

Watersprings Faith Church Bible Study Notes

KNOWING YOUR EMOTIONS

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Jas:1:24: For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was.

Jas:1:25: But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.

The Holy Spirit is not going to change you , YOU must do so yourself. Christianity is not God coming to do everything for you, but God showing you what is wrong with you so you may change. It is very important that we know we are not passive and leave everything to God. The Holy Spirit is the Spirit of Revelation, illumination and inspiration. The Holy Spirit is very practical, He will help you with life issues and situations. When you have the Holy Spirit, you will be walking in the love, the ways and the will of God, and not being 'SUPERSPIRITUAL' - which is weird and wacky!

M't:6:9: After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.

M't:6:10: Thy kingdom come. Thy will be done in earth, as it is in heaven.

M't:6:11: Give us this day our daily bread.

M't:6:12: And forgive us our debts, as we forgive our debtors.

M't:6:13: And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

This is a pattern for prayers. The Word of God works for those who work it. It is to our advantage that we have a lifestyle of forgiveness. On purpose, listen to the voice that comes out of your mouth and discern your spiritual condition. Pause right away if you catch yourself speaking resentfully, grudgingly or hurtfully. Without the power of God, no one "can" forgive. I know I am a child of God because I "can" forgive. **No one can forgive sins but God alone.** Luke 5:21. Jesus has given us, His church, the power to forgive, so walk in that power. The devil is the originator of anger, hatred and retaliation. The power of the Holy Spirit is in mercy, grace and forgiveness. Healing and deliverance is a demonstration of the power of God's forgiveness. **M't:9:6: But that ye**

may know that the Son of man hath power on earth to forgive sins, (then saith he to the sick of the palsy,) Arise, take up thy bed, and go unto thine house.

Jesus taught us to pray “not to lead us into temptation.” We can pray in such a way that we can abort the snares and traps of the enemy before they manifest. Prevention is better than cure.” It is better to walk in divine protection than divine deliverance; divine health than divine healing. Understand the voice of the tempter and abort it right away. When you live in fellowship with the Holy Spirit, He will warn you of the things to come. **John 16:13** A lot of our problems are self-inflicted, so God wants us to change. As you continue to read the Word and come to church, God will steer you away from the devil's traps.

Where do demons get their power? They get their power from people's decision to sin. Demons prosper by the sins of the people. When you choose to sin, you are giving the devil power over yourself. That is why holiness and consecration are so important. We live a lifestyle of forgiveness and discernment. As you pray in the mornings, you abort the plans of the devil to come.

Psalms:140:4: Keep me, O LORD, from the hands of the wicked; preserve me from the violent man; who have purposed to overthrow my goings.

Psalms:140:5: The proud have hid a snare for me, and cords; they have spread a net by the wayside; they have set gins for me. Selah.

Psalms:140:6: I said unto the LORD, Thou art my God: hear the voice of my supplications, O LORD.

Psalms:140:7: O GOD the Lord, the strength of my salvation, thou hast covered my head in the day of battle.

When you live a life of holiness, the grace of God comes upon us. Every one of us carries a spiritual atmosphere. There is a multitude of demons buzzing over your head when you are impulsive or rebellious against God. Emotions of violence and thoughts of hatred and lust of all kinds are driven by demons. Ugly and negative emotion is a channel by which demons attack people and manifest their way. Lust is not just about sex. Lust means the cravings of the flesh against the protection of the Word of God. It can be gluttony, sex, strife, vengeance, greed,

gossip, anger, depression etc. Sleeplessness is a disturbance from the enemy. But when you live a lifestyle of holiness and submission, Praise and Worship to God, you build up a spiritual atmosphere in your home and around yourself. This is an atmosphere of peace and protection. That is why prayer, praise and worship are so important, whether you are a businessman, a worker, a housewife, a student or even a minister.

Our Father who art in heaven. As soon as you confess this, all the demons run! Demons work in teams. If you do not forgive, what comes out of you is negative emotion of anger, resentment, retaliation, violence and hatred. Abusive emotions hurt yourself and those around you. So, declare the sovereignty of God over yourself, then light comes and darkness is dispelled.

