

# Warfare (X): Warfare on Emotions

## I. Emotional Warfare

### 1. Periodic Moodiness

- ◆ Many people have periodic mood swings. A sister's husband knows that this is a time of low mood, so it's best not to touch her. She may think, "There's nothing I can do about it! It's my physiology, it's just the way it is." No! In fact, that's an enemy inside of you. Today you are a child of God, you don't live under this natural jurisdiction. You can live in a spiritual law, and the life in the law of the Holy Spirit is a free life.

You should know more about the freedom you have in Jesus Christ. So if you have these periodic mood swings, you need to get up and fight.

### 2. Pregnancy Sickness and Moodiness

- ◆ A sister was pregnant and vomiting, often in a bad mood, and felt very weak. One day the Lord revealed to her that she was "vomiting and not realizing that she had fallen prey to the enemy's trickery." She rose up to fight and rebuke the enemy, and she was finally healed. Even for what we think is normal, if you rise up and use the authority that God has given you, you can win. The point is whether you choose to be sensitive to your emotions and feelings, or you don't want to be bound by your weaknesses.

### 3. Depression

- ◆ A sister had depression since she was a child. Whenever she woke up from her nap, she would be very depressed when she saw that it was dark or there was no one at home. Later, when she heard the message of the warfare, she began to learn to praise. Every time she was depressed, she began to proclaim, "Lord Jesus, I want to praise you, and I don't want to be this depressed."

Brothers and sisters, you don't need to be bound by discouragement. When you are discouraged, don't ask others to follow you in the way that many others do, such as: get a friend to come over to your house, so that you can wake up and have someone to keep you company, because all of these won't solve the root of your problem, because that's the enemy in you.

- ◆ It says in Joshua that all these lands have been divided to you for your inheritance, but you need to get them, for you have much land yet to get. *How long will you put off going in to take possession of the land, which the LORD has given you?* Is there any unrequited land in your emotional sphere today that the enemy can occupy, that the enemy can trample on at any time, or are you going to rise up and let the peace of Christ, the joy of Christ, reign in you?
- ◆ The world has many ways to solve emotional problems, such as playing music when you are in a bad mood, buying yourself a bouquet of flowers, or going out to eat.... But those strongholds are always there, and they are not solved. The fundamental solution is to solve the problem in the spirit.
- ◆ Today's children of God do not need to be slaves to their emotions. When the enemy simply clicks you, you will be discouraged, depressed, and feel sorry for yourself. You don't need to be like that. You can rise up and win the day, but you don't need to use human methods.

- ◆ God has given you the true means of victory that the enemy cannot comprise. You have to use your will to overcome depression. Don't be sensitive to your feelings, but praise. If you know you have this phenomenon, you should open your mouth and praise it before it occurs for a few hundredths of a second. Be watchful in the battle.

#### 4. Accidents

- ◆ Pastor Grace Chiang went on a field trip and lost her purse in the car. Thinking of the documents and bus tickets, she quickly said, "Lord, I want to praise you for the loss of this purse! I'm going to praise You and thank You for the loss of this purse!" This is completely irrational, but you just praise and thank with your will until the feelings of remorse and regret are gone.

In fact, frustration, remorse, and anger will not help you. If you lose it, it's gone. On the contrary, if you keep on thanking and praising, you are more likely to get it back. **So do not lose your peace and the presence of Jesus because you lose the purse. That's a bad idea. So know what's most important, and let the peace of Jesus reign in you.**

- ◆ Especially before the gathering, the enemy is trying to make you feel bad and you don't want to go to the meeting. You have to know that this is the enemy's trick. So no matter what, you have to open your mouth and praise right away, and overcome the depression and the darkness that's going to come out. Don't let your emotions reign.
- ◆ When you can't control your emotions, you can choose your will. If you choose to use your will to thank the Lord and praise Him, your emotions will be subdued.

#### 5. Children's Emotions of Crying

- ◆ Some parents often obey their kids, giving them everything as long as they don't cry. Such children are prone to emotional outbursts in the future, so it is important to train children from an early age to break their will and stubbornness of "I have to do what I want," and to let them be submissive.
- ◆ Sometimes a child doesn't know how to express his needs and becomes emotional. You should tell him how to express the feelings correctly and not to cry. When a child cries, do not give what he wants, and only give him the thing he wants when he stops crying. **So don't let crying become his weapon.**

Usually when these kinds of children grow up, they are so easy to self-pity themselves in all things and use crying to achieve their purpose. They need others to be considerate of them and obedient to them. Parents would harm their children this way: the future of their marriage must not be happy, must be worn out, and turn into unsuccessful divorce.

