't listen to reason; he's disrespectful; he's proud and arrogant and he fights them all the way. And many Christians are like this; and in a time of national apostasy, and/or the end times, most Christians will be like this! The word for **rebellious** is *marah*. Now *marah* does mean to rebel against God, to not do what he wants, to not only disobey him, but intentionally go in the other direction. But its root idea is bitterness!

The emotion of bitterness is the root of our arrogant rebellion against God and all the wonderful spiritual and material blessings that he has for us! And **its source is the pride of the believer in Christ**. All the way through the Bible every bad act had as its root **the reaction of a bitter soul!** Cain's murder of his brother; Esau's marriage to the two wrong women; Israel's rebellion against God in the wilderness and throughout its entire existence had bitterness as the mental attitude behind idolatry, rebellion and every other evil act!

So, in our study on dealing with negative emotions and the destructive effect that they have on our bodies, we see that at the root of all this is the pride of the believer and his refusal to listen to and apply the Word of God to his life. It is our stubbornness, our pride, our rebelliousness and our bitterness that brings all these negative emotions on ourselves! "*And the LORD said unto Moses, I have seen this people, and, behold, it is a stiffnecked people:*" Exodus 32:9

The term **stiff-necked-people** is found all the way through the Old Testament when God was describing the nation of Israel. When Stephen was addressing the Israelites that is what he called them. "*Ye stiffnecked and uncircumcised in heart and ears, ye do always resist the Holy Ghost: as your fathers did, so do ye.*" Acts 7:51 In the Hebrew it's *'im qashah oreph*, עִם־קָשָׁה־עֹרֵף, three words but all connected together with the hyphen to treat them as one word. What it's saying is that the Israelites were not just the **people**, *'im*, of God, but that they were lumped together in the identifying feature of being the **stiff-necked-people** of God!

So throughout the entire history of Israel in the Old Testament right on into the time of the Church Age,

the Israelites were called the **Stiff-Necked-People of God** as referred to by Stephen in this way. But what does it mean to be **stiff necked**? To understand this we must go back to the Old Testament and find out what it meant from that context, for that's where the term originally comes from. The term has both a figurative use and a literal idea, which we will get into later on in the study.

Having a **stiff neck**, or **stiffening the neck**, meant that they didn't obey the Lord, that they refused to obey the Lord, that they didn't believe the Lord that they refused to believe the Lord; that they didn't trust the Lord and that they refused to trust the Lord. It meant that they wouldn't listen to the teaching of Bible doctrine and that they rejected the authority and teachings of the communicators of Bible doctrine; that they wouldn't apply Bible Doctrine to their lives. They went the other way from God, that they wanted to be like the World System, that they loved the World and it was more important to them than God, that they got into idolatry, that they rejected the spiritual dynamic that God had for them in the Old Testament and us today in the Church Age. It meant that they refused to do God's will and rejected his authority over them and that they rebelled against and became resentful of his discipline. These are all concepts connected to having a stiff neck.

But there is also a literal dynamic going on which is quite fascinating because of its impact on our bodies! The word for **stiff** is *qashah*, such as to have a stiff neck, or to stiffen the neck, and it means to be obstinate or stubborn, but it also means to be hardened, or **to stiffen something both figuratively and literally!**

When applied to the body it means to stiffen the muscles! That the muscles become stiff, that they tighten up and lose their flexibility. In time, they can become rigid, unbending, like stone or gristle, or as one passage puts it, "*Because I knew that thou art obstinate, and thy neck is an iron sinew, and thy brow brass;*" [Isaiah 48:4](#) **There are certain mental attitude and emotional dynamics that go into our muscles tightening up to the place that they become stiff.** What this shows is that our attitude toward God and our feelings do have an impact on our bodies.

Any woman who has worked over a typewriter or a computer, or any man who has worked over a bench for hours can certainly testify that their neck muscles will become tight because of having to hold the body in a certain position for long periods of time. But that's a stiffening of the muscles due to a physiological reason. There is also a spiritual, volitional and emotional cause for the same effect!

In every instance where we have the **stiffening of the neck** concept mentioned in the Word, the sin that is behind it all is a volitional sin! The believer in Christ does **not** want to do what God wants him to do! And the mental attitude sin behind that is **pride!** So it is the believer's personal pride that rebels against doing what God wants him to do.

It is our pride that keeps us from praying to God, that keeps us from confessing our sins, that keeps us from living in the filling of the Holy Spirit, that keeps us from forgiving others, that keeps us from applying the spiritual problem solving devices that he has supplied us in grace, and on and on. It is a rare believer indeed that does not have an authority problem with the Lord. As the Lord said, "*Why do you call me Lord, but don't do what I say!*" The rebellion of the will is directly linked to our pride. It was Israel's problem in the Old Testament and it's our problem today.

The relationship that our anger has with our pride is that we get angry when we have to do what we don't want to do. We get angry when we're not able to do, or not allowed to do, what we want to do. We get angry when we have to do something when we would rather be doing something else. So our anger comes about when God's will is at cross purposes with our wills! We get angry

when we don't get our way! So anger is directly related to our will which is controlled by our pride! **So we have pride> negative volition> anger.** All of this is manifested by our not believing God's Word, by not trusting the Lord, by not sitting under Bible Doctrine and by not applying the Word to our lives.

So our pride has affected our will, which has caused anger to be aroused in us, now we have another problem. Our anger restricts the blood flow causing the muscles around our neck to tighten up, or to stiffen as the Hebrew has it! So being a “stiff necked” believer, or having stiff muscles in our neck and the surrounding areas, is due to our own old sin nature activity of being angry, becoming angered, of burning with anger over having to do God's will for our lives!! It is our inner rebellion of having to do God's will for our lives!!! So we do it to ourselves!

The word for neck in the Hebrew is 'oreph, which does refer to the neck, **but it also refers generally to the back!** So what we are talking about is not just a stiffening of the muscles in the neck, **but it can also refer to the stiffening of the muscles in the upper and lower back!** This can be helpful and insightful information to all those believers who suffer from lower back problems.

So when it talks about believers who are **stiff necked** we know that it's referring to believers who are resisting God's will and his Word in their lives. Even though they have the indwelling Holy Spirit and a new nature, they still, due to personal pride and the sin nature, resist, rebel against and reject the will of God in their lives.

This resistance to the will of God, which is their will not wanting to do what God wants them to do, creates, resentment, anger, burning anger, repressed anger, anger of all forms inside their souls, which tightens up the muscles in the back and/or neck, which in turn creates all sorts of problems and discomfort in their bodies!

The key to success in overcoming all this is by appropriating the spiritual provisions that God has supplied to every believer in Christ. To do this means to submit yourself unto God and it is the opposite of pride. Pride is the thing that holds us back.

God has provided for us the filling of the Holy Spirit, a new nature, Bible doctrine, the confession of our sins to him, prayer that will enable us to do God's will from the heart, which is what all Christians are supposed to do. Not with lip service, not with the facade of hypocrisy, but wanting to do, and doing, the will of God from the heart.

“But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you.” Romans 6:17 We see here that obedience to God must proceed out of the heart. “Not with eyeservice, as menpleasers; but as the servants of Christ, doing the will of God from the heart;” Ephesians 6:6 And we see here, once again, that God wants us to do his will out of the heart.

An interesting side note is Nehemiah 9:17, *“And refused to obey, neither were mindful of thy wonders that thou didst among them; but hardened their necks, and in their rebellion appointed a captain to return to their bondage: but thou art a God ready to pardon, gracious and merciful, slow to anger, and of great kindness, and forsookest them not.”*

God had a wonderful plan for ancient Israel, as he does for Church Age believers today. Their own land, financial prosperity, being out of debt, freedom, independence, physical health and soul prosperity, which included freedom from the ravages of the sin nature and the tyranny of the emotions.

But they rebelled against his will, (the function of pride), they refused to take in Bible doctrine and apply its teachings to their lives, and they disobeyed him. They rejected the means by which God's blessings would come upon them. It deteriorated to the place where they wanted to go back to the slavery that they were enslaved in, **and selected leaders to lead them back into slavery!**

The connection goes like this: there is the factor of pride in every believer, which causes the believer to refuse to submit to the authority of God and his Word, which pride is the reactor factor that causes the believer to become angry, the old sin nature is unleashed, negative emotions of all sorts are activated, the believer is definitely out of fellowship with the Lord, and the body is affected with TMS, all sorts of other maladies, and as we have seen, the stiffening of the upper, middle and lower back muscles.

#154 3-05-17

#155

February 2017 Newsletter – Dealing With Emotions – Review #155 Deception

*“For we ourselves also were sometimes foolish, disobedient, **deceived**, serving divers lusts and pleasures, living in malice and envy, hateful, and hating one another.” Titus 3:3 “For sin, taking occasion by the commandment, **deceived** me, and by it slew me.” Romans 7:11*

Intro:

The sin nature that resides in our flesh is the source of every sin that we have and one of the ways that it operates by is deceit – sin deceives us and the next thing we know is that we are caught up by different lusts, malice, hate, jealousy and all the rest. Some of the places we find sinful lusts mentioned in the NT are:

Matthew 13:22, “*He also that received seed among the thorns is he that heareth the word; and the care of this world, and the **deceitfulness of riches**, choke the word, and he becometh unfruitful.*” (Money)

Ephesians 4:22, “*That ye put off concerning the former conversation the old man, which is corrupt according to the **deceitful lusts**;*” (Lusts)

Ephesians 5:6, “*Let no man **deceive** you with **vain words**: for because of these things cometh the wrath of God upon the children of disobedience.*” (Non-doctrinal communication from other people)

1 Timothy 2:14, “*And Adam was not deceived, but the woman being **deceived** was in the transgression.*” (Satan appealed to her lusts)

Hebrews 3:13, “*But exhort one another daily, while it is called To day; lest any of you be hardened through the **deceitfulness of sin**.*” (Sin)

James 1:26, “*If any man among you seem to be religious, and bridleth not his tongue, but **deceiveth** his own heart, this man's religion is vain.*” (Religion)

2 Peter 2:13, “*And shall receive the reward of unrighteousness, as they that count it pleasure to riot in the day time. Spots they are and blemishes, sporting themselves with their own **deceivings** while they feast with you;*” (False brothers)

Led Astray

Planao, or plane, is to be led astray from the path that one is on. It works in conjunction with deceit for when one is deceived, they can be led from the path. There are many out there that deny that Jesus is the Savior leading many away from the salvation that is in Christ and lead unbelievers away from the truth. “*For many **deceivers** are entered into the world, who confess not that Jesus Christ is come in the flesh. This is a deceiver and an antichrist.*” 2 John 7

Satan is the Deceiver for he leads the entire world away from God the Father and his son Jesus Christ. “*And the great dragon was cast out, that old serpent, called the Devil, and Satan, which **deceiveth** the whole world: he was cast out into the earth, and his angels were cast out with him.*” Revelation 12:9

The **False Prophet** is going to use false signs, wonders and miracles to lead the world astray. “*And **deceiveth** them that dwell on the earth by the means of those miracles which he had power to do in the sight of the beast; saying to them that dwell on the earth, that they should make an image to the beast, which had the wound by a sword, and did live.*” Revelation 13:14

To **lead someone astray** you first have to **deceive** them and to deceive them you have to **lie** to them, or at least tell them **some truths mixed in with lies**. A **lie** is: 1) a false statement made with deliberate intent to deceive, 2) an intentional untruth, 3) something intended or serving to convey a false impression. A lie can also contain some truths so as to give the **appearance** of being the truth, so long as it serves the purpose of giving a **false impression** so as to deceive the individual.

The **devil** is the epitome of this, so much so, that he is called the **father of lies**; lying is his native tongue. *“Ye are of your father the devil, and the lusts of your father ye will do. He was a **murderer** from the beginning, and **abode not in the truth**, because there is **no truth in him**. When he speaketh a **lie**, he speaketh of his own: for he is a **liar, and the father of it**.”* John 8:44 The devil was the first one to ever lie; he lied to the angels in heaven and he lied to the woman in the Garden.

To Deceive

The words for **deceit** and **deceiving** are *apatē* and *apataō*. To **deceive** someone is to give them a false impression where one is led to think, feel, or believe that something is true when it is not, or that something will do something else for you when it won't. Deception first occurs in the mind, then it affects the volition, and then our actions follow.

Scar tissue in the soul deceives us because it affects our senses and our judgment convincing us that something is one thing, when it isn't. When it affects our senses we call that **illusion**. When goes so far that it affects our judgment we call it **delusion**. *“This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the **vanity** (*mataiotēs*) of their mind,”* Ephesians 4:17

The lusts of the flesh, and there are at least 28 of them, do the same thing as well. We want something because we think that this thing will do this or that for us, when it won't. We, then, are deceived in our minds. We are led astray by our lusts when we follow after them. Lusts deceive that's all they can do! Ephesians 4:22, *“That ye put off concerning the former conversation the old man, which is corrupt according to the **deceitful lusts**;”* #155 3-12-17 #156

It is sin working in our flesh nature that **deceives** us, whether in the area of our lusts, or our emotions, or our pleasures. It convinces us that one thing is true, when it isn't; it convinces us that what we want, what we need, what we are looking for, what will satisfy our inner longing or emptiness really won't. It is the constant itching of the soul like poison oak. Only Christ can satisfy our souls.

Deceit comes from within us, that is, from the contamination of the sin nature resident in these bodies of flesh and that will never change, at least as long as we live in these present flesh bodies. The only way Christians can operate apart from the influence of the sin nature is if we live under the power of the Holy Spirit in the new nature that was created in us at the moment of our faith in Jesus Christ.

But even in that our lives must line up with what the Bible teaches; we cannot even trust our own **judgment** because the flesh deceives us in that area as well. That's why all of our judgments and decisions must be doctrinally based. The only hope we have as Christians to not be overcome by deceit, whether from our own sin nature, or other people's sin natures, or by the devil, or the world system, or by the latest religious fads is to have a love for the truth and base our lives on it. *“And with all **deceivableness of unrighteousness in them that perish**; because they received not the love of the truth, that they might be saved.”* 2 Thessalonians 2:10

Lusts easily deceive us. When one thinks about the lust for power, money, fun, material things, security, love, sex, ambition, stimulation, to being happy, to having kids, homes, cars, ease, travel and the rest, (see my Online study of the 28 Categories of Lust); we think by having these things and doing these things we think that they are going to do something for us and the reason why is because we have been deceived by the deceitfulness of sin inside us!

Billions of souls are in Hell right now because they thought: that they were good enough to get into heaven, that there was no Hell, that they simply died and that was that, that a good God wouldn't send anyone to Hell, that they went to some other galaxy at death, or that they reincarnated into something else. All these people thought these or similar other things about death and Hell – **but they were deceived!** They were deceived by the world system, by their own OSN's and by the devil.

Sin not only deceives us it totally deceives us! It deceives us so completely that we are totally **convinced!** And we will argue the point with anyone who says otherwise! This is why believers must not only love the truth, go for the doctrinal teaching of the truth and live in the truth; we must line up what's going on inside us with the truth, because we are all so easily deceived by sin; all this as we live in our new natures under the filling of the Holy Spirit.

