

# Feelings: The Emotional Reward

## Chapter 10

This is a touchy subject because do we really know what feelings are? We know that you can see with your eyes, smell with your nose, feel with your touch, hear with your ears, and you can taste with your tongue; and these are considered feelings, but are these your only feelings? What about what cries out of your heart? What is it that happens to your heart when you do things that are wrong or unjust?

What is it that happens to your heart when someone does something wrong to you? Do you not get angry? What is this anger? We call it a feeling too, right? We understand the physical feelings, but what do we call anger? Is it a spiritual feeling?

Many have said, "If it feels good, then do it." Is that right? If it feels good to hurt someone, is that right thing to do? So if you are angry and it feels good to hit someone, should you do it? This is silly, I know. What they are really talking about is how you are making your decisions. If you do not know if it is right to do, then they are saying to go by your feelings. So they go by, "If it feels good or right, then go with your feeling and do it."

Here is what the dictionary says:

**feeling**   **Pronunciation Key** (fē'liŋ) *n.*

1. The sensation involving perception by touch.
2. A sensation experienced through touch.
3. A physical sensation: a feeling of warmth.
4. An affective state of consciousness, such as that resulting from emotions, sentiments, or desires: experienced a feeling of excitement.
5. An awareness or impression: He had the feeling that he was being followed.
6. An emotional state or disposition; an emotion: expressed deep feeling.
7. A tender emotion; a fondness.
8. Capacity to experience the higher emotions; sensitivity; sensibility: a man of feeling.
9. **feelings** Susceptibility to emotional response; sensibilities: The child's feelings are easily hurt.
10. Opinion based more on emotion than on reason; sentiment.
11. A general impression conveyed by a person, place, or thing: The stuffy air gave one the feeling of being in a tomb.
12. Appreciative regard or understanding: a feeling for propriety.
13. Intuitive awareness or aptitude; a feel: has a feeling for language.

adj.

1. Having the ability to react or feel emotionally; sentient; sensitive.
2. Easily moved emotionally; sympathetic: a feeling heart.
3. Expressive of sensibility or emotion: a feeling glance.

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feel'ing·ly *adv.*

**Synonyms:** *feeling, emotion, passion, sentiment*

These nouns refer to complex and usually strong subjective human response. Although *feeling* and *emotion* are sometimes interchangeable, *feeling* is the more general and neutral: "Poetry is the spontaneous overflow of powerful feelings: it takes its origin from emotion recollected in tranquillity" (William Wordsworth). *Emotion* often implies the presence of excitement or agitation: "Poetry is not a turning loose of emotion, but an escape from emotion" (T.S. Eliot). *Passion* is intense, compelling emotion: "They seemed like ungoverned children inflamed with the fiercest passions of men" (Francis Parkman). *Sentiment* often applies to a thought or opinion arising from or influenced by emotion: We expressed our sentiments about the government's policies. The word can also refer to delicate, sensitive, or higher or more refined feelings: "The mystic reverence, the religious allegiance, which are essential to a true monarchy, are imaginative sentiments that no legislature can manufacture in any people" (Walter Bagehot). See also synonyms at opinion

## What are internal feelings?

So we have more than just our five physical feelings, we have internal or spiritual feelings: Love, hate, joy, anger, jealousy, guilt, happiness, generosity, greed, and sadness. Where do these feelings come from?

Well what does the bible say about them?

GAL 5:13 "You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love. [14] The entire law is summed up in a single command: "Love your neighbor as yourself." [15] If you keep on biting and devouring each other, watch out or you will be destroyed by each other."

GAL 5:16 "**So I say, live by the Spirit, and you will not gratify the desires of the sinful nature.** [17] For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. [18] But if you are led by the Spirit, you are not under law."

GAL 5:19 "**The acts of the sinful nature are obvious:** sexual immorality, impurity and debauchery; [20] idolatry and witchcraft (magic arts); hatred (animosities), discord (strife), jealousy, fits of rage (bad temper/anger), selfish ambition, dissensions, factions [21] and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the Kingdom of God."

GAL 5:22 “**But the fruit of the Spirit is love**, joy, peace, patience (forbearance), kindness, goodness (generosity), faithfulness (fidelity), [23] gentleness and self-control. Against such things there is no law. [24] Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. [25] Since we live by the Spirit, let us keep in step with the Spirit. [26] Let us not become conceited, provoking and envying each other.”

