

Transcript - Complete Believer Class Controlling our Emotions

All righty just start in prayer. *Prayer Given.*

All righty, our class today is *Spiritual Maturity and the Complete Believer*. We've been going over about anchoring, and neuro-associative conditioning. And I think when you get into spiritual maturity and feelings, it kind of pulls it all in together. Because, like I said, every single person in the world has a nervous system. Every single person has their nervous system give response to their brain and makes decisions based on that. It's the way we're created as human beings.

And also, part of that nervous system are feelings, and we have feelings. And sometimes, people I think, they think that suppressing their feelings will solve something. So, maybe somebody dies, and you don't want to get sad. And you suppress the feelings, you suppress the feelings, you suppress the feelings. And all of a sudden, it could be a couple of years later those feelings will come out, and then they'll be magnified a hundred percent.

So, it's something as believers and human beings we need to understand. How do feelings come into play? What is the purpose of them? Because, feelings are trigger points. Yahweh created them, that they're ... just like in your body you have in your fingers and you have in your feet, you have pressure points. So, if you touch a certain point in your hand it actually has something to do with your liver or kidney. And it's the same thing with feelings, feelings are trigger points. They're trigger points to tell us something is going on, and maybe something needs to be changed.

So, Luke 21 and verse 19; Luke 21 and verse 19.

Luke 21:19 it says: *By your patience you will gain your souls. By your patience you will gain your souls.*

So, what we have to do is, we have to control these feelings. Because they're all different types of feelings. There's feelings of hate, there's feelings of love, there's feelings of anger, there's feelings of greed, there's feelings of covetousness, there's feelings of joy, there's all kinds of feelings that come in our life. And we need to be able to deal with them as they come.

I think it's important also, going over this now, this is not the first time of course I'm going over this, I've been going over this for years. But the fact that Yahweh is pouring out His Spirit for the last three years now. And it's being magnified, I think it's even all the more important to understand about spiritual and emotional maturity. Because, we need it. It's the whole reason why His Spirit wasn't being poured out before, because we didn't have it. So, as we're growing in it, we need to understand it more; and really, we need to become masters at this, at controlling our emotions like I said, not suppressing them.

So, in life most people will grow physically, not everybody, but most people will grow physically. About two thirds of people will grow mentally. But very, very few people grow emotionally and spiritually. And that's why years later you'll see that, you realize as you become an adult, that many adults are just big kids, that never grew up. You'll see it like a parent going to a sporting event and his child and wearing some kind of hat with horns on it and acting like he's ten years old again. And that's where, where do you think the children get it from? So, like they say, the acorn doesn't fall far from the tree. But unfortunately, in the world we live in today, we're in a very technological world we're also in a world where many people are simply not growing emotionally and spiritually.

Like I said, emotions are trigger pints to let you know that change is needed. You cannot deny them, but you must control them. Emotion brings motion, emotion brings motion. So, when we get emotion it means that an action needs to be taken. And they are the greatest form of motivation to change if they're used properly.

So, it's the same way when we were talking about anchoring, right? What did we say? How do you build an anchor? You build an anchor when you're in a high emotional state, good or bad. So, emotions can really, really change our life for the better if we use it that way. And if we don't emotions can destroy our life. Depression is an emotion and people choose to stay in depression. So, emotions are choices, they really are.

So that's the key to anchoring, is that when emotions come up that are not emotions that are conducive to our spiritual life, we need to know how to get rid of them. And that's the whole point with anchoring, that you can break these negative anchors and you can get rid of negative emotions.

So, depression, it's just not an emotion that I'm going to allow in my life. And everybody has those choices, and these are the choices you have to make. But, by the emotions that you exhibit it's really going to be the quality of your life. Because at the end of the day most emotions really are not affecting anything with your life at the time.

A couple of years ago when we were in America and my mom had misplaced her wedding ring and she was really, really upset. And I understand the emotional-ness (should be *emotions*) that goes with it. You're married for fifty years you have this ring. But I said to her, I said "If that ring was here now, if it was laying on your dresser, it's not going to change anything. It's not going to make you any healthier, or unhealthier. It's not changing any situation that's going on in your life. So, you're choosing to be depressed by this. It's not that losing a ring is a good thing. But, it's still a choice to how you react to it. So, you could sit there, and you could be depressed for the rest of your life, but in reality, that ring is not going to change your life one way or the other. It's not going to do anything whether it's there or not."

And, that's what happens most times. I know at times, when I waited for a passport or a visa. And at first you get stressed out about this "Ooh, I've got to get the visa!" or "I've got to get that passport!" And then I realized, I don't need that piece of paper. That's not affecting my life whatsoever. What I do today, and tomorrow and the next day, if I have that paper or I don't have that paper. It doesn't change anything in my life or what I'm going to do. It doesn't make me healthy or unhealthy. It doesn't make me happy or unhappy. It's just something I need maybe to leave the country or come back into the country, but I'm not doing that. So, what would the difference be whether I have that or not?

And, this is the thing, sometimes we're putting focus and emotion on things that really have nothing in your life to make your life happier or unhappier. And yet, at the other end, if we focus on the things we should be focusing on, like we were going over last week the nine fruit of the spirit. That's something that can change your life. Focusing on love and exhibiting it in your mind every day can change your life. The same thing with joy and faith all of these things. Self-control is going to be a big one we're going to talk about. Because without self-control ... self-control is the magnesium to the fruits of the spirit. Because like we said, why do I say magnesium? Because like I said if you don't have magnesium you could take all the pills in the world and none of them will work it'll just go through your body. So, magnesium is the gateway when you're taking natural remedies and pills.

So, the same way here self-control is the gateway to these other things. Because, if you have love and joy and faith, but you don't have self-control it's like a wild animal out of a cage. You'll never exhibit the, your emotions the proper way in your life.

Proverbs 25:28 It says: *A man to whom there is no control of his spirit is like a broken-down city without a wall. A man to whom there is no control of his spirit is like a broken-down city without a wall.*

So, I say a person with a spirit of anger and no self-control is no different than a demon possessed person, it really is the same thing. And, in our life we can think about that, that probably for most people what makes you the most uncomfortable around being a person is a person that has no control over his spirit. First thing, you don't know one day you could walk in there and they're giggling and they're laughing, and everything is fine. And then the next day it's like "You looked at me the wrong way! Ugh!" And they're all upset and your like "I didn't do it, what are you talking about?" And it's just ... it makes most people feel very uncomfortable. You

don't want to be around a person like that, because like I said, it's not based on reality or substance, it's based on whatever feeling that person is feeling at the time.

And how our life is, really, it's a feeling. How happy we are, happiness is a feeling. So, that's what really people are looking for. You're not looking for money, you're not looking for mammon, you're not looking for possessions, we're looking for feelings. Even in marriage if someone says ... you say to a young person "What do you want?" "I'd like to get married." Technically you need the marriage, but what you're looking for is what marriage brings. You're not just looking for a person, you're looking for what marriage brings, you're looking for maybe for a woman it might be fulfillment in bearing children, it might be security with a husband. Or for a husband it might be something else, it might be loyalty. But you're looking for feelings is what you're looking for. And that's what relationships are about. Relationships are about feelings and those feelings, like I said are good or bad, and those feelings are going to make the relationship or break the relationship.

Proverbs 14:29 Says: *One slow to anger is of great understanding, but he who is short of spirit exacts folly. One slow to anger is of great understanding, but he who is short of spirit exacts folly.*

So, like I said the master of our emotions is self-control. That's the one that's going to help us to control. Because there's times, right? There's a time for everything, and there is a time for righteous anger. When you see something that's going on that is an injustice. Somebody is being hurt, a child is being hurt, something like abortion. Something that's a real bad injustice, there is a point for righteous anger. But you have to control it, it doesn't mean you go down with a baseball bat and start hitting somebody or destroying property because that's a spirit that doesn't have control.