We have to ask ourselves, "Am I being deceived?", "Is what's coming over my TV deceiving me?" "Is my government deceiving me?" We have to ask ourselves this all the time because we all are so easily deceived! We have to realize that Satan is the god of this age and the ruler of this world and as such all governments are controlled by him as well as the different forms of the distribution of information, so everything he operates by is based upon deception, then we have to conclude that all media is designed to deceive the masses; we call this propaganda today. #156 3-19-17 #157

Meditate, Meditation - Hagah

Joshua 1:8, "*This book of the law shall not depart out of thy mouth; but thou shalt **meditate** therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.*" הגה hagah Qal preterite "*Keep this Book of the Law always on your lips; **meditate** on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*" NIV On BD

Psalm 1:2, "*But his delight is in the law of the LORD; and in his law doth he **meditate** day and night.*" הגה hagah Qal Future "*But whose delight is in the law of the LORD, and who **meditates** on his law day and night.*" NIV On BD

Psalm 5:1, "*To the chief Musician upon Nehiloth, A Psalm of David. Give ear to my words, O LORD, consider my **meditation**.*" הגיה hagiyyg Noun

Psalm 19:14, "*Let the words of my mouth, and the **meditation** of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.*" הגיון higgayon Noun "*May these words of my mouth and this **meditation** of my heart be pleasing in your sight, LORD, my Rock and my Redeemer.*" NIV

Psalm 49:3, "*My mouth shall speak of wisdom; and the **meditation** of my heart shall be of understanding.*" הגות haguth Noun "*My mouth will speak words of wisdom; the **meditation** of my heart will give you understanding.*" NIV

Psalm 63:6, "When I remember thee upon my bed, and **meditate** on thee in the night watches."
הגה Qal Future "On my bed I remember you; I **think** of you through the watches of the night."
NIV On God, his character, his essence and his works.

Psalm 77:12, "I will **meditate** also of all thy work, and talk of thy doings." הגה Qal preterite "I will consider all your works and **meditate** on all your mighty deeds." NIV

Psalm 143:5, "I remember the days of old; I **meditate** on all thy works; I muse on the work of thy hands." הגה Qal preterite "I remember the days of long ago; I **meditate** on all your works and consider what your hands have done." NIV On what God has done for us in the past.

Meditate, Meditation - *Suach*

Genesis 24:63, "And Isaac went out to **meditate** in the field at the eventide: and he lifted up his eyes, and saw, and, behold, the camels were coming." שׂיח "He went out to the field one evening to **meditate**, and as he looked up, he saw camels approaching." NIV His place for meditation.

Psalm 104:34, "My **meditation** of him shall be sweet: I will be glad in the LORD." שׂיח "May my **meditation** be pleasing to him, as I rejoice in the LORD." NIV

Psalm 119:15, "I will **meditate** in thy precepts, and have respect unto thy ways." שׂיח qal future "I **meditate** on your precepts and consider your ways." NIV

Psalm 119:23, "Princes also did sit and speak against me: but thy servant did **meditate** in thy statutes." שׂיח qal future "Though rulers sit together and slander me, your servant will **meditate** on your decrees." NIV

Psalm 119:48, "My hands also will I lift up unto thy commandments, which I have loved; and I will **meditate** in thy statutes." שׂיח qal future "I reach out for your commands, which I love, that I may **meditate** on your decrees." NIV

Psalm 119:78, "Let the proud be ashamed; for they dealt perversely with me without a cause: but I will **meditate** in thy precepts." שׂיח qal future "May the arrogant be put to shame for wronging me without cause; but I will **meditate** on your precepts." NIV

Psalm 119:97, "MEM. O how love I thy law! it is my **meditation** all the day." שׂיח "Oh, how I love your law! I **meditate** on it all day long." NIV On BD

Psalm 119:99, "I have more understanding than all my teachers: for thy testimonies are my **meditation**." שׂיח "I have more insight than all my teachers, for I **meditate** on your statutes." NIV Meditation advances our spiritual growth.

Psalm 119:148, "Mine eyes prevent the night watches, that I might **meditate** in thy word." שׂיח qal infinitive "My eyes stay open through the watches of the night, that I may **meditate** on your promises." NIV

The concept of meditation, along with the word meditate itself, has gotten bad press in Christianity for over twenty years, because of the use of the term by the practices of eastern religions and the new age movement, with the result that churches avoid it all together. But it is a Biblical term, as we have just noted the references, being used seventeen times in the OT!

It is the English word that the translators of the Bible used to translate the two Hebrew words *hagah* and *siych*. It comes from the Latin word *meditationem* and means to reflect, to engage in thought or contemplation, to contemplate, to think deeply about something, to reflect deeply on spiritual matters, especially as a religious act.

Hagah spoke of the man who was lost in his religion. Sometimes it was used to denote uttering inarticulate sounds, or to mutter or whisper, but those ideas came from one who was so lost in what he was reading that his lips would move, or he would be saying things, but not really paying attention to what he was saying as he followed the passage. *Siych* has the same inner contemplation, the idea of deeply thinking about the Word, but the focus is not on any audible expressions of that, nor any emotion that may arise out of it or accompany it, but on the deep inner thought.

Both words refer to the idea of the believer in Christ so focused on the doctrine he is hearing, or the passage of the Word that he is reading, that everything else is blocked out from his stream of consciousness. So, in essence, **meditation** is to think deeply on a particular doctrine that you are interested in, or one that the Holy Spirit has led you to in living your own spiritual life.

One of the examples of **meditation** is found in Psalms 119:148, “Mine eyes prevent the night watches, that I might meditate in thy word.” - קַמַח קִדְמוֹ עֵינַי, אֲשַׁמְרוֹת-- לְשִׁיחַ, בְּאִמְרָתֶךָ. Here we have the word *siych* used for **mediation** and the word used for **thy word** is *'imrah*. The text has **thy word** as *beimratheka*.

We have seen that the **meditation** word *siych* meant to reflect, to engage in thought or contemplation, to contemplate, to think deeply about something, to reflect deeply on spiritual matters, especially as a religious act. *Siych* had the same inner contemplation, the idea of deeply thinking about the Word, but the focus is not on any audible expressions of that, nor any emotion that may arise out of it or accompany it, but on the deep inner thought on a particular doctrine that you are interested in.

There are many Hebrew words for the English word, **word**, but *'imrah* had its own special meaning. It would look at the many things **God does or intends to do for the believer depending on the context of the passage.** Its significance centers around the ideas of God's pledge, his promises to us; his protection, support and comfort. **#157 3-26-17 #158**

So when it comes to us, our meditating on God's Word, and what parts of God's Word that we are to meditate on, and although we are to mediate on God's laws, God's doctrines, his character and integrity, his statutes, precepts, etc., *'imrah* tells us that we are to be meditating on those parts of God's Word that deal with God's promises to us of what he will do for us, those things that pertain to his protection of us, his provisions for us, etc.. In fact, *'imrah* would be where we are **meditating** on God's **plan** for our lives, his **protection** of us, his **provisions** for us, his **promises** to us, his **power**, and the **process** he uses to take us to maturity! **The six P's once again!** So what this tells us is that we have the green light to go after all the passages that deal with what God is going to do for us and then for us to think deeply on all those things that God has promised to do for us!

That I might **meditate** in your word, or in what you have said, or in what you have promised. The word **meditate** is in the qal active infinitive, which tells us that the writer did something for a purpose. The word to **prevent** here is the piel stem of *qadam*, which meant to go before someone or something, to be in front of, to anticipate, to act ahead of time.

There were the evening and morning watches in those days and he's telling us that he either stayed up late at night, or got up early before the new day began for the purpose of meditating on the promises of God. What this tells us that sometimes we will have to inconvenience ourselves for the purpose of meditating on the Word of God and that we will need to and have a **time** of day set aside so we can. In Genesis 24:63, "*And Isaac went out to **meditate** in the **field** at the **eventide**: and he lifted up his eyes, and saw, and, behold, the camels were coming.*" we see that Isaac went out into the field to meditate, which is the qal infinitive of *suach*. What this tells us that Isaac went out into the field for the purpose of meditating on God's Word! Now we notice the **time** in which he did this. He did this in the evening after all his chores were done and after he had dinner. We also want to notice that he **went out** into the **field** and the reason for this is that he had to **get away** from all the people back in the house, the kids, and all the commotion of daily living, not to mention any and all anger and strife that might be going on in the house. And there's a reason for all this.

The reason **why** is that meditation is a different dynamic than merely memorizing scripture, or calling to mind a passage in the Bible. It takes **time** to get into the dynamic of meditation and it also takes **solitude**. One cannot have a time of meditation if one is constantly being interrupted by people and their problems, nor can one enter into what is actual meditation, if one is constantly being interrupted by the detail, chores and responsibilities of life! One has got to set **time** aside for the purpose of meditating on God's Word; and one also has to set a **place** aside where you can go to get away from people and the interruptions of responsibilities of your life.

It takes **time** for us to get our minds back to concentrating on the Word of God; it takes **time** for us to think about our sins and name them to God; it takes **time** to get the chaotic thinking of the world system and the hectic pace of our lives to get our minds into that place of deep inner thought on God's Word and promises where all we are thinking about is the Lord and his promises to us; it takes **time** for us to pray to God for the things we need and express our gratitude for what he has done for us.

And it takes a **place** for us to do this in where we won't be interrupted. The reason why having a place where we can go for fellowship with God and meditating on his Word is so important is because we have to **separate** ourselves from people, the world and everything else that is going on in our lives. The negative thoughts, the negative words, the negative energy from other people have a negative impact on our souls, so we have to get away from it!

We have to **isolate** ourselves from the world system, other people and any and all carnal activity of the flesh nature, so we can turn our souls to the Lord and his Word and enter into that deep state of meditation where all we are thinking about is his Word and his promises! For it is there in that deep meditative state of concentrating on God's Word that our faith starts to become activated and get stronger and it is there that we become partakers of the divine nature!

Now when we talk about going off to some **place**, even if it's just another room in the house, we are talking about separating ourselves, isolating ourselves from anything and everything that would be connected to the world, the flesh and the devil. And this means that we will have to **turn off** our cell phones, or any other electronic device for they are our point of contact with the world system and the flesh natures of other people. **#158 4-02-17** #159

March 2017 Newsletter – Dealing With Emotions – Review

Applications of Meditation - (continued)

Meditating on God's Word and promises is crucial to giving the believer a healthy soul and a successful and prosperous life. “*But his delight is in the law of the LORD; and in his law doth he **meditate** day and night.*” Psalms 1:2 **Im** is used here, which can be used demonstratively that his delight **is** in the Lord, but **im** can also be used interrogatively, if, which is used to ask a question, or to establish a condition. It would be translated as, “*But **if** his delight is in the Law of the Lord*”.

Im would be used here to establish a condition for a couple of reasons. The first reason is that **if** verses one and two are established in the Christian's life, **then** verse three will come to be; he will be like a tree planted by the streams of water, etc.. And secondly, **delighting** and **meditating** are **connected** by the waw conversive connecting the two ideas together. “*But if his delight is in the law of the LORD; and in his law doth he meditate day and night.*”, **then** verse three will be his reality. To **meditate** here, *hagah*, spoke of the man who was lost in his religion. Sometimes it was used to denote uttering inarticulate sounds, or to mutter or whisper, but those ideas came from one who was so lost in what he was reading that his lips would move, or he would be saying things, but not really paying attention to what he was saying as he followed the passage. **#159**

We're to meditate on his Word all day long, Psalm 119:97, “*MEM. O how love I thy law! it is my **meditation** all the day.*”, Psalm 119:99, “*I have more understanding than all my teachers: for thy testimonies are my **meditation**.*”

The reason why he has more understanding than all his teachers is because a teacher teaches a doctrine, or a passage of Scripture; the student hears, understands and commits to memory, which is one level of comprehension. But when the student thinks deeply on the subject over a period of time and as he goes deeper into it past what has been taught, then he gains new insight into the passage and its meaning and how it relates to other doctrines of Scripture. He is able to do this because he is thinking deeply about only this one passage.

Applications of Meditation

We had seen that Isaac went out into the field to meditate. Genesis 24:63, “*And Isaac went out to **meditate** in the field at the eventide: and he lifted up his eyes, and saw, and, behold, the camels were coming.*” we see that Isaac went out into the field to meditate, which is the qal infinitive of *suach*. What this tells us that Isaac went out into the field for the **purpose** of meditating on God's Word!

Now we notice the **time** in which he did this. He did this in the evening after all his chores were done and after he had dinner. We also want to notice that he **went out** into the **field** and the reason for this is that he had to **get away** from all the people back in the house, the kids, and all the commotion of daily living, not to mention any and all anger and strife that might be going on in the house. And there's a reason for all this.

God told Joshua to meditate on the Book of the Law day and night. “*This book of the law shall not depart out of thy mouth; but thou shalt **meditate** therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.*” Joshua 1:8

When we can't sleep at night. "*When I remember thee upon my bed, and meditate on thee in the night watches.*" Psalm 63:6

We're to meditate on what God has done. "*I will **meditate** also of all thy work, and talk of thy doings.*" Psalm 77:12

The reason **why** is that meditation is a different dynamic than merely memorizing scripture, or calling to mind a passage in the Bible. It takes **time to get into the dynamic of meditation** and it also takes **solitude**. One cannot have a time of meditation if one is constantly being interrupted by people and their problems, nor can one enter into what is actual meditation, if one is constantly being interrupted by the details, chores and responsibilities of life! One has got to set **time** aside for the purpose of meditating on God's Word; and one also has to set a **place** aside where you can go to get away from people and the interruptions of the responsibilities of your life.

It takes **time** for us to get our minds back to concentrating on the Word of God; it takes **time** for us to think about our sins and name them to God; it takes **time** to get the chaotic thinking of the world system and the hectic pace of our lives to get our minds into that place of deep inner thought on God's Word and promises where all we are thinking about is the Lord and his promises to us; it takes **time** for us to pray to God for the things we need and express our gratitude for what he has done for us.

And it takes a **place** for us to do this in where we won't be interrupted. The reason why having a place where we can go for fellowship with God and meditating on his Word is so important is because we have to **separate** ourselves from people, the world and everything else that is going on in our lives. The negative thoughts, the negative words, the negative energy from other people have a negative impact on our souls, so we have to get away from it!

We have to **isolate** ourselves from the world system, other people and any and all carnal activity of the flesh nature, so we can turn our souls to the Lord and his Word and enter into that deep state of meditation where all we are thinking about is his Word and his promises! For it is there in that deep meditative state of concentrating on God's Word that our faith starts to become activated and get stronger and it is there that we become partakers of the divine nature!

Now when we talk about going off to some **place**, even if it's just another room in the house, we are talking about separating ourselves, isolating ourselves from anything and everything that would be connected to the world, the flesh and the devil. And this means that we will have to **turn off** our cell phones, or any other electronic device for they are our point of contact with the world system and the flesh natures of other people.

On his precepts, Psalm 119:15, "*I will **meditate** in thy precepts, and have respect unto thy ways.*", and statutes, Psalm 119:23, "*Princes also did sit and speak against me: but thy servant did **meditate** in thy statutes.*"

David asked that the words of his mouth and the meditation of his heart would be acceptable in the sight of God, not just academic memorization in the mind, but deeply from the heart. Psalm 19:14, "*Let the words of my mouth, and the **meditation** of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.*" Psalm 104:34, "*My **meditation** of him shall be sweet: I will be glad in the LORD.*"

Biblical Solutions for Anger

There are 6 phases of **anger** ranging from bitterness, (*pikria* - which is our reaction to something at cross purposes to us), all the way to physical violence. What activates anger is bitterness or resentment. So to deal with anger we are going to have to get at the root of bitterness. It must be confessed to God, but we will have to recognize why we are bitter in the first place!

The reason why we are bitter is because we have reacted to: 1) what was done to us that we didn't want; 2) what we had to go through; 3) what we had to do but didn't want to do; 4) what we were kept from doing; 5) being hurt or offended by others; 6) disappointment; 7) basically anything one can think of that is at cross purposes with our **will**.

It was not the thing we experienced or suffered that made us bitter, but **our negative volition reaction** to it. And the driving force behind our negative volition reaction is **pride!** The mental attitude of pride puts us above all things in our thinking, therefore we see ourselves as not "getting our way" and when we don't get our way, then we react with bitterness and become angry.

