**Perception Performance 13c Escape the Emotional Death Spiral** ©2019 WF Cobb Truthbase.net ***DailyTruthbase.blogspot***

**B.** **Mentally,** focusing on Truth, track record, an accurate perception of past/present/future helps us put things into perspective. Failure ≠Fatal

*The untrained mind keeps up a running commentary, labeling everything, judging everything. Best to ignore that commentary. Don’t argue or resist, just ignore. Deprived of attention and interest, this voice gets quieter and quieter and eventually just shuts up. -Socrates*

Renewed mind Rm 12:1 yield as a living sacrifice 2 transformed by the renewing of your mind Phil 4:8 think on these things

2Cor 2:10 forgive 11 lest Satan should take advantage/outwit of us; for we are not ignorant of his devices/schemes

Take heed *(Acts 20:28; 1Cor 3:10)* Journal;feelings and logic - then examine and test for truth, and balance; seek counsel  *Pr 12:15; 19:20*

**Stoics**-Disciplines of Perception seeing accurately dispassionately (wind), expecting adversity; Action →+objective 5,4,3,2,1; Will endurance

“Resolution (real-ideal me) requires understanding where I stand currently on something / how I'm perceiving a situation, and then understanding God’s perspective on it. Once I understand the gap between the two, I align myself under God’s perspective (seek forgiveness, change perspective, start operating under the new standard) because I know my way is not best, and then the emotions lose their power over me. If I skip these steps, i.e. tell myself I shouldn’t feel a certain way, or commit to acting a new way without doing the gap analysis, I will continue to struggle with my emotions. Emotions are a real-time indicator of my values/thinking. As I continue to refine my filters, I gain greater control over my emotions and grow in self-control (results in less death spirals). I can’t see any other way to do this.

**C. Spiritually** by the HS/His Word we put to death the flesh (desire for the temporal) and wisely pursue the Truth acc to God's revealed will

“Spiritual necessities: God's perspective; Prayer; Fellowship; Biblical view of conflict; Discern God's voice/the Spirit from satan's (conviction vs accusation); Ps 84:11 perspective; 2Tim 1:7 promise that God has given us a spirit of power, love and sound-mindedness

1Pt 5:5 be submissive to one another, and be clothed with humility, for “God resists the proud,But gives grace to the humble.” Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,7 casting all your care upon Him, for He cares for you. 8 Be sober/sound-minded, be vigilant; because your adversary the devil walks about like a roaring lion seeking whom he may devour. 9 Resist him steadfast in the faith...10 God of all grace, called us to His eternal glory by Christ Jesus, after you have suffered a while...

*Ps 130:1 Out of the depths I have cried to You, O LORD; 2 Lord, hear my voice! 4 there is forgiveness with You, that You may be feared. 5 I wait for YHWH, my soul waits, and in His word I do hope 7...hope in YHWH for with Him is hesed and abundant redemption*

1Jn 1:9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness

Pre-determining my objectives and preparing for a situation by praying before an event/situation can make a HUGE difference. If I’ve considered a circumstance with God, sought His help, thot about what His objectives would be for me instead of my own,

**D. Emotionally** unmoved by unsanctified fears/desires/values but eagerly motivated by the heart and will of God to embrace His path

“A mature Feeler should feel emotionally in control (therefore emotionally neutral) most days. Downward spirals should be an anomaly. A mature Feeler has probably experienced the regret of being emotionally out of control - and after a certain point, the negative consequences should serve as a deterrent.”

Phil 4:6-7 be anxious for nothing in everything w/ prayer and supplication w/ thanksgiving let your requests be made known to God

*Ps 103 bless the Lord oh my soul...forget not benefits 1Thess 5:18 in everything give thanks**, for this is the will of God in Christ for you*

1Sam 30:2 captive 4 wept 6 distressed “stone him”; David strengthened himself in the Lord *Isa 40:31* 8 inquired of the Lord, shall I pursue?

See greater picture why has God allowed this. We often get emotional when our goals are frustrated rather than trying to continue to push our way thru to the goal, Be thinking about why God who establishes our steps allows the difficulty. Release and replace; Forgive (and forget see Bitterness sermon)

**E. Socially-** Other-centeredly pursue God's agenda and unity, loyally loving Christ followers in a Biblical Body, thus fruitfully glorifying God.

1Cor 1:10 you all speak the same thing, and that there be no divisions but that you be perfectly together in the same mind and in the same judgment.

Phil 2:2 like-minded, having the same love, being of one accord, of one mind. 3Let nothing be thru selfish ambition or conceit, but in lowliness of mind let each esteem others more important 4 look out not only for his own interests, but also for the interests of others.

2Tim 2:2 cleanse 22 Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart

Heb 3:12 Beware, brethren, lest there be in any of you an evil heart of unbelief in departing from the living God;13 but encourage one another daily, while it is called "Today (i-Ps95) if you hear His voice)" lest any of you be hardened thru the deceitfulness of sin.

Heb 10:24 And let us consider one another in order to stir up love and good works, 25 not forsaking the assembling of ourselves together, as is the manner of some, but exhorting/exhorting one another, and so much the more as you see the Day approaching. *(how will it play?)*

Gal 6:1 overtaken...spiritaul restore with spirit of gentled war horse, scrutinize self 2 bear burdens 4 examine own work

**Questions for Reflection/Discussion/Response:**

1. What drives most Christians, their natural spirit or the Holy Spirit? How can we avoid being deceived by our emotions?

2. How do psychological strategies compare/contrast with spiritual strategies? What defeats satan's schemes?

3. How have you seen satan deceive believers who turned from following Christ? How could he ensnare you?

4. What are your primary and secondary defenses against satan enticing you into a death spiral? How can the Body help?

5. How can the strategies to keep you flying level with the horizon of God's Word, undeterred by satanic storms of emotions and desires?