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

**I. Death spirals are caused** by losing sight of the horizon (Word), lack of (HS) power and balance, and trust in the objective (instruments)

“I think of powerful dominating emotions as God’s warning sign that I’m on the verge of or losing self-control and need to do something about it. The stronger I feel, the more urgent it is *(cf Saul)*. Ignoring my feelings, giving way to them, letting myself get caught up in busywork or escaping in any way will result in sin, prolonged misery and distance from God.

Sin stains the conscience bringing guilt, kicking off the downward spiral. The temptation when you’re in the downward spiral is to wait till you hit rock bottom. You careen towards the bottom by believing some self-defeating and twisted lies such as: “I’m already so bad, I might as well do what I want to do instead of what God wants, so I can feel good *(take up cross anyone?)* about myself.

Who cares? I’ll wait until I hit rock bottom and then I’ll do something about it.” To stop the downward spiral which almost always starts with sin & guilt, I remind myself of 1 John 1:9 and choose to believe it and I reason with myself that I can hit re-start at any moment and reckon that staying in guilt and despondency is unproductive and not His will. It might be hard to do this at first, but with practice and meditation on what God wants, you get faster at it. In my earlier days as a younger believer, I needed a new day *neuro* to help bring a fresh start. It also helps to have friends who will tell you when you’re acting out of control or to remind you to trust God”

“I’m not saying I do this, but in theory, to harness my emotions, which to me means using them to motivate me and incline me in the right direction by producing a feeling of enthusiasm or forward momentum, I would sell myself on the benefits - which include God’s pleasure at my obedience, my reward/eternal benefits, reviewing any potential ways He may get glory from my response, and any temporal benefits”

**II. Satan divides** *(us from God, His purposes & each other)* **with deception**, distortions, desires, doubts, depression and despair, then death

cf Gen 3;

**Failure is never Fata**l unless you quit seeking God *Pr 24:16 7x* “Emotions, particularly negative ones, quickly cloud our judgment and we can easily drift or rapidly descend away from sound-mindedness. Negative emotions can also be a slippery slope towards doubt and rebellion -- which are open doors for satan to get in. Part of managing emotions is a humility before God (and fear of God) to seek His perspective so that a negative spiral doesn't invite satan in. It's a humble acceptance that if I’m confused or am harboring self-seeking and envy (and the other evil stuff in James 3:16 *= not wisdom from above*), then satan has the upper hand and I’m risking heading further towards the cliff’s edge.  What helps is a predetermined commitment to seek God’s perspective because I know mine is skewed when emotions are involved and it is impossible to be controlled by the Spirit/Spirit-led when we are controlled by negative emotions (scary territory). Downward spirals can cause us to try to resolve the wrong issues, either a surface level issue or confusing the real value that needs to change.  Downward spirals also isolate us - both by withdrawing and by making us increasingly deaf to Truth.

**III. Spiritual warfare requires spiritual**: **weapons,** strategies, and strength *(see Warfare Prayer in Defense cx Dark Arts* on Truthbase*)*

**Thots** *2Cor 10:4 the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself cx the knowledge of God, bringing every thought into captivity to the obedience of Christ*

**Grace is a result of submission** Js *4:6 God resists the proud, But gives grace to the humble 7 Submit to God. Resist the devil...flee 8 Draw near to God Cleanse hands...purify your hearts, you double-minded. 10 Humble yourselves in the sight of the Lord, and He will lift you up.*

“Truth can change you instantly only when your agenda/objective/goal is to change to align with God. It must start with a yielded, humble search and that is harder to do when emotions cloud judgment. *(God is not author of confusion Acts 19:29 1Cor 14:3 Js 3:16)*

**IV. Strategies for breaking the spell of satanic seduction:** physically, mentally, spiritually, emotionally, socially

“Feelers are often on the quest to feel good about themselves. If you’ve done something bad, you need some other extreme to make you feel temporarily good. But these feelings are all temporary. And if you’re doing something foolish to feel good, it affects your self-esteem *(worth/value)*. Over time, I realized that feeling good should flows out of correct thinking, righteousness and self-mastery.

**A. Physically** doing what we should be doing (knowing and doing the will of God), progressing toward godly goals, recognizing and embracing the inevitable pain that it part of the process keeps us out of satan's workshop. Act way into feeling vs feel into action. 5,4,3,2,1

**“Practical things that help because we have imperfect bodies:** A good night’s sleep; Food/good meal; Hot shower; Cry it out (release); insert joke about chocolate and alcohol. Walk/run/exercise; Nutrition – *See sermons on Depression – Truthbase.net*

1Cor 15:57 victory 58 be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.

2Tim 2:1 Be strong in the *grace...*2...commit to faithful men...teach others 3 You therefore must endure hardship as a good soldier of Jesus Christ.4 No one engaged in warfare entangles himself with the affairs of this life, that he may please him who enlisted him as a soldier.5 And also if anyone competes in athletics, he is not crowned unless he competes according to the rules. 6 The hardworking farmer must be first to partake of the crops.7 Consider what I say, and may the Lord give you understanding in all things..

1Tim 47 reject profane...exercise yourself toward godliness.8 bodily exercise profits a little, but godliness is profitable for all things...

**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*