Proverbs 16:32 *One slow to anger is better than the mighty, and he who rules his spirit than he who takes a city. ... I love that scripture, read it again ... One slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.*

So, the person that has control over his spirit is **better than a general who can overtake a whole city or a whole country!** And that's why I love proverbs, because they really are profound, that's where the word comes from. But they really are profound, they say.

Proverbs 19:11 Another one: *A man's discretion makes his anger slow, and his glory is to pass over a transgression. A man's discretion makes his anger slow, and his glory is to pass over a transgression.*

One more in Ecclesiastes 7 on this topic; Ecclesiastes 7 verse 9.

Ecclesiastes 7:9 *Do not be hasty in your spirit to be angry; for sorrow rests in the bosom of fools. Do not be hasty in your spirit to be angry; for sorrow rests in the bosom of fools.*

So, Yahweh is saying that, it's foolish to be angry. That, if you can't control your spirit ... that something somebody says, or something you misunderstand, that you're just snapping off, flying off the handle and getting angry, Yahweh's saying it's foolish.

Jacob 1 and verse 19; Jacob 1 and verse 19.

Jacob 1:19-22 It says: *Therefore, my beloved brothers, let every man be swift to hear, slow to speak, slow to wrath. For the wrath of man does not work out the righteousness of YAHWEH. Wherefore, remove far from you all impurity, and the abundance of wickedness; and, with meekness, receive the word that is implanted in our nature, being able to save your souls. But become doers of the Word, and not hearers only, deceiving yourselves.*

So, let every man be swift to hear, slow to speak, slow to wrath. This is why we have two ears and one mouth, that before we speak, we should think about it. We shouldn't just, immediately when somethings being said, boom, something comes out of our mouth. And, like I said, I appreciate the fact when sometimes people say "I'm sorry, I should have never did that. I should have never said that." But the better route is never saying it to

begin with. Because if you have to constantly be saying that over and over again there is a problem, you have no control of your spirit. Like they say, the smart man is somebody who's able to get out of a bad situation; the wise man is one who doesn't get into that situation to begin with. So, there is a difference between being smart and being wise.

How important is this? Acts 24:25; this is where Paul is before Felix the governor. And think about this, he's put in prison, his life depends on it, he might die, and he has opportunity to be before governor, and what do you think are going to be the most important things that he's going to witness to that governor? Well, let's see what he says.

Acts 24:25 *And Paul having reasoned concerning righteousness and self-control, and the Judgment that is about to be about, becoming afraid, Felix answered, For the present, go; but taking time later, I will call for you;*

So, wow. So, the three things he talks about: For the judgment to come, righteousness and self-control. So, Paul thought that it was important enough that here it is this was prophesied by Yahshua Himself that he would be before governors and leaders and now what does he do? He uses that situation to speak about self-control.

So, it's something we have to get in our life. We have to get self-control in our life, there's just no doubt about it. Because like I said it's the gateway to the fruits of the spirit, and it's the gateway to our feelings. Feelings are trigger points, they have to be managed, but not suppressed, managed but not suppressed. Titus 2; Titus 2 and verse 1.

Titus 2:1-2 *It says: But you speak things which become sound doctrine: teach the older men to be temperate, sensible, pure, sound in faith, in love, in patience;*

So, we need to be temperate, sensible, pure, sound in faith, in love, in patience; in patience. And we're living in a world, an impatient world. We're living in a world like we saw in that video last week, that people want immediate gratification to everything. Nobody wants to wait for anything.

So, it's not like it was years ago where, you get married, you might wait ten years, you save up money and then after ten years you maybe put a down payment on a house and you work your way towards something. Today, it's immediate gratification, everybody wants everything right away.

So, we're really in a world where there is very little patience *anywhere* for *anything*. So, that's why it's extremely important, because not only is it a fruit of the spirit it's something that we need, it's something that we have to have.

Galatians 5 and verse 16 (should be 15); because we have the fruits of the flesh, and we have the fruits of the spirit. Galatians 5 and verse 15.

Galatians 5:15-17 *He says: But if you bite and devour one another, beware that you are not consumed by one another. But I say, if you walk in the Spirit, the lusts of the flesh will not over take you. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are opposed to one another; so you are not able to do as you desire.*

Right? So, it's just like those little cartoons maybe when you were little that you'd see. You'd see the little angel pop up here and say, "Do the right thing." And then the little devil pops up here and he's telling you "No, no, no, do the wrong thing." And really, it's like that. Because we have two spirits inside of us. We have the Spirit of Yahweh, and you have your human nature. And you do not have to turn them on. You don't have to change the batteries, it's automatic. That both of these spirits are constantly working against each other. You can do one thing though, you can starve that spirit of the flesh, you can starve it. **You can starve it until it dies, and you can get rid of it. You just don't give into it.**

And that's the way to overcome, by not giving in to that spirit. Rebuking it, literally. If a spirit of depression starts coming on you say the words "**I rebuke you in the name of Yahshua!**" Because where does spirit of

depression come from? Spirit of lust, spirit of greed. There not from Yahweh's Spirit. They're spirits, literally demons from the evil one.

So, when one of these is trying to tempt you, it's not the temptation that's wrong, because they tried to tempt Yahshua. It's the pondering on the temptation and then giving in to it. So, the best thing to do is, rebuke it before it even starts, don't let it affect you.

Galatians 5:18 *But if you are led by the Spirit, you are not under (the penalty of) the Torah.*

Right? There is no penalty for Torah keeping, only Torah breaking.

Galatians 5:19-23 *Now the works of the flesh are clearly revealed, which are: adultery, impurity, uncleanness, lustfulness, idolatry, witchcraft, enmity, fighting, jealousies, anger, rivalries, stubbornness, divisions, heresies, envying, murders, drunkenness, reveling, and things like these; of which I tell you beforehand, as I said before, that the ones practicing such things will not inherit the kingdom of YAHWEH. But the fruit of the Spirit is: love, joy, peace, patience, kindness, goodness, faith, meekness, self-control. ... Right? So, this is what we went over in the class last week on all of these ... Against such things, there is no instruction.*

So, there is no instruction against any of those things.

Galatians 5:24-25 *But the ones belonging to Messiah crucified the flesh with its passions and lusts. ... You have to kill it, you have to kill those thoughts that come in. ... Let us therefore live by the Spirit and surrender to the Spirit.*

So, the only way that you're going to overcome is you have to surrender to the Spirit of Yahweh. And that's why Psalm 119:165 talks about a good understanding of all that you keep your Torah, and nothing will offend them. Because offense comes through pride, it comes through pride. And most of the time it's because somebodies telling us the truth. Not always, some may say something really outlandish and it might be offensive to you. Because it could be totally untrue. But many times, we are offended because what's told to us is true. So, it's something we really have to go to Yahweh, and we have to find out.

Romans 6 and verse 16; Romans 6 and verse 16; because you know what? There is no such thing as freedom, there is only freedom of choice. **None of us is Elohim, none of us have eternal life inherit that we give to our self.** So, all we have is freedom of choice, we have freedom to who we obey. But that choice does come with consequences. There are consequences to that choice, eternal life, or eternal death. Romans 6 and verse 16.