The bible also calls these feelings the passions and desires of ourselves. We mostly call them our emotions. But what ever they are called, the bible says that they originate from one of two sources, the evil spirit—sinful nature—carnal man or the Holy Spirit--Spirit. This is the most important reason to be “Born again”. For Jesus was talking that we must be “Born again” in Spirit so that through our faith, the Holy Spirit can control our emotions—our feelings.

### **How do the evil spirits control our emotions?**

There is only one way that the spirits control our emotion that is always based on our decisions—our faith: obedience. If you obey God, then you are living by His Holy Spirit, whereas, if you are disobedient, then He will turn you over to the father of lies—the devil. First lets look at how our emotions are controlled by the devil.

EPH 2:1 “As for you, you were dead in your transgressions and sins, [2] in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are *disobedient*. [3] **All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires (emotions) and thoughts.** Like the rest, we were by nature objects of wrath. [4] But because of His great love for us, God, who is rich in mercy, [5] made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved. [6] And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus, [7] in order that in the coming ages He might show the incomparable riches of His grace, expressed in His kindness to us in Christ Jesus. [8] For it is by grace you have been saved, through faith--and this not from yourselves, it is the gift of God-- [9] not by works, so that no one can boast. [10] For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

TIT 3:3 “At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another. [4] But when the kindness and love of God our Savior appeared, [5] He saved us, not because of righteous things we had done, but because of His mercy. He saved us through the washing of rebirth (Born again) and renewal by the Holy Spirit, [6] whom He poured out on us generously through Jesus Christ our Savior, [7] so that, having been justified by His grace, we might become heirs having the hope of eternal life. [8] This is a trustworthy saying. And I want you to stress these things, so that those who have trusted in God may be careful to devote themselves to doing what is good. These things are excellent and profitable for everyone.”

When we are disobedient, God gives the devil permission to have us, or a better way to think of this is that, He removes His protection from us by removing the Holy Spirit from us. Another way to think is that the Holy Spirit will not stay with disobedient people, and you become like the empty house.

MT 12:43 "When an evil spirit comes out of a man, it goes through arid places seeking rest and does not find it. [44] Then it says, 'I will return to the house I left.' **When it arrives, it finds the house unoccupied, swept clean and put in order. [45] Then it goes and takes with it seven other spirits more wicked than itself,** and they go in and live there. And the final condition of that man is worse than the first. That is how it will be with this wicked generation."

So God is showing you the natural state of the spirit world. They are like a roaring lion looking for food. Good, bad or indifferent, you have no control over them. The only one who has control over the evil spirits is God and He has set up the way in which He works. You have a choice, to either be obedient to God and He will always protect you or be disobedient and you will be controlled by the evil spirits of this world. It is not a choice as to whether you want to be part of it or not, it is only a choice of being obedient or not. It is like believing in God or not. It is not that you believe and God comes into your reality, but He is always real, and your belief brings you into His reality. See you are not the center of the Universe and God revolves around you, but God is the center of the Universe and everything revolves around God.

So the evil spirits have control of us from the time we are a baby, when we followed the ways of the evil world because we had an enemy inside of us that aided the evil spirits to control us. And they did so until we were "Born again" and we started to be obedient to God when the Holy Spirit took over our emotions.

## **How can the Holy Spirit control our feelings?**

That is a good question. To answer it we must look and see where these emotions come from. Now that we know what they are and where they come from, then we will know how to control them and not to let them control us, or do you like to get mad or angry, even though God says to live in a peace and joyful. Can you be joyful when you are angry?

1TH 5:16 "Be joyful always; [17] pray continually; [18] give thanks in all circumstances, for this is God's will for you in Christ Jesus."

How can you always do this? "Be joyful always." How can you always be joyful in the Lord if you are always jealous or envious? Do you always feel joyful? Was Apostle Paul kidding? Was this an impossible joke? Or maybe Paul had such a great life that he never had hard times or had hard feelings that he could always be joyful? Well as we all know, he spent half of his life in jail for his faith. He wrote this in jail. So it seems that he knew a secret that we did not know. I believe he did, for he also wrote Galatians about feelings.

He knew that feelings were at his control, not that he was at the feelings control. Lets look again at the about scripture: "Be joyful always." When I read this, I have to ask God one important question:

“HOW!!!” How God? How can I control my feelings? How can I remove this angry feeling and replace it with a joyful feeling? I am not strong enough to control it; I do not have the power over it. Or do I?.