To deal with bitterness, we will have to apply several concepts over a period of time. We will have to learn to recognize the various forms of anger and confess them to God. We will also have to learn to live in the filling of the Holy Spirit and operating under the principle of love. Also we must forgive those who have hurt us, or denied us what we wanted and start incorporating thanksgiving for all things in our lives and being thankful.

Biblical Solutions for Fear

Fear is the feeling of being unprotected, vulnerable, subject to threat or harm where things beyond our control can come into our lives and hurt our souls, our lives, or our families. Fear produces: anxiety, worry, dread, apprehension and all sorts of other negative emotional dynamics. It also creates mental torment and can have a destructive impact on our bodies.

The solution for fear is faith in the Word of God. Yes, one must confess to God that they are afraid, but fear is only solved by absorbing oneself into the many faith building passages of the Bible, especially those promises and teachings of the Bible that deal with the areas of how God is going to protect us and provide for us. "*Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee. So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.*" Hebrews 13:5,6

Biblical Solutions for Grief

Grief is a normal human emotion and is not sinful in itself, but believers can be crippled by it if: 1) they deny it suppress it, not let it have its normal expression; 2) if they allow it to go on abnormally long for weeks, months, or years; 3) if they don't recover and go on with life; 4) if their pride and resentment kicks in and it turns to bitter grief.

Some people can be so grief stricken that they become totally incapacitated, others go about mourning for years, still others check out of living life altogether. This is abnormal grief and must be rectified. Grief is an emotion and it must have its natural expression through tears, crying, depression and sharing it with others.

But after our period of mourning we are to go back to living life. The Bible tells us that there is a manner by which we are to handle grief, which not only deals with death, but any form of loss of a love object and that includes divorce, and that is found in Ecclesiastes 3:4, “*A time to weep, and a time to laugh; a time to mourn, and a time to dance;*”.

A mistake that many Christians make is that they take a purely spiritual approach to not allowing themselves to grieve by rationalizing that they will see their loved one again in heaven therefore there is no need to grieve. While this is true that we will see our saved loved ones in heaven this is not to deny ourselves the grieving process. We grieve; it's just that we don't grieve like the unsaved do. “*But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope.*” 1 Thessalonians 4:13

What they fail to see is our humanity! **Grief** is a normal human function of the emotions due to our separation from someone we loved and it must not be denied, suppressed, or allowed to have its time. The word for **time** in Ecclesiastes 3:4 is *’eth*, which speaks of a period of time of indefinite duration marked by certain characteristics, here it's mourning. The Greek uses the word *kairos* or season.

There is a period of time where one weeps and mourns, but then there is to come a period of time where one stops weeping and mourning and goes on with life! There isn't a set number of days one is to weep and mourn, but generally it was around 40 days, sometimes 70 days and up to one or two years for mourning, if the one that died was close, such as, a husband, wife, child, or parent.

The one-year period of time was generally viewed by most societies where the husband would be in mourning after the death of his wife, and it was two years set aside where the wife would grieve over her husband. It didn't mean that they were still depressed and crying, but that they were not out socially speaking interacting with people in festive gatherings.

Some abnormal treatments of grief are: 1) denial, 2) suppression, 3) sublimation via drugs, alcohol, food, amusements, work, etc, 4) displacement to others, 5) substituting someone else for the one you lost, 6) the grief and mourning phases is prolonged way too long, 7) bitterness, or bitter grief, which results in an unhealthy soul and relationships with others.

Grief is the extremely painful feeling in the soul over the loss of a love object of the soul; it actually is the pain of de-attachment! Which tells us that there was first an attachment of the soul to the other person. Human love is the psychic attachment of one soul (*nephesh*) to another soul and when there is a death, divorce, or breakup of the relationship, then there is a de-attachment of the souls and that pain is grief. And the deeper the attachment was the more intense is the pain of grief in de-attachment.

Souls can be inexplicably attracted to each other. If the attraction is strong and remains, then the two souls will be drawn to each other, sort of like a magnet. The next phase is where the souls actually become attached to each other and over a period of time “feelers”, for lack of a better term, from each soul will go into the other soul and continue to strengthen the attachment over the years. But when death, divorce, or breakup of the relation comes into the picture, the souls are torn apart; there is a de-attachment in the separation causing soul pain that we call grief. After the separation there still remains parts of the soul in the other person and parts of their soul in you, which makes it even all the more difficult to deal with it.

The concept of attachment is very interesting, even though many may not think about it that much. Two pieces of wood are attached by carpenter's glue; two pieces of plastic are attached to each other by plastic glue; two pieces of metal by welding; two wires by soldering; two pieces of cloth by thread; molecules can be attached to each other; atoms can be attached to each other, consider the nuclear explosion that comes when the atoms are de-attached; states are attached to each other by the constitution; nations by treaty; a husband and wife by the constitution; and two souls by the bond of love, sometimes referred to as “psychic tension”.

The point is that things in life can be attached to each other where they are separate entities, but because they are attached to each other they act as one. And the “glue” that holds them together can also be different; it can be physical, political, material, mechanical, chemical, emotional, psychological, common interests, or it can be the love they have for each other. Psychic love attracts one soul to another, then it attaches the one soul to the other; this attachment is called love. When the souls are torn apart from each other through death, divorce, or separation, which is the de-attachment, that pain of the soul is grief.

A man’s soul and a woman’s soul are often unconsciously attracted to each other, sometime referred to as “falling in love”, this is where the soul life in each *nephesh* is attracted to the soul life in the other *nephesh*. The two souls now have become attached to each other; now they “love” each other. They solidify that bond and set it aside and protect it by entering into the covenant of marriage publicly stating that they are “one” now. Their bodies now become attached to each other in the act of sex as an expression of the attachment their souls have. Children come forth from this bond and now there becomes a new attachment of the souls of the parents to their children.

Now we come down to the problem of **grief**; whenever there is a death, divorce, or separation those concepts introduce the dynamic by which the soul of one person is **de-attached** from the other person; the resultant pain of the soul due to this de-attachment we call **grief**. There is an energy that is released, or comes into play, when the two souls, or soul life forces in each *nephesh*, become **attached** to each other and it is **pleasurable**. But when the two souls, or soul life forces, for whatever the reason, become **de-attached** from each other, then another energy is released and it is **painful!**

A and B are attracted to each other; A and B are drawn to each other; A and B love each other; A and B are attached to each other; A and B become intertwined with each other; A and B are becoming one. These are the mystical dynamics of the force of soul love. And the longer it goes on the more intertwined the souls become with each other and the stronger the bond becomes between each other, that is, until de-attachment enters into the picture and they experience grief.

Because of the pain involved in grief most people turn to Grief Avoidance Dynamics, such as: losing your self in your work, keeping busy – no time to think, isolating yourself from others, not letting yourself be vulnerable again, drugs, alcohol food, preoccupation with TV, music, entertainment, hiding behind the emotion of anger because it's easier to deal with.

In grief the soul experiences a sense of loss. When two people are attached to each other they become intertwined with each other like intertwining roots and when one soul is torn away the other soul senses loss, what has become a part of you is now gone. And not just a part of you where the two have grown to be one, but also an actual part of you is gone. When two things are glued together, then torn apart the tear is never along the lines of the glue, but parts of one piece of wood are on the other piece of wood. The tear takes with it pieces of wood from each side in the separation.

People handle grief differently and not always in an healthy manner. Some turn bitter, harden their hearts become anti-social recluses, avoid human contact, human involvement, human intimacy, buy a pet, suppress, deny, self medicate, etc.. But as painful as grief may be, and as much as we try to avoid it, grief must be allowed to have its time and its day. Yes there will be times of weeping and sadness, and there may be time's of mourning one's loss, but we have comfort in Christ, which would entail prayer to God where we pour our hearts out to him in our sadness and apply the promise of seeing our loved ones once again.

Two concepts must be recognized and applied. The one concerning our humanity and the other concerning our spirituality; we are human beings, but we are also spiritual beings. There is the ultimate solution of dealing with our grief spiritually and doctrinally, but one also has to recognize that grief is a human emotion that has to be allowed to have its expression.

One also needs to recognize that dealing with grief isn't just about dealing with the emotion of grief, because other emotions will be **clustered** around the grief and come to the surface with it, such as, fear, anger, self-pity, bitterness, guilt, regret, etc.. **Fear** because we're afraid of the pain, afraid of being alone, afraid of it happening again. **Anger** because your loved one was taken from you. **Bitterness** in life because you lost someone who meant the world to you. **Self-pity** – why did it happen to me? **Guilt** because you could have or should have done something to prevent it. **Regret** because you didn't do something to prevent it, or your anger kept you back from having a relationship with them while they were alive.

The **life force attachment** of the love of one *nephesh* for another *nephesh* also explains why other people do not share the same sentiment for your children as you do; their souls are not attached to your children's souls. The same concept also applies when you lose someone your soul is attached to through death, divorce, or separation. Other people cannot and do not feel your pain of loss because **their** souls were not attached to the soul of the one you lost. **It is your pain of loss not theirs!** Even though we cannot experience the soul pain of another believer experiencing their own loss, in fact, we are unable to do so for that pain is going on only in their souls, we can pray for them and comfort them with comforting words of sympathy and the doctrines of Scripture.

To **comfort** or to console is *paramutheomai* and it meant to speak to someone in a gentle, positive, soothing manner. It denotes sympathy expressed in words, such as, Mary and Martha in the death of Lazarus. John 11:19, “*And many of the Jews came to Martha and Mary, to **comfort** them concerning their brother.*” John 11:31, “*The Jews then which were with her in the house, and **comforted** her, when they saw Mary, that she rose up hastily and went out, followed her, saying, She goeth unto the grave to weep there.*”

The ultimate solution for dealing with grief is turning our souls to the Lord for comfort. When our souls are grieving they are feeling the loss of the love object that they have lost and to continue on in a never-ending path of grief and mourning will be of no help to them. The only solution for the soul is to turn to Christ, his Word and his Spirit.

Occupation with suffering intensifies our suffering, but occupation with Christ alleviates our suffering. The principle we have to remember is that our souls are in union with Christ's soul and that relationship will never change; we will never be detached from the soul of Christ! That's the only constant we have in this life; it is the one thing that will never change. “*Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.*” Hebrews 12:2

April 2017 Newsletter – Dealing With Emotions – Review Biblical solutions for anger.

There are 6 phases in the anger complex going from bitterness to physical violence. What activates anger in us is bitterness, so to deal with anger we must first learn to recognize bitterness and deal with it. **Bitterness** is present: 1) when we react to what was done to us, 2) we were made to do what we didn't want to do, 3) we were prevented from doing what we wanted to do, 4) we were hurt or offended over something, 5) we didn't get our way. Bitterness is our negative reaction to anything that displeases us or is against our will.

There are two main culprits in bitterness and they are the **will** and **pride!** Pride wants to have its way, which involves the will and when it doesn't it reacts with bitterness, then anger follows. Being a stiff-necked-believer and the example of the stubborn heifer describes this reaction quite well. The heifer doesn't want to do what it master wants, then you see it fighting him all the way. The stiff-necked believer doesn't want to do what the Lord wants, so he stiffens his neck.

Now the Lord has given us a new will in the act of regeneration, when we believed on Christ as our Savior, but that comes into play as we live in the filling and power of the Holy Spirit. But if we are not in the Spirit, but in the flesh nature, then we won't want to do God's will and will be fighting him all the way. Philippians 2:13, “*For it is God which worketh in you both to will and to do of his good pleasure.*”

Learning how to recognize, confess and deal with the other levels of **anger** will greatly help the believer in dealing with any anger they might have. 1) *Thumos* is the first level of anger and it is more of an inner seething. It hasn't broken out in words or actions, but one of being fuming mad, as they say, or the steam in a teakettle. 2) *Orgē* is where the anger energy is more pronounced, breaking forth with a view toward vindictiveness, of wanting to get even. 3) *Kraugē* is where the mouth gets into the picture and now argument, quarreling, invective's and the like are in play. 4) *Blasphēmia* is where the mouth takes off into vicious arguments, name-calling, and words used to hurt the other person. 5) *Kakia* deals with all forms of physical activity, including violence, designed to hurt the other person.

Once we can see that we're angry over something and what level our anger is at, we can now employ the biblical solution of confessing it to God, recovering the filling of the Holy Spirit, prayer, the faith rest drill, forgiving those who have hurt you, letting go of the anger, *agape* love toward the offending individual or situation, being thankful, etc..

Fear is the feeling of being vulnerable, unprotected, open to being hurt, exposed to threat or harm, where things beyond our control can come into our lives and hurt our souls, or our bodies, or our families, or anything connected to us that is an extension of us. It produces anxiety, worry, dread, apprehension and all sorts of other emotional dynamics. Fear also creates mental torment and can have a negative impact on the body. It can also settle into a mood where one lives in fear all their lives.

The solution to fear is faith, not just faith itself, but faith in the promises and Word of God. The believer must absorb himself in the faith building passages of the Bible, especially those teachings and promises of how God will always be with us, how he will always provide for us, how he will always take care of us, be with us, etc..

Grief is a normal human emotion of the flesh and is not sinful in itself, but believers can be crippled by grief: 1) if they deny it, suppress it, not let it have its normal human expression; 2) if they allow it to go on abnormally for weeks, months, years; 3) if they don't recover and go on with normal life; 4) if their pride and resentment kick in and it turns into bitter grief.

Some people can become so grief stricken that they become totally incapacitated, others go about mourning for years, and still others check out of life altogether becoming social recluses. This is abnormal grief and must be rectified. Grief is an emotion and it must have its normal expression through tears, crying, depression and sharing with others, but then one must go back to life, while still honoring the memory of the loved one at the same time.

The Bible teaches us that there is a manner in which we are to handle **grief**, which usually comes about through death or divorce, (which is the death of a relationship), and that is found in Ecclesiastes 3:4, “*A time to weep, and a time to laugh; a time to mourn, and a time to dance;*” The mistake that many Christians make in this matter is that they take a purely spiritual or doctrinal approach reaffirming they will see their loved one again, which is true and we're supposed to do, but not allow themselves to grieve; we must allow ourselves to grieve while we comfort ourselves with doctrinal concepts. What they fail to do is take into consideration our humanity! Grief is a normal function of the emotions and it must not be denied or suppressed; it must have its time.

The word for **time** is *’eth*, which speaks of a period time of indefinite duration marked by certain characteristics. It's the word for season or kairós in the Greek. There is a period of time for weeping and a longer period of time for mourning, but they are to stop and the believer must go on with life. There isn't a prescribed number of days, but generally it was around 40 days, perhaps 70 days, and up to one or two years if the loved one was close, such as a husband or wife, or parent or child. Usually the one-year period of time of mourning was for the husband and two years for the wife in those days.

Abnormal treatments of grief are: 1) denial, 2) suppression, 3) sublimation through food, chemicals, alcohol, amusements, etc., 4) displacement to others, 5) substitutes, 6) prolonged way too long, 7) bitter grief because pride, anger and negative volition have come in with the grief, which will result in an unhealthy soul, unhealthy relationships with others and destructiveness.

Grief is the extremely painful feeling in the soul over the loss of a loved object of the soul. It actually is the pain of de-attachment! Human love is the attachment of one human soul (nephesh) to another soul. And when there is a death, divorce, breakup of the friendship or relationship, where that soul has been taken from you, or you taken from it, there is a de-attachment of the souls and that pain is grief.

The concept of **attachment** is very interesting, although many may not think about it. Two pieces of wood are attached to each other by carpenter's glue; two pieces of plastic are attached to each other by plastic glue; two pieces of metal by welding; two wires are attached to each other by soldering; two pieces of cloth by sewing; atoms can be attached to each other; molecules can be attached to each other; states can be attached to each other by the constitution; nations by treaties; a husband and wife by the covenant of marriage; and two souls can become attached to each other by the **bond of love!**

The point is that things in life become attached to each other where they are still separate entities, but because they are attached to each other they now act as one. And the “glue” that holds them together can also be different; it can be: physical, political, emotional, psychological, common interests, or the **love** they have for each other.

