



„Behold, You desire truth in the innermost being, And in the hidden part You will make me know wisdom.”

(Psalm 51:6)

LIGHT from Christ's LIFE

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UPPER ROOM FELLOWSHIP MINISTRY

Psalm 42:9

„I will say to God my rock, "Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?"

PRAYER:

◆ For God's special BLESSINGS upon ALL ADT disciples — students.

◆ For a special DISCERNMENT and clearer SPIRITUAL DIRECTION.

◆ For an authentic HUNGER for spiritual transformation.

◆ For NEW DOORS OPEN by God.

◆ For URFM's spiritual and material SUPPLIES.

Amen!!!

Psalm 42:1

„As the deer pants for the water brooks, So my soul pants for You, O God.”

SPIRITUAL GROWTH and EMOTIONAL HEALTH

1. Illumination is Necessary

Motto:

“Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. For My yoke is easy and My burden is light.” (Matthew 11:28-30) —Jesus Christ

“Life is lived forward but only understood backwards.” -Soren Kierkegaard

“Lord, let me know myself; let me know You.” – St. Augustine

“It's impossible to be spiritually mature, while remaining emotionally immature.”

—Peter Scazzero

“He Himself took our infirmities and carried away our diseases.”

—Gospel of Matthew 8:17b

Emotional pain is a reality of life. More often than not we don't realize the extent of our hurt so we don't pursue healing. The problem is not that we lack wisdom but rather that we lack objectivity. As a result, we go through life covering our pain using various methods:

- ◆ Party life in college to cover up feeling lonely
- ◆ Success in business to cover up low self esteem
- ◆ Keeping the house and children in order to cover up a distant relationship with a spouse
- ◆ Ultra-involved in ministry and/or church success to cover up for not 'feeling' the unconditional love of God.



Why do so many people lack objectivity? Why can't we see the reality for what it is?

Here are some possible answers:

„Life is lived forward but only understood backwards.”
— Soren Kierkegaard

- ◆ We learned this lifestyle from childhood.

- ◆ We consider it normal to feel loneliness, hurt, and anger,
- ◆ We want to be 'good' Christians. We explain it away: “Good Christians do not feel bad.”

We all wanted our parents to be loving and supportive when we were growing up but often times they were not. As result of this and many other experiences, we developed defense mechanisms to block and cope with pain, and pursued other ways to gain significance.

Deep emotions of praise and thankfulness: “I will extol You, my God, O King, And I will bless Your name forever and ever. Every day I will bless You, And I will praise Your name forever and ever. Great is the LORD, and highly to be praised, And His greatness is unsearchable” (Psalm 145:1-3).



We should not let hopelessness grip our lives. There is hope in God and with God! We should courageously address our negative beliefs, which are based on lies from Satan – the enemy of our soul. Some of these beliefs could be:

- ◆ God does not really care for me
- ◆ I am worthless
- ◆ Nobody will really love me
- ◆ I have been a failure all my life
- ◆ If people really knew me, they would not like me

We must keep in mind that God created us with deep needs for:

- ◆ Love
- ◆ Acceptance
- ◆ Worth and significance, and
- ◆ Security.

God and only He can truly satisfy all of those needs. Therefore, God is really interested in delivering us from all of the enemy’s lies. He uses the Holy Spirit through the Word of God and mature Christians to bring upon healing. According to God’s design, our desire to be loved, accepted, worthy, significant, and secure, comes from a deep need for self-worth. “Our fulfillment as Christians depends on the ability to apply God’s specific solution to life’s problems. That is why it is so important to know God’s truth accurately.” (*The Search for Significance*, p. 10).

Larry Crabb defines self-esteem as, “The basic personal need of each person to regard himself as worthwhile human being.” William Glaser writes, “Everyone aspires to have a happy, successful, pleasurable belief in himself.” Even the Bible says, “Be on the alert, stand firm in the faith, act like men, be strong” (1 Corinthians 16:13). A biblical view of self-concept is an accurate perception of ourselves, God and others, based on the truths of God’s Word. Robert McGee writes, “An accurate biblical self-concept contains both: strength and humility; sorrow over sin and joy about forgiveness; a deep sense of our need for God’s grace and a deep sense of the reality of God’s grace.” (*The Search for Significance*, p. 9-10).

Let’s never forget that the feeling of significance (self-worth) is crucial to man’s emotional, spiritual, and social stability. This is the driving element within the human spirit. Trying to change behavior only without truly understanding the engine behind the behavior is futile.

The hunger and the need for self-worth is God-given. Therefore, only God can satisfy our deep need for love, acceptance, worth and significance, and security. “He is the Creator. He alone can satisfy our deepest needs.” (*The Search for Significance*, p. 11).

With love in Christ,

Vally Vaduvu

Spiritual Mentor / Life Coach

P.S.: Thank you for your continuous prayers and financial support!!! “The one who is taught the word is to share all good things with the one who teaches him.” (Gal. 6:6).

If you are looking for personal spiritual life coaching sessions or if you desire to have a personalized mentorship plan designed for your spiritual growth please contact me immediately!