In fact we do have the power over it, if you understand what it is. Galatians 5 above gives us a clue: GAL 5:22 “But the fruit of the Spirit is love...” It says that the fruit of the Spirit is... What does this mean; it means that the fruit, the very nature, of the Holy Spirit is FEELINGS. But what is fruit, it is the final result and nature of the vine or tree growing, it is the product of the tree or vine, so in other words, it is the reward of the tree or vine for good growth.

The bible says spirits, which means they come from either the Holy Spirit or an evil spirit. Or do you think that hate, anger, jealousy comes from the Holy Spirit, no!! They can only come from evil not good, so they come from evil spirits: demons or the devil, himself. If you notice that the bible does not say that we should not have feelings, it says that we should not be controlled by them.

2CO 5:1 “Now we know that if the earthly tent we live in is destroyed, we have a building from God, an eternal house in heaven, not built by human hands. [2] Meanwhile we groan, longing to be clothed with our heavenly dwelling, [3] because when we are clothed, we will not be found naked. [4] For while we are in this tent, we groan and are burdened, because we do not wish to be unclothed but to be clothed with our heavenly dwelling, so that what is mortal may be swallowed up by life. [5] Now it is God who has made us for this very purpose and has given us the Spirit as a deposit, guaranteeing what is to come.”

2CO 5:6 “Therefore we are always confident and know that as long as we are at home in the body we are away from the Lord. [7] **We live by faith, not by sight.** [8] We are confident, I say, and would prefer to be away from the body and at home with the Lord. [9] So we make it our goal to please him, whether we are at home in the body or away from it. [10] For we must all appear before the judgment seat of Christ, that each one may receive what is due him for the things done while in the body, whether good or bad.”

The Holy Spirit can only help us as we are obedient to God and we live in the Word of God. The bible says, “**We live by faith, not by sight.**” Sight is a body sense or feeling, so we could say that we live by faith and not by our senses. It is by faith everything is made known to us. We enter into the Kingdom of God by faith. We see the spiritual world by faith. We come into the presence of the Lord by faith, nothing else will work. Another way to think of this is that we live by faith not by feelings, both physical and spiritual feelings.

EPH 2:1 “As for you, you were dead in your transgressions and sins, [2] in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. [3] All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath. [4] But because of His great love for us, God, who is rich in mercy, [5] made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved. [6]

And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus, [7] in order that in the coming ages He might show the incomparable riches of His grace, expressed in His kindness to us in Christ Jesus. [8] **For it is by grace you have been saved, through faith**--and this not from yourselves, it is the gift of God-- [9] not by works, so that no one can boast. [10] For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do."

So you can see that it is by faith you are saved, not by your feelings toward God, or that you feel saved, but by your decision to believe and so you have put your faith in God so as to be saved.

EPH 1:11 "In Him we were also chosen, having been predestined according to the plan of Him who works out everything in conformity with the purpose of His will, [12] in order that we, who were the first to hope in Christ, might be for the praise of His glory. [13] And you also were included in Christ when you heard the word of truth, the gospel of your salvation. **Having believed, you were marked in Him with a seal, the promised Holy Spirit, [14] who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession--to the praise of his glory."**

Then once you believed, God marked you with the Holy Spirit. He is now working in you. So as a reward to being obedient, the Holy Spirit will reward you with the fruits of the Spirit, the emotions of love, joy, peace, patience (forbearance), kindness, goodness (generosity), faithfulness (fidelity), [23] gentleness and self-control.

How does this work?

So how does this work, well as you act obedient to God, He rewards you with that feeling. For example, when you act loving to some one, the Holy Spirit fills your heart with the love feeling. When you act generous by giving to charity, He rewards you with the warm, gentle generous feeling.

He rewards you for your decisions to act in obedience to His word. He rewards you for your faith in Him.

But only when your actions are based on your faith in God and His word, not your feelings. The feelings from the Holy Spirit only act this way, which is contrary to the evil feelings.

Evil feelings just flood into your being because unlike God, the devil is no respecter of persons. He does not respect your free will. That is why the bible says:

1PE 5:8 "Be self-controlled and alert. **Your enemy the devil prowls around like a roaring lion looking for someone to devour.** [9] Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings."

