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Our [Statement of Faith](#) may be viewed online.

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SPIRITUAL WARFARE COMBAT TIPS

Holy Spirit’s Leadership: Seek Out the Old To Pass It Away

Ephesians 4:20-24 is a passage with which most of us are familiar. It speaks to the passing away of the old self and the putting on of the new self. In some translations the “passing away” action may be worded as “passed” away, yet the grammar in the original Greek indicates that of a continual action. Those verses speak not to a one time transformation associated with salvation, but to “continued” transformation. With each trial we face, we must transform our hearts and minds in Christ by the power and guidance of the Spirit He secured for us, that we might overcome the temptations and desires of our old selves. This is the nature of spiritual warfare and is a result of Satan’s continued attacks. If you need to brush up on that passage, take a moment to do so. In this article, we will look at how Paul gives some examples of how the practical application of the passing away concept looks in various real-life trials for different believers depending on their old self tendencies. The examples Paul gives follow immediately in verses 25-30.

Ephesians 4:25-30

- 25 Therefore laying aside falsehood, *SPEAK TRUTH EACH ONE of you* WITH HIS NEIGHBOR, for we are members of one another.
- 26 *BE ANGRY*, AND *yet* DO NOT SIN; do not let the sun go down on your anger,
- 27 and do not give the devil an opportunity.
- 28 He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have *something* to share with one who has need.
- 29 Let no unwholesome word proceed from your mouth, but only such *a word* as is good for edification according to the need *of the moment*, so that it will give grace to those who hear.
- 30 Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

Note: caps and italics are part of translation.

In verses 25-29 Paul identifies four specific examples during which we might fail to pass away the old and put on the new:

1. Times we want to speak falsely.
2. Times when we are angry.
3. Times we want to steal even out of “necessity” or to survive.
4. Times when we are attempting to correct one another.

Clearly these are not the only times we might fail to pass away the old and put on the new, so if Paul’s examples aren’t the particular problems we struggle with, this doesn’t mean the lesson doesn’t apply.

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In verse 30, Paul provides one broad, over-riding and all-encompassing principle that applies to passing away the old and putting on the new.

1. Do not grieve the Holy Spirit of God.

Paul indicates that failing to pass away the old and put on the new (verses 20-24) is something that grieves the Holy Spirit of God. Why? Because during the trials when the old must be passed away and the new must be put on, the Holy Spirit of God is the One Who is speaking to your heart and offering you the counsel and guidance on exactly how to do that (John 16:13; 1 Corinthians 2:11-13; 1 John 3:18-24)!

Are we to view Paul's examples as simply a small list of "don'ts," or are we to observe the spiritual dynamics of the heart and mind in the examples which make them "don'ts?" Let's look at some of the examples Paul's presented to see what are some of the heart and mind dynamics we may experience when a trial arises, during which we must pass away the old and put on the new.

Believers may lie (falsehood) for any number of reasons. Sometimes lying may not even seem to be sinful; for example, lying to protect someone else's feelings. A believer may lie to protect his family from consequences that may come were the truth to be told. Believers may also lie in order to portray themselves in an enhanced light, so that others may think more highly of them.

If falsehood will protect someone else other than himself, a believer's mind may rationalize that falsehood is a considerate and selfless act! (Notice how Satan may use feelings of the heart with thoughts in the mind to steer one away from seeing the nature of the old self.) The thought of how "massaging" the truth may alter potential consequences in a situation may even cause a believer to feel less stressed, which is often interpreted as a good thing! A believer's mind may think that, in their situation, the falsehood isn't a lie, but a tactful way of handling the situation. In these moments of trial involving falsehood, the mind's rationale and reasons for falsehood may actually cause a believer to feel more comfortable with the trial situation because they provide a way out of an undesirable external situation!

While the reasons for failing to speak the truth may vary, the moment when the choice between falsehood and telling the truth arises is critical. In that moment, an inner conflict arises. (This is actually true of all trials, though we do not always notice.) The mind provides tons of information explaining how the "real" threat is the external situation (the potential issues and consequences in the real, physical world outside of one's self). It is true that the external situation is part of the problem. However, at the same time various desires arise within, so do feelings, attitudes, preferences, etc. All of these can be among the inner disturbances of the spiritual heart. Together, the mind's input and the heart's input make trial situations challenging; this is part of Satan's objective. On the other hand, the heart disturbances represent a call to action to deal with one's own spiritual battle by partnering with the Holy Spirit within and following our Lord Jesus Christ.

