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Keys to Understanding Life Series

“Hearts Up”

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by

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With

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Keys To Understanding Life Series

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SPIRITUAL WARFARE COMBAT TIPS

Satan’s Tactic: Cultivate Spiritual Blindness by Causing Us to Overlook “Lesser Trials”

Ephesians 1:18-19 “I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and his incomparably great power for us who believe.”

It is generally accepted that Paul's letter to the Ephesians was written to encourage them to grow, not to address a particular problem or heretical issue. Paul is writing to some pretty solid believers. Yet in the first chapter of his letter, Paul prays that these believers *may* experience many possibilities in Christ; in other words, experiencing a *well-developed, two-way* relationship with Christ is not necessarily a given just because we are saved by Him. Don't misunderstand; this doesn't mean we aren't in a relationship with Christ, it means it is possible not to experience some of the things Paul wrote about in that first chapter, even when we aren't "Christians who've gone astray!" We play a part in cultivating our part of the relationship by responding to the counsel of the Spirit Christ provided for us. Often, when we hunger for more in our relationship with Christ, it is because there is room for improvement in our spiritual "listening" or "seeing" skills! It is with this focus that we examine one way "the eyes of the heart may be enlightened" in real-life trials when the Spirit is speaking to our hearts.

One of the tactics Satan uses against us is to influence our thinking such that we interpret certain life situations to be of less spiritual significance than they really are. Sometimes we are experiencing

trials and Satan knows it; however, rather than seek to get us to give him full credit, Satan gets us to thinking that the trial really isn't that big of a deal. You see, Satan may be the "roaring Lion" (1 Peter 5:8), but he doesn't want *you* to see him that way. Satan doesn't want you to always be aware of him. His issue is against Christ in you. If you went your whole life being duped by him without knowing it, he'd be more than glad to wait to laugh at you in the hereafter. Don't think Satan is some bumbling idiot trying to deceive you with the skills of an amateur magician who knows a couple magic tricks. Satan is The Premier Illusionist. You will have to work well with the Holy Spirit to see Satan's handiwork in your old-self.

What would Satan possibly get out of lulling us with "lesser" trials? Over time, our unwitting failures in these kinds of trials can cause terrible spiritual blindness! When we fail to recognize the spiritual significance of seemingly lesser trials, and thus fail to fully transform our hearts, the result is still the same as in "big" trials when we fail: sin. Any sin, regardless how great or small, separates us from God. You might be thinking, "Whew! Thank goodness I'm saved from all my sins by the sacrifice of Jesus." And, indeed as a believer, you are.

Concerning spiritual vision versus blindness, the point, however, is that Satan realizes something that often we as disciples of Christ do not fully appreciate. Failing to fully transform our hearts in "lesser" trials still puts energy into our old-self patterns of thinking and of behavior. *Any* amount of reinforcement in *those* departments directly affects our ability to walk WITH the Lord in trials on the whole! Stated differently, while we may be forgiven for the sins of "lesser" trials, a consequence of those trials is to contribute to our old-self behaviors and patterns of thinking (i.e. NOT renewing of the "mindish"). The old-self patterns of thinking in "lesser" trials are often connected to old-self patterns of thinking in "bigger" trials. When we allow ourselves to become numb to "lesser" trials, then we will *not* become suddenly keen to the old-self behavior patterns that are related to "lesser" trials even when they manifest in bigger trials! We usually do not recognize this because it is part of spiritual

blindness. While a particular trial may appear to be something "not worth getting caught up in," not getting "caught up in it isn't the same as transforming one's heart concerning the trial!

Typically what we do in "lesser" trials is "blow them off," "move on," "dismiss them," "shrug them off," try to "let them go," "forget them," etc. This is what we do when we feel some heart disturbance and our minds tell us that, for whatever reasons, it isn't worth the time to deal with sorting the situation out. And, that may actually be true from a certain perspective, but it still isn't the same as *transforming* the heart disturbance to peace based on who you are in Christ. "Lesser" trials tend to become a big deal once we actually try to work to transform in them! The transformation process involves sorting out how *Satan is using the situation to attack your identity in Christ* and how Satan is masking the spiritual issue with the external situation. The spiritual issue you must identify in you, and external issue you find yourself in, can often be as separate and distinct as potatoes are from a chinese worry stick! In other words, seeing how Satan is attacking you can often require you to cultivate a completely different perspective than the one the world usually is aware of - the Scriptures call this "renewing the mind" and "putting the mind on things above." The [New Opportunity](#) exercise will eventually help you to see this dynamic if you continue to try it with various trials while seeking out what God might want to change in YOU. Remember, when Satan attacks you, you must change something!

