

## 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.