Here we see another "BE". Be self-controlled. How? This means that you must control your feeling, and to not let them control you, but you control them. How? Can you control your feelings? I know I cannot. But He says to be self-controlled, because the enemy is like a mean (why else is he

roaring) lion, who will not respect you and your free will, but will always try to destroy you, devour you.

So He says to be self-controlled, well does that sound familiar? Is it not one of the fruits of the Spirit?

GAL 5:22 “**But the fruit of the Spirit is** love, joy, peace, patience (forbearance), kindness, goodness (generosity), faithfulness (fidelity), [23] gentleness and **self-control.**”

But how do you invoke this fruit of the Spirit? Well actually it is very simple to understand but hard to do. All you have to do is to make the decision to be obedient, and to set or have the attitude of self-control. The word “Be” means to change your attitude to be this way. To have the attitude is to “BE”. And the way to have that attitude is to make the decision to be obedient to God and to renew your mind to have this attitude. The decision does not need to be more than the willingness to be obedient, that is the beginning.

The process of doing this is called “Window Control”. We can discuss this at another time, but the point here is to understand that you can control your feelings with the help of God. For God loves us so He would not ask us to do something if He was not willing to help us accomplish it.

This requires more faith in God. If you do not understand this idea of more faith, then I suggest you stop here and read the section on faith and window control, for they only work by understanding what it is and faith.

## **How does evil feelings work?**

Lets look at other emotional rewards by seeing how evil works. Evil not being a respecter of our free will; evil will always push evil feelings on us. Many times, we might be sitting at your friends house and out of the blue, you get this terrible feeling that something is wrong. The feeling does not go away easy, even though you ignore it and try to put it out of you. It continues and continues. It starts to bother you. So you start thinking what might be wrong. You start to think back as to what might have happened, and you start thinking of all of the “what ifs”. What if you forgot to turn off the heater, or the stove or the gas in the house? As it goes on, your friend is talking about things, and because you cannot think about the “what ifs” you start to get angry with your friend for bothering you at this important time of thinking. You start to get very irritated at them. It goes on and on, until you get angry and mad and go running home to check. You find nothing wrong but you have now lost all of that time and now you have to make up with your friend for nothing. This is a fear feeling causing you to get angry, worry and stress over nothing.

Another example, you call your friend but they do not answer, and so you start to get the worry feeling that they might be hurt or worse yet, they might be out with some one else, so you get the jealous feeling.

You are hungry, and so when you see some else with a delicious meal you start to have the envy feeling for it.

These things happen all the time, why, because the enemy wants to keep his evil spirits in you so that he can control you. This is why you cannot trust your feelings, because they are not your feelings that you control, they are spirits touching you giving you feelings based on your decisions. In this case, your decision is of not trusting God.

### **How to control your *feelings*.**

If you decide to have faith in God and trust Him to protect you, then He will guard your heart and keep the evil spirits away from your heart and fill you with His Holy Spirit and He will reward you with Godly feelings, the fruits of the Spirit. But if you do not decide to be obedient then He will not guard your heart and the roaring lion will take over.

**Note:** God uses His Word to fight the evil spirits. So for God to fight for and with you, you must know the Bible—His Holy Scriptures. Remember what Jesus did when the devil tried to tempt Jesus' with feelings.

MT 3:16 "As soon as Jesus was baptized, He went up out of the water. At that moment heaven was opened, and He saw the Spirit of God descending like a dove and lighting on Him. [17] And a voice from heaven said, "This is my Son, whom I love; with Him I am well pleased."

MT 4:1 Then Jesus was led by the Spirit into the desert to be tempted by the devil. [2] After fasting forty days and forty nights, He was hungry. [3] The tempter came to Him and said, "If you are the Son of God, tell these stones to become bread."

Here the devil is tempting Jesus' feelings of hunger, and how did Jesus fight him; with the scriptures.

MT 4:4 Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.' "

MT 4:5 Then the devil took Him to the holy city and had Him stand on the highest point of the temple. [6] "If you are the Son of God," He said, "throw yourself down. For it is written:

" 'He will command his angels concerning you,  
and they will lift you up in their hands,  
so that you will not strike your foot against a stone.' "

However the devil knows the scriptures very well too, and he tries to twist them to try to deceive and cause chaos and confuse Jesus and so trying to get the spirit and feeling of doubt to enter into Him.

MT 4:7 Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.' "

But Jesus uses the scriptural truth against the devil.