Romans 6:16-23 *Do you not know that to whom you present yourselves as slaves for obedience, you are the slaves to whom you obey, whether of sin to death, or obedience to righteousness? But thanks be to Elohim that you were slaves of sin, but you obeyed from the heart the form of doctrine to which you were delivered. And having been set free from sin you were enslaved to righteousness. I speak as a man on account of the weakness of your flesh. For as you yielded your members as slaves to uncleanness and to iniquity, now yield your members as slaves to righteousness unto sanctification. For when you were slaves of sin, you were free as to righteousness. Therefore, what fruit did you have then in the things over which you are now ashamed? For the end of those things is death. But now having been set free from sin, and having been enslaved to Elohim, you have your fruit unto sanctification, and the end everlasting life. For the wages of sin is death, but the gift of YAHWEH is everlasting life in Yahshua, Messiah our Masters.*

So, like I said, every single person is a slave to something and whatever you obey you're the slave to. And in Babylon USA there's millions of people that have no idea that they're the slaves to their jobs, to their mortgages, to their loans, to their life style. And they wonder why they're not happy. **They're not happy because they're a slave, and they don't realize it.** They think all those things are going to bring happiness to them, and then they realize it's not happiness, it's slavery, it's slavery.

Let's go to 1 Corinthians 14 and verse 27; because life is really about emotions, and like I said, emotions come from our nervous system. And our emotions can be controlled, because whatever you focus on becomes most real to you. So, right now in every one of our lives if I said, "Make a list of five good things going on in your life and make a list of five challenges you're having in your life." Everyone can do it. I don't think anybody could sit there and say "No, I don't have any challenges, everything is just hunky dory and perfect." Of course not.

The difference is, what are you focusing on? Are you focusing on the blessings or are you focusing on the challenges? Whatever you focus on becomes most real to you. So, that's the key to life, and that's where your emotions are going to come from. Your emotions are going to be drawn on what your focusing on at that time. So, we can keep our focus in the blessings, and that's why I said, when we wrote our blessings down, **look at them every single morning as soon as you wake up.** Put them on the refrigerator, go over them over, and over, and over again with the biggest blessing being the truth that Yahweh gives us. Having His truth, having our mind opened when a world is out there in darkness. That should be the biggest thing on our mind every single day and should give us such joy that nothing can over take that joy.

So, in Corinthians, 1 Corinthians 14 verse 27 he says:

1 Corinthians 14:27-33 *If one speaks in a foreign language, let it be by two or three at the most, and in turn, let also one interpret. And if there is no interpreter, let him be silent in the Congregation, and let him speak to himself and to Elohim. And let the prophets speak, two or three in turn and let the others discern. But if a revelation is revealed to another sitting by, let the first be silent. For you can all give inspired speaking one by one, that all may learn, and all may be encouraged. And the spirit of the prophets are subject to the prophets. For YAHWEH is not an Elohim of confusion, but of peace, and in all the congregations of the saints.*

So now, this where Pentecostalism gets the false tongues from. Can you imagine? Listen to what I just read. How on earth can you get from there hundreds of people coming in a room with falling on the floor and barking like dogs and bock-ing like chickens and shaking all over the place, and crying and laughing and ... because that's what happens right? The Spirit of Yahweh is a Spirit of discipline and self-control. So, how on earth can I be filled with the Spirit when I'm uncontrollably laughing or crying or sometimes even wetting their pants, they do all kinds of odd wired things that they're claiming they're by the Spirit of Yahweh but they're not. Of course, it's demonic, **but here it's saying the complete opposite.** It's saying the spirit of the prophets is subject to the prophets. It's saying Yahweh is not the author of confusion, but peace in all the congregations. And it's saying actually, right, that each can have inspired speaking just like we do, but we do it in turn. When we have a split sermon, you don't just have two people darting for the podium, no, you do it in order, one gives his, we talk about it, then somebody else does. Same with the Torah reading, everything is done with judicial order.

So, this is where the self-control comes in, that when you are looking at religion you either have religion that's fabricated on false emotions like the Pentecostals or you have religion that's emotionless. I went to many Church of God group that you walk in, you know, it's like "*First song, let's go to page twelve. Aaah aaaah, aaaah.*" **And it's like wow! This is the Spirit of Yahweh?** Like I say, I don't have the gift of singing, but I'll sing because I'm praising Yahweh and that's all that matters. It doesn't matter how it sounds to a human being, I know how it sounds to Yahweh because it's coming from the bottom of my heart, and I love Yahweh and I just can't help it.

And, that's what religion, like I said it's either emotionless or false emotion. But Yahweh wants real emotion. You look at King David, right? King David danced with all his might, he cried at times, right? You see the prophets, they have emotion, but they're using it correctly. They're having it ... they're emotionally mature. So, that's why I say, don't think you're being emotionally mature by suppressing your emotions, that's not; in the end it's going to come back to bite you. You're being emotionally mature by having your emotions in control. And there is a time for everything. There's a time to laugh, there's a time to cry. There's a time for every emotion that comes.

But one thing I say is, when you're dealing, like with the false tongue's movement people will tell me "Oh no, no well I don't bark like a dog and I don't fall on the ground and bock like a chicken." They just do what they call contemplative prayer, where they sit there "pa-pa-pa-pa-pa-pa-pa-pa" And they don't know it's Hinduism, it's

Hinduism. And it actually by ... what did we say, how do you build an anchor? By doing something over and over, and over again. So, what anchor do you think you're building if you're doing contemplative prayer and you're practicing Hindu meditation? You're literally putting yourself in a mantra. And like I say that passive submission can lead to full possession. **Passive submission can lead to full possession.**

And I've had a lot of people tell me that. Okay, so maybe you're not falling on the ground and barking like a dog. But if you're doing the contemplative prayer, if you're doing Hindu meditation and you're doing it over and over and over; passive submission can lead to full possession.

Because face it, everything starts somewhere. And when you see ... and I've dealt with it I'm not happy about it, but I've had to deal more than once quit a few times with demon possession, it's the worst thing in the world. I pray to Yahweh I never have to see a demon person again in my life. But it doesn't happen in one day, it happens by somebody over and over and over not being in control of his spirit, until it's full blown possession. Because face it, a demon has no control over you. You have free will and free choice and Yahweh doesn't take that away from us. But you can give that free will up, that's what Adam did, to the serpent in the garden, right? Adam and Eve. They had free will and they gave the authority over to the serpent and it was treasonous in Yahweh's eyes. Because that's why it's saying **the only way** to have full control of your spirit is to surrender to the spirit. Because the Spirit of Yahweh is a Spirit of self-control. **And if we surrender to that Spirit, we'll have self-control. Because there's one spirit, and that same Spirit that is the father ... I say it, think of it like His mind what He thinks, His character is in each of us.** And how much that Spirit will manifest itself is how much we yield to it, it's that simple. And the more that we surrender ... and like I say we don't let our human spirit affect us the more that we'll be blessed by it.

2 Timothy 1:7; 2 Timothy 1:7 Says:

2 Timothy 1:7 *For YAHWEH did not give a spirit of cowardice to us, but of power and of love and good discipline. ... Good discipline, self-control ... YAHWEH did not give a spirit of cowardice to us, but power and of love and good discipline.*

Because you cannot enter the Kingdom of Yahweh without discipline. Our lives have to be disciplined. I think it's always been that way, but in this time, we're living in now, **it is a must**, like I said it's the gateway to the fruits. You have to have discipline, in your life.

Ecclesiastes 3, I'm not going to go through that, but we know there's a time for everything. A time for war, a time for peace, a time to be born, a time to die, and we have to realize that. And that's why, when emotions are there, we have to realize **it's not wrong to cry** when somebody dies. It's a normal emotion, at that time. And we should allow that emotion to play itself out. It's not normal to cry every day. It's not normal to cry every day. So, if we're crying every day then there's a problem there. It's a trigger point is telling us, like I say it's telling us that there's something has to be changed. Because an emotion is being used improperly.

