

"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

August 2016



Volume 17, Episode VIII

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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 to the property of the property of the second students.
- For a special ADISCERNMENT ADISCERNMENT ADISCRITUAL DISCRITUAL DISCRIPTION.
- 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 ex-

tent 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:

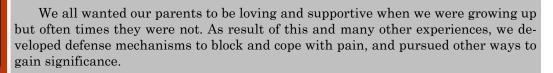
- Party life in college to cover up feeling lonely
- Success in business to cover up low self es-
- ♦ Keeping the house and children in order to cover up a distant relationship with a spouse
- Ultra-involved in ministry and/or church success to cover up for not 'feeling' the unconditional love of God.

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."





However, this is not the proper way to live life. It leads to:



- Suppressing our emotions
- Placing our identity in the extent of our success
- Attacking people who hurt us
- Withdrawing and becoming passive
- Punishing ourselves when we fail
- Doing and saying all sorts of things to be accepted
- Helping others to gain their affirmation

The good news is that with the guidance of the Holy Spirit and encouragement from loving mature Christians we can get to the bottom of all these issues that rob us of experiencing the abundant life Jesus promises in John 10:10b.

God desires us to be honest and acknowledge the hurt and negative emotions. The Bible teaches us, "Behold, You desire truth in the innermost being, And in the hidden part You will make me know wisdom" (Psalm 51:6). We can be real with God. He can handle our emotions even if they are unpleasant. Dr. Neil T. Anderson writes, "Your emotions are to your soul what your physical senses are to your body." ("Victory over the Darkens", p. 173). In fact we must be real in order to be right. Our emotions reveal our belief. "In God's eyes, if you are not real you are not right. If necessary, God may have to make you real to make you right with Him." ("Victory over the Darkens", p. 178).

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We have many examples in Psalms in which people of God expressed their emotions before the Lord:

Feeling forgotten by God: "How long, O LORD? Will You forget me forever? How long will You hide Your face from me? How long shall I take counsel in my soul, Having sorrow in my heart all the day? How long will my enemy be exalted over me?" (Psalm 13:1-2).

Feeling abandoned by God: "I will say to God my rock, "Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?" (Psalm 42:9).

Feeling disappointed by God: "Why do You hide Your face And forget our affliction and our oppression? For our

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soul has sunk down into the dust; Our body cleaves to the earth" (Psalm 44:24-25).

Overwhelming fear: "My heart is in anguish within me, And the terrors of death have fallen upon me. Fear and trembling come upon me, And horror has overwhelmed me" (Psalm 55:4-5).

In the so called imprecatory psalms the writers express prayer for the punishment of the psalmist's ene-

mies.

Anger towards the enemy and desire that they get punished: "O God, shatter their teeth in their mouth; Break out the fangs of the young lions, O LORD. Let them flow away like water that runs off; When he aims his arrows, let them be as headless shafts. Let them be as a snail which melts away as it goes along, Like the miscarriages of a

woman which never see the sun. Before your pots can feel the fire of thorns He will sweep them away with a whirlwind, the green and the burning alike." (Psalm 58:6-9).

Of course the psalms also contain a multitude of positive emotions:

Deep feelings of longing after God: "As the deer pants for the water brooks, So my soul pants for You, O God. My soul thirsts for God, for the living God; When shall I come and appear before God?" (Psalm 42:1-2).

Feeling of trust and confidence in God: "The LORD is my light and my salvation; Whom shall I fear? The LORD is the defense of my life; Whom shall I dread? When evildoers came upon me to devour my flesh, My adversaries and my enemies, they stumbled and fell. Though a host encamp against me, My heart will not fear; Though war arise against me, In spite of this I shall be confident" (Psalm 27:1-3).



Deep emotions of praise and thankfulness: "I will extol You, my God, O King, And I will bless Your name forev-



er 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,

Valy Vaduva

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!