Satan often nurtures spiritual blindness by small degrees. He knows we have some spiritual vision, so he strives to make his poisonous weeds look like beautiful flowers to which we can become *attached*. (This makes it harder for us to *want* to pull them up in Christ later on!) That attachment is something we usually feel pretty comfortable with. So, Satan uses lesser trials we can dismiss, thus reinforcing our old-self patterns in small, easy-to-overlook increments. In order to give us the opportunity to change old-self patterns, the Lord continues to allow us to experience His disciplines, which includes challenges associated with trials, as well as the disturbances we can feel in our hearts provided we do not

ignore them too long. So, though we may be forgiven for the sin(s) caused by old-self patterns, we still face trials in which those same old-self patterns surface because this is a good and profitable relationship between trials and:

1. Continually putting off the old (2 Corinthians 5:17).
2. Being imitators of God (Ephesians 5:1-2).

When we go to the eye doctor to check our vision, we read the vision chart. Small letters are at the bottom, big letters at the top. You start reading from the top and progress down the chart. At some point you cannot make out the letters. If you cannot see the letters on the third line down, you will not be able to see the letters on the fourth or fifth lines. This is how imperfect physical vision works.

Spiritual vision is different. You will always be able to see spiritual dynamics behind some of your "big" trials and even some of your "little" trials. The issue is being able to be discipled by the Spirit in a trial so that you can see each of the spiritual dynamics you need to see regardless whether the trial is big or little. All believers have some "spiritual seeing" capability. In other words, to the extent your heart is open, the Spirit can show you the spiritual dynamics in your own trial, and it doesn't really matter whether the external nature of the trial is "big or little." (Note that this is different from just seeing the spiritual dynamics in someone else's trial or simply seeing the spiritual dynamics pertaining to someone else in *your* trial!) Seeing spiritually in a trial is accomplished with a heart that is transformed to peace in the trial. The heart, centered in who one is in Christ, permits seeing through the external characteristics, and it serves as the spiritual eyes to see both one's old-self desires and new-self potential. In trials when that transformation doesn't happen fully, you will have difficulty seeing *all* the spiritual dynamics relevant to you whether the external characteristics are big or little. As such, you will experience disturbances in the heart even though you may see some spiritual dynamics clearly. Again, the external characteristics aren't as much the issue in terms of discerning all the spiritual dynamics relevant to your transformation in the given

trial. Whether you skillfully work with the Spirit to see clearly, beyond what you already see, is the issue.

Believe it or not, there is a lot of opportunity to cultivate spiritual vision with "lesser" trials. (This has to do with a number of factors we won't get into here, such as our busy life paces, how the world propagates value patterns, other relationships between old-self patterns and trials, etc.) One lesson here is not to judge a trial as insignificant just because your heart is bothered just a little bit. Philippians 4:4-7 tells us that the peace of God will guard your heart and mind *if* you are rejoicing in the Lord and in alignment with Him. So, if your peace is disturbed, sin is knocking at your door regardless how unimportant your mind says the trial is. Of course, the Spirit is seeking to offer you counsel on what to transform in your heart and how to respond, as a disciple of Christ, to the trial. Realize that this may often involve a shift in you in terms of your priorities, values, attitudes, preferences, actions, and/or passions. Remember, the Spirit's counsel deals first and foremost with your identity IN CHRIST, everything else that may be of concern to us is secondary and may or may not serve that main purpose. Allow the Spirit of God to make that determination for you and rejoice in that.

A corresponding and overlapping lesson is not to judge a trial as insignificant just because the external situation doesn't seem to be a very big deal. Significant spiritual issues and principles may be represented in seemingly small actions and life situations, *but not always*. The first principle to determining whether this is the case is paying attention for disturbances in the heart. When our hearts are disturbed, we must seek the counsel of the Spirit to determine why. We can be sure Satan is attacking and is seeking to get us to do something. The question is how is Satan attacking our identity in Christ. It is very important to transform the heart to peace BEFORE attempting to figure out what God wants us to do in response to a trial. This is huge. If you try to figure out what God wants you to do while your heart is disturbed, you will be acting while emotional and while the emotive aspects of you are being influenced by Satan's attack. Transforming your heart to peace enables you to be centered in who you are in Christ and allows His Spirit to make

clear the renewed action plan He has for you in the trial at hand. This is the approach of a disciple of Christ. It is a defining characteristic and is a grand difference between believers and non-believers in terms of how we are to handle trials; it is critical to cultivating clear spiritual vision in trials and working with the Spirit to get the perfect correction for spiritual blindness Satan seeks to make permanent.