“Psychic” **love** attracts one soul to another, then it attaches one soul to the another; this attachment is called love. But when the two souls are torn from each other, through, death, separation, or divorce, the de-attachment, then that pain is called **grief**.

A man's soul and a woman's soul are unconsciously (usually) being attracted to each other, which we call “falling in love”. This is where the soul life forces in each *nepshesh* are unconsciously attracted to each other. Then their two souls have become attached to each other, now they love each other. They solidify that bond to set it aside and protect it by publicly stating that they are now one by the covenant of marriage, which allows for further intertwining of the souls. Their bodies become attached to each other in the act of sex as an expression of the attachment their souls have. Children then come from forth from this bond and there now becomes a new attachment of the souls of the parents and the children.

Now we come down to the issue of **grief**. Whenever there is a death, divorce, or separation, those concepts introduce the dynamic by which the soul of one person is de-attached from the other; there is **pain** and we call that pain **grief**. There is an energy that is released, or comes into play, when the two souls become attached to each other and it is **pleasurable**. But when the two souls are torn from each other for whatever the reason, then another energy is released and it is **painful**. The attraction and attachment of souls gives us **pleasure**, while the de-attachment brings **pain**.

Because of the pain involved in grief most people turn to **Grief Avoidance Dynamics**, such as: losing yourself in your work, keeping busy – no time to think, isolating yourself from others, alcohol, drugs, food, hiding behind anger – it's less painful to feel anger than grief, TV, books, entertainment, any other form of escapism. People handle grief differently and not always in an healthy manner. Some turn bitter and harden their hearts, others become anti-social recluses avoiding human contact and intimacy, and still others suppress, deny and get into self-medication.

In grief the soul senses a loss. When two souls become attached to each other, along with their physical lives, they are like intertwining roots. And when one is torn away the soul senses its loss; what has become a part of you is now gone. And not just a part of you where the two of you have grown to be as one, but an actual part of you is now gone, thus exacerbating the loss. When two items are glued together, then pulled apart, the break never severs cleanly on the glue line, but tears away leaving parts of both pieces of the wood on both sides. The same thing for the souls; parts of her soul are in you and parts of your soul are in her.

As painful as grief can be and as much as we want to avoid it, it must be allowed to have its time. Yes there will be times of weeping and sadness, and there will be a time of mourning one's loss, but we have a comfort in Christ. This entails prayer to the Father, pouring out our hearts in sadness to God, but also applying the promises that God will never leave us and we will see our loved one again.

Two concepts have to be recognized and applied in the matter of dealing with grief; the one concerning our humanity, and the other concerning our spirituality. One also needs to recognize that dealing with grief isn't as easy as just dealing with grief, because other emotions will be clustered around the grief and come to the surface, such as: fear, anger, self-pity bitterness, built, etc..

Fear because we're afraid of the pain, afraid of being alone, afraid of it happening again. **Angry** because your loved one was taken from you. Becoming **bitter** in life because you lost someone. Jealousy because others still have their loved ones. **Self-pity**, why did it happen to me? Guilt because you feel you could have done more to prevent their death.

The life force attachment of one *nepshesh* to another also explains why other people do not share the

same sentiments that you have for your children. The reason why is that their souls are not attached to your children's souls, only you experience that attachment. You can't expect other people to feel the same way about your kids as you do. The same thing applies when you lose someone through death, divorce, or separation. Others do not and cannot feel the pain you are going through because their souls did not share the same attachment you do.

But even though one cannot experience the soul pain of another believer experiencing loss, in fact, we are unable to do so. Each man can only experience his own pain or pleasure in his soul, not in someone else's soul. What we can do for them is pray for them and comfort them with words of sympathy and doctrines of Scripture.

To **comfort**, or to console, in the Greek is *paramutheomai* and it meant to speak to someone in a gentle, positive, kind, soothing manner, such as Mary and Martha concerning Lazarus. John 11:19, “*And many of the Jews came to Martha and Mary, to **comfort** them concerning their brother.*”; John 11:31, “*The Jews then which were with her in the house, and **comforted** her, when they saw Mary, that she rose up hastily and went out, followed her, saying, She goeth unto the grave to weep there.*”

The ultimate solution for **grief** regarding our **humanity** is to allow ourselves to go through the grieving process, and concerning our **spirituality** is to turn our souls to the Lord for comfort. When we are grieving our souls are lamenting the loss of a love object. To deny our grief, or to continue on forever in our grief will be of no help for ourselves or those we have lost.

Occupation with suffering intensifies our suffering, but occupation with Christ alleviates our suffering. The principle we have to remember is that our souls are joined with Christ's soul and that relationship will never change. We will never be detached from Christ and his soul; it is an eternal unbreakable union and the only constant dynamic we have in this life. Which will be the cure we need to overcome fear concerning any future relationships and any soul intimacy problems we currently have.

We have to embrace two truths concerning soul love relationships: 1) **the soul relationships we have with other people on earth will always change**; people will come into our lives and they go out for various reasons. But then new people come into our lives! Sometimes they are on the same path with us for a long time, but sometimes it's a short time. Sometimes they depart the path for their own reasons, and sometimes God leads them on in a different path! 2) **Christ is the only constant that our souls have in this life. He is the Savior of our souls! So our souls can count on him to always be there!**

When the believer trains himself to have his soul turned toward Christ each day, that is, toward Bible Doctrine each day, or turns his soul back to Christ if he has neglected this dynamic, then he will develop confidence out of that soul stability toward life and any future relationships that he might have with other believers. Living in the Spiritual Life Dynamic is the key.

We have to remember that soul love relationships, whether they be love, (husband and wife, boyfriend and girlfriend, parent to child, siblings, etc.), or friendship love between two believers, are a blessing of Bible Doctrine, so both believers have to be positive to doctrine and stick with it each day the rest of their lives. If one or the other depart from it, or do not pass their tests, or do not overcome their own scar tissue problems, then the relationship will suffer as the result. Whatever the category of soul love Paul had with Demas went away when Demas forsook him to go back into the world system. “*For **Demas hath forsaken me, having loved this present world, and is departed unto Thessalonica; Crescens to Galatia, Titus unto Dalmatia.***” 2 Timothy 4:10

Old Nature – New Nature Comparisons

As we have seen the flesh nature in both unbelievers and believers generates feelings in seven different categories and each one of these seven emotions are a complex of feelings. Hence the term the Seven Emotional Complexes of the Soul: fear, anger, grief, guilt, envy, human love and human happiness, or fleshly love and fleshly happiness.

But the new nature also produces something that might be considered somewhat similar to them, which are not emotional phenomena, but spiritual phenomena produced by the filling of the Holy Spirit in the new man in the sphere of the spiritual life dynamic.

We begin with **fear** produced by the flesh nature. Its complexes are anxiety, worry, terror, dread, consternation, apprehension, fright, status quo anxiety, anxiety disorders and more. It can motivate to fight or flight; it paralyzes action; it neutralizes any good dynamic; it prevents us from metabolizing Bible Doctrine by faith; it prevents us from stepping out by faith or living by faith; it can prevent the filling of the Holy Spirit; it keeps us from communion with God; it torments and is destructive to the soul; it can control and ruin one's physical health as well as soul health.

But there is a **biblical fear** both in the OT and the NT. This type of fear is not a servile, cringing fear, but has respect for a situation or an individual and will motivate the individual to positive, constructive action when considering the outcome of something. For example, I have a healthy respect for electricity; I don't have anxiety over it or any of the other complexes, but I do keep my fingers away from it, and the same thing goes for fire or anything else that could hurt us.

The **fear** of the Lord is the beginning of wisdom. Proverbs 1:7, “*The **fear** of the LORD is the beginning of knowledge: but fools despise wisdom and instruction.*” Genesis 42:18, “*And Joseph said unto them the third day, This do, and live; for **I fear God**.”* Ecclesiastes 12:13, “*Let us hear the conclusion of the whole matter: **Fear God**, and keep his commandments: for this is the whole duty of man.*”

The Bible teaches us to fear the Lord, not with a servile cringing fear where we're all tied up in knots, but with the healthy respect for his nature of holiness and justice in dealing with people and nations who defy his righteous rule over them. As a God of justice he will give back to us as our actions deserve, and if we reject his grace, then all there is left for us is his justice and he will deal with us thus regardless of what we think or want. Acts 10:34, “*Then Peter opened his mouth, and said, Of a truth I perceive that **God is no respecter of persons**.”* With that in mind the **fear of the Lord** takes action to prevent negative consequences, that is, it **motivates us to obedience**.

Noah became alarmed when God told him he was going to destroy the world. Hebrews 11:7, “*By faith Noah, being warned of God of things not seen as yet, **moved with fear**, (*eulabeomai – godly fear, or holy fear, a fear that motivates to an action of obedience*), prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith.”* His fear was not an emotional fear where he ran and hid himself, but motivated him to take the action that had been prescribed by God.

Christians need to fear God's discipline, not that they live their lives gripped with fear that ties them up in knots inside, but one that motivates them to live their lives in such a way that they will want to be blessed by God and not come under his discipline!

Christians need to fear the consequences of abandoning the Spiritual Life Dynamic. Many have been in

the place, where they had not been living by faith in the Word and in the filling of the Holy Spirit, the quality of life in their souls then went downhill to the place where they started to lose it. So having been in that place due to their negative decisions to neglect the spiritual life that God has placed in them, they have a **fear** of going back there. Now they are motivated to stick with doctrine and the filling of the Holy Spirit and enjoy the peaceful life of blessing that God has for them.

Fear is a powerful motivator, in fact, all emotions are powerful motivators. But so can be their similar spiritual counterparts, such as: godly fear, as we had with Noah, righteous anger, virtuous love, etc.. The fear of death has held everyone on earth in its grip. Hebrews 2:15, “*And deliver them who through **fear of death** were all their lifetime subject to bondage.*” The NIV translation has it as, “And free those who all their lives were held in slavery by their fear of death.”, and Arthur Way's translation has it as, “Those, who through the **haunting dread** of death, were all their lifetime bowed beneath a yoke of veritable slavery.”

The word for **lives** here is *zao* and in a moral or religious concept it refers to the highest ideal of life, which is what living by faith in the filling of the Holy Spirit is all about. But without that it brings in the idea of a governing concept that dominates and rules over one's life, which is to say that this haunting dread of death overtook and ruled over every aspect of people's lives here on earth, sometimes consciously, but always unconsciously!

But Christ's atoning death on the cross and his victorious resurrection from the dead destroyed the devil, who held the power of death. Hebrews 2:14, “*Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might **destroy** him that had the power of death, that is, the devil;*”

To **destroy** is not the correct word for *katargeō*; it meant to render powerless. Satan will not be destroyed until after the Millennium, when he is thrown into the Lake of Fire. *Katargeō* meant to render inactive, to render powerless, to remove from the sphere of activity. In the legal world, or the governmental realm it looked at the power of government officials, or political rulers, who had the power to detain someone, or arrest them, hold them and take them into custody by force.

To be able to do that one had to have jurisdiction over you. Only the officials of a city could do that, if you were in their city limits. A ruler of a nation could do that, only if you were in his nation. Both concepts refer to an area one rules over, that is, he only has power over those in his domain. Now to render an official powerless he had to be removed from his official position, removed from his area of rule and then be imprisoned. So we have with the devil.

Satan is powerless to do anything about the righteous dead in Hades, that is, about those who were in the Paradise section of Hades. Why? Because God has paid the ransom to set them free! Psa.49:14,15 - “*Like sheep they are destined for Sheol, and death will feed on them. The upright will rule over them in the morning; their forms will decay in Sheol. But God (Elohim) will redeem my soul from Sheol; he will surely take me to himself. Selah.*” Hosea 13:14 “*I will **ransom** them from the power of Sheol; I will redeem them from death. Where, O Death, are your plagues? Where, O Sheol, is your destruction?*” The concept is not about overpowering force, but legal action. A man is in prison; to get him out, you can overpower the guards to break him out, an illegal means, or present a legal document that sets him free. So it is with all the righteous that belong to God; Satan has no power over us because we are no longer under his jurisdiction. “*Who hath delivered us from the power (authority) of darkness, and hath translated us into the kingdom of his dear Son:*” Colossians 1:13

May 2017 Newsletter – Dealing With Emotions – Review

Old Nature – New Nature Comparisons – Anger

The **flesh's** emotion of anger begins with bitterness, or resentment, then it festers into a seething, burning anger that is strictly internal, then its next stage is where it bursts forth into a desire to hurt, then it is vocalized by complaining, bad-mouthing, negative speaking and arguments, then it goes into a more intense form of all that where the desire is to hurt the other person with words. If not stopped, then it escalates into the next stage of physical violence.

But the **new nature's** “anger” is actually righteous indignation, which is aroused over wrongdoing and evil. While the flesh's anger is aroused when it doesn't “get its way”, who has to do what it doesn't want to do, or is prevented from doing what it wants to do, or when it's hurt or offended.

When anger, usually translated as wrath in the Bible, is used in context with God, it denotes the idea of God's anger being aroused over the offending of his righteous nature. God is righteous and holy and whenever his nature is offended, then his justice goes into action to deal with it.

This is why forgiveness and salvation come to us on the basis of grace. God has established a salvation protocol that is rigidly adhered to by God whereby people can be saved and given eternal life and that is has to be through faith alone in Christ alone. If anyone attempts to gain God's favor through works of righteousness, morality, merit, or some form of spiritual technique, they will be promptly rejected by God for they offend his righteous nature.

We cannot call the wrath of God the divine displeasure for that is to weak a term. Think of it as a throne of fire where the fire of God's wrath pours forth from him sweeping everyone and everything that offends his righteous nature away from him and totally consuming them, which is what is going to take place at the final judgment of God on mankind and the angels.

When Christ died on the cross bearing the penalty for our sins he was bearing the wrath of God that we deserved and should have received. To those who trust in Christ, though, we will never see that wrath for our Savior bore it for us. But for those who do not believe on Christ, then the wrath of God still abides on them and they will have to receive it at the final judgment. John 3:36, “*He that believeth on the Son hath everlasting life: and he that believeth not the Son shall not see life; **but the wrath of God abideth on him.***”

We see the beginning of this final wrath take place at the opening of the 6th Seal where the unrighteous of the world know that the wrath of the Father and the Son has finally come upon them, Revelations 6:15-17, “*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?*”

We also see the human emotion of fear being manifested in these people by them hiding in caves calling for the mountains to fall on them because of their sheer terror of God's wrath.

We also see **God's wrath** ultimately, perfectly and completely manifested at the great White Throne Judgment where all unbelievers will be thrown into the Lake of Fire and there will be **wailing** and **gnashing** of teeth. Their **gnashing** of teeth denotes their great rage against Christ and their **weeping** their bitter self pity – but we are not to pity them. Matthew 13:41,42, “*The Son of man shall send forth his angels, and they shall gather out of his kingdom all things that offend, and them which do iniquity; And shall cast them into a furnace of fire: there shall be wailing and gnashing of teeth.*”

Grief

On the human emotion of **grief**, the pathos is so great for the unbeliever when they lose a loved one because they don't know if they will ever see their loved one again, or they're sure they will never see that loved one again; a part of their soul has been ripped away from them through death and they don't know if it will ever come back to them again.. But for the Christian we know that our grief over the loss of a loved one is only temporary for we know that we will see them again. Besides we have the Spirit of Christ to comfort us and for the mature believer they have a completed soul to comfort them.