Even laughter, right? Laughter is a good thing, but if we're having a class on the holocaust and somebody's sitting here giggling there is something wrong. There's something wrong there that's not the emotion that should be used at that time. Maybe you have a silly spirit, that could even be demonic. So, every emotion is there for a reason, but there is a time for every emotion also.

Proverbs 1 and verse 1; Proverbs 1 and verse 1.

Proverbs 1:1 *The Proverbs of Solomon, son of David, king of Israel: to know wisdom ... Right? ... and instruction;*

That's what Proverbs is, the *art* of skillful living; it is the *art* of skillful living. And that's why I love listening ... I could listen, I do it when I was going through my physical therapy, 45 minutes each way, I only listened to the book of Proverbs, for many, many, many weeks. Because I could do it, because I want it in my mind, because this way if a situation comes up my human nature isn't coming up, Proverbs is coming in my mind. And it's one

of the most important books in the Bible to memorize because it will enable your actions. It will help you in everything you're going to do.

Proverbs 1:2-5 *To know wisdom and instruction; to discern the words of understanding; to receive instruction in prudence, justice, and judgment, and uprightness; to give sense to the simple, knowledge and discretion to the young man. The wise hears and increases learning, and the understanding one gets wise counsel,*

So, wow. If this book can give me all these things you better believe I'm going to listen to it over and over and over again.

Proverbs 1:6-9 *to understand a proverb and an enigma; the words of the wise, and their riddles. The fear of YAHWEH is the beginning of knowledge; ... Right, first gateway to the Kingdom ... fools despise wisdom and instruction. My son, hear your fathers instruction, and do not forsake the Torah of your mother; for they shall be an ornament of grace to your head, and necklaces to your necks.*

Wow. Beautiful; Beautiful book and really, really important. True wisdom is in fearing Yahweh unconditionally surrendering to Him and His word. And like I say, that's key to it. Dying to the flesh to let the Spirit live.

So, how do we change now? Let's move direction a little bit. How do we change? Romans 10 and verse 3; Romans 10 and verse 3.

Romans 10:3 *it says: For being ignorant of the righteousness of Elohim, and seeking to establish their own righteousness, they did not submit to the righteousness of Elohim.*

So, the only way to get control of your spirit and emotions, is like I said, full submission and surrender of your soul to Yahweh. As long as your holding on to human nature, you're never going to submit to Yahweh.

So, an important scripture.

Romans 10:3 *For being ignorant of the righteousness of Elohim, and seeking to establish their own righteousness, they did not submit to the righteousness of Elohim.*

If we're going to sit there with our own self-righteousness and be offended at every time somebody's trying to correct us **for our good**, we are never going to get control of our spirit. So, this is something that we have to; you have to; like I said, sometimes you change the meaning of something, and it helps you change the situation. I say this sometimes when two people aren't getting along. And I say, well, "Try to think of one good thing you could think of this person." And if you're thinking of something good about the person, you're not going to be thinking of something evil about them at the same time.

So, it's the same thing here. That, you have to change the way you look at correction. You have to see correction; if someone was coming from another language and they don't speak any English and the word correction is there, you have to explain to him what does correction mean? Well, correction means life. Correction, it means love. Correction, it's; you can't get into the Kingdom without it. It's a really, really good thing. Correction is learning. You've got to associate these terms with correction, because without correction we'll never change. We have to have correction in our life, so we have to see it as a good thing.

1 Corinthians 9:25; 1 Corinthians 9:25

1 Corinthians 9:25-27 *And every man who battles in the contest frees his mind from everything else. ... So, we were saying that. You're in a race, you're not running that race and coming to the finish line and you're thinking "Hmm I think I'm going to clean the oven later." Or something like that, no, you're coming to that finish line your mind is focused on the task, on winning, on doing your best, on doing the best score. ... Everybody who battles in the contest frees his mind from everything else. And yet they run to win a crown that is perishable, but we to win one that is everlasting. So I run accordingly, as not uncertainty; so I fight, as not*

beating air; but I conquer and subdue my body, so that, by no chance, when I have preached to others, I myself become rejected.

And that's why I say, and I think sometimes people don't understand it. **That the fight is against yourself. You have to conquer your body. The spiritual part is easy, because there's only one spirit, and it never changes, Yahweh's character never changes. And you can have that spirit working in your life if you could just conquer yourself.** And self-righteousness is one of the bad things of that. That people want to develop their own righteousness above from Yahweh's, and it stops from people being corrected.

Emotional spiritual maturity is reprogramming your mind or your nervous system from the false belief of *getting* and *self*, to the true belief of *giving* and *love* as a way of life.

So, when you become a believer, it's a total, total change of mindset. Because before that face it, there's good people, there's bad people, but those are things that are instilled in our belief system. So, maybe you were brought up, and your parents taught you: "You never take something that's not your own." So, that's an instilled belief, but it's not from Yahweh's Spirit. It's just something that was instilled in your belief system. **But when you come to Yahweh, you have to reprogram your whole nervous system.** Because a lot of times, people don't steal because they want people to like them. Or, they might have bad thoughts, but they never say them because they want to be liked by other people. So, even sometimes when you're doing the right thing it's not for the right motive.

People give money, to build a wing. The Jacob Krauthammer wing of the hospital. They want their name on it. So, it's a great thing he gave 10 million dollars and now we have this new radiation wing of the hospital, it's a great thing, but his motive wasn't the right motive.

So, we want to make sure, as believers if we're really growing to emotional and spiritual maturity, we have to reprogram our nervous systems. We have to reprogram it the way Yahweh is programming. Meaningfully, that *nothing* is done for vain glory or self. **Every single decision in our life, every thought that comes into my mind is only on loving Yahweh with all my heart, mind, soul and strength, and loving my neighbor as myself.**

So, then it's going to be foreign to me and I say, I think about that in the Kingdom. When the Kingdom comes and that first generation of children that are born ... let's say, in the second century into the millennium in the year, 6,125; as we're teaching children it's going to be hard for them to even concept. "Really? There were people that would say something that wasn't true, and they knew it?" "Yea, unfortunately Ezra, there were people like that in the old world." **There not even going to understand what that means!** Because there won't be anybody, there won't be anybody who lies or steals or even has a bad thought. And that's why I was saying in the Last Great Day sermon, that actually the whole character of people will be changed. It's not just actions, it's the character, it's the mindset. And it all starts in your nervous system, it all starts in your feelings, your emotions because that's what brings motion. Emotion brings motion, emotion brings *action*. So, whatever the emotion is it's going to bring an action and we want that action to be from Yahweh's Spirit.

We have to associate pleasure with giving. For most people they don't, they look at giving as losing something. And yet, we're living in a world where everything is focused on never losing anything. Not just your possessions and your money, **but nothing! Don't lose absolutely nothing.** It's geared for life not only don't lose anything, but for children, *whatever* you want, **take it! You want ice cream, here, you want this, you want this. Don't spank your children, don't correct your children just give them everything they want.** And what happens? You grow up with an evil, evil, wicked society that doesn't look at giving, they look at getting, they look at self. **And they only give when they're getting recognition they want to be patted on the back.** And unfortunately, even in the congregation. There's people at times that ... not necessarily even this congregation here, but through the years in Church of God, I know quite a few times where somebody left because they felt, "He was ordained a deacon, and I wasn't, with everything I've been doing." And they leave the congregation over something like that, because they couldn't control their emotions, they couldn't control their emotions.

So, we have to reprogram our self; of course, the best way to do it is from childhood. Train up a child in the way he shall go and when he gets older, he will not depart from it. So, we have the blessing, if we have children, and we do; whether you have physical children, or grandchildren, or children in the congregation, like in kibbutz, there all our children to one degree.