In the moment you *struggle* with whether to tell the truth, you *will* have strong and compelling reasons and motivation for not telling the truth! The urgings and desires of your old self will be strong. If lying isn't an area you really struggle with, then perhaps you have strong and compelling reasons and motivation for being angry and saying and doing what you do while angry. Perhaps you have strong and compelling reasons and motivation for doing something that God doesn't want you to do because you are facing an issue that is threatening to your physical world security. Perhaps you have strong and compelling reasons and motivation for saying something to a spiritual family member in a way or at a time when your brother or sister will not hear. Perhaps you have strong and compelling reasons and motivation for trying to avoid dealing with a situation that creates inner conflict for you. When you are struggling in a trial, you will have strong and compelling reasons and motivation for doing whatever it is that leads to action or inaction in sin. You will have fears, frustrations, or concerns, etc. In trials, the old self rationale may even feel “right,” it may have an air of legitimacy to it, and it may be justifiable by reasons and compelling lines of thinking. This is the first part of Paul's point as demonstrated by his examples, cautions and commands. In the areas of your life where the old self has a stronghold, putting off the old will likely involve a struggle, at least initially as you work to recognize it and acknowledge it. Be prepared for that part!

When it comes to submitting to the Lord, passing away the old self and putting on the new self during a trial, we must first recognize we are experiencing a spiritual trial. Next, it is important to work to pay attention to the Spirit's counsel so as to discern what the old part of us is seeking to drive us to do or not do. This second part involves cultivating detachment towards the old self. We cannot do this on our own. When we do this successfully, it is because we are partnering with the Holy Spirit.

In the initial stages of a trial, it is helpful to seek out what your old self is doing or seeking to get you to do. Some trials may not afford you the time or the environment to seek out what your old self is up to. In such trials, partner with the Lord in your heart and do your best for Him. You can still profit by seeking out the motives and goals of your old self. If later in a quiet and safe environment, by reflecting on the trial while it is still relatively fresh. Don't wait too long though.

Seeking out the motives and aims of your old self during trials can be extremely useful in preparing you to respond to the Lord's counsel for future attacks from Satan. Armed with this knowledge of the Spirit, it will help you to follow the direction and counsel of the Spirit in terms of putting on the new self during your trials.

Seeing Your Old Self When It Is Well Hidden

1. Start with a prayer asking the Lord to give you the courage to clearly see as the Spirit of God seeks to open your eyes to seeing your old self as He sees it in this trial.
2. Take a moment or two to become silent and to calm yourself before the Lord.
3. Argue with your old self. Consider and ask yourself the following to seek out the motivations, fears, passions, logic, and reasoning of your old self.
 - a. Start by verbalizing whatever you can about how your old self may be influencing your motives, actions, etc. in the trial. Then, use the other questions to become more sensitive to the Holy Spirit as He works to help you increase your awareness of old self motives and Satan’s activities within you.
 - b. Is your old self causing you to lose sight of the spiritual dynamics because the external situation seems complex?
 - c. Is your old self causing you to fear a particular outcome to the situation?
 - d. Is your old self causing you to fear some potential “cost” or consequence that might come as an outcome of following the Lord or for doing what you believe God would want you to do in the trial?
 - e. Why would Satan be interested in getting you to fear a particular outcome to the trial situation?
 - f. Is your old self causing you to avoid taking action? Is your old self causing you to take an action you do not believe God would want you to take? (Is your old self trying to drive you or steer you in any direction other than the one God would have for you?)
 - g. Is your old self causing you to judge others or to judge yourself (meaning who you are in Christ)?
 - h. How is your old self using you to create or to perpetuate disharmony (between you and others and/or between you and God)?
 - i. Do any of your old self actions, motives or fears look familiar? Have they played out in your life before in other past trial situations? What happened when you went along with these old self tendencies before?
 - j. Are these old self tendencies part of larger patterns that the Lord may be disciplining you to change?
4. Thank the Lord for what His Spirit has revealed to you, and ask for His guidance and help to act appropriately against these things based on who you are in Christ.

Note for *Feelings 101* Readers: If you are working with the individual discipleship materials in *Feelings 101: Pain to Peace*, the questions above can help you in the exercises dealing with discovering old self patterns with the Painful Pattern Tool (PPT). You can record concise answers in the action/inaction column 3 of the PPT. The answers you get from these questions can also be of great value when you are seeking out the changes God would have you to make in you as you work through the 7 *Spiritual Principles* of hearing the Spirit’s counsel during a trial (Chapters 7 and 8). It

is spiritually normal that the Holy Spirit’s guidance to the new self goes against the motives, inclinations and urgings you discern from the questions above (Galatians 5:16-17). So, when working with Principles 4-7, while centered in who you are in Christ, the changes from Principle 4 and actions from Principle 5 will go against the same old self tendencies. Be sure to test yourself for that!

