

Begin Session
Eleventeen



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“Their fundamental and categorical meanings and placement within our lives with emphasis on *effect* and *consequences*.” (Session One)

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- *Inorganic (the input of life and the resulting thought life/pattern, in the brain)*

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- *Brain trauma*
- *Natural chromosomal deficiencies we all possess*
- *PTSD*
- *Childhood trauma*

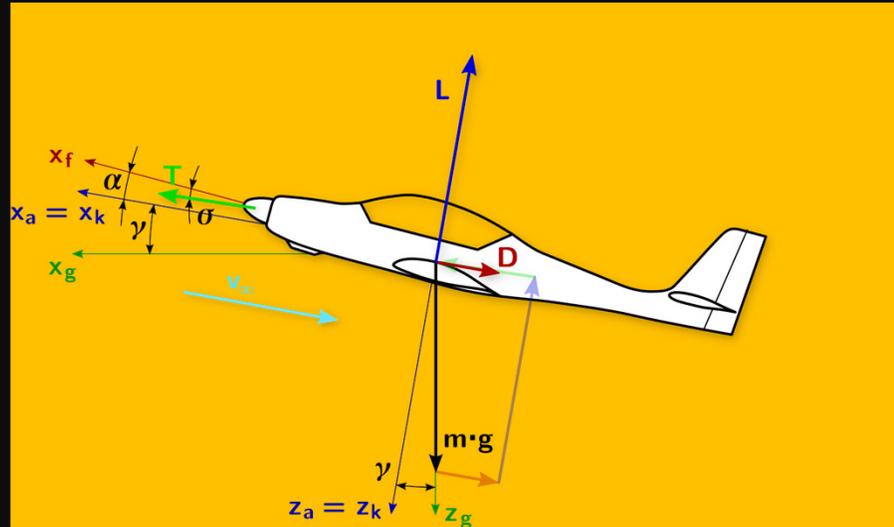
Also, we highlighted *emotions*, a feature of our psychological existence which can easily mislead when they are given just that, that opportunity to lead instead of follow, rational thought.

Emotionalism, whether a person has a strong or weak pulse, isn't the issue. The focus is on whether or not that person lives according to his/her feelings or thought life.

There are many demonstrably emotional people who are rocks of good thinking but who simply more easily experience/display emotion and there are, as well, plenty of emotionally introverted people but who, nevertheless and not detectable from outward appearances, quite regularly live according to sentiment/emotion thus, creating a chaotic, disruptive and highly vulnerable existence for themselves.

Emotions are given to us as responders to our thinking. Much like vector and thrust in cars and airplanes.

Notice: Vector is a great deal of thinking of direction. Once calculated, then hit the gas.



Finally, we came to understand that all humans possess emotions and so emotions are not and cannot be spiritual in nature.

That is to say, emotions are not spirituality. Emotionalism is not spirituality. You may have an emotional response to a spiritual event (appreciation for something about God and so on, possibly while listening to a sermon, singing a spiritual song/hymn, etc.) but the emotional response is not categorically spirituality, it is physiological.

And this brought us to *spirituality* which is the condition of one's life after he/she is born again through faith in Christ.

You are regenerated by God the Holy Spirit and unique to the church and in fulfillment of the prophesied event, you are also indwelt by God the Holy Spirit as the Temple of God and are directed to always be filled with/controlled by the Holy Spirit.

And in following what the Bible teaches on this matter we discovered that the spiritual life of the believer is not divorced from his/her thinking.

Romans 12:2 - And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Colossians 3:9-10 – **9** Do not lie to one another, since you laid aside the old self with its *evil* practices, **10** and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

2 Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a *sound mind.

*σωφρονισμοῦ (sōphronismou) – prudence, self-control, a disciplined mind, soundness of mind

The more of God's Word you perceive, understand and believe with application in your life, the more you develop Divine Viewpoint in your soul.

You progress from believing and applying single verses, as you rest in God's Word, to an all-encompassing application of multiple Bible concepts, resulting in spiritually instinctive wisdom.

Don't kid yourself, the believer is subject to being tossed back and forth in his/her mind when he/she devotes his/her life to favoring human viewpoint over Divine Viewpoint.