So, every child in the congregation ... I'm actually a sponsor to three of Elder Orlie's children, me and Petra, and we're honored by that, that they asked us to be sponsor. And I take it serious, it's like it's a special extra blessing I can have to bless those children, and to pray for those children and make an effect on their life, right? But that's where it starts is with the children, because they're not programmed yet. And before they get programmed incorrectly, we can program them the right way. But what about for the rest of us that didn't grow up in the truth? There's some changes that have to be made. We have to make sure that we can change.

Proverbs 19:18; just one more on children before we leave, Proverbs 19:18, it says:

Proverbs 19:18 *Chasten you son, and there is hope, and do not set your soul on making him die.*

So, it's not showing love to your child if you're not correcting him. And there has to be when they're young, there has to be physical corrections it's that simple. He who spares the rod hates his child, like the scripture says.

Philippians 4:13; Philippians 4:13 says:

Philippians 4:13 *I can do all things through Messiah; the one giving me strength.*

So, the first thing we have to think about is ... because like I said, most of us did not grow up in the faith so we have a lot of baggage we're bringing in and we have a lot of work to do to change that. And, a lot of times it's overwhelming to people that they think "I can never change. It's ... I have too much to change." And yet, we have a look at it here: I can do all things through Yahshua the one giving me the strength.

So, you gave to understand, yes change can happen, but none of it is by us. It's all by Yahweh's Spirit. So, if we're thinking on a physical standpoint ... the apostle said remember when Yahshua was telling them, that hardly will a rich man get into heaven, he's telling them about all these things and what does he say? "Who then can be saved? What are we doing? Who then can be saved? This is impossible!" And what did He say? "Yes. With man it is impossible, but with Yahweh, nothing is impossible." So, that's the thing we have to be encouraged with. That, of course we can't do it, of course we can't. But, Yahweh can, Yahshua can.

So, we can do all things through Yahshua. But we do need to reprogram our belief system and our nervous system so that our emotions are not getting in the way of this change.

And like I said, the power of belief, it's unbelievable that power, even for someone who's not a believer in Scripture, that like I said, they literally can hypnotize somebody and out an ice cube in their hand and under hypnosis tell them that that's fire and their hand will literally burn because their mind is thinking that it's fire. And Yahshua said, if you had the faith the grain of a mustard seed you could tell that mountain to go into the sea and it would happen. And, I don't think it's just an analogy, it's true. **Because I know Yahshua could've did that.** He walked on water, He commanded the wind. I don't doubt one second that if He told the mountain to go into the sea it would happen exactly like that.

So, we have to think the same way. We have to use our belief for good. And sometimes I say, the problem with some people, it's not faith it's that they have faith in the bad. **They have belief, they just believe that everything is going to always go wrong,** and what you believe is going to happen, like we said presuppositions.

So, it's the same way, why? When you're correcting a child, you don't say "Johnny, don't spill the milk! Don't spill the milk! Don't spill the milk!" And it's like "I told him three times, why did you spill the milk?" Because in

your mind when you hear, don't spill the milk, your mind doesn't work that way. Your mind has to say, spill the milk to think *not* to spill the milk. That's the way the mind works.

So, the better thing to say is, not, "Don't spill the milk!" Don't give a negative command. It's "Be more careful. Be more careful." Because now the mind is on "Careful, careful, careful." It's not on spilling the milk. And that's the way we have to think.

So, like I said, a lot of times it's not that we don't have faith **it's that we have anti-faith. We have faith in the wrong things. We are a hundred percent sure it's going to go wrong**, and it does go wrong.

Murphy, you know the old ... like I say when I get that Murphy. Happened when I was coming home. That, over here we come another way we don't go up to the north which most people go to the north. There's only one town you're going to come to if you go this way. And since we moved down to here, every single time I come back, there's a truck in front of me and he always comes this way. It's like 47:11 **** he says, "I'll guarantee you 100% he's going to come this way." And he did. But I said it! I said ... I said I should've said "No, that trucks not going to come this way." Because by our word we're justified and by our words we're condemned.

So, we got to watch what we're saying because what we're saying is giving command to our mind and literally ... there's even like a, there's a spiritual element to this that we can't even understand, but that happens. That how could somebody who's convicted, maybe has cancer and he's convicted he's going to be healed and he trust that, and somehow that conviction leads to his body changing and the cancer being healed. We don't know how to explain that. But by conviction it can bring miracles. Miracles do happen through conviction.

And there's things that happen out there. How can Yahweh know the end from the beginning? **Like how can Yahweh set these prophecies for our time, and how can it happen exactly like He said it?** Because He's the Master of the law of odds and probability that's what it comes down to.

But He has to put all of those odds and probability together for this thing to come about. And He does it, because He's perfect. And we have the same ability. So, our thoughts are going to become reality. And that's why I say, every day you get up you have a choice. Your thought can be "Wow, I am so lucky to be a child of Yahweh. Wow, I know everything is not perfect in my life now, but this life is passing and I'm going to get eternity, and everything *is* going to be good." Or you can sit there and just be thinking of "Oh, can't pay the rent, can't do this ... Something's going wrong here," whatever it could be. Whatever we focus on is going to become most real to us, and that's why we have to remember these things.

Romans 8; Romans 8.

Romans 8:1a it says: *There is therefore now no condemnation to those in Yahshua Messiah ...*

And this is where the Christians always say it, when you're trying to tell them they have to keep the Torah, they go to this. "Don't condemn me man, there's no condemnation, Jesus loves me!" Right? That's what they say. But I say well, read the rest of the verse.

Romans 8:1 *There is therefore no condemnation to those in Yahshua Messiah, who do not walk according to flesh, but walk according to Spirit.*

There's a lot of condemnation to those who walk according to the flesh! There's a lot of condemnation, all over the bible's condemnation if you're going to walk according to the flesh. And like we just read in Galatians 5 if you walk according to the flesh you will not enter the Kingdom of Yahweh. But, there's no condemnation for those who walk according to the Spirit.

Romans 8:2 *For the law of the Spirit of life which is in Yahshua Messiah set me free from the law of sin and death.*

Right? One law is your human nature, one law is the Spirit of Yahweh. Verse 4;

Romans 8:4-10 *so that the righteous demands of the Torah might be fulfilled in us, those not walking according to flesh, but according to Spirit. For the ones that are according to the flesh mind the things of the flesh. And the ones according to the Spirit mind the things of the Spirit. To be carnally minded is death, but to be spiritually minded is life and peace; because the mind of the flesh is enmity ... hatred ... toward Elohim; for it is not subject to the Torah of Elohim, for it is not possible to be so. And those being in the flesh are not able to please Elohim. But you are not in flesh, but in Spirit, since the Spirit of YAHWEH dwells in you. But if anyone has not the Spirit of Messiah, this one does not belong to Him. But if Messiah is in you, the body indeed is dead because of sin, but the Spirit is life because of righteousness.*

So, is it true or isn't it true? Right? If we have the Spirit of Yahweh then, then we can do it. **We can overcome**, but we've got to be convicted. Like I said you've got to have leverage on yourself. You have to be convicted, you have to know that it's life and death. And you're either a slave to righteousness, or a slave to sin. It's one or the other.

We've been conditioned that life is about self-gratification as long as we physically work for it, it's okay. Pleasure seeking is the reward for hard work instead of believing that every human being has a duty to Elohim to love and serve Him with all our heart mind soul and strength and love our neighbor, Yahweh's creation, as our self. Spiritual mature, take emotional maturity to an un-natural level.