It is interesting that in Ephesians 4:29 Paul indicates that even when we are working to edify one another in matters of spiritual improvement, there are times when doing so may be considered unwholesome! The act of edifying according to the things of God may become a completely counter-productive and sinful act by virtue of one’s own ill-motive and poor timing. An ill-motive, compelling desire or urging may, in such a situation, be the heart disturbance which indicates our old selves are up to something. Changes must take place within us. Our new selves must be put on. This is why it is so important to test ourselves and to improve our abilities to recognize Satan’s illusory attacks.

While in some trials we may quickly recognize the old self driving us to lie, to cheat, steal, or act inappropriate when angry, etc., the questions above can help us to identify our old selves when inner conflicts arise but when old self goals and drives are not as clearly apparent. In discovering what the old self is seeking to accomplish in a given trial, we can begin to seek the specific areas in which we are personally challenged to put on the new self. In so doing, we will not grieve the Holy Spirit, but rather we partner with Him through submission, drawing upon His loving counsel and corrective guidance. Let us seek out the old self for the sole purpose of glorifying the Lord by submitting to Him and putting on the new self during our trials.

For more about seeking out the old self, Painful Pattern Tool, transforming heart disturbances, identifying old self patterns, discovering the Holy Spirit’s counsel and guidance, and the 7 *Spiritual Principles* of hearing the Holy Spirit’s counsel with the heart, see [*Feelings 101: Pain to Peace*](#).

KEY WORDS

Peace of Christ: Calling the Fouls, Calling the Shots

Colossians 3:15 “***Let*** the peace of Christ ***rule*** in your hearts, to which indeed you were called in one body; and be thankful.”

Note: bold and italics added by for emphasis in “Hearts Up” and are not part of original translation.

This is a verse that is often quoted to comfort and encourage those who are going through trials. This verse may provide such comfort, but it is clear that Paul’s intent was to strongly encourage those going through a trial to examine their hearts for a disturbance of the peace of Christ in order to

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discover what the Holy Spirit was saying to them as they were facing the trial. Let’s examine this extraordinary verse.

“Let ... rule” is the primary verb in this verse. The Greek word for this verb is βραβεύετω. “...this word refers originally to the activity of the umpire ... whose office at the games is to direct, arbitrate and decide the contest.”¹ Here is the grammar used in the original Greek: it is a 3rd person singular, present imperative active verb. In other words, Paul is commanding (imperative) that you as an individual (3rd person singular), in each (continually active) moment (present), **to allow the peace of Christ to function as an umpire/referee in your heart.**

Paul is using the imagery of an umpire/referee in a sporting event, like basketball, to illustrate a spiritual principle. Five players are moving the ball toward the basket and five players are trying to stop the play. All eyes are on those ten players; the fans are on their feet, number 26 is driving to the basket, the yelling rises to a crescendo as he leaps for the lay up; then the shrill scream of a whistle is heard. Quickly the yelling subsides and all eyes move to the person who blew the whistle. The man in the striped shirt is now pointing to a player and shouting out, “18,” toward the sidelines. With the crowd silenced, everyone can hear what striped shirt is saying as he points to number 18. “You blocked number 26 illegally.” Striped shirt moves toward a basket; meekly all the players follow him and take their positions for the foul shots. “Number 26 gets two shots,” says striped shirt and the players visibly relax for the first shot. After the second successful shot, striped shirt gives the ball to a waiting player standing out of bounds. As the play resumes, striped shirt moves from center stage into the background.

We must **let** the peace of Christ **rule** (function like an umpire/referee in our hearts). When a player commits a foul, the umpire calls attention to it by stopping the game. When we come under Satan’s attack the peace of Christ is disturbed within our hearts to let us know there is now something we must address regarding ourselves in the situation at hand. When our peace is disturbed, then as disciples of Christ, we must be disciplined to submit to redirecting our attention to His Spirit’s counsel. The peace of Christ, including when it is disturbed, and the indwelling Holy Spirit work together, in harmony, to communicate to us when Satan attacks. When our peace is disturbed, two things are happening to us personally. Satan is attacking us and the Holy Spirit is speaking to our hearts. The fact that my peace is disturbed means that Satan is attacking me. Satan maybe attacking someone else too, but I don’t need to focus on that until I know exactly what the Holy Spirit is saying to me, not the other person. My peace is disturbed because I have an issue that God is bringing to my attention to transform. The Holy Spirit will help me to see what that issue is and what I must do about it. The issue will always have something to do with who I am in Christ during the specific crisis.