- ◆ If your parents obeyed you when you were a child, now you should pay attention to not obeying yourself and not asking others to obey you. Pay attention to obeying others, which will help you to get out of the bondage.

#### ※Attention

Don't suppress your emotions, for they will be suppressed in your subconscious, but rather speak out to God and tell Him how you feel, as in Psalm 56, which is a kind of healing. Especially when someone has been persecuting us for a long time and treating us with deception, don't just say, "Lord, I want to love him! I want to love him," but rather, I want to make my feelings known to the Lord first.

## II. The Battle of Feelings

### 1. Emotional attachment to a person

- ◆ This is a kind of fragile and pitiful emotion, and he is always clinging to someone else. God often deals with this kind of child by removing his emotional crutch and taking the person he is clinging to away from him. He will be very lost and miserable for a while, but later he will be able to stand on his own.
- ◆ Transferred feelings  

If the couple's relationship is not good, the whole emotion will be transferred to the children. The mother will be very much in her son, as if replacing the husband's emotion, and the father will be in his daughter. This kind of transferred emotion often brings the children to be under the control of the parents, and the children will still stick to you when they are young. But when they grow up, they will want to leave you far away from you **because the parents' natural love and emotion are very much under the control of the children, and they are not free.**
- ◆ If a person does not give his affection to God, whoever he attaches himself to will disappoint him. If both of you are Christians who love the Lord, God will definitely do this kind of work, because it is an unchanging law that *"the sorrows of those who run after another god shall multiply."* As soon as you begin to adore someone, your suffering will surely multiply.
- ◆ Until you attach your affections to Jesus, you will not find rest and satisfaction. I am not saying that you should not love your husband, but you should not attach your affections to him. We have heard many testimonies that when they love God with all their heart, they love their significant other in Christ, not in a sticky, clinging, grasping, and demanding way, but in an unconditional giving, helping, and loving way—the love that comes from Christ and the way God wants to make our feelings.
- ◆ You should not always say, "This is the way I am, I can't change it!" You have to realize that that is the enemy's stronghold on you. If you have been like that since you were a child, then you have a bigger stronghold, and you have to be more serious, spend more time close to the Lord, and consistently get up and praise, and then the strongholds will come off.

### 2. Emotionally Hurt

- ◆ A sister suffered from anorexia because her relationship with a male coworker involved a third party. **The healing came when she began to be willing to bless them, not just to forgive, but to bless.**

All the emotions and jealousy are not easy to overcome. The enemy is always trying to draw your eyes to it, but you have to keep fighting, keep blessing, keep your eyes off of it. You may still fail and be offended, but don't be discouraged, and you have to keep going. This sister fought and blessed them for a year, and finally she was set free.

- ◆ **At the beginning of the battle**, you use your willpower to bless. God sees you using your will, and so does the devil. Your feelings don't matter, and it's your will that makes you who you are.

For example, you don't worship God based on whether you feel good or not. God looks at your will to praise Him and magnify Him. That's why we say that you should always worship God beyond your feelings. God counts your will, not your feelings, because your feelings are too easy to change and often very flimsy. You can be happy a second before, and then at the bottom of the barrel when a second later you see an expression from others. Feelings are not important and

will is the real you.

- ◆ Doesn't God protect you? Why does He allow these things that hurt you to happen? Because He wants to purify your feelings and your emotions, and to get rid of your naturally fragile feelings. He wants to instill heavenly feelings, a clean love that doesn't need to be attached to people, to you.
- ◆ It is easy for an enemy to destroy a person with jealousy. This sister later realized that she had been hurting herself by refusing to bless the other person (even though she had been taught to do so from the pulpit).
- ◆ **So you need to bless the person who caught your eye, and bless the person you are competing with.** Many people's hearts are in turmoil because they let their emotions rule instead of their will.