So, there's natural emotions, like I said somebody dies, it's natural emotion to cry. You have a wedding, you're at somebody's wedding, it's a natural emotion to be happy for that person. So, we have natural emotions, but when you become spiritually mature you take it to an un-human level because it's hard enough to love your friends, it's hard enough to love your family, right? There's many families that I know of through the years that, over money, over an inheritance, the family splits up never talks again. Brothers and sisters never talking to each other. So, it's hard enough to even love your family and your friends, **never mind loving your enemies! How on earth can you love your enemies? That is not normal or natural.** So, when you become spiritually mature. You become super-human when it comes to emotions.

Let's go to Matthew 5 and see this; Matthew 5 and verse 43.

Matthew 5:43-45 *You have heard that it was said, "You shall love your neighbor" and hate your enemy; but I say to you, Love your enemies; bless those cursing you, do well to those hating you; and pray for those who take you by force and persecute you, so that you may become sons of your Father in Heaven. Because He causes the sun to rise on the evil and the good, and sends rain on the just and unjust.*

And a great example of this is Richard Wurmbrand; we're going over the course on the underground congregation. **And, literally prison guards came to faith because they exhibited this.** So, when you're emotionally mature you can ... you literally become super-human, to do things that are not human, natural to other humans. Emotional and spiritual maturity is developing from reacting from the natural impulses and responses of human nature to the spiritual principle of loving one neighbor as them self.

So, this is like I said, your human nature, right? Reacts from the natural impulses and responses of your human nature. Somebody does something bad to you, you're going to do something back that's a natural form of human nature. But, when you're emotionally and spiritually mature you change from the natural impulse and response of your human nature to the spiritual principle of loving their neighbor as them self. It is something that must be instilled in our mind and nervous system which gives the response of action to the brain and it's developed by submission and self-discipline. By doing it over and over and over again, then it becomes part of your nervous system.

And this is why the false concept of freedom is so dangerous as it's false, and only puts us in submission to Satan. Because people *think* they're free, they *think* they want to do them self. They create their own little kingdoms in this world and then they never grow. They get offended they cut people off they do all these things and it's not going to help to change.

You're not born with emotional maturity, so it's totally unnatural to our human nature. I that's why I say, most people grow physically, some people grow mentally, maybe two thirds of people, but very, very few people grow emotionally and spiritually. Because it's not natural to your human nature, it's got to be nurtured by Yahweh's Spirit.

Just like a baby crying, right? Could be the cutest thing in the world, little baby, nothing cuter than a baby. But, when you really think about it, that baby has only one thing in its mind, and that's to be cared for. If it's hungry, it's going to scream. If it's got a dirty diaper, it's going to scream. It's not thinking "Ah, mam my mom's been up all night let me give her a break. I can wait an hour, let her sleep a little bit." That's not thinking that, it's thinking "Hmm, hungry? WA! WA! And just keep going until the food comes." That's our human nature. So, like I said, a lot of times we become adults and we really are, we're big babies. So, it's got to be changed.

1 Corinthians 2; 1 Corinthians 2. And like I said, its' not natural. If we don't work on it, it's not going to happen.

1 Corinthians 2:1-16 *And, when I came to you, my Brethren, I did not preach to you the mystery of Elohim in magnificent speech, nor wisdom. For I decided not to know anything among you except Yahshua Messiah, and Him having been crucified. And I was with you in much reverence for Elohim, and in much trembling. And my word and my preaching was not in enticing words of human wisdom, but with the demonstration of the Spirit, and with power; that your faith might not be in the wisdom of men, but in the power of Elohim. But we speak wisdom among those who have comprehension, but not the wisdom of this age, nor of the rulers of this age, those being brought to nothing. But we speak the wisdom of Elohim in a mystery, having been hidden, which Elohim ordained before the world for our glory, which none of the rulers of this age have known. For if they had known, they would not have crucified the Master of glory; according as it has been written, "Eye has not seen, and ear has not heard," nor has it been risen up into the heart of man, the things which Elohim has prepared for those that love Him. But Elohim revealed them to us by His Spirit, for the Spirit searches all things, even the depths of Elohim. For who among men knows the things of a man, except the spirit of a man within him? So also no one has known the things of Elohim except the Spirit of Elohim. But we have not received the spirit of the world, but the Spirit from Elohim, so that we might know the things that are freely given to us by Elohim. For the things that we discuss, are not dependent on the knowledge of words and man's wisdom, but on the teaching of the Holy Spirit, thus explaining spiritual things with the spiritual minded. But the material man rejects the things of the Spirit, for they are foolishness to him, and he is not able to know them, because they are spiritually discerned. But the spiritual man discerns everything, and yet no man is able to discern him. For "Who has known the mind of YAHWEH that he will instruct Him?" But we have the mind of Messiah.*

What a great chapter, it really is. Sums up everything we're talking about here, that, what a gift! Because, I could sit here with academics in this room and going over this, and they'll be thinking "What on earth is that guy talking about? This is a bunch of nonsense." But yet to the spiritually minded it has to be spiritually discerned. And that's to me the greatest gift of my life, is Yahweh opening up my mind, opening up my mind that I *can* understand the spiritual things.

Your environment sets the stage for your belief system, which sets the stage for your nervous system to give reaction to your brain and for you to respond. So, we talked about that in the first class we had here when we were talking about core values. Leading to our belief, and belief leading to the action. And the environment is a big part of it. Because you can't be in a bad environment. That's what I told you, 15 years of the school every year I've learned a major profound lesson in my life; and the very first school was, **environment is 90% of your battle.**

So, sometimes when people are not overcoming or they're unhappy, or whatever. Check your environment. Because if your environment is not conducive to the Kingdom of Yahweh you are never, ever going to be happy. You have to be in a conducive environment to serve Yahweh.

And that's why, television, internet, social media in Babylon particularly, but all over the world, is so dangerous. Because sub concisely your physical body and mind is being manipulated by Satan's system of pleasure seeking, greed, lust and pride on a daily basis. And the more that goes in, the more that's going to come out, that's what it is. Everything is by repetition, good or bad.

So, last part of the class is going to be on four points to develop spiritual and emotional maturity. Four points to develop spiritual and emotional maturity. 2 Peter 1 and verse 2. 2 Peter 1 and verse 2.

2 Peter 1:2-10 *Grace to you, and peace be multiplied by a full knowledge of YAHWEH, and of Yahshua our Master, Who has given us all things that pertain to the power of Elohim, for the life and worship of Elohim, through the full knowledge of the One calling us through glory and virtue, by which means He has given to us the very great and precious promises, so that through these things you might be partakers of the divine nature, escaping from the corruption which is in the world by lust. But also in this very thing, having brought in all diligence, having fully supplied in your faith virtue, and with virtue knowledge, and with the knowledge self-control, and with the self-control patience, and with the patience holiness, and with the holiness brotherly kindness, and with brotherly kindness, love. For these things being in you, and abounding, they will make you never to be useless or unfruitful in the full knowledge of our Master Yahshua Messiah. For the one in whom these things are not present is blind, being shortsighted, and forgetting that he was cleansed of his sins in time past. Therefore, brothers, rather be diligent to make your calling and election sure; for doing these things, you will not ever fall.*

So, very clearly there's a progression that goes here he's shown. There's a progression that goes here. **So, the first point is:** Right knowledge being interpreted correctly. Right knowledge being interpreted correctly. Because you could have the right knowledge but if you don't interpret it correctly it doesn't make a difference. It happens all the time. I wonder to myself "How on earth can 99% of Christians read the New Testament and ever come up that the Sabbath was changed to Sunday?" How could you come up with that? There's nothing, not even one scripture that remotely would say that. The Sabbath is mentioned all over the New Testament. Actually, more than any other commandment in the New Testament, and yet they come up with that.