Ephesians 4: 11-14 - 11 And He gave some *as* apostles, and some *as* prophets, and some *as* evangelists, and some *as* pastors and teachers, **12** for the equipping of the saints for the work of service, to the building up of the body of Christ;

13 until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ. **14** *As a result, we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming*

James 1: 5-8

5 But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him. **6** But he must ask in faith without any doubting, for the one who doubts is like the surf of the sea, driven and tossed by the wind. **7** For that man ought not to expect that he will receive anything from the Lord, **8** *being* a double-minded man, unstable in all his ways.

The ideas, values and priorities of the world will vex the Christian when he or she permits them to press upon their life and invade their mentality.

Thus, it is here we will conclude, examining more thoroughly the most controllable element in our lives. Namely, our thought life and what can and often does result in the life of a Christian when he/she regularly resists the sound mind of the Christian life.

Self-Induced Misery

Self-induced misery in the Christian life is a state of being which results from rejecting the mind of God, Divine Viewpoint which comes only from the Word of God through the Spirit of God's enlightenment and opting for any number of bad ways of thinking. The four we will look at are:

- *Sublimation & Fantasizing*

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- *Rationalization*

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- *Denial*
- *Rationalization*
- *Subjectivity*

Sublimation/Fantasy – when the believer becomes bored, lonely, discouraged or filled with mental sins, he/she seeks an antidote for his/her frustrations and launches a frantic search for happiness through mood altering substances, sexual impurity and entertainment. He or she becomes a slave to the details of life and loses capacity for life, love and happiness.

Example Case – Steve was a glorious football star in high school, he is also a Christian. He was a celebrity at school. Since then, life has not been so exciting. As a result, he retreats into a fantasy of *glory days* and a world where he is occupied with nostalgia or matters related to his nostalgic thoughts such as an over-emphasis on football, either college or professional or both.

What conflict exists for him and how could it affect him psychologically and/or spiritually or both?

Ex: Darrell loves Sci-Fi and the video game world along with superhero comics, he is also a Christian. Unfortunately, Darrell has learned to escape into this fantasy world as a means of coping with the unpleasantness of his reality where he has problems, like the rest of us but in the fantasy world, he can become anything he desires.

What conflict exists for him and how could it affect him psychologically and/or spiritually or both?

Entertainment for the Christian must not be permitted to displace reality. God is not interested in fantasy world we create in our mind rather, in the reality we live, day in and day out and only can one be transformed by having his/her mind renewed if it is rooted in reality.

Denial – This is the process in which people will disguise from themselves, the reality of their circumstances through simply refusing to face or altogether, denying the existence of personal sins, personal failures, upsetting memories, one's contribution to problems in the lives of others and so forth. This is because it is too painful, in their mind, to face.

Example Case – Theresa likes to provoke people, both verbally and physically. She found the internet. Theresa is discovered by her family member to have said all kinds of horrible things to complete strangers.

When caught, she raises her arms and says, “What???” She denies she did anything wrong. Why? Because she cannot live with the shame/guilt of what she has done.

What conflict exists for him and how could it affect him psychologically and/or spiritually or both?

Rationalization – This is a form of self-justification in which we clear ourselves of essential blame (usually only admitting to anecdotal or meaningless contributions to a matter or, at best, always less than 50%). We play prosecutor, defense attorney, jury and judge and come out on top. God and others are to blame.

Example Case – Nadia has met a man. He's married but is in an ugly and unhappy marriage. Nadia, herself, is unfulfilled. The new man, Wolfgang, is an unbelievable match. Their compatibility in so many areas is off the chart. This cannot be mere coincidence, this is a Divine appointment. They truly are soulmates and belong together.

What conflict exists for him and how could it affect him psychologically and/or spiritually or both?

A right thing done in a wrong way, is wrong.

Subjectivity – Here we have lonely Linda and sad sack Sammy. Both have joined a church hoping it will provide the attention they seek and believe they need and possibly deserve and of course, a church owes them seeing they have failed to develop their own social life elsewhere. Unbeknownst to themselves, they are lost in a world of self-pity, self-absorption, hypersensitivity and subjectivity. Reality and objectivity are displaced in their thinking.

What conflict exists for him and how could it affect him psychologically and/or spiritually or both?

Remember, when you decide to solicit pity...