Guilt

The **flesh** has a problem with **guilt**, a guilty conscience and a guilt complex included in which is the problem of shame. There is real guilt where you **are** guilty, and there is sensed guilt where you **feel** guilty. Guilt being the inner conviction that you have done something wrong. One can have done nothing wrong, yet feel guilty; and one can do something wrong and not feel guilty. Shame is a part of the guilt complex where you feel that you are no longer a part of the “group”, that you have been put outside the “group”, that you're not good enough for the group. Along with that comes an inferiority complex. (See my Online studies on Sin, Guilt and Shame).

The **New Nature**, however, **does not feel guilty**. There may be an inner conviction, a pointing out by Bible Doctrine or the Holy Spirit an area one is failing in, but that is not the same thing as feeling guilty and ashamed for the believer in Christ knows that all sin, all guilt and all shame has been removed from him when he was cleansed by Christ in his salvation.

Envy and Jealousy

The feelings of **envy** and **jealousy** also come from the flesh nature. **Jealousy** would be where you want what someone else has, while **envy** is where you want what someone else has and want to take it from them for yourself, or depriving them of it so they can't have it.

These are the substances of sibling rivalry where your brother or sister has something; you can't stand it, so you try to take what they have from them, so they can't have it! And it's not so much the idea that you want it, it's just that **you don't want them to have it!** This is also the issue behind the dynamic of grace versus legalism, freedom versus bondage or slavery. Galatians 4:29, “*But as then he that was born after the flesh persecuted him that was born after the Spirit, even so it is now.*”

Legalists, (those living under some form of law), persecute grace believers, not because they want grace, which they could have; they just don't want us to live in grace and be free! Legalists persecute grace believers because they are free! They could be free as well, if they wanted to, it's just that **they don't want us to be free!** The slave persecutes the free man because they resent that we are free.

In societies and government slave-minded people persecute free people, as we see going on in America today. Why? They could live in the same freedom that we do, but they don't want to be free. They don't want to be free and they don't want us to be free and live in freedom, so they work to deprive us of our freedom! You find these types in religion, in churches and in government. Their legalism and envy drives them to the place where they constantly seek to deprive us from what we have – freedom!

Fleshly Love versus Spiritual Love

The **flesh nature** has feelings of **love** in different categories: love for one's country, love for one's family, for one's relatives, for one's brothers or sisters, for one's friends, one's parents, one's children, one's boyfriend or girlfriend, one's husband or wife, even for one's pets. These are all complexes of feelings in a myriad of ways.

The **new nature loves**, but it's a totally different kind of love and is spiritual in nature. The flesh's love is emotional phenomena, while the new nature love is spiritual phenomena brought about by operating in the new nature as one has doctrinal capacity and is filled with the Holy Spirit. There are two kinds of love in the new nature: 1) *agape*, which is an impersonal love; and 2) *phileo*, which is a personal love relationship of several categories in itself.

Agape is based upon the virtue of the one exercising it, not the one receiving it. While *phileo* is based upon the one exercising it and the one to whom it is directed. *Agape* is activated as one is filled with the Holy Spirit; it is the normal mental attitude of the new nature and it is spiritual, not emotional. *Phileo* is there only when one is filled with the Holy Spirit operating in their new nature, along with capacity of soul both on the part of the one loving with *phileo* and the one receiving it. There must also be some area of compatibility between the two believers: doctrinal friends, doctrinal boyfriend girlfriend, doctrinal parents, doctrinal children, etc..

Fleshly Human Happiness

Human happiness covers the feelings that range from fun to temporary euphoria. It's probably one of the most compelling drives going on in America today, not that people have it, but they want it, It's the drive behind people wanting more money, success, drugs, alcohol, partying, cars, RV's, etc., everybody wants to have fun. But human happiness is an emotion of the flesh nature; it is only temporal, that is, it lasts only for a short time and is based upon pleasant external circumstances. It comes from having fun, having one's senses stimulated, getting one's way, etc..

But the **joy** found in the new nature under the filling of the Holy Spirit is completely different. First of all, it is not a feeling; it is not an emotion, but a spiritual phenomenon. It is not determined by external circumstances, but is an internal dynamic. It is not based upon pleasant external circumstances or environment, but upon the operation of faith in the Word of God under the filling of the Holy Spirit. It can be experienced even in the midst of terrible external circumstances and suffering.

Happiness is an emotional phenomenon, **joy** a spiritual phenomenon; **happiness** is externally dependent, **joy** is internally dependent on the spiritual life dynamic. **Happiness** comes when we get what we want, **joy** comes from living in the spiritual life dynamic. **Happiness** can be experienced by believers and unbelievers. **Joy** can only be experienced by believers.

The Problems Emotions Cause

We think back to Cain's **murder** of his brother Abel. Genesis 4:10, “*And he said, What hast thou done? the voice of thy brother's blood crieth unto me from the ground.*” And what was the driving force behind that? It was Cain's jealousy and his fierce anger; two emotions right off the bat. And how many billions on this planet have died because of the emotions of envying what someone else has, or anger? How many thefts have been committed because of jealousy? How many arguments because of anger? How much potential has been missed out on due to the feelings of inferiority due to guilt and shame? How many lives have been wasted because of wanting to have fun?

The problems of the soul and its emotions come about as the result of living in a sin-cursed world, having bodies with the genetic element of sin in them and being raised in our environments. Growing up the soul wanted love, happiness, peace, gentleness, affection, the softer virtues, but instead it got harshness, vulgarity, anger, yelling, hate, violence, meanness and ridicule. All this was further compounded by the total inability of the fleshly body and unregenerate soul to deal with the harsh reality of living on a sin-cursed earth ruled over by an angry fallen angel.

Now we can begin to understand why we have such a problem with the emotions for they are the result of our reaction to all this. Many of our emotional problems can be traced back to the family dynamic of the homes we were raised in. This is not about casting blame or dumping our problems on other people. Neither one of them solve the problem. This is about recognizing what our problems are, how they came about, and then applying the biblical solution to them so we can live in the spiritual life dynamic!

When dealing with the problems that our emotions cause we will have to learn to recognize that the emotions is, whether fear, or anger, or guilt, or envy, but also one we don't think about – love! Not spiritual love, but love involving our parents, siblings, same sex parent, opposite sex parent, etc., where there was a failure to provide the child the love they needed growing up in the home. (Remember they had their own problems). And the inability of the child to receive what love the others were giving. The child had their own things going on too!)

This breakdown in the love connection created problems in our souls that we carried on into adult life, not to mention our own old sin nature reactor factors to the whole situation, which reactor factors we will also have to deal with so we can get at the nexus of the problem in the soul. One of the problems is where we picked up the habit of dissociation and distancing ourselves from the whole thing. Another is where our emotional reaction to not getting love was where we “pinched off the love pipe” by which the love for our fathers and mothers was constrained, which later on in our adult life, even as Christians, resulted in our inability to love in that area.

And in addition to that, scar tissue would build up in that area of the soul to the place where we are unable to love in that area with that kind of capacity love. We want to, but can't. But under spiritual growth the scars in that area of the soul are removed and the Holy Spirit's love can flow into that area of the soul that was formerly “pinched off”.

We accumulated scar tissue in our hearts by our reaction to things that went on in the home, but one can remove scar tissue on the mind and thinking in a relatively short time: 6 months, 1 year or so, by sitting under the teaching of Bible Doctrine, living in the filling of the Holy Spirit, confession of sin biblically, etc., but the removal of scar tissue from the heart takes much longer.

The solution for our souls, our *nepsheshes*, is a spiritual solution, a doctrinal solution and much of our soul's problems are related to love and our experiences in the home growing up and our **reaction** to them! Which **reactor factors** would be: 1) our fear of them, or having them reoccur again, 2) our anger over them, 3) sometimes guilt connected to them, 4) sometimes envy of others, 5) sometimes grief over them, 6) in the area of love, 7) having a frantic search for happiness because of them.

We wanted love, but didn't get it from one parent or the other, so we reacted with anger and went away from home angry at our parents. Or there were things that we loved about our life growing up in the home, but, then, tragedy beyond our control hit and took all that away from us. Somebody died, our parents divorced and our idyllic life ended. So we left the home hurt, confused, lost and angry.

Or we patiently waited for whatever it was that our hearts desired growing up in the home, but it never came to pass. So we left the home angry and went out into the world disappointed, discouraged and defeated. We reasoned, maybe it's out there! Or, maybe there's something out there that will substitute for what it was that I was hoping for.

Every young person growing up has “their story”; their souls being denied love; love taken away from their souls, crushing disappointments, dashed hopes, dreams denied and worse. We leave the home and go out into the world with our emotional life running amuck and we try things to take away the hurt: drugs, alcohol, work, staying busy, chasing after money and success, the opposite sex, having children, cars, toys, homes, things – we try everything and nothing helps.

The reason why this is a spiritual problem and only a spiritual, doctrinal solution will solve it. And this means all those emotional problems will have to be sorted out one by one under the ministry of the Holy Spirit and Bible Doctrine. We will have to learn to recognize and deal with our fears, our anger, our grief, our guilt, our envy and jealousy, our human love relationships and wanting to have fun, so we can keep moving forward in the spiritual life of love, joy and peace.

Agape love is a spiritual and volitional love; we can love with *agape*, in fact, we are commanded to love with *agape*, but not *phileo* love. **Phileo** love is a capacity love that comes about as the result of spiritual growth and the removal of any scar tissue in the soul that would prevent it. And even in that there has to be a same sex or opposite sex believer that we have something in common with that acts as a basis for *phileo* love.

Scar tissue often comes about in the soul as the result of some sort of breakdown in the love relationship that one had with their parents growing up. Jacob and Esau were brothers, but Isaac loved Esau, while Rebekah loved Jacob. Genesis 25:28, “*And Isaac loved Esau, because he did eat of his venison: but Rebekah loved Jacob.*” Parental favoritism is the stuff of sibling rivalry, jealousy, bitterness and anger, but also the inability to love one's mates after they grow up.

Not to mention other problems, such as, Esau **despised** his birthright. Genesis 25:34, “*Then Jacob gave Esau bread and pottage of lentiles; and he did eat and drink, and rose up, and went his way: thus Esau despised his birthright.*” Esau held a **grudge** against Jacob. Genesis 27:41, “*And Esau hated Jacob because of the blessing wherewith his father blessed him: and Esau said in his heart, The days of mourning for my father are at hand; then will I slay my brother Jacob.*” Esau married Canaanite women to **spite** his parents. Genesis 28:8, “*And Esau seeing that the daughters of Canaan pleased not Isaac his father;*” Jacob lived in **fear** of his brother most of his adult life. Esau's descendants were constantly **warring** against Jacob's descendants, the 12 tribes of Israel, generational scar tissue.

It's not that we didn't love our parents, or love them now; every child loves its parents; it's just that for one reason or another we shut down, walled off, repressed, suppressed, denied, hardened, or closed off in our souls the love we had for them, usually because we got angry at them for one reason or another. What this resulted in parts of our souls were closed off, even as believers in our adult lives, so that the flow of the Holy Spirit is shut down to that area of our souls, thus preventing us from having capacity love relationships with others.

Now maybe we were able to function for years as believers without that capacity love, or perhaps in a diminished capacity where the mind keeps the love that's in the heart from surfacing, but when the Lord goes to heal that area of the soul these scar tissue problems will be brought to the surface where doctrine and the enlightening, revealing ministry of the Holy Spirit will make these things real to us and the scar tissue that we have had since youth will be removed and we will be able to love our Mom's and Dad's, as well as rapport love relationships we have today.

Believers will accumulate scar tissue on their souls before they were saved and even after they were saved. Fear anger and guilt pinch off the flow in the soul; porosis starts to accumulate, then that area will eventually become closed off.

The flesh nature fights against the spiritual life dynamic all the time using: lusts, emotions, pleasures and tension myositis syndrome to occupy and distract us. Galatians 5:17, *“For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.”*

As long as we are chasing off after one or more of the 28 categories of lust, or one or more of the 7 categories of the emotional complex of the soul, or absorbed into the pleasures of life, or caught up in scar tissue problems, or led astray by false doctrine, then we will continue to be outside the spiritual life dynamic and getting further away from rapport love concepts.

One of the successful tactics that the flesh uses to keep us from dealing with painful and embarrassing emotions is tension myositis syndrome (TMS). The subconscious mind creates, or uses an existing physical problem to keep our conscious minds focusing on them and not the troubling emotions. TMS also uses an existing problem as an excuse for not dealing with garbage in the soul where we have a justifiable reason for not doing something, for not having to do something, as an exemption. TMS gives us an excuse for not dealing with our painful, or negative emotions and at the same time it enables us to garner sympathy from others!

Under TMS a sense of guilt and the felt need to punish oneself will lead a person to conclude that his suffering is his punishment for wrongdoing somewhere in the past, so that settles it. But the soul malady can be healed through Bible Doctrine and the ministry of the Holy Spirit. The believer needs to finally realize that all his sins, guilt and shame were removed from him at salvation.

The sub-conscious rationale goes something like this from other people, “They've suffered enough with whatever their pain is, so leave them alone”. Or from the individual, “I've suffered **enough**, so I don't want to deal with the garbage in my soul. Or the individual will reason, “I've been punished enough, so I'm **excused** from dealing with my garbage in the soul.” But whatever our situation is, whatever we've gone through in life, whatever pain we have real or imagined, whatever our sub-conscious reactions to it were, there is no excuse for not dealing with the scar tissue garbage in the soul. It is a part of our spiritual growth unto spiritual maturity.

June 2017 Newsletter – Dealing With Emotions – Review

We have to remind ourselves of our present status as believers in Christ that we now have a new nature, one that is not bound by the scars of the past. We may have to deal with old hurts and reactor factors from time to time, but the ultimate solution for us is to recover the filling of the Holy Spirit and living within the faith rest dynamic as we focus in on the Word of God.

Many Christians run out into the world after they leave home trying to find something that will deaden the pain they have in their souls, but none of them will ever work; they may distract us for awhile, but then the old pain starts to come back again. Believers try to fill up the emptiness they have in their hearts with opposite sex love interests, but that doesn't work, then kids, then money, education, careers, material possessions, but the only thing that will fill our hearts is Jesus Christ.

Recurring problems, such as, guilt, envy, anger, pride, etc., can motivate believers to look for doctrinal answers. I guess if the pain of our problem is bad enough we will do what needs to be done to solve the problem. Even if our problem is physical, often behind it is tension myositis syndrome where the sub-conscious mind manufactures, or exacerbates a physical problem to mask a psychological one. Behind the problem is an emotion and behind the emotion is a thought we have picked up. Why?

Because the psychological pain is more frightening and painful than the physical pain, so it serves as a distraction to keep our minds focused on it. Which is what 2 Corinthians 10:4,5, “*(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;*” gets into.

Most of the problems we have to face in adult life are what we picked up from our homes in childhood. Our souls wanted and needed a satisfying relationship with our parents growing up, which most children didn't get. It was sin that messed up our relationship with our parents and our parents with us. We grow up and go out into the world and often end up messing up our relationships with others.

It is an ongoing flesh drama that is being played in our souls day after day just like the soap operas on TV. The event is behind us, but somehow the flesh keeps playing this tape over and over. At the same time we now have new natures and the indwelling Holy Spirit and we can now live within that spiritual dynamic, not the flesh. It is the emotions of the soul that keep dragging us back into that, that's why we have to deal with him to keep them from preventing us from living in the spiritual life of joy and peace.

One of the things that will help us do that is meditating on Bible Doctrine. When we meditate on the Word of God it is in that sphere that faith starts to be activated in our souls, then the filling of the Holy Spirit, which brings love joy, peace, etc.. Now we are operating in the new nature and all that garbage we have in our souls starts to go away. It is still there; we still experienced in the past, but its destructive dynamic no longer torments our souls.