MT 4:8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. [9] "All this I will give you," he said, "if you will bow down and worship me."

Again the devil is trying to cause Jesus to doubt who He is and that He really is not the Son of God and that the devil has power and authority over Him.

MT 4:10 Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve Him only.' "

But Jesus uses the final scripture over him with out feelings of doubt as to who He is.

MT 4:11 "Then the devil left him, and angels came and attended him."

You can see how Jesus defeated the feelings of the devil. He used the scriptures of the bible against the devil. This is foundation of how to do it.

However, Jesus being the Son of God, born with a pure and Holy Spirit, did not need to overcome the enemy with in us all, our sinful nature. So to defeat the evil spirits that come to us, we must first put our faith in God as to how He deals with the old sinful nature after we are "Born again".

HEB 10:15 "The Holy Spirit also testifies to us about this. First He says:

HEB 10:16 "This is the covenant I will make with them  
after that time, says the Lord.  
I will put My laws in their hearts,  
and I will write them on their minds."

HEB 10:17 "Then He adds:  
"Their sins and lawless acts  
I will remember no more."

HEB 10:18 "And where these have been forgiven, there is no longer any sacrifice for sin.

HEB 10:19 "Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, [20] by a new and living way opened for us through the curtain, that is, His body, [21] and since we have a great priest over the house of God, [22] let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. [23] Let us hold unswervingly to the hope we profess, for He who promised is faithful. [24] And let us consider how we may spur one another on toward love and good deeds. [25] Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another--and all the more as you see the Day approaching."

EPH 3:14 “For this reason I kneel before the Father, [15] from whom His whole family in heaven and on earth derives its name. [16] **I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being, [17] so that Christ may dwell in your hearts through faith.** And I pray that you, being rooted and established in love, [18] may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, [19] and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God.”

2TI 1:3 “I thank God, whom I serve, as my forefathers did, with a clear conscience, as night and day I constantly remember you in my prayers. [4] Recalling your tears, I long to see you, so that I may be filled with joy. [5] I have been reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also. [6] For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. [7] **For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.**”

RO 8:9 “**You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you.** And if anyone does not have the Spirit of Christ, he does not belong to Christ. [10] But if Christ is in you, your body is dead because of sin, yet your spirit is alive because of righteousness. [11] And if the Spirit of Him who raised Jesus from the dead is living in you, He who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you.”

1CO 3:10 “By the grace God has given me, I laid a foundation as an expert builder, and someone else is building on it. But each one should be careful how he builds. [11] For no one can lay any foundation other than the one already laid, which is Jesus Christ. [12] If any man builds on this foundation using gold, silver, costly stones, wood, hay or straw, [13] his work will be shown for what it is, because the Day will bring it to light. It will be revealed with fire, and the fire will test the quality of each man's work. [14] If what he has built survives, he will receive his reward. [15] If it is burned up, he will suffer loss; he himself will be saved, but only as one escaping through the flames.

1CO 3:16 “Don't you know that you yourselves are God's temple and that God's Spirit lives in you? [17] If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple.”

EPH 2:19 “Consequently, you are no longer foreigners and aliens, **but fellow citizens with God's people and members of God's household,** [20] built on the foundation of the apostles and prophets, with Christ Jesus Himself as the chief cornerstone. [21] In Him the whole building is joined together and rises to become a holy temple in the Lord. [22] **And in Him you too are being built together to become a dwelling in which God lives by His Spirit.**”

2TI 1:8 “So do not be ashamed to testify about our Lord, or ashamed of me His prisoner. But join with me in suffering for the gospel, by the power of God, [9] who has saved us and called us to a holy life--not because of anything we have done but because of His own purpose and grace. This grace was given us in Christ Jesus before the beginning of time, [10] but it has now been revealed through the appearing of our Savior, Christ Jesus, who has destroyed death and has brought life and immortality to light through the gospel. [11] And of this gospel I was appointed a herald and an apostle and a teacher. [12] That is why I am suffering as I am. Yet I am not ashamed, because I know whom I have believed, and am convinced that he is able to guard what I have entrusted to him for that day.