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**Pity is the last affection before
hate**

There is a great deal you control in your thought life. Do not begin with excuse making, helplessness or any other outsourcing for responsibility.

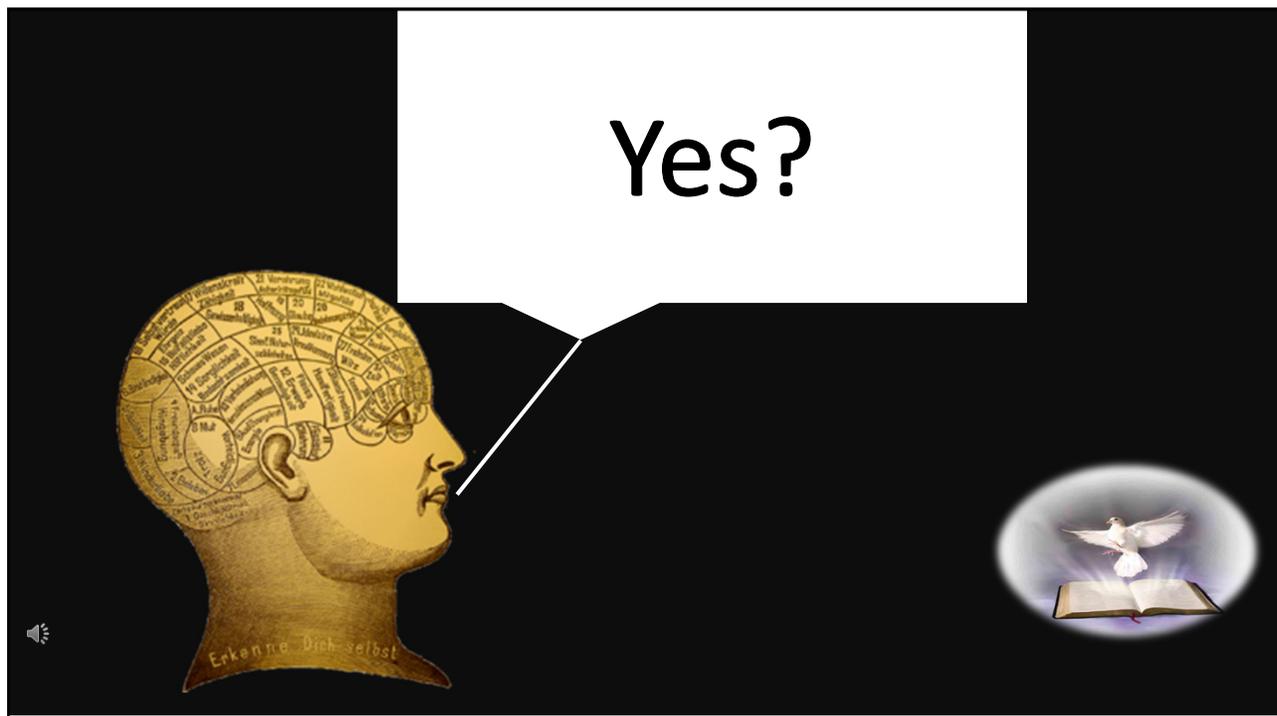
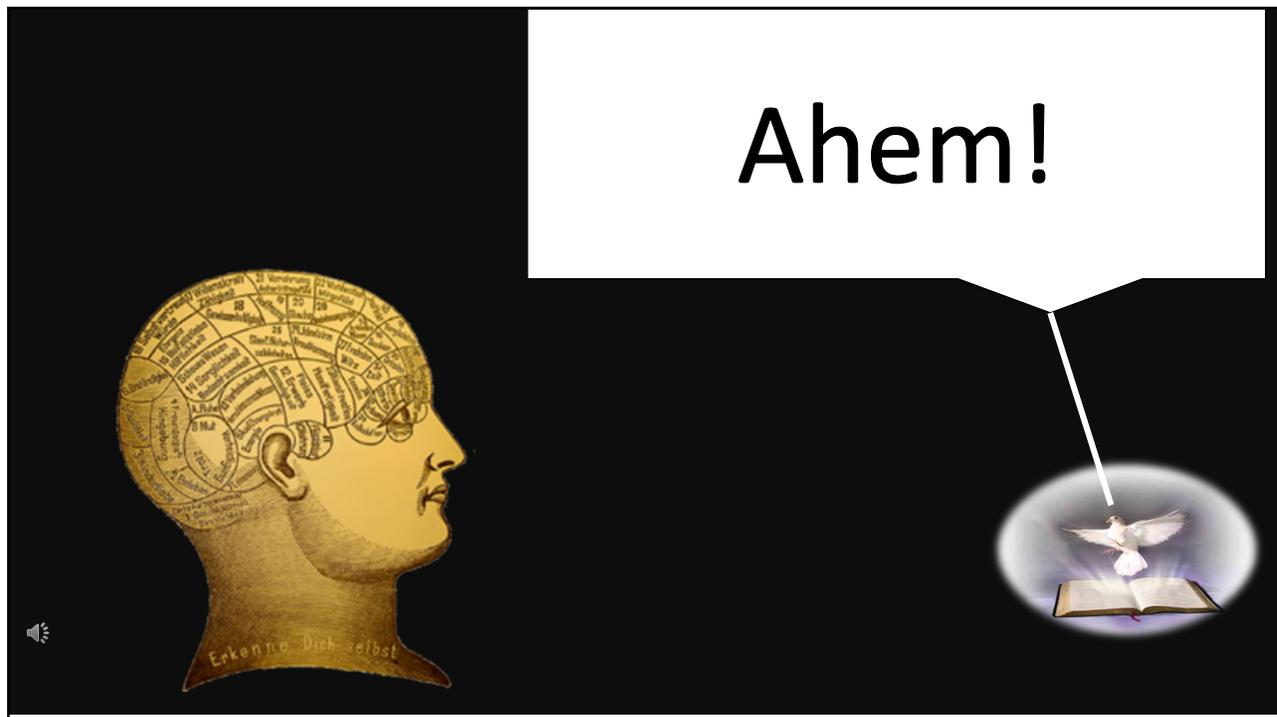
• Thought → Action