Continue working to apply these lessons to your life by using the New Opportunity practical application exercise. As we go forward, we will want to focus on issues of transforming even in "lesser" trials, so please, consider sharing with us about your experiences with the New Opportunity exercise as you work to apply it to the little things in life. Jeremiah 12:5 "If you have run with the footmen (little trials) and they have tired you out, then how will you compete with horses (big trials)?"

THE BIBLE'S BIGGER PICTURES

Questions On Discipleship Beyond the Elementary Teachings About Christ

Hebrews 6:1 "Therefore let us leave the elementary teachings about Christ and go on to spiritual maturity..."

This month's Bible's Bigger Pictures article is oriented on answering the following two questions:

1. Does discipleship beyond the elementary teachings of Christ involve starting a new church program or signing up for a discipleship class?
2. How is discipleship beyond the basic teachings of Christ different from being discipled by going to church and in church activities?

In short, the answer to number one above is "not necessarily." The answer to number two will become more clear as we go along in this article. Let's make a couple key points up front. First, the Scriptures indicate that introspection and self-examination are critical skills to spiritual growth. Second, every Scriptural story of someone's trial is a demonstration of how learning to recognize and skillfully work with the dynamics of one's heart and mind during trials is absolutely essential. Scripturally-based guidance in these areas, including practical application work, are vital if you have not received training in them. Working with your trials more actively is more than just experiencing them or suffering through them. Understanding the spiritual dynamics of the heart and mind is more than simply having a heart, having a mind, and noticing changes in them. Having training in the spiritual dynamics of the heart and mind is more than taking Psych 101 (which actually isn't

necessary) or receiving classroom training on the concepts of how the spiritual dynamics work conceptually.

In the most general sense, being disciplined beyond the basics involves learning to spiritually capitalize on the one program in which we are all enrolled: life. Certain issues are inherent in the birth of every person. They are inescapable and unavoidable. When a child is born, the child must be trained to make decisions so as to be prepared for what comes into his or her life. This includes learning that often times not making a decision is, actually, a decision.

Immediately upon birth, the new born baby is nurtured, cleaned, fed, cared for, and looked after. This care is the beginning of teaching the infant about life. The baby begins to recognize the breast of the mother, the strong arms of the father, and the voices, gentle or harsh, of the family. The baby is learning and will continue to do so through life. This initial learning process influences the unique decision-making processes for each individual. Learning as a child is often called "life preparation." We are born into it and cannot avoid it, regardless how effective or poor the influences are.

There are both similarities and differences when a person is born into the family of God. The newborn in Christ is to be nurtured, fed, cared for, and looked after by the spiritual family. The new believer is nurtured with the elementary teachings about Christ and His Body, including the forgiveness of sin, the sacrifice of the Son, the role of leaders in the Body, how to use God's written Word, instruction in baptism, about eternal life and judgment. These basic teachings also include learning the concepts of the old and new selves, renewing of the mind, walking by faith, believing without seeing, and that there are spiritual battles going on behind the external events we often experience. This spiritual training is the only beginning of what we call "being disciplined."* Biblical discipleship demonstrates believers are to move beyond this basic training.