III. Exodus 17:8-16, *"A hand upon the throne of the LORD! The LORD will have war with Amalek from generation to generation."*

- ◆ Here we see the conspicuous outcome of all battles, but they were first decided in the secret place: in the spiritual realm and on the spiritual top of this hill, having *"held up his hand"* or *"lowered his hand"* to decide whether the battle you see the battle down this hill is won or lost.
- ◆ So you can see that the reason why a person can win so easily in life is because he has already won in the secret heart. That is, he has already offered his thoughts and feelings to God first in the secret place, so that God can be in charge. He does not make his own decisions or allow his feelings to overflow. So when you think of something very dark, or self-pitying, or jealousy, you do not want to let it go on. You need to win in secret places: lift up your hands and always proclaim that Jehovah Nissi is the banner of your victory, and that the victory of the Lord Jesus is in you.
- ◆ The Amalekites foretell our flesh, and the LORD has sworn to fight against the Amalekites from generation to generation. The LORD has sworn to fight against the old flesh that holds you in bondage from generation to generation, so you need to be on the side of the LORD, lifting up His banner of victory and proclaiming the victory of the LORD Jesus over me!

IV. The Secret of Will

- ◆ The will is what controls your emotions.
- ◆ In *The Christian's Secret of a Happy Life*, it says that the will is like a wise head nurse in a nursery, and the emotions are like a group of noisy little children. The head nurse prescribes what she thinks is the best method of discipline for the children. Although the children object, are not restrained (that is, your emotions don't want to be restrained), and are screaming, the head nurse will never comply with them. There is still a rule that the head nurse has to follow, no matter how much screaming is going on. That's the way the will is: you need to be firm there, and eventually these little children will be put on the track prescribed by the head nurse. Just as the anorexic sister who was there and kept saying, "Lord, I thank you. You blessed them!" Eventually your emotions will subside.
- ◆ One sister was so caught up in a sin that she was emotionally attached to it. When this sister learned the secret of the will, she went into the secret room and prayed: "Lord! You know that I love this sin emotionally, but my heart really hates it. Until now I have been ruled by my emotions, and now I have decided to put my will in Your hands, to be governed by You, to be used by You, and to be determined to never again be obedient to this sin. You take over my

will and work inside of me, so that I am determined to do the things that are pleasing to You.” Every time you pray to the Lord, be honest, open up about who I am, what I can’t do and what you can do, Lord...make it clear to the Lord. “Lord! You know that I emotionally love this sin,” she prayed to the Lord in this way, and the Lord immediately released her on the spot. The Lord took over her will that she entrusted to Him, and the Lord worked in her with His own power, and God’s will prevailed over her emotions in regard to that sin. From then on, she felt released, not through anything she did, but through God’s own Spirit that worked in her, so that she was able to do from the bottom of her heart what was pleasing to God.

So brothers and sisters, we have no control over our emotions, such as obsession with a certain person, but you can give your will to God, “Lord, I hate this thing, but I can’t help it. I hate this thing, Lord. I’ll give you my will, and you take over my will, so that I can do what pleases you.” The fight is very hard at the beginning, but after fighting for a period of time, you will find that the control is not on you. This sister was released on the spot, while others may fight for a year or a longer period of time.

- ◆ The will is our true self. We must fight with our will against sickness, emotions, and unforgiveness, and the fight of the will can strengthen our true self.
- ◆ **The inner life is not a life of feeling, but a life of the will—a union of the will with God. In this way, the kingdom of God will come upon you.**

## V. Conclusion

God wants His people to realize how free you are in Christ today. Jesus Christ has set you free from all the bondage of sin and all the bondage of your old self. The Lord Jesus will loosen the bondage. Some of them are just for a while, but some of the strongholds are deeper in you and it takes some time. So you have to continue to fight with patience and not give up so quickly. Just like one of our sisters who goes home, crying and saying, “I failed again today,” but the roommate would encourage her by saying, “If you fail, come back tomorrow and fight again!” The victory is ours in the end.

## Warfare (X) Assignment

1. Some of emotional depression is due to natural physiological influences. Is this a problem for you? Have you tried to fight it? What was the result?
2. How have you dealt with depression in the past? Have you fought?
3. How do we need to fight to overcome depression?
4. Does the example of Pastor Chiang losing her purse give you any reminders? What is the most important thing not to lose?
5. What are some of the struggles you have experienced in your relationships, or what do you need to struggle with?
6. What was the key to healing the anorexic sister?
7. Have you ever attached yourself emotionally to someone?
8. In Exodus 17:8-16, it says that all conspicuous outcomes of battles are decided in the secret places first. Therefore, if a person is easily victorious in his thoughts, feelings, and life, it is often because he is victorious in the secret places. What does victory in the secret places refer to?
9. Can you restate the parable of the will as described in *The Christian's Secret of a Happy Life*? Have you ever used the will to overcome your emotions?