

November 2015 Newsletter – 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 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 lot 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 off’s.