*Several of these basic teachings are listed in Hebrews 6:1-2 where the concept of the elementary teachings about Christ is mentioned. The other basic teachings are mentioned, in large concentration, in Paul's letter to the Romans (some in other Scriptures too). The significance of these concepts being mentioned in Romans is that Paul is writing to the believers there before he actually goes to Rome. In contrast to Corinthians, for example, Paul's letter to the Romans is a presentation largely of foundational beliefs and concepts to Christianity. There may be many reasons for this, but among them is because he has not spent time with them personally. He is not *as* intimately and personally familiar with their practical application issues as he was with other believers with whom he spent time. It was appropriate then that in his letter he establish the "baseline," so to speak, from which he would begin once he arrived. While this was not Paul's only reason for writing the letter, it does mean that the concepts he presents are, in fact, basic, fundamental teachings. Some might argue that many of the concepts Paul speaks of are quite related to discipleship beyond the basics and are sometimes difficult for believers to fully grasp or retain - but of course both those points are true! Still, the complexity of spiritual concepts, Scriptural knowledge and information is *not* the determining factor to whether something is discipleship beyond the basics! Discipleship beyond the basics is the kind of teaching and training that focuses on the "how to" of applying those concepts in real-life trials! Discipleship beyond the basics focuses specifically on moving conceptual knowledge into practical reality. At first glance some of Romans 12-15 might be considered discipleship beyond the basics; in fact, much of those chapters are bold statements by Paul describing what love and submission to God looks like when we follow the Spirit's guidance in trials - the *results* of discipleship beyond the basics. In sum, the teachings in Romans capture the Gospel message and it's results well; still, the focus there is not on being a handbook for discipleship beyond the basics or on detailed practical application issues. When our discipleship focuses on those kinds of topics without practical application in trials, it is critical to the Christian walk, but it is also basic teachings and is not the sum total of discipleship. This is one reason why Paul wrote the letter, but still planned on visiting in person.

The latter part of Hebrews 10 calls for us to persevere, to have a sincere heart, to live by faith during trials, and not to shrink back in trials; yet, the condition of our hearts is not static. This is about discipleship beyond the basics of Christ. When Satan attacks us (i.e. in trials), our hearts are disturbed so that we might become aware we must transform something in our hearts in response to Satan's attack upon us. During trials, the Spirit seeks to provide us the counsel we need to transform our hearts to peace in Christ. How do we transform our hearts or "set our hearts at rest" when our "hearts condemn us" with their disturbances? 1 John 3:18-24 says it is "by the Spirit" secured for us by Christ. How, then, do we set our hearts

at rest "by the Spirit" in a trial? It is one thing to have to work hard at setting our hearts at rest by the Spirit during a trial - Jesus did that in the Garden of Gethsemane (see last month's "Hearts Up"). But, if we are working really, really hard in the trial because, to some extent, we aren't really sure exactly what our part is in "setting our hearts at rest by the Spirit," then we may need to improve our abilities to interact with the Holy Spirit in the real-life trials we experience. In other words, we may need to figure out how, more often, to allow ourselves to be disciplined by The Teacher (the Spirit) as to how to integrate the "program" called life with the Spirit's counsel whenever we are in the midst of trials! This is what we mean by learning "practical application."

To practically apply God's Truth in a given trial, we cooperate with the Lord to accomplish two things that require fighting an inner battle during that trial:

1. Understand how the Spirit is trying to guide us to transform and be "who we are in Christ."
2. Submit to the Spirit's guidance and instruction on how to respond (act) to the trial.

Every believer has done both of these things in response to trials at some point or another. That isn't the issue. The issue is learning to improve in doing our parts to interact with The Teacher so that we might become more consistent in doing our parts in being disciplined by Him, particularly when hearing what He is trying to tell us may really rub against the grain of our old selves! Working with the Spirit to do these two tasks during trials is a critical characteristic behind the concept of being trained by the Lord's discipline.

Hearing, understanding, and transforming in accordance with the counsel of The Teacher, the Spirit of God, involves recognizing there are two parts to the Spirit's counsel.

1. The Holy Spirit authored God's written Word. It contains hugely significant counsel and instruction to us. This form of the Spirit's counsel, the Scriptures, is not to be undervalued! Studying the Spirit's counsel in the form of the

written Word can be developed through regular interaction, training, and learning within the Body of Christ. However, believers often believe the written Word is the *full* measure of the Spirit's counsel to us. The truth is that it is not possible to learn all of the Spirit's counsel and guidance in advance of trials, even from the written Word. There are aspects of His counsel that we must hear with our hearts during trials! This is why it is such a blessing that Christ secured the permanent indwelling of the Spirit for us!

2. The 2nd part of the Holy Spirit's counsel requires us to improve our abilities to hear His instruction and correction in the form of His spoken Word to our *hearts*. In other words, we can improve our part of relating to THE AUTHOR of God's written Word! The Holy Spirit Himself offers guidance in real-time, during our trials, while Satan is attacking us. The Spirit offers correction in our hearts during trials, but Satan seeks to influence us to quench the Spirit's voice within. Understanding the Spirit's counsel involves transforming our hearts so He can show us how to apply our Scriptural knowledge to the trial at hand. When we hear that counsel in a trial and transform accordingly, we have "been disciplined" by The Teacher on the lesson(s) which that trial provides. There are Scriptural principles which govern how we may know we are hearing the Spirit's counsel correctly. Going beyond the basics involves becoming more familiar with applying those principles intentionally and deliberately during trials.