Pray **Psalm 140** over yourself and your family. **V4 preserve me-** Abort troubles before they come. Build the house before there is a storm. Prayer is not a home-work or a duty. We need to pray! The **violent man** is the devil. The nature of devil is violence. Believers are more than conquerors. Devils will lay traps and snares to try to hurt or ensnare us, but the Holy Spirit will alert us to the danger ahead and cause us to walk in the victory of Jesus Christ at all times.

Negative emotions are destructive, aggressive, compulsive and deceiving, induced by the environment on the outside. Negative emotions also stop us from seeing, hearing and believing in the promises of God for they are very self-focused and carnal. We therefore need to understand our emotions, in order to live a victorious life over the enemy. Emotions are in our soul, which is our responsibility to take care of. Once you are born again, Jesus becomes your Lord and sin has no power over you anymore. You may feel that sin still has power over you, but NO, that is a lie! Declare the victory of Jesus Christ every time you have wrong thoughts or compulsive feelings!

When you know that you are under attack, do not yield to that attack. Rebuke the demons and immediately there will be a shift in the spiritual atmosphere. You need to be quick to resist the demon so he cannot build up a stronghold or a mindset in your head. The more you cave in to the voice of the enemy, the more you will be enslaved. Resist his

seduction and refuse to hear his voice. The Bible says that God's sheep hear His voice and the voice of the stranger we do not follow but flee from it!

Feeling is the reaction of the soul towards the environment. Feelings can be manipulated, so DO NOT trust your feelings. Have the Truth of God firmly imprinted in the heart to not succumb to the temptation of lying emotions. We should not live by feelings. We must know where our heart is and live by spiritual principles.

Feelings-

1. '**Ginosko**'- to aspire, to perceive by spiritual sensitivity- this is the feeling of the spirit. This is the "unction of the heart" and the "knowing" in our spirit. You are above your natural physical environment, walking in the Spirit. You are not reacting to the stimulus but above it to change it. The prophets and seers function by this. This is the fruit of meekness. This is the power of your spirit. The spiritual feeling can be very real. I have had times when I had feelings of nausea when I sense the devil's hypocrisy.

2Ki:6:16: And he answered, Fear not: for they that be with us are more than they that be with them.

2Ki:6:17: And Elisha prayed, and said, LORD, I pray thee, open his eyes, that he may see. And the LORD opened the eyes of the young man; and he saw: and, behold, the mountain was full of horses and chariots of fire round about Elisha.

Elisha and his servants were under siege from the Syrians. His servants were frightened. But as Elisha prayed, his servants were able to see into the realm of the spirit. When you lose sight of yourself, the more you gain sight of God. The more you lose sight of the natural, the more you gain sight of the spirit. There has to be a choosing to walk out of the natural, to walk into the spiritual. Everything involves our decision. Don't think that the Holy Spirit will just force me into the spiritual, because God will never bypass your freewill. You must CHOOSE to spend time in the Word, in prayer and in fellowship with the Holy Spirit. As you practise, you become more and more aware

of the presence and the power of God. **I must decrease; He must increase.** When the carnality comes down, my spirituality comes up. The Bible defines one who can be an elder when he rules his family well, with a good marriage, and a good reputation. Your spirituality should be reflected in your daily living and how you conduct yourself. The Corinthian church possessed all the spiritual gifts but was the most “wacky” church. Paul had to write two epistles to correct them. If you so spiritual that you can't get along with your family in a daily, practical way, you cannot serve God. An elder must be able to run his household well. God is very true. Especially, don't give up on your family. DON'T GIVE UP on people; and don't just love the 'FINISHED PRODUCT'. Ask for God's agape love to flow through you to others, especially the unlovely. **He came to seek and save the lost.**

Why would God get us born again and to allow us to choose how to live? Your spirit is born again so that you always have the Holy Spirit as your counsellor residing in your spirit. You then have the adviser and the power for you to choose to follow God and resist the tempter. In every decision that you make, you do so to follow God. That is true spirituality; you are able to live by the power of God, all the time. Holiness is when you have every decision guided by the Holy Spirit.