So, right knowledge being interpreted correctly. You must put on the mind of Yahweh. How many times do we get upset emotionally about something that is not even true? He or she looked at me this way. And like I say in any given situation the reality is not necessarily the way we are perceiving it. In any given situation the reality is not necessarily the way that we are perceiving it.

Good example is: You open up a door for a lady, you're in a mall or something and you open up a door for a lady. They can take it two ways. They can say "Wow, thank you very much for your kindness." Or they could say "What are you a male chauvinist pig, you don't think I can open up that door myself?" It's all in the perception. And our perceptions are based on our values and our belief system.

Sometimes they're based on the character of the other person, or experiences we have with the other person. So, if there's somebody who's consistently sarcastic and now he's saying something that's not sarcastic you might take it sarcastically. Because you're so used to that person always saying something sarcastic. And that's why we want to watch our words. Because we don't want to be branded that way.

So, perception is important and then procedure. Procedure is what we do from somebodies ... from the perception that we have. I remember the first year we had the school, I told them we have 42 people, we have 21 children. We had a young couple that was just married for a very short time had a little baby. And I was doing a class a woman's class that I was the administrator over and a men's class.

And in the women's class it was all based-on marriage it was a lot that we we're doing things together with the husbands and the wives. But I was trying to share with the women how maybe to understand their husbands better. And the one woman said "I don't need to be in this class. When my husband doesn't listen to what I say, I just spend all the money in the check book." This was a new couple barely, the girl I think was barely 20 or 21 years old and that was her attitude. So, that's her procedure. If I don't like his perception, I'll spend all the money.

Husband comes home from work, right? Maybe he just got fired, maybe he got yelled at work or something didn't go wrong so he's quiet, he's thinking about it. The wife gets the wrong perception "Why isn't he talking to

me?” She burns the dinner on purpose, right? Perception and procedure. So, we got to watch. Because a lot of times this will spiral out, and it’s all part of our emotions.

And a lot of times we do things, that if we’re honest with our self they’re spiteful. Because we have a wrong perception of something that’s going on. You must rightly be able to understand what any given emotion is trying to tell us, make the appropriate change to receive the result of the desired emotion.

So, like I said. But at any given time, the reality of a situation may not be how we’re perceiving it. If we’re getting an emotion from that we want to analyze the emotion and say “Why am I getting this emotion? Why am I feeling happy? Why am I feeling sad? Why am I feeling mis trust? Why am I feeling anything?” Emotions are built through relationship. If a negative letter came it would not affect us as much as if it came from our best friend, brother or spouse.

So, nobody wants to receive a negative letter. But if you got a letter in the mail and it was something that, somebody you don’t even know says something negative about you or your belief you’re not going to be happy about it, but eh, you know everybody has got their opinion on something. But if it was your best friend, if it was your husband or wife of it was a relative it would hurt us more because emotions are stronger when it comes to relationships. And that’s why the stronger relationship we build with Yahweh and Yahshua than the stronger our emotions are going to be toward Him and they’re going to be proper.

And I think that happens a lot of times. That, people know Yahweh ... what Yahweh said they know His Torah, they know the commandments, but they don’t know *Him*. They don’t know Him in a personal way. They don’t feel Him in a personal way they don’t speak to Him. Many times, I’ve talked to people that said “Can you share with me a little bit more about praying? I’m having trou...” And I say it’s just speaking to Yahweh. It doesn’t have to be all this formal, you know, wordy things. It’s just sharing your feelings with your dad and telling Him “Hey dad I’m having a great day! I just wanted to let you know it or, Dad I’m having this problem I want to share with you what I’m going through.” So, it’s just communication, that’s all that prayer is.

And if our relationship with Yahweh and Yahshua, it’s got to be strong so that it dominates our life and proper emotions will flow from it. But that’s point one.

Point 2: Jacob 4:3-10; Jacob 4:3-10

Jacob 4:3-10 *You ask, and you do not receive, because you do not ask sincerely, you ask in order that you may satisfy your lusts. Adulterers and adulteresses! Do you not know that the friendship of the world is enmity with Elohim? Whoever, then, purposes to be a friend of the world is an enemy to Elohim. ... And that’s the problem sometimes. We’re too worldly, we’re too connected to the world and we don’t see it ... Or do you not think that vainly the Scripture says, the pride dwelling in you is lusts with envy? But He gives greater grace. Because of this he says, “YAHWEH sets Himself against proud ones, but He gives grace to the humble ones.” Then submit to YAHWEH. Resist the Devil, and he will flee from you. ... **You have to get it in the right order.** ... Submit to Yahweh. Resist the Devil and he will flee to (should be from) you. ... Many times, people are trying to resist Satan without submitting to Yahweh. **You have to put the judicial order first.** Submit to Yahweh, resist the Devil and he will flee from you. **But if you’re not submitting to Yahweh you could resist the Devil all you want; he’s just going to keep coming back because you’re not in judicial order.** ... *Draw near to Elohim and He will draw near to you. Cleanse your hands, sinners! And purify your hearts, double minded ones! Be distressed and mourn, and weep. Let your laughter be turned to mourning, and your joy into shame. Be humbled before YAHWEH, and He will exalt you.**

So, this can only come by 100% submission to Yahweh. We have to get rid of our self-righteousness, we’ve got to take down these barriers, we’ve got to build a spirit of humility and we have to really be willing to change. We have to reframe our belief system for this to be a reality. Without this you will never be spiritually mature, and you will never come to the fullness of The Messiah or your created potential. This means you will have to change your false beliefs, submit to the human leadership that Yahweh’s appointed and humble ourselves to admit our wrongs.

It's that simple. So, for people that sit there, the Laodicean, "I'll never follow a man, da da da da da..." They're the most spiritually immature people you'll find in the world because they're only submitting to themselves. And again, in the world our emotions are all toward self-gratification.

Number 3: We have to evaluate in any given emotional situation, is our perception or procedure wrong? Like we were just talking about. So, when we look at a situation before we make a judgment we need to look. "Is my perception wrong?" Maybe, maybe it's not ... what I thought it was. This happens in emails sometimes. Because email ... how do you know? They're just words that are there. And you want to know something? I'm trying to remember what the percentage is now, I think it's only 13% of communication is words. 13%, which means the rest of it is how you're saying it. So, just putting words there is not communicating and that's why emails, many times can be misinterpreted. Because you don't know how the person is saying it. And the other thing is, what is your emotional state as your reading it? You come home and you just had an argument with somebody, your feeling all tense and you read a letter. You're going to read it in a way that it might not be written because of your emotional state at that time.

And many times, this has happened to me. I read something, a day, two days, three days, a week later, and I say "Hmm. That doesn't seem like the way I thought it was." Because sometimes because of your belief system you could have a two-page letter and your honing in on one word. One word that you didn't like. The letter can be filled with all kinds of positive things, but there was one word there that you perceived incorrectly thinking it was something that was against you. And that's the whole thing "Wow, why would this person say this?" Instead of taking it all in context.

So, perception and procedure. And then the procedure, what are you going to do from it? What's going to be your reaction? Do you try to get touch with the person, ask them, "What did you mean by this?" Work it out. Or is your procedure just ... like I said, burn the dinner. "He came in, he didn't talk to me, he must be mad. Let me burn the dinner." Perception and procedure. Many times, we're making emotional decisions based on a belief system that we we're taught that is not accurate.

And like I said, there's a man and a woman. The man comes from maybe a big family and he's more outspoken with things, right? Italians, we speak with our hands a lot. And maybe there's a woman who comes the opposite. She came from a situation where she had very, very quiet parents. So, in her mind the man can never raise his voice. Because that's the *ultimate* disrespect. And in the man's mind, to him, the *ultimate* disrespect is if somebody walks out of the room. That's the *ultimate* disrespect.