If we have a problem with **fear**, anxiety, worry, apprehension, being fearful, anxiety disorders, etc., and many do because of the threats and vulnerabilities they developed growing up, we will be healed of that by meditating on all the passages of the Word that cover how God will protect us and provide all our needs. Psalms 34:4, “*I sought the LORD, and he heard me, and delivered me from all my fears.*”

If **anger** rules our lives, whether it is bitterness or resentment, deep-seated resentment, combativeness, having a short temper; anger that results in us always living outside the sphere of the spiritual life, then we need to be meditating on the cross and what took place there, on how God forgave all our sins, of being forgiving, living in the filling of the Holy Spirit, getting at the roots of bitterness, living in the faith rest dynamic applying the various passages on anger. Psalms 37:8, “**Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.**” Ephesians 4:26, “*Be ye angry, and sin not: let not the sun go down upon your **wrath**:*” James 1:20, “*For the **wrath** of man worketh not the righteousness of God.*”

If we are being crippled by **grief** in our lives, or where grief rules our lives, or the fear of grief ruins our lives; we can be healed of that by Bible Doctrine, living in faith, prayer and the filling of the Holy Spirit. Just like meditating on the fact that we are never alone because of our union with Christ that will prevent us from being afraid of being alone, so will meditating on our reunion with our loved ones at the resurrection will help us get over our grief. 1 Thessalonians 4:14, “*For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him.*”

If we feel **guilty** all the time, or have developed a soul-destroying guilt complex, if we are letting guilt ruin our lives and allowing it to keep us from enjoying the blessings we are receiving from the Lord; we can be healed of guilt by understanding the true doctrines on grace, mercy and forgiveness and how the atoning death of Christ on the cross not only removed our sin, but also our guilt and our shame! So we need to meditate on the atoning death of Christ on the cross that washed away our sins. “*And their **sins and iniquities will I remember no more.***” Hebrews 10:17

If **envy** and jealousy govern our lives, we can be freed of that by living in the new nature and the filling of the Holy Spirit, for the fruit of the Holy Spirit produces meekness, which is the mental attitude of being content with what God provides for us. Galatians 5:22,23, “*But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, **meekness**, temperance: against such there is no law.*” Hebrews 13:5, “*Let your conversation be without covetousness; and be **content** with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.*”

If we are caught up in the emotion of always looking for some kind of human **love** relationship in our life, either the desire to be loved by a husband, wife, kids, parents, friends, or to have someone to love, husband, or wife, or to have the love missed out on in childhood, which are human love concepts, then we can replace all that by living in the sphere of *agape* love, the very love of God himself, which is vastly superior. We are to think deeply on how much God does love us, how he gave his Son to pay for our sins. Most people today are looking to be loved, while the Christian life is to be us loving!

We can walk away from always wanting **happiness** and chasing after **fun**, (and all the old sin nature reactor factors that come along when we don't get it, not to mention the money we have to spend to have a few moments of fun). We do this by embracing the spiritual joy that the Holy Spirit produces in us that has nothing to do with human happiness. Spiritual joy comes about in the sphere of the filling of the Holy Spirit as the believer is living the faith rest life. It is totally internal and not dependent upon pleasant external circumstances, while human happiness is dependent upon pleasant or desirable circumstances and is short lived. The spiritual life dynamic is God's provision for living life here in the devil's world and it is God's solution for not living under the tyranny of the emotional complex of the soul.

And we can stay away from the grace rejecting, life destroying problem of personal pride by submitting ourselves to the authority of God the Father over us. 1 Peter 5:5,6, *“Likewise, ye younger, **submit** yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud [believer], and giveth grace to the humble [believer]. **Humble** yourselves therefore under the mighty hand of God, that he may exalt you in due time:”*

Having believed on Christ as one's personal Savior the believer then needs to submit himself to the teaching of some doctrinal Pastor in a local church and start learning the orthodox teaching of Bible Doctrine pertaining to the faith and doctrines that he can live by in his life, especially those doctrines that pertain to living in the true spiritual life dynamic.

One of the teaching aids that has helped many believers over the years to understand their relationship to God and their walk with him is the **cross and two circles**. The cross represents the moment when they believed on Christ as their Savior; the **top circle** represents their relationship with him; the **bottom circle** represents their daily walk and fellowship with him. The one is **positional**, the other is **experiential**. 1 John 1:3, *“That which we have seen and heard declare we unto you, that ye also may have fellowship with us: and truly our **fellowship** is with the Father, and with his Son Jesus Christ.”*

Inside the bottom circle speaks of the believer living in the filling of the Holy Spirit, living in the faith rest dynamic, and being occupied with the Word of God. Outside the bottom circle is being involved in the world system, being controlled by the flesh nature and perhaps under the control of the devil, or being demon influenced. The latest studies show that 87% of Christians have the same worldview as the unsaved. This shows two things: 1) they are not under the control and filling of the Holy Spirit; 2) they are not under doctrinal teaching!

The Christian has a choice as to which one of these dynamics that he wants to control his life; we always have a choice! And the way back in is through confessing (acknowledging) our sins to God. *“If we **confess** our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”* 1 John 1:9

But there is another way of looking at this and that is from the aspect of **consciousness**. This is where we look at it from the standpoint of what is our conscious mind aware of, occupied with, involved in, what we are presently thinking about, what we are concentrating on? Is it the doctrines and promises of the Word of God? Or is music, TV, video games, or social media? I don't think most believers will go for Bible Doctrine and go on to maturity in the faith simply because they will not overcome their involvement in modern technology, which they could if they confessed it to God and put it behind them.

There are three basic levels of consciousness. 1) The upper level of consciousness, the higher level, revolves around spiritual matters: God, his Word, the new nature, faith, meditation on his Word etc.. 2) The middle level centers around things that take up daily living, the job, school, running the household, etc.. 3) The lower level centers around the baser concepts of life: lusts, sins, evil, drugs, the occult, etc.. So what's in our stream of consciousness?

Most Christians know that they are to avoid the lower level of consciousness; they know that drugs, pornography, violence, crime, the occult, etc., are not something they are to be involved in, but where they have a problem is in the middle level. They live in the flesh; they live in their emotions; they are gratifying, or seek to gratify, most of their lusts; they want money, nice things, getting a better job, career, shopping, material possessions, which they think that all of this is normal, which it is for American culture, but not for the spiritual life.

And most Christians are not living in the higher level of consciousness in the spiritual life dynamic. Oh they may go to a church, sing and do all sorts of fol-de-rol and think that's spiritual, but know nothing about the higher level of consciousness found in the true spiritual life dynamic. This level of consciousness brings with it love, joy, peace, communion with God, godliness and so many other wonderful spiritual virtues.

Most Christians are living in the middle level of consciousness of working, taking care of the family, running errands, going to sports events, playing, watching TV, working on the car, the job, trying to get ahead, what's happening in the world, what's happening in other people's lives, which are all the details of life. What happens is our conscious mind's become so involved in them to the place that they have become a big distraction keeping us away from living life at the higher and best level of true spirituality!

It doesn't mean that the mundane things of life found in the middle level are sinful in themselves, but our tendency is to get caught up in them where they occupy our lives and our thought life. When we need to set time aside each day to set our minds on things above, not on thing of this earth. Colossians 3:2, "*Set your affection on things above, not on things on the earth.*" To have our consciousness occupied with Christ and his Word. Isaiah 26:3, "*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*"

How we can do this is set aside two times during a 24 hour period for our meditation on the Word of God. Psalms 1:2, "*But his delight is in the law of the LORD; and in his law doth he meditate day and night.*" Which would be somewhere between 6 AM and 6 PM, and 6 PM and 6 AM. Two times during the day, that we must discipline ourselves to do, where the only thing going through our stream of consciousness is God and his Word.

As we have seen consciousness is that which our minds are consciously aware of, occupied with, thinking about, involved in, or what we're concentrating on. But there is another way of expressing this, and that is our stream of consciousness. From there it takes on the idea of **what we allow into our stream of consciousness**. If we want to have faith ideas, positive ideas, ideas that inspire us to serve God and go to greatness, then we must only allow those ideas into our stream of consciousness; we've got to keep the negative out.

Throughout our study we have denoted the idea of repressing or suppressing our painful feelings down into the subconsciousness, but another way of looking at it is not allowing our painful feelings to flow into the stream of consciousness. The stream metaphor works quite well to explain the inner dynamic of the soul. And, as in nature, you will find many smaller streams flowing into it.

If we are watching TV, then what is on TV will be one of these little streams that flow into our stream of consciousness. If we are listening to music, then the same thing also. If the music is negative, disruptive, then it will have that same effect on our stream of consciousness. If we are watching the daily news, then the emotions of anger and fear will be now going into our stream of consciousness and we will act and think accordingly.

If any of the seven feelings of the emotional complex of the soul flow into our stream of consciousness, then that will be the dynamic going on in our minds. Or if any of the twenty-eight different categories of lust stream into our consciousness. So we have to guard our hearts and minds as to what we allow ourselves to think about. That's why it is vitally important that we keep our minds focused on the Word of God and positive, faith-building concepts!

But there are some things that we need to allow ourselves to think about, not to dwell on them, but to deal with them. We have a tendency built in to the soul where we block out painful, or embarrassing thoughts and feelings. But how can we confess we're afraid to God, if we have blocked that thought out? How can we admit to and acknowledge to God hidden love, if we have blocked it out? So these things must be sorted out as we go on to maturity and having the capacity of soul God wants us to have.

Emotional reaction is what blocks these little streams to prevent them from flowing into our spiritual stream of consciousness. **Fear** is a big one; we're afraid of our feelings. But if we have dealt with our feelings, then we are no longer afraid of them! **Anger** is another one, but if we have dealt with our anger by living in love, then we no longer have a problem with it.

Fear, *phobos*, is the feeling of being vulnerable and subject to hurt. **Fearfulness**, *deilia*, is where we do not do what we need to do, want to do, should do, because we are afraid. It can be translated as fearfulness, timidity, or cowardice. It's where we shrink back from doing what we need to do because of repercussion, or some other thing. We overcome it by active faith and the power of the Holy Spirit and making ourselves do it!

We saw in 1 John 4:18 that fear has torment, "*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.*" The word for **torment** here is *kolasis*. Another word for torment or punishment is *timoria*, which denotes one's sense of outraged justice over a wrong done, such as, breaking the law, or defending one's honor. So there is punishment which satisfies something such as justice.

But with *kolasis* there is no sense of satisfying justice, or one's sense of honor, or bettering the individual who receives the punishment; they just suffer and keep on suffering. And this is what **fear** does to our souls; it torments them; it punishes them and keeps on doing so. There is no objective accomplished; no bettering of the individual; no sense of justice satisfied; fear just keeps on tormenting the individual. In corporeal punishment there is the objective of trying to get the individual to change their ways. When they do so, then the suffering stops. So at least it accomplishes something. But with *kolasis*, **torment**, brought about by **fear**, there is no such thing. The individual suffers and keeps on suffering.

The secret to overcoming this is being perfected or completed in *agape* love and what a waste of time and a waste of our lives to spend them in fear for we will be tormented the rest of our lives with nothing good coming out of it. No *agape* love, no *phileo* love; God can heap blessings on us and we won't be able to enjoy them because we're being tormented by fear!

A key ingredient for success in overcoming this is to have a continual flow of Bible Doctrine going through our stream of consciousness. This is why it is so important for us to be in a local church that teaches the Word of God, but also to **meditate** on it day and night in our personal lives, which would be twice a day. We are to take the Word of God and concentrate deeply on what it is teaching at least twice a day. But there are so many things today vying for our attention: TV programs, music, the news, entertainment, the Internet, video games, all in addition to our jobs, families and the house.

Actually our TV's and computer monitors are like our minds where there is a continuous flow of information going across the screen. And when we sit there and watch it, we become absorbed into it and now that dynamic becomes the reality for the stream of consciousness of our minds. But they all have the same thing in common; we can control the flow of information we allow into our minds.

We also need to bear in mind the distinct possibility, even probability, that all this technology brings with it a very powerful and addicting control over our lives, no to mention, the element of demons flowing in along with the technology. Not just in the words that we are listening to, and not just the element of evoking certain emotions in us, but also the energies of demons.

2 Thessalonians 2:11, “*And for this cause God shall send them strong delusion, that they should believe a lie.*” The **strong delusion** mentioned here has the same idea of the deceiving spirits mentioned in the OT. 2 Chronicles 18:20,21, “*Then there came out a spirit, and stood before the LORD, and said, I will **entice** him. And the LORD said unto him, Wherewith? And he said, I will go out, and be a **lying spirit** in the mouth of all his prophets. And the LORD said, Thou shalt entice him, and thou shalt also prevail: go out, and do even so.*” 1 John 4:1, “*Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world.*”

If people reject the truth, if they don't want the truth, if they are negative to the truth, if they do not want to submit themselves to the teaching of Bible Doctrine, which is the truth, then they open themselves up to demonic influence, which influence will come through getting their information off the TV, or from the public school system, other people, religions that don't teach the truth and from false teachers. And they've got nobody to blame but themselves because they didn't want the truth!

In the last days deception will be very much common place. 2 Timothy 3:13, “*But evil men and seducers shall wax worse and worse, **deceiving**, and being **deceived**.*” Matthew 24:24, “*For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall **deceive** the very elect.*” Ephesians 4:14, “*That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to **deceive**;*” Only Bible Doctrine prevents deception.

July 2017 Newsletter – Dealing With Emotions – Review

Happiness versus Joy

Contrary to what many Christians believe **happiness** is not a spiritual phenomenon, but is a phenomenon indigenous to the flesh nature; believers can experience it, but so can unbelievers. It is one of the seven feelings of the emotional complex of the soul. Every human being can experience it and every human being wants to have it. While **joy** is a spiritual phenomenon produced by the Holy Spirit in the sphere of our new nature.. Only born again believers in Jesus Christ can experience joy.

Happiness is aroused in the flesh when we get what we want, when things go our way, when there are pleasant or desired circumstances, or when it is internally induced through drugs or alcohol. Fun, which is a variant of happiness, requires an external stimulant, such as, dancing, entertainment, sports activities, thrills, etc..

While joy is not dependent upon any external circumstances, or artificially induced through drugs, alcohol, etc.. In fact, one can experience joy while everything is going against you, when you are under tremendous pressure, when you are suffering. For joy is a spiritual phenomenon that takes place in the soul brought about by the filling of the Holy Spirit in the sphere of the faith rest dynamic. *“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

We inherited the emotion for the capacity for human happiness through the original couple Adam and Eve, but there is no way of knowing the feeling of happiness that we all have is exactly the feeling of happiness that Adam and Eve experienced due to the acquired old sin nature. After Adam and Eve sinned against God whatever feelings of happiness they experienced were not the same as the feelings of happiness they had before in the Garden.

What we do know is that we have all experienced happiness at one time or another in our lives; we liked it and want more of it. As the result we spend the rest of our lives in a frantic pursuit after it; always wanting it, but rarely ever getting it. And when we do get it; it rapidly goes away like a cloud in the sky. We get married because we want to be happy; we get divorced because we want to be happy again. We pursue careers, money, fun, thrills, drugs, alcohol, partying, sports, recreation all to get that feeling of happiness. But God has joy for us free in the spiritual life dynamic!

There is a phrase used in an American movie classic “Gone With The Wind”. That phrase describes the life and culture that the South enjoyed before the Civil War. But after the war was over the life they knew and enjoyed in the South was gone with the wind. All the feelings they may have had before the war were now gone with the wind.

This might help us understand the seven feelings of the emotional complex. In Eden Adam and Eve were able to enjoy the feelings of love and happiness, but after they sinned they lost the capacity to love and be happy at the same level they had before; it was now gone with the wind. All they could experience was a fleeting, distorted glimpse of what was there before. And their children in no way could ever experience what their parents had once experienced.