Psalms:131:1: LORD, my heart is not haughty, nor mine eyes lofty: neither do I exercise myself in great matters, or in things too high for me.

Psalms:131:2: 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:131:3: Let Israel hope in the LORD from henceforth and for ever.

I am not self-opinionated. We are too quick to judge and too quick to come up with opinions and solutions from ourselves. We need to wean our souls from ourselves so we can live in the spirit, weaned from our own thoughts, traditions, natural experiences, opinions and mindset, so we may hear what the Spirit is saying to us. You may discern the voice of God from your own soul, when you live a lifestyle of holiness unto the Lord, in close fellowship with Him.

2. “**Phroneo**”- to think or to filter. You are the deciding factor. You choose to be affected or not. This is the power of your soul at the

human level. You are operating both in the spirit as well as in the strength of your soul. For us to live successfully as children of God, we must live in the co-operation between the soul and the spirit. We should train our soul to quickly obey the voice of the born again spirit. **Ginosko** and **Phroneo** must work together. We must develop our spirit, soul, and body to work together as one following the Lord. Be sincere and true to God. He will protect and prosper you over and above what you can ask or think!

1Sa:24:5: And it came to pass afterward, that David's heart smote him, because he had cut off Saul's skirt.

1Sa:24:6: And he said unto his men, The LORD forbid that I should do this thing unto my master, the LORD's anointed, to stretch forth mine hand against him, seeing he is the anointed of the LORD.

This is an account of David running from Saul. Saul had wanted to kill David so many times, and this was a great opportunity for David to slay Saul. Here we could see David's sensitivity to God. He knew the voice of his Lord. He did not hear the voice of those around him, telling him that Saul had been delivered into his hands. Sin is deceptive, it can desensitize your conscience. God wants us to walk in holiness so that we can detect the presence of demons right away. David was walking in the anointing and was above his feelings. Even when he just cut off Saul's skirt his heart smote him.

Pray for those who persecute you. The devil tries to split families. What will destroy a family or a church is strife. We should be "consequence-minded", and we should order our steps to arrive at a desirable destination. We must deliberately order ourselves to aim towards the final result. Every parent must have a vision for your children, so they are trained to arrive at that vision. The way to do so is primarily by prayers. Everything must be initiated by prayers. Pray for yourself, your family, your pastor, your church, your community and nation. Prayers will pave the way.

1Sa:30:6: And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the

LORD his God.

David was a man after God's own heart because in every crisis his heart rises up to seek God's direction. In this great distress, when everyone has turned against him, instead of feeling sorry for himself and angry at others, he turned to God. David was above his circumstances and situations. He was in charge of his feelings.

2 Samuel 12:7-13

When Nathan exposed his sin of adultery and murder, and pronounced judgment upon David, and David quickly repented. He was not like the other kings who killed the prophet or justified himself. Right way he deeply repented. His conscience smote him. He deeply repented, otherwise the Lord would not have said that **the Lord had put away your sin; you shall not die.** David was very sincere in his heart.

1Sa:1:10: And she was in bitterness of soul, and prayed unto the LORD, and wept sore.

Hannah had been mocked and belittled for being barren, and she was very grieved. She was very sincere before God. She poured out her sorrow and grief to the Lord, and after prayers, she received the promise from the prophet's mouth. She was no longer sad and rose up, and was able to master the negative emotions. She did eventually receive her promise.

1Sa:1:17: Then Eli answered and said, Go in peace: and the God of Israel grant thee thy petition that thou hast asked of him.

1Sa:1:18: And she said, Let thine handmaid find grace in thy sight. So the woman went her way, and did eat, and her countenance was no more sad.

1Sa:1:20: Wherefore it came to pass, when the time was come about after Hannah had conceived, that she bare a son, and called his name Samuel, saying, Because I have asked him of the LORD.