So, now there's a conversation going on and the person's just talking normal. He's not raising his voice, at least in his mind. But the woman thinks he is, because she's not used to that. And they're just married. So now, she doesn't know what to do. She thinks "He's yelling!" So, because she can't handle, she doesn't know what to do, she walks out of the room. And now both of them are thinking they were totally disrespected. Because "He raised his voice to me!" When he didn't. And, "She walked out of the room and disrespected me!" When she didn't.

So, again our perception to something, and maybe our false belief systems. The old, "They said" Like I said, who's the they? Why do I have to wait half an hour after eating to go in the pool? They said it. Come on they're never wrong. Now it's not they, it's the little iPod thing. The lady in the iPod, that you ask the questions to, are you Siri-ous?

But we have to realize many times we're making emotional decisions based on a belief system that is not accurate. Could our procedure, how we handle the situation be wrong? If our spouse was totally consumed with a real important job and we interrupted them and they did not respond positively and we spitefully ignored them, could our procedure for looking for attention be wrong?

Could it be they don't love us any less? But they were just busy at that moment. Communications really help. So, we need to be mature, like I said, you don't want to suppress your emotions, they're trigger points, but you want to question them. You want to question, "What does this emotion mean, and why am I feeling it?" Because maybe that emotion is not the emotion you should be feeling at that time.

Same when, with single, single men single women. And they meet another single man or a woman in the congregation they have to make sure that they're emotionally mature enough, that they're just looking at each other as brothers and sisters. And until that, the man would make a concerted effort through the parents of the girl that he wants to court then there shouldn't be any other feelings other than just friendship. And that has to be controlled, that's spiritual maturity.

So, there's a time for everything but we have to make sure that we remember, emotions are trigger points to take action and we want to control them not suppress them.

Last point, **Number 4**, we went over it before. But most important I think in developing emotional and spiritual maturity is, self-discipline. Which can only come through trained response, repetition, write it down, have a plan of action, re-assess it weekly, monthly. Again, look at your perception and procedure as you're doing this. So, get a plan of action. Write it down, and then every day, every week, every month, keep looking, "Am I growing in this? Am I doing better?" Keep tweaking it, keep tweaking the plan.

And, self-discipline comes through repetition. This is the most important thing that can change your life if you apply it. But you have to write it down, and you have to have a plan.

And like I said, several years back, in one of the major colleges in the United States they did a survey to the most successful one percent of the college graduates. And, when they say success it's not just money but it's with family, it's with prestige, it's with happiness, it's all these things put together. And the top one percent had all one thing in common, it wasn't education, it wasn't having wealth, or finances. They all had goals and wrote them down. **The top one percent of the happiest people were the ones who had goals and wrote them down.**

So, like they say, unless you ... if you fail to plan, then you plan to fail. You must be able to reframe situations to sustain better emotional outcome. So, it's another part of it, the reframing part. Like I said, if we lose a loved one, it's normal and it's natural to mourn. But we can reframe that at least we know that person now is waiting for The Kingdom.

So, for me to mourn *too much* I'm being selfish. Because that person has made it now, they're sleeping in the grave they're just waiting for Yahshua to return. So, reframing can help us in situations to get a better outcome.

Proverbs 11:14 *In the absence of wise counsels the people fall, but safety is in the abundance of counselors.*

So, we want to make sure that ... we want to make sure that we're using wise counsel. Everybody should have an inner circle, your inner circle. The two, three, four people in your life that when a situation comes up, you're going to counsel with them. And like I always go over in the class when we're going over the inner circle, what are the characteristics of you want in an inner circle? And they get all these things: loyalty, strong with Yahweh, all kinds of great, great things that come up. And then I say, "Do you have those characteristics?" Because you can't expect to get people in your inner circle with those characteristics if you're not exhibiting those characteristics.

So, we want to make sure that we have an inner circle that we're, we're using wise counsel. We're making wise decisions and exhibiting self-control.

On the other end, the spiritually immature, how do they act? The spiritually immature make decisions based on feelings and emotions and let human emotions control them. So that's why it says: the double minded person is unstable in *all* their ways. I'll have people come to me sometimes and say, "I can't believe so and so did this!" I'm like, well why can't you believe it? Last time they did this, and the time before that they did that. The double minded person is unstable in *all* their ways, so if someone is unstable in one way, expect it to be unstable in another way. But they make decisions based on feeling and emotions and they let human emotions control them. And it's terrible, because it's like, it's an addiction, it's like an alcoholic or a drug addict. The worst thing in the world is to see somebody, especially somebody with talent and somebody with potential that is

hooked on something like that, that they wound up having their life being ruined by drugs or alcohol or something else like that.

But emotions are the same way. It's like a drug because people, if they're emotionally immature and they're not controlling their emotions they're being whipped back and forth by, like I said by crying, by laughing, by anger, by whatever it is just pulling them back and forth.

Number two: They act completely impulsive like a child and have no self-control and discipline. So, again, somebody that's spiritually immature one day they're one way one day they're something else. They act completely impulsive like a child and have no self-control and discipline. Sometimes they're really nice people. But you just wonder, like you just talk about something, right? And you all decide that you're going to do something a certain way and then they just ... One story comes to mind when years and years ago when I was in Church of God, I used to get my suits from New York from downtown in New York. Really good places that were there for years. They're Jewish owned stores they have very, very good wool suits. And I was going there since I was a child, my dad used to take me down there. These stores have been there from the late 1800's. And the prices were pretty pricey but you really can negotiate with them. So, I knew if that said \$300 by the type of suit and what it was. I knew exactly what I can get it for. I'd always go there first thing in the morning, because Jewish people they'll never let the first sale out. And, what I would do is I would bring a bunch of people with me. So, I tell them, "You pick whatever you want, but I'll negotiate the price." So, now I'm going and I'm not negotiating the price one or two suits, I'm negotiating ten suits, and I know what I can get it for. So, the guy is not going to manipulate and he's not going to lose the sale. So, I would do it ... you tell all the people and everyone's "Okay we're going to do it." And then we get there, and we get inside, and three minutes later one of my best friends come in saying "Look at the suit I just got!" And I'm like "Ugh, didn't I tell you, don't pay for it I'll negotiate for you!" And of course, he paid double the price he should've but it's emotional immaturity. They act completely impulsive and they have no self-control or discipline. So, right after you all discuss something, and you made a decision the person will go out and do the opposite. And we see it, and it's ... sometimes it's things that might be laughable, but sometimes it could be life and death situations. Because in the underground congregation somebody who's spiritually immature **they're going to get people killed**, it's that simple. They're going to get people killed.

Number three: Spiritually immature. They let their mood swings control them which are set by negative anchors and pride and they're no better than a possessed person not in control of their spirit. They also get offended very, very easily. So, they're very moody. One way or another way. One day they could be laughing and giggling and making jokes. And the next day it's like "Whew, did somebody die? What happened?" Like I said one day they're all happy, but the next day *anything*, it's like, "Did you cough at me?!" And it's like, "Whoa, whoa, what's going on?" They're just, they're just ... anything can get them offended.

So, this is why we really don't want to be spiritually immature, but I know myself, I don't want to be around spiritually immature people. Because like I always say, bad communications ruin good habits. And negative destructive people with destructive lifestyles will not only destroy them self but they'll destroy everybody with them. Sometimes we have no choice it could be our child, it could be a parent, a sibling and you limit yourself with your relationship with them, but you know, you're never going to completely stop loving the person.

But other times we really can choose. We can choose our friends, we can choose the people that are going to be in your inner circle you're going choose the people you're going to spend more time with. And you don't want to be with people that are spiritually and emotionally immature.

So, that is going to conclude I think we'll turn off the ... and then we'll ... if there's any questions or answers.