Again, each of us has heard the Spirit's counsel with our hearts in some real-life trials, according to the principles that govern the spiritual listening process. These are the times we experienced peace, acceptance, certainty, clarity and lack of judgment during the trial. Still, we don't usually experience those heart-attributes *consistently* in our trials. This is because we may inadvertently quench the Spirit without knowing we are doing so, while at the same time Satan is influencing our ability to correctly apply Scriptural knowledge to the trial situation.

Though we may glean ways we can practically apply God's Truth to life during trials from what we learn at church, it is virtually impossible for the church Body to teach us how to handle each trial we face. The training the church provide points to interacting with the Lord within; actually doing so is an individual responsibility (just as choosing to follow the Lord is an individual choice/responsibility). Learning to hear the Spirit's counsel to you is an individual responsibility because only you and the Holy Spirit can know what *each* of your trials are. Others may help you; the Spirit is THE Helper. Others may teach you; the Spirit is THE Teacher. People may be with you sometimes; the Spirit is with you ALWAYS. We each have a need to improve our interactions with the Spirit because often times we do not recognize some of our trials as trials - we may see some of them as "normal" events in the sense that we believe they are not of a critical spiritual nature. This is one way we may inadvertently come to quench the voice of the Spirit.

Classroom instruction plays a critical part in spiritual growth, but real-life trials are the proving ground of the "program" called "life." This is the "mandatory program" in which we, as disciples of Christ are enrolled both physically and spiritually. It is where the Spirit seeks to drive home the Scriptural lessons we learn in both personal study and at church. Improving our abilities, in using our hearts to discern the Spirit's guidance to us in the unique circumstances of our trials, is the growth arena for being disciplined beyond the elementary teachings about Christ.

One of the Bible's Bigger Pictures here is that the Spirit can do His part in teaching each of us. On the other hand, we must learn how NOT to quench Him (1 Thessalonians 5:19). To avoid quenching Him and open our hearts to His counsel, we must improve our parts in hearing His corrective guidance more clearly and more consistently. In the learning relationship, the Spirit's part is to teach; your part is to listen, learn, and follow. This implies that in the moment of trial, when you listen to the Spirit, He is going to

enlighten you with something about you that you were not already aware of. That implies that if, in that moment of trial, you think you have all the facts, you are definitely mistaken, particularly when you are not at a place of peace within. By improving our parts of interacting with the Spirit in real-life trials, the teaching and training we receive in the church Body becomes more fulfilling, rewarding, meaningful, and we discover more applications than when we do not interact with the Spirit as intentionally or consistently in trials. When we work to develop our interaction skills, we are more responsive to the personal teaching and instruction the Spirit provides to us in real-time, and are more equipped to rapidly and accurately deal with the unique attacks Satan mounts against who we are uniquely in Christ.

That being said, being disciplined beyond the elementary teachings of Christ requires some individual work that builds on the training we received and are receiving in the church Body. Learning to go beyond the basics does not necessarily have to involve starting a new church program or for individuals to sign up for a new class. It is about building on what we learn at church by integrating real-life experiences into which we have been physically and spiritually born. The individual work requires learning to observe (introspect), understand (with the heart by connecting with the Lord within), and transform during the spiritual battles we experience. As a disciple of Christ, heeding the invisible Teacher within requires doing more than simply living life and having trials... we must become more skilled at paying attention to the spiritual dynamics underlying our trial experiences. It is important to recognize the old-self patterns which are uniquely yours. This will help you to discern the Spirit's guidance and correction. It is important to learn to focus your attention on who you are in Christ once you understand exactly how Satan is lying to you about your True, new-self identity. If you desire guided, step-by-step assistance in these spiritual tasks and skill sets, *Feelings 101: Pain to Peace* is for you; it is designed for this exact purpose. It provides a new-self paced, new-self help resource tailored to assist you in the individual, one-on-one work you can do with the Spirit concerning your trials. It presents discussions and concepts from the Scriptures and mainstream

science, but most importantly, follows that material up with practical introspection questions and totally do-able exercises. If you have questions, all sorts of supplemental information on our website (the book tells you where more is available), and, if you still have a question, you can email us directly. As we mentioned in this month's intro letter, we invite you to ask your questions and participate with us.