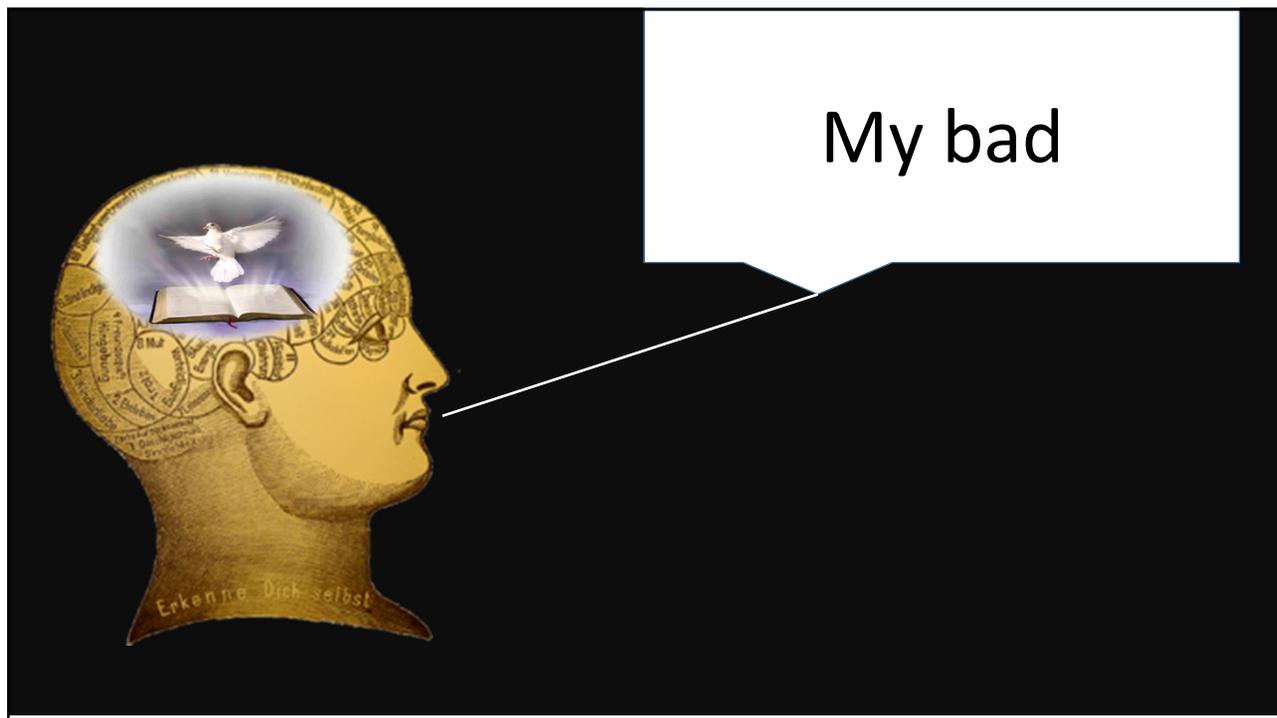
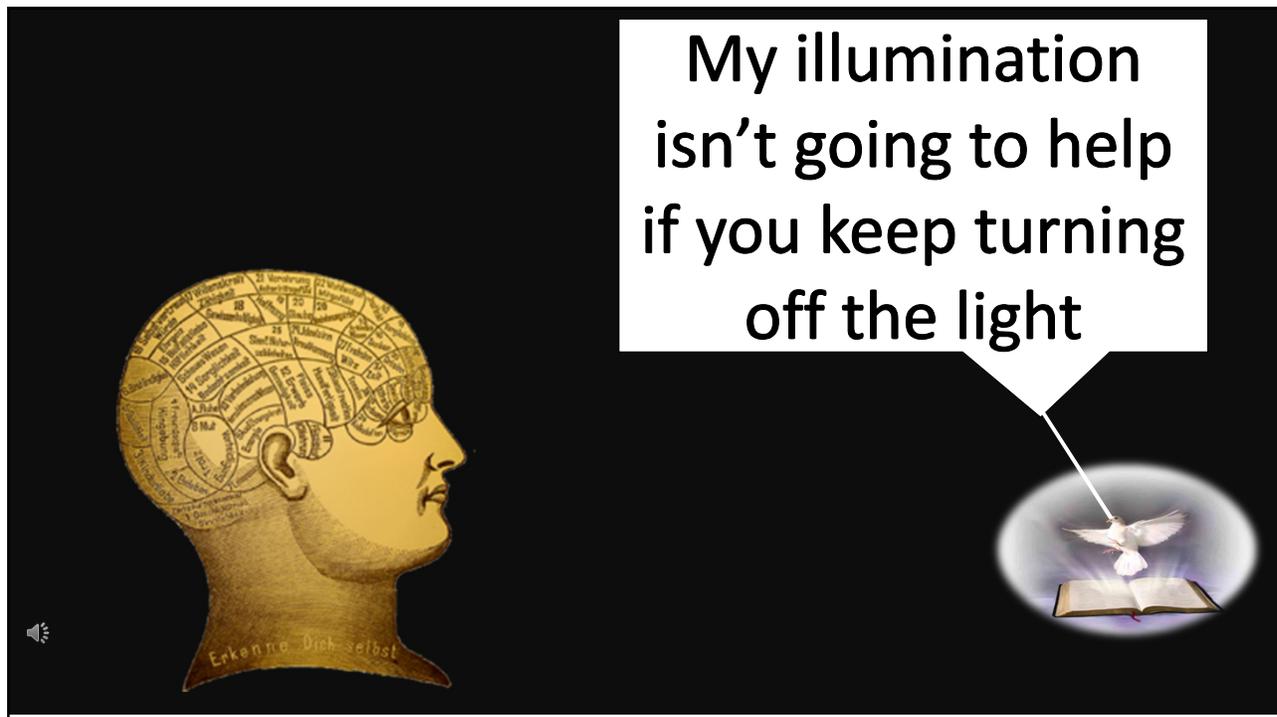
- Thought → Action
- Action → Habit

- Thought → Action
- Action → Habit
- Habit → Character

- Thought → Action
- Action → Habit
- Habit → Character
- Character → Destiny

Are you trading your human viewpoint for Divine Viewpoint by regularly placing yourself in a context to be taught God's Word that it may begin to occupy your mind as you believe and apply it as well as integrate it with all of God's Word which you've learned?





End Session