They, (and us today), still had the desire to be happy, to have what they once had, but lacked the ability to get it back, and even if they could get it back, (and they couldn't), they lacked the capacity to enjoy it. It's similar to the idea of being "in love" with someone only to have it taken away from you. Years later, after the experience, all that is left is a faint distant memory of what one used to feel. You can try to get it back, but that is only a chasing after the wind". It's like trying to go back and hold on to that cloud in the sky that just passed by. But God has something infinitely better for us; he has spiritual **joy!** It is the joy that he possesses and what he wants us to experience!

To have true happiness of the flesh we would need two things: 1) we would need to be back in the idyllic conditions of the Garden of Eden, but that would have to be on another planet for this one has been cursed by sin and ruled by the devil; 2) and we would need perfect flesh bodies, such as Adam had, without sin natures.

Obviously this is not the present reality, but God has found a way where we can experience his joy, along with his love and peace. And he has done this while we are living on this sin-cursed, angry planet ruled by the devil, and while we are living in these sin-cursed bodies. And this is done through faith in Christ, the act of regeneration where God created a new nature in us free from any contaminant of sin, and by living in the spiritual life dynamic of faith in the Word of God, the promises of God and Bible Doctrine, all under the empowerment of the indwelling Holy Spirit. These are all internal dynamics separate and free from external circumstances.

Recovery From Fearfulness

Pressure on the outside of the soul, without faith in the promises and doctrines of God's Word on the inside, is converted to **stress** in the soul. Stress in the soul triggers the complex of emotional sins; the first emotional sin that is triggered is usually **fear**.

The **faith rest drill** accompanied by prayer and the confession of sin to God is the procedure for recovering from fear. Such as, Psalms 56:3, "*What time I am afraid, I will trust in thee.*" Faith in the Word and trust in God is the recovery from and prevention of fear.

Insecurity, which is a sense of vulnerability, is indigenous to living on this planet in these bodies. Any threat, real or imagined, will trigger the emotion of fear in us. Sometimes we just think of things to be afraid about. Some believers are more insecure than others, but everyone has a problem of insecurity and fear! Some are rarely fearful or anxious, others are occasionally fearful, and still others live in a constant state of fear! It all depends upon their background, how they were raised, what they have been exposed to and so on. For someone to claim they aren't afraid is pride, ignorance or downright denial.

God doesn't want us to be **fearful**, but to trust him. Isaiah 35:4, "*Say to them that are of a **fearful** heart, Be strong, fear not: behold, your God will come with vengeance, even God with a recompence; he will come and save you.*" Matthew 8:26, "*And he saith unto them, Why are ye **fearful**, O ye of little faith? Then he arose, and rebuked the winds and the sea; and there was a great calm.*" Mark 4:48, "*And he said unto them, Why are ye so **fearful**? how is it that ye have no faith?"* **Faith** is the key to dispel fear from 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, neither let it be **afraid**.*"

In Psalms 56:1b, “*Be merciful unto me, O God: for man ('ēnōsh) would swallow me up; he fighting daily oppresseth me.*” David stated that he was being pursued by men using the word *enosh* for man. The word *enosh* brings out the sinful characteristics of man, men who are sinful and evil, man at his worse, men who destroy that which is good. The effect of this caused great fear in his soul to the place where he wanted to run away.

He said in Psalms 55:4-7, “*My heart is sore pained within me: and the terrors of death are fallen upon me. Fearfulness and trembling are come upon me, and horror hath overwhelmed me. And I said, Oh that I had wings like a dove! for then would I fly away, and be at rest. Lo, then would I wander far off, and **remain** (lûn – stay permanently) in the wilderness. Selah*”

In Psalms 56:4, “*In God I will praise his word, in God I have put my trust; I will not fear what **flesh** can do unto me.*” he brings forth the doctrine, which shows that he is recovering from his fear, that the battle he is fighting is spiritual; it is the warfare of the spirit against the flesh. He shows this by the use of the word *bâsâr*. *Basar* refers to Adam's flesh nature with its resident old sin nature. So whatever is driving these men, whether politics, or money, or revenge, or power, or glory are all of the flesh nature. But David was God's doctrinal man and his warfare against them was the spirit against the flesh.

In Psalms 56:11, “*In God have I put my trust: I will not be afraid what **man** ('âdâm – man, or Adam's race) can do unto me.*” So we have David using three words for man: 1) *enosh* – which is man at his worse, his violence, his evil and destructiveness: 2) *basar* – man's flesh nature with its indwelling sin nature; 3) *adam* - the entire human race. These three concepts are all wrapped up in Adam's race and are at war against God's people here on earth.

And what gave David the victory over them and their attacks of the flesh was **faith** Psalms 56:3, “*What time I am afraid, I will **trust** in thee.*”; and **prayer** Psalms 55:17, “*Evening, and morning, and at noon, will I **pray**, and cry aloud: and he shall hear my voice.*”

The Greek Drama – A Metaphor For Our Life

The whole world revolves around emotion; a trait of the flesh nature passed down from Adam and Eve. The religions of the world revolve around emotions; the Mysteries revolve around emotions; and Roman Catholicism revolves around emotions. Tragically so many churches today do the same thing, in fact, most of them. The function of the Greek dramas, which was a part of the Mystery Religions, was designed to deal with the emotions.

The **choregos** – was the leader of the chorus with lyrical interchanges between him and the rest of the chorus.

Tragoida – the goat sang that dealt with tragedy.

Satyr – a being that was half goat, half human.

Tragedy – was any serious drama not necessarily with a sad ending. It resulted in a katharsis, which was a cleansing of the emotions. As the audience observed the drama they experienced its emotions thus being cleansed. The general idea was not that you were happy that somebody else was suffering, but somebody else had it worse than you!

Katharsis – does mean to cleanse, purge, or purify, but it was a Greek drama term that referred to the elimination of the feelings that were bothering the soul getting rid of toxic emotions.

Climax – as the tragedy unfolded it built to a climax where there would be an emotional breakdown and the feelings: anger, pity, sadness, laughter, etc., would suddenly burst forth and the soul would experience the feelings as they were released.

Ecstasy - the listeners, then, would go into a state of ecstasy' a sort of trance as the end that lasted a brief time, or longer, where the participant would also experience an astonishment of being cleansed from their feelings with the result of renewal, restoration and revitalization of life.

Drama - a literary part given to actors to perform; it was also combined with music and dance.

Chorus – offered background information, which could be either spoken or sung, to help the audience follow the theme.

Main Actor – would leave the stage to change roles while the main chorus would speak or sing in union in his absence to explain what was happening. The main actor and actors would wear masks to represent the roles they were playing. *Hypokrisis* in the Greek and *persona* in the Latin.

The **Hero** – the drama always centered around a legendary hero. Later the chorus leader would impersonate the hero and not just sing about him. The Hero was put as having superhuman qualities, or idealized traits, usually fulfilling what was considered good and noble in one's culture.

Tragic flaw – But in the Greek Tragedy the Hero is always put with a serious flaw(s), which led to his downfall. It wouldn't be a tragedy without his downfall caused by his flaw.

Sin – *hamartia* was the word used by the Greeks to refer to the Hero's tragic flaw, but in the Christian world *hamartia* is our word for personal sin.

Hero – Homer said that all the free men fighting in the Trojan world were heroes. In Christianity the individual Christian is the Hero in his/her play.

The famous Greek Hero was **Agamemnon**, who had a flaw(s) that caused him not to listen to the advice of the chorus members resulting in his untimely death. His tragic flaw was **pride!**

Many Greek tragedies were acted out on stage and it was always the same; the Hero or Heroine had a tragic flaw, (*hamartia*), a particular mental attitude, (pride), and/or some emotion that resulted in their demise or failure.

The Hero always had a supporting cast of people around him, which on stage was the Chorus, which was instructing him, or warning him all this time, but tragically he would not listen, so they ended up mourning for him.

The audience would watch the drama unfold as it built up to its climax when the Hero died and their emotions would pour forth thus cleansing their souls. Now released from their emotions they would have a new lease on life further resolved to not follow their Hero's tragedy by looking out for their own flaws and listening to those around them.

As NT Christians we are the Heroes in our own play. The “actors” we are to listen to are: 1) the *chief actor* is faith in Christ; 2) mastering the details in life; 3) Bible Doctrine; 4) not being controlled by the sin nature resident in our bodies; 5) staying with God's plan for your life; 6) applying Bible Doctrine to your life; 7) Christian fellowship; and 8) living in *agape* love. By heeding the instructions of our chorus our lives will not end in tragedy, but victory!

Pressure on the outside from the world system, if not handled by faith in the Word under the filling of the Holy Spirit, becomes stress in the soul. Stress in the soul will activate the emotional complex in the soul with fear being the first emotion one will begin to feel, next the emotion of anger will come into play and eventually scar tissue garbage of the soul will come into play. If not corrected spiritually and doctrinally then false doctrines will flood the soul. We will have to deal with scar tissue garbage in the soul as we go on to maturity, but that's not the same as being overcome by it due to rejecting the spiritual life dynamic and being overcome by false doctrine.

Old memories, repressed memories, things long forgotten now vie for our attention to the place where we become occupied with them rather than thinking on the truth of God's Word. Or we might have an inexplicable inner turmoil in the soul that diverts our focus on the Word. The function of scar tissue garbage in the soul is the same as the lusts of the flesh and the emotions of the flesh, in that, they keep our minds occupied with them instead of on God's Word. When the spiritual life wants to come through and control our souls, the flesh wars against that by bringing up things from the past to think about.

What we have to do is overcome that, that is, force our minds to disregard all that by realizing that this is from the flesh nature and by continuing to focus our minds on Bible Doctrine and truth. This is a part of the spirit warring against the flesh. Galatians 5:17, “*For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.*” When we do, we will find, in time, that the peace of the Holy Spirit will start to fill our souls and all the negative garbage of the lusts, the emotion's scar tissue garbage of the soul and all the repressed and painful memories of the past will subside.

Fear is an emotion that all Christian's have to deal with and it is overcome by faith in the Word, faith in the promises of God and faith in the faithfulness of God to his Word and character. And it's easy to see why we have fear; the harshness of life, the pains and problems of these bodies, people who hurt us, people who do not act out of *agape* love and the painful experiences that we have had in life, which create a Pavlovian fear reaction in us.

We feel insecure because we feel vulnerable to being hurt and we are vulnerable! And this feeling of insecurity and vulnerability lead to the fear complex. But God has something that will counter all that and provide for us a feeling of security and that is found in the Hebrew word for **trust** – *bâṭach*. (And all other words for trust for that matter).

Batach does mean to trust in the Lord, to trust in his Word, his promises and doctrines, but its emphasis is on the personal sense of security that our souls will have as the result of that. Once the believer's soul is settled down by exercising the faith rest dynamic, then he or she will not have any fear. Now the spiritual life dynamic is protecting the soul and there is peace!

In Psalms 56:1 (Psalms 54-56 context) we saw that wicked men were pursuing David, “*To the chief Musician upon Jonathelemrechokim, Michtam of David, when the Philistines took him in Gath. Be merciful unto me, O God: for man would swallow me up; he fighting daily oppresseth, lâchats, me.*”

These men were putting so much pressure on his soul out of their hatred and anger for David, and because he was not exercising the faith rest dynamic, that his soul began to react with fear: anguish in the heart, terror, horror, wanting to run away, which was the fight or flight response to fear. Psalms 55:4,5, “*My heart is sore pained within me: and the terrors of death are fallen upon me. Fearfulness and trembling are come upon me, and horror hath overwhelmed me.*”

David's solution in the flesh was to run away to his shelter in the desert where he felt he would be safe and feel safe. Psalms 55:6,7, “*And I said, Oh that I had wings like a dove! for then would I fly away, and be at rest. Lo, then would I wander far off, and remain in the wilderness. Selah.*” “*I said, “Oh, that I had the wings of a dove! I would fly away and be at rest. I would flee far away and stay in the desert;”* NIV

Regardless of what our problem is; regardless of what the source of our pressure is: finances, health, job, people, etc. human solutions are never the answer! Only divine solutions can solve our problems and they are found in what David did; he turned to the Lord in faith and prayer. Psalms 34:6, “*This poor man cried, and the LORD heard him, and saved him out of all his troubles.*”

In Psalms 55:16,17, “*As for me, I will call upon God; and the LORD shall save me.*”, we see that David turned to the Lord in prayer. In Psalms 55:22, “*Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.*”, he tells us what he did. In Psalms 56:3,4, “*What time I am afraid, I will trust in thee. In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.*”, he tells us that he trusted in the Lord.

What a remarkable contrast between his statement of being terrified and wanting to flee to the desert to the one in v.4 where he now is no longer afraid of what sinful man in his flesh can do to him! What made the difference? He now was operating in the spiritual life dynamic of faith in the Word of God, trusting in the Father and prayer.

We see the difference here between David operating in the flesh and in the spirit. Even though he was a great king and a mighty warrior all that went to nothing when he was gripped by fear! And fear will do that to all of us. But when he turned his soul back to the Lord in faith, he recovered his spiritual strength by placing his faith in trust in God and ended up bold and confident once again – and the same thing goes for all of us today.

For David his pressure factor was “men hotly pursuing” him; for us today it would be: finances, health, jobs, family problems, responsibilities, government regulations, a police state, end time factors, natural disasters, old age, medical problems, etc.. And if we do not deal with our stress factors by the faith rest dynamic, then all these pressures of life will be converted into stress in our souls, which will in turn be converted to old sin nature control of the soul, then the activation of the emotional complex of the soul and then the emotion of fear will take over our souls!

As we get down to the End of the Age, then further down to the Latter Times, and on down into the Last Days and into the Tribulation Age, we will find that pressure and fear will be dominant worldwide; men's hearts will be failing them for fear. Luke 21:26, “*Men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken.*”. But for the believer in Christ both the prevention and cure for fear is living in the faith rest dynamic. Psalms 56:3, “*What time I am afraid, I will trust in thee.*” Psalms 34:4, “*I sought the LORD, and he heard me, and delivered me from all my fears.*”

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The faith rest dynamic is explained in Proverbs 3:5, “**Trust** in the LORD with all thine heart; and lean not unto thine own understanding.” The word for **trust** here is the qal imperative of *batach*, which is a command to trust the Lord, but also *batach* tells us that we will have a sense of security and peace in the soul when we do!

When we are trusting the Lord with all our heart, which is what the NT Christian life is all about, we are transferring our problems over to the Lord. And there is no other solution for the child of God than to do just that – than to trust God.

There is no **merit** in faith; the only merit is in God. There is no **strength** in faith; the strength is in God through his Spirit. There is no **solution** in faith; the solution is found only in God. There is no **peace** in faith; there is only peace in the Holy Spirit.

Psalms 55:22, “**Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.**” **Thy burden** refers to one's lot in life. It encompasses God's appointed will for our lives, such as, prophets, priests, kings, farmers, housewives, pastors, etc., plus what we have gone through in life with our trials and sufferings; what we do, what we have gone through, where we live, our responsibilities, etc..

To **cast** is *shâlak* and it meant to transfer the problem, which tells us that we are to transfer the pressure of life, the weight of our responsibility over to the Lord and we do that by prayer! What we are doing is placing the burden of our responsibilities and problems on the Lord and when we do he will sustain us.

To **sustain** is *kûl* and it meant to provide for, to be a container around something, to hold it up, to encapsulate it. It denoted the idea that we are in the hands of God, that he encompasses us about, that we are carried about by God, that he holds us up, he strengthens us, goes with us and before us, that he provides for us.

Faith or trust is to stop trying, to stop thinking that it depends on me, to stop thinking about how to solve the problem, to stop thinking that we are responsible for the solution; it's to realize the human limit and take it to the Lord in prayer and faith. (Faith actually is the thing that motivates us to take our problems and responsibilities to the Lord in prayer!)