HEARING THE HYMNS

I Must Tell Jesus¹

Hebrews 2:8 "Because Jesus himself suffered when he was tempted, he is able to help those who are being tempted."

Matthew 11:28-30 "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Each of us experiences discomforts in our lives and more frequently than we often want to recognize. We often try to ignore them and hope they will go away. These difficulties can come from any number of undesirable situations which cause our hearts to be disturbed: from hurt feelings due to an offense against us, to various losses in our lives caused by broken relationships, the loss of a loved one, or our own physical ailments. The trials we face can include almost anything.

The author of the words to "I Must Tell Jesus," Elisha A. Hoffman (1839-1929), expresses how he handles painful heart disturbances:

Verse 1 - I must tell Jesus all of my trials; I cannot bear these burdens alone; In my distress He kindly will help me; He ever loves and cares for His own.¹

Verse 2 - I must tell Jesus all of my troubles; He is a kind, compassionate friend; If I but ask Him, He will deliver, Make of my troubles quickly an end.¹

Hearing the Hymns

Verse 3 - Tempted and tried, I need a great Savior, One who can help my burdens to bear; I must tell Jesus, I must tell Jesus; He all my cares and sorrows will share.¹

Verse 4 - O how the world to evil allures me! O how my heart is tempted to sin! I must tell Jesus, and He will help me over the world the victory to win.¹

Our part in "...making of our troubles quickly an end" is working with the Spirit to effect the transformation within us. It is the part involving the renewing of the mind that the Apostle Paul refers to in Romans 12:1-2. It involves overcoming Satan's attack on who we are in Christ, and setting our hearts at rest in Him. 1 Peter 1:6-8 captures it beautifully:

"In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith - of greater worth than gold, which perishes even though refined by fire - may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. Though you have not seen him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the goal of your faith, the salvation of your souls.

Depend on the Lord Jesus to hear your prayers, to answer you, and to help you. Trust in Him in your trials and persevere by the strength of the Holy Spirit, seeking to transform your heart however He directs in order to have that "inexpressible and glorious joy." In so doing, you will discover the peace that passes all understanding.

KEYS WEBSITE ALERTS

This month we placed a new link toward the bottom of the page for *A Disciple's Heart*. [Click here](#) to see where it is located on that page. This new link opens up a page that shows a number of questions that the book works to answer and address. In some cases the book addresses why some of those questions are more important than we might typically think they are - the book indicates questions this pertains to. When you are considering your own discipleship needs with the Lord, review this page, it will help. You may want to remember this page when the topic of discipleship comes up with other believers - it can be quite useful. *A Disciple's Heart* can really help you get an idea of how you've been discipled and what more God has to offer you by improving your ability to interact with Him in your heart.

Keys Website Alerts

STATUS OF THE *SERIES*

[A Disciple's Heart:](#)

If you want to generate discussion about discipleship beyond the elementary teachings of Christ and about focusing on The Teacher, *A Disciple's Heart* serves as an introduction to these concepts. It identifies the need all believers have for a strong, two-way, functional relationship with the permanently indwelling Spirit of God. It also specifies the five essentials needed to go beyond the basics, as well as pointing to the two essentials we typically lack training in. Once we get training in those two areas, we are in a much better position to capitalize on either or both of the two environments that really can motivate us and help us hold ourselves accountable for seeking the Spirit's guidance in trials: 1) a spiritual relationship with a human teacher who helps us focus on The Teacher, or 2) a fellowship of believers that focuses specifically on supporting each other to listen to The Teacher.

[Feelings 101: Pain to Peace:](#)

We've added a link to a list of tools and materials that will either come with *Feelings 101: Pain to Peace* or will be made available to you on the website once that book is released. [Click here](#) to see that link; the link on the page says "(see the full list)". [Note: this link is now leads to the page dedicated to the F101 Tools Package.]

All versions of this book are awaiting release. The final release is waiting on us to complete our part of placing the supplemental information (downloadable handouts, question and answer pages, training video(s), links from the e-book versions to the website, etc.) onto the new navigation system for the website. Once we complete that, we will be able to turn on the new website navigation and release *Feelings 101: Pain to Peace*.

Status of the *Series*

ENDNOTES

¹ “I Must Tell Jesus”, Elisha A. Hoffman, (1839-1929) as quoted in The Baptist Hymnal, Convention Press, Nashville, TN, 1991

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