2TI 1:13 “What you heard from me, keep as the pattern of sound teaching, with faith and love in Christ Jesus. [14] Guard the good deposit that was entrusted to you--**guard it with the help of the Holy Spirit who lives in us.**”

1JN 3:21 “Dear friends, if our hearts do not condemn us, we have confidence before God [22] and receive from Him anything we ask, because we obey His commands and do what pleases Him. [23] And this is His command: to believe in the name of his Son, Jesus Christ, and to love one another as He commanded us. [24] **Those who obey His commands live in Him, and He in them. And this is how we know that He lives in us: We know it by the Spirit He gave us.**”

So when you make the decision to have a Godly attitude, the Holy Spirit will reward you with the Godly feelings—fruits of the Spirit—to reinforce your decision to be Godly.

So if you make the decision to be loving of which Love is patient, love is kind, love does not envy, love does not boast, love is not proud, love is not rude, love is not self-seeking, love is not easily angered, love keeps no record of wrongs, love does not delight in evil but rejoices with the truth, love always protects, always trusts, always hopes, always perseveres (I Corinthians 13:4), then the Holy Spirit will fill you with His loving feeling that will strengthen you and empower you to act lovingly, and be as love is according to I Corinthians 13:4 above.

You make the decision to “BE” this way. Then your natural being—your new Godly spirit—will always be looking for ways to be this way. Your Godly Spirit—guided by the Holy Spirit—will be looking for ways to act as your decision to “BE” is. Then you will find yourself acting as your attitude is like being kind to someone who is being mean, to be patient with rambunctious kids, to be generous instead of selfish... Because this is your attitude and God will always help to reinforce your Godly attitudes.

On the other hand if you have not changed your attitude to be Godly and to desire to do Godly things, then the old nature that you were born with will come back after you are “Born again” and always try to lead you down the path of destruction like it did before you became a Christian.

MT 12:43 "When an evil spirit comes out of a man, it goes through arid places seeking rest and does not find it. [44] Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean and put in order. [45] Then it goes

and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that man is worse than the first. That is how it will be with this wicked generation."

So you see it is the nature of the evil spirit to always try to return to what it believes is its home.

1PE 5:8 "Be self-controlled and alert. **Your enemy the devil prowls around like a roaring lion looking for someone to devour.** [9] Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings."

The enemy will always try to reinforce evil feelings on you. Remember, the world always teaches us to trust your feelings. If you do not know what to do, then use your feelings or how do you feel about it and then do it, this is the world teaching.

EPH 2:1 "As for you, you were dead in your transgressions and sins, [2] in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. [3] All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath. [4] But because of His great love for us, God, who is rich in mercy, [5] made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved. [6] And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus, [7] in order that in the coming ages He might show the incomparable riches of His grace, expressed in His kindness to us in Christ Jesus. [8] For it is by grace you have been saved, through faith--and this not from yourselves, it is the gift of God-- [9] not by works, so that no one can boast. [10] For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do."

Being disobedience allows the worlds ways to take control of you and you become a puppet to the evil puppet master. And so this proves that you do not love God, for if you did then you would always be obedient to God.

JN 15:9 "As the Father has loved me, so have I loved you. Now remain in My love. [10] **If you obey My commands, you will remain in My love, just as I have obeyed My Father's commands and remain in His love.** [11] I have told you this so that my joy may be in you and that your joy may be complete. [12] My command is this: Love each other as I have loved you. [13] Greater love has no one than this, that he lay down his life for his friends. [14] You are My friends if you do what I command. [15] I no longer call you servants, because a servant does not know His master's business. Instead, I have called you friends, for everything that I learned from My Father I have made known to you. [16] You did not choose Me, but I chose you and appointed you to go and bear fruit--fruit that will last. Then the Father will give you whatever you ask in My name. [17] This is My command: Love each other."

So you must make the decision to renew your mind to have the attitudes of God and to be obedient to Him. Then you will be free of the evil feelings and thoughts.

HEB 4:12 “For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. [13] Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of Him to whom we must give account.

1CH 28:9 "And you, my son Solomon, acknowledge the God of your Father, and serve Him with wholehearted devotion and with a willing mind, **for the LORD searches every heart and understands every motive behind the thoughts**. If you seek Him, He will be found by you; but if you forsake Him, He will reject you forever. [10] Consider now, for the LORD has chosen you to build a temple as a sanctuary. Be strong and do the work."

RO 11:36 “For from Him and through Him and to Him are all things.  
To Him be the glory forever! Amen.”

RO 12:1 “Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship. [2] Do not conform any longer to the pattern of this world, **but be transformed by the renewing of your mind**. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.”