And if we do, then we will never be **moved**, never be unstable, not only that we will not be moved from our walk with the Lord, but also that our souls will remain stable, peaceful and confident. Believers in every generation have had to face “trying times” and pressure situations. Acts 14:22, “*Confirming the souls of the disciples, and exhorting them to continue in the faith, and that we must through much **tribulation** (pressure) enter into the kingdom of God.*” and even more so for the believers going into the Tribulation. But the divine solution has always been to cast our burdens on the Lord.

In Psalms 32:10, “*Many sorrows shall be to the wicked: but he that **trusteth** in the LORD, mercy shall compass him about.*” we have the qal participle of *batach* for **trust**, which tells us that the believer is to be living their life based upon the principle of faith or trust in the Lord and when they do, then he or she will be surrounded, (*sâbab* – to be surrounded by, or encompassed by), by the grace of God. Why? Because faith works in cooperation with the grace of God.

Psalms 84:12, “*O LORD of hosts, blessed is the man that trusteth in thee.*” tells us by the use of the qal participle of *batach* that the believer who lives their life by the principle of faith in the Word will not have the problem of emotional sins and that they will be blessed. The word for **blessed** here is *'esher* and it meant to be happy or more accurately joyful! The spiritual life dynamic of faith in the Word and the filling of the Holy Spirit takes us outside the emotional complex of the soul with the result that spiritual joy will be our conscious state.

It is the spiritual life dynamic that prevents the pressures and trials of life from being converted into stress in the soul, which stress will be converted into sin in the soul; the first sin in the soul will be the activation of the emotional complex of the soul, the first of which will be fear, then anger, then the rest. Following after that will be the lusts of the flesh nature, pleasures, then scar tissue garbage of the soul, then into false doctrine and the inevitable loss of the soul's well being and mental illness. But it is also the spiritual life dynamic that will heal the soul of all these problems if they are currently present. The principle is that we have to live our lives in the spiritual life dynamic of prayer, faith, and concentration on Bible Doctrine. That's what the participle is all about.

James 5:13, “*Is any among you afflicted (kakopatheō - bad mood)? let him pray. Is any merry? let him sing psalms.*” explains the principle we are to follow whenever we are down, discouraged, in a bad mood, or having a problem with our emotions. We are not only to pray, but we are commanded to keep on praying until we get the answers or get out of it.

The prayers should reflect, obviously, on what's going on and what to do about it, etc., for we need the wisdom of God in these matters, James 1:5, “*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.*”, but they should also go into the area of just telling God about how we feel.

Prayer is to be our spiritual activity when we are “*afflicted*”. We don't know what the problem is. Our mood could be caused by anger, unbeknownst to us, but it could also be caused by worry, or it could be caused by repressed grief, or by guilt, but it could be caused by hormonal problems, or neurological problems, or by marital or family problems, or fear of love and intimacy, or a combination of any one of them!

The point is we don't know! All we know is that we are suffering and we don't know why, or how to fix it! We've tried to figure it out in our own minds and always keep coming back to square one of not knowing what's happening or how to fix it and we just keep on suffering. So what do we do? We keep on praying! Why? Because God knows what's going on and what to do about it. Besides there is also comfort and strength in the sphere of prayer.

Prayer is extremely beneficial to us for when we're suffering because: 1) it gets our minds off our problems; 2) we enter into the peace of God; 3) we can ask God for the wisdom on what we're going through and what our negative emotions are and what they're connected to.

In 2 Corinthians 6:12, “*Ye are not straitened in us, but ye are straitened in your own bowels.*” Paul told the Corinthians that they were being constrained by their bowels, or emotions. The analogy was one of a mother bird trying to feed her young, but for some reason the food is not going all the way down to the stomach; something is constraining it. Paul had learned and digested; the intake of Bible Doctrine, faith and the understanding of doctrine; now he was feeding them with it, but something inside of them was blocking it, which was the emotions of the soul.

The doctrinal food was not getting down into their hearts where it will do any good. So there are 3 problems: 1) they are not opening their mouths to take it in; 2) they are not “swallowing” it by faith; 3) there is something constricting the passageway of the “throat” that prevents the spiritual energy of the Word from going throughout the soul.

And that something is their emotions. Either on a conscious level, or a subconscious level, our negative emotions are constricting the spiritual flow of the Word in our souls. What this means is that we're going to have to find out what it is that is triggering such a negative reaction and deal with it. It could be the mental attitude of pride, or as the result of something we've gone through in the past and reacted to it.

On the first point of “not opening their mouths” this would take in such as ideas as: 1) not attending a Bible teaching church, 2) or if one is near, then not attending it on a regular, consistent basis, 3) rejecting the doctrines the Pastor is teaching out of pride, or an emotional reaction to something. On the second point of “not swallowing” tells us that they don't apply their faith to the doctrines being taught, or that they refuse to believe them. On the third point of constraining this tells us that there is an emotional reaction going on down in the subconscious that prevents the Bible Doctrine or promises they have believed from going on into the soul.

Many times the subconscious mind will use existing physical problems, or create physical problems, to divert our attention away from inner psychological dynamics; things such as pain in different parts of the body, or pain that travels from one area of the body to another. Dr. Sarko in his book, “Healing Back Pain”, has documented a spastic colon, irritable bowel syndrome, hay fever, asthma, tension headache, migraine headache, eczema, psoriasis, prostatitis, acne, dizziness, ringing in the ears, frequent urination, along with back, knees, elbows and neck pain.

He, of course, recommends that these things need to be checked out by a doctor, but in his studies he has found out that the subconscious uses these things to divert the conscious mind from feeling the painful emotions going on inside. From our perspective of the spiritual dynamic we know that the pain, the fears, the anger, the TMS are all what the flesh throws at us to prevent the flow of spiritual phenomena in the soul. That's what the warfare of the flesh and the spirit are all about.

We also know that our solution, cure and healing lies in continuing to move forward in faith, BD and prayer; especially prayer for wisdom in the area we are dealing with in our own souls, in our own spiritual life existence for we may be wrestling with something inside of us, a negative thought or emotion from some traumatic event that our fellow believer in Christ isn't. James 1:5; 5:13

We must also remember that our spiritual journey is one of going toward completion of the soul, our faith and our being conformed to the image of Christ. Which means at a practical level that we have attained to a certain level of peace, stability and healing of our souls, but that doesn't mean that we have overcome other dynamics going on inside us. We may have adjusted to our lives as they are, our bodies, our jobs and many other things, which are all fantastic concepts of blessing, but we may still have inside of us deep fear over certain things that haunt us.

We must remember that TMS is a dynamic of the flesh nature where the flesh manifest certain physical problems all to draw the conscious mind away from the emotions, and even away from the spiritual life dynamic. Remember, the flesh is the enemy of the spiritual life! When we get caught up in TMS our emotions will start to run amok pulling us further away from the spiritual life.

Anxiety and anger are two dominant feelings that will trigger TMS in us. TMS can come from ordinary living: the demands of the job, family, finances, responsibilities, etc., which can cause stress in our lives and stress can result in anxiety and anger. And because we don't want to appear resentful over these things, (that would put us in a bad light), the subconscious will drum up physical reactions to draw our attention away from how we really feel inside.

To be free of the negative feelings that plague our souls, which prevent us from living in the spiritual life dynamic, we have to acknowledge them to God. But before we can confess them to God they have to come up to the surface so we can "see" them. The problem that TMS creates for us is that it is designed to keep our minds focused on the physical problems we are experiencing and as long as we're doing that we won't be able to see what is really going on.

The answer? We must continue on in faith, prayer and Bible Doctrine in patience and faith that **God** will bring to completion the work **he** began in us at the moment of our salvation. 1 Thessalonians 5:24, "*Faithful is he that calleth you, who also will do it.*" We must also remember that no believer is sufficient in himself for these things. God provides other people to minister to us, including people in the psychological and medical fields. Philippians 1:6, "*Being confident of this very thing, that **he** which hath begun a good work in you will perform it until the day of Jesus Christ.*"

Even in the Church Pastor Teacher's study and teach Bible Doctrine to other believers having various gifts and it is these believers who minister to the body of Christ as a whole, some in this area and others in a different area. 1 Thessalonians 4:18, "*Wherefore comfort one another with these words.*", which means that we are to comfort each other with Bible Doctrine.

Spiritual growth, or doctrinal growth, is really about being conformed to the image of Christ, but each believer's situation, and problems they have in their souls, is unique to them, as unique as their own spiritual life. That's why God arranges various circumstances in their lives to bring their soul problems to the surface. Romans 8:29, "*For whom he did foreknow, he also did predestinate to be **conformed** to the image of his Son, that he might be the firstborn among many brethren.*"

This is why you will find believers living in certain geographical areas, working at certain jobs, having certain friends, or no friends at all, certain health problems, certain financial situations, a variety of things, to bring about certain conditions, to bring up certain soul deficiencies that need to be healed and the need to live by faith. 1 Thessalonians 5:18, "*In every thing give thanks: for this is the will of God in Christ Jesus concerning you.*"

The status quo of **David's** life alone as a shepherd was designed by God to deal with certain areas of his soul and bring him to a place of humility, faithfulness and faith dependence on God, which would prepare him for his future role as king.

The 40 years status quo of **Moses'** existence as a shepherd alone in the desert was the setting designed by God to bring about the levels of soul development in him to prepare him to lead God's people out of Egypt to the promised land. And not only that, but to get out of his soul all the toxic world garbage that he had picked up in Egypt!

But that was only at one level to that point. Now that Moses the leader of the fledgling nation of Israel and later on David was king over Israel both their status quo's had changed. Moses had gone from tremendous power, wealth and influence to a humble shepherd living a quiet life on the backside of the desert, and then it changed from that to the pressure of dealing with a nation of psychotics!

David went from living a quiet life tending sheep out in the wilderness to one of great power, fame, notoriety, prosperity and responsibility. His surrounding environment had changed and with that the external conditions had changed. Yet, in his heart he was still that humble shepherd that lived on the backside of the desert! No wonder he wanted to flee there when he was going through an intense trial. All of this was designed by God to further develop David's soul in humility, faithfulness and dependence on God. David and Moses were going from one level of maturity to ultra maturity.

Different external circumstances for different men, both were humble, mature believers in the Lord, both having completed souls humanly speaking, but now God is going to take them to a higher level all under the added pressure of responsibility. Which we see all the time in the Bible: pressure, plus faith in Bible Doctrine, results in the completing of the soul. But what it took each man to the next level in his spiritual journey differed! And it is with us! God arranges our situation to bring about the desired condition to complete our souls!

There was and is a way of expressing God's will for our lives and it's called "our lot in life". Not because the term comes from the "drawing of lots" in a game of chance, but because of the lot that was assigned to you as your inheritance when Israel came into the land of Canaan. Psalms 16:5,6, "*The LORD is the portion of **mine inheritance** and of my cup: thou maintainest my **lot**. The **lines** are fallen unto me in pleasant places; yea, I have a goodly heritage.*"

I liken Israel's situation in Canaan to living in northern California where we have 12 counties. Here the geography goes from a rich fertile valley to the foothills, to the forested mountains, to high plains desert, to the redwoods on the coast of the Pacific Ocean. And it would be like assigning each of the 12 tribes to live in one of the 12 counties with the geographical differences of those counties. And in each county its area was to be divided up and assigned to the different clans of the tribe, and then each family in the clan would have their area further subdivided. And in your tribe, clan, family area, then it would come down to you to be given your own "lot" in the land, which became your "**lot in life**"!

Psalms One is the story of the believer living on the lot assigned to him. Psalms 37 is the exhortation to keep our eyes on the Lord, while we are living on our "lot in the land" and not on those who do evil, even though they may be all around us. Which many doctrinal believers are experiencing in various areas of the nation as people are becoming more evil.

The believers living in the foothills should not be jealous of those who got the good bottom land, which grow potatoes, carrots, corn, etc.. Why? There are a lot of reasons why: 1) This is the land and the life that God assigned to him! 2) He needs to content himself with God's will for him. 3) He can grow olive trees, orange trees and plant vineyards for wine. And the believer who lives in the mountains should not be jealous of those who live in the foothills and bottom land, because he has the forests for lumber.

The point is God puts us where he wants us to be with all attendant circumstances and this is our "lot in life". But many today refuse to accept their lot in life; they always want something different. They want to leave it, change it, to gratify their lusts. And Babylon has many programs and credit cards to enable them to do that.

Why not stay where one is at and change it in the sense of making it better? Why not make it a jewel? An oasis in the desert. Why not take your "lot in life" as an opportunity to come up with faith ideas? My lot is an arid desert, you say, then find a way by faith to bring in palm trees and lush gardens.

If one looks at the Sacramento Valley, you will see highways and subdivisions, but when the white man came here there were no crops, no gardens, no houses and the river flooded annually. But people dammed the river at Lake Shasta and crops, houses and orchards soon abounded everywhere. They planted trees and houses, took the rocks of the soil and built fences and foundations; they took what was here and turned it into their oases.

Balboa park in San Diego was built by one woman with helpers later on. She took an arid piece of land with only 10" of rain per year and turned it into a beautiful oasis. Or like the man down by Colusa who took his barren, dry piece of land and planted 160 species of palm trees! To keep them from drying out he went down to the mills and brought back sawdust to plant 18" deep.

The point is we can take where God has placed us in life with all its attendant circumstances and turn it into a paradise, an oasis; an oasis of beauty, an oasis of love, truth and grace. That's what Psalms One is trying to teach us. God places us in our right geographical area with our right Pastor-Teacher and with faith and the application of Bible Doctrine we can have a great life. (See study On Psalms One).

People have many plans for their lives to build a great life for themselves and this may be a hard lesson to learn, but for Christians Christ is our life! Philippians 1:21, "*For to me to live is Christ, and to die is gain.*" To **live** is the infinitive of purpose of *zaō* telling us that the purpose of Paul and all the rest of believers in Christ; the purpose of our existence is Christ. Our lives are centered around him.

Originally we looked to Christ for **salvation**. Romans 10:13, "*For whosoever shall call upon the name of the Lord shall be saved.*" After we were saved we look to Christ to get us through a **bad situation**. Philippians 4:13, "*I can do all things through Christ which strengtheneth me.*" We look to Christ to **deliver us** from trouble. Psalms 34:4-6, "*I sought the LORD, and he heard me, and delivered me from all my fears. They looked unto him, and were lightened: and their faces were not ashamed. This poor man cried, and the LORD heard him, and saved him out of all his troubles.*" We look to him in faith when beset by our **enemies**. Psalms 55:16,17, "*As for me, I will call upon God; and the LORD shall save me. Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.*" We look to Christ when we feel **trapped** in our lives, when we have to go through things we don't want to go through, when we are persecuted, insulted, or have infirmities holding us back from doing things. 2 Corinthians 12:10, "*Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.*" We look to Christ for **stability** in life, when everything in life is changing, when our lives are changing, when familiar landscapes, people, our communities are changing, when our bodies are changing, when our souls are changing. We look to Christ who does not change. Hebrews 13:8, "*Jesus Christ the same yesterday, and to day, and for ever.*"

We have to learn to accept our lot in life by living in the faith rest technique and applying Bible Doctrine to our situation. There also needs to be the element of humility where we humble ourselves under the authority of God and the element of meekness where we willingly accept God's will, God's plan and God's provisions for us.

We also need to watch out for our OSN nature reaction to our lot in life and what we're going through. Pride enters into the picture and we think that we're above all this, the rebellious will kicks in, also fear of what we're going through, anger because we have to go through it, jealousy of others who "have it so much better than us", self pity, bitterness, etc.. We have to watch out for these things and keep our eyes focused on the Lord.

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 fire 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.

Pastor Mike