EPH 4:20 “You, however, did not come to know Christ that way. [21] Surely you heard of Him and were taught in Him in accordance with the truth that is in Jesus. [22] **You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; [23] to be made new in the attitude of your minds;** [24] and to put on the new self, created to be like God in true righteousness and holiness.”

PHP 2:1 “If you have any encouragement from being united with Christ, if any comfort from His love, if any fellowship with the Spirit, if any tenderness and compassion, [2] then make my joy complete by **being like-minded, having the same love, being one in spirit and purpose**. [3] Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. [4] Each of you should look not only to your own interests, but also to the interests of others.”

PHP 2:5 “**Your attitude** should be the same as that of Christ Jesus:

PHP 2:6 “Who, being in very nature God,  
did not consider equality with God something to be grasped,

PHP 2:7 but made Himself nothing,  
taking the very nature of a servant,

being made in human likeness.

PHP 2:8 “And being found in appearance as a man,  
He humbled Himself  
and became obedient to death--  
even death on a cross!”

1PE 4:1 “**Therefore, since Christ suffered in His body, arm yourselves also with the same attitude**, because He who has suffered in His body is done with sin. [2] As a result, He does not live the rest of His earthly life for evil human desires, but rather for the will of God. [3] For you have spent enough time in the past doing what pagans choose to do--living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry. [4] They think it strange that you do not plunge with them into the same flood of dissipation, and they heap abuse on you. [5] **But they will have to give account to Him who is ready to judge the living and the dead.** [6] For this is the reason the gospel was preached even to those who are now dead, so that they might be judged according to men in regard to the body, but live according to God in regard to the spirit.”

**Note:** This part of preaching to the dead, is talking about the time Jesus was in Hades after He died and before He rose for the 3 days, He was preaching to those who died before Him, so that they could make their decision to believe in Him and have faith, to be “Born again” and be saved.

1PE 4:7 “The end of all things is near. Therefore be clear minded and self-controlled so that you can pray. [8] Above all, love each other deeply, because love covers over a multitude of sins. [9] Offer hospitality to one another without grumbling. [10] Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms. [11] **If anyone speaks, he should do it as one speaking the very words of God. If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ.** To him be the glory and the power for ever and ever. Amen.

Have you realized that everything that God has said is not for Him, but rather for you?

PHP 4:4 “Rejoice in the Lord always. I will say it again: Rejoice! [5] Let your gentleness be evident to all. The Lord is near. [6] Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. [7] And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

For example, this scripture above, does “Rejoice” mean to worship God to fulfill God’s need to be worshiped? Does God really need to be worshiped? Does worshipping make God happy? Is God so egocentric that He has to have us worthless things worship Him and praise Him? Do you really think that He just sits up there in heaven longing to hear and see us worship Him?

I do not think so. He is greater than that. He does not need our worship. He does want our love, just like all parents want the love of their child. But do you think that He is going to send people to hell

because they do not worship Him? I do not think so, He is bigger than that, then why do we need to worship Him and praise Him?

For us. That is right, He asks us to do this for us. That is spiritual warfare. When we worship God then we are fighting the evil and enemy of His. We have been says that the enemy is like a roaring lion trying to devour us. Well when we worship God and praise Him we are attacking the enemy. When the enemy feelings attack you, and instead of falling into the feeling trap, you instead praise the Lord and worship Him, you are attacking the enemy that is attacking you. It is attacking the evil feeling in you.

That is why God asks us to “Rejoice always” to “Be joyful always” to “Pray always”. It is always attacking the evil feelings that are trying to control you.

This is how you can always “Be” as God asks.

1. Always learn the ways of the Kingdom of God.
2. Always build your faith—making your decision to believe, trust and do Godly
3. Always see everything from your Faith in God
4. Always look for the positive ways of everything in faith—God is in control
5. Always see what your attitude is and make sure it is the attitude of God.
6. Always look for God in everything Always look for the good in everything—for God is good
7. Always pray—God is your best friend, tell Him everything
8. Always practice the presence of God—God is with you always
9. Always look to have the mind of Christ—the attitude of God
10. Always keep your eyes on God—not yourself

Never fall into the trap of negative thinking that is the path to the dark side—God is in control.

When you do this, God will always protect your heart and emotions. He will fill you with the fruits of the Spirit and you will have heaven on earth. You will live in the blessings of God and not the curse of the world.