It is important to be aware that when an internal heart disturbance occurs, there is usually some external disturbance going on as well. This is a critical distinction to recognize in Satan’s attack. The external is where Satan seeks to distract us and encourages us to play the “blame game.” We often focus on the external, where we can point a finger at someone else, instead of the internal, where the Spirit of God is pointing at us, even when at first we may not see how that might be. It is necessary to first transform the internal disturbance as God’s child before we try to resolve something

externally. By doing so, we can handle the external aspects of the trial as God would have us to handle them.

I can only regain the peace of Christ by correcting and transforming my own heart. I have no power to transform anyone else. Once I have embraced who I really am in Christ and regain the peace of Christ, I will be able to address the external issue as God would have me to address it. If I try to resolve the external situation before regaining the peace of Christ, I am trying to defeat Satan in my own strength and in my own way without the Spirit's counsel. This is true for each of us as individual disciples of Christ. Trying to defeat Satan's attack during a trial, without dealing with one's inner conflict first, is “quenching the Spirit” (1 Thessalonians 5:19).

In Colossians 3:16 Paul is not saying, “Be at peace!” Paul is saying, “Let the disturbances of the peace of Christ show you how to transform your heart back to a place of peace!” Those are two very different concepts. Peace can be experienced when we listen to the Spirit of God reminding us of who we are in Christ and then address the issues facing us on the basis of who we are in Christ, not on the basis of who we are in ourselves.

The function of the peace of Christ is one of the Key Concepts addressed in significant detail in Chapter 6, “What Peace Is All About,” of *Feelings 101: Pain to Peace*. “The concept of peace ruling means disturbances in the heart stand out in contrast to peace so they can be noticed thus indicating when Satan attacks. Heartfelt peace enables you to recognize when the Holy Spirit begins speaking through the heart due to Satan's attack.”² An overview of our role in conjunction with the Holy Spirit is discussed on [The Holy Spirit: THE Teacher](#) and the two web pages that follow in sequence.

KEY IN-SIGHTS

“When we are longing for an answer or solution to a problem and aren't hearing from the Lord, we sometimes *assume* that the Spirit isn't speaking. We often choose to trust that His solution will come in time because we do not hear Him giving us a solution. When we *assume* He isn't speaking, even though we are longing for an answer or solution, we *assume* we can make choices and act by continuing to do whatever we are used to doing, or by making our own decisions according to our desires. These assumptions lead to sin.”³

That these assumptions lead to sin does not mean they lead to sin each and every time we make such assumptions. However, when we make them while not knowing exactly what the Spirit of God would have us do, we are running the risk that they may be contrary to the Lord's will in the trial at hand, and therefore be sinful. As disciples of Christ, it is important to know exactly what our Lord wants from us in a given spiritual trial so that we do not inadvertently overlook changes He may be calling for us to make due to subtle and difficult to recognize influences of Satan.

HEARING THE HYMNS

I Saw the Cross of Jesus⁴

The words to this less familiar hymn were written by Frederick W. Whitfield (1829-1904). This hymn not only describes God’s work of salvation in a person’s heart, but also the work of transformation. Through this man’s faith in the work of Christ on the cross, he has made peace **with** God. His submission to God in his daily life has brought him the peace **of** God. Let’s see if we can recognize these distinctions in this wonderful, heartfelt hymn!

Verse 1 – I saw the cross of Jesus, When burdened with my sin;
I sought the cross of Jesus, To give me peace within;
I brought my soul to Jesus, He cleansed it in His blood;
And in the cross of Jesus, I found my peace with God.

Verse 2 – I love the cross of Jesus, It tells me what I am—
A vile and guilty creature, Saved only through the Lamb;
No righteousness nor merit, No beauty can I plead;
Yet in the cross I glory, My title there I read.

Verse 3 – I trust the cross of Jesus, In every trying hour,
My sure and certain refuge, My never failing tower;
In every fear and conflict, I more than conqueror am;
Living, I’m safe, or dying, Through Christ, the risen Lamb.

Verse 4 – Safe in the cross of Jesus! There let my weary heart
Still rest in peace unshaken, Till with Him, ne’er to part;
And then in strains of glory I’ll sing His wondrous power,
Where sin can never enter, And death is known no more.⁴

During trials we often don’t want to see the vile and guiltiness of our old self and its ill motives, improper attitudes, and ungodly desires. As verse 2 brings out, recognizing that aspect of us is an important part of having a proper perspective of Jesus’ sacrifice on the cross. In terms of real-life application, it means that when we are in a trial, we must be aware of what our old nature desires. If we are not aware, we may mistakenly believe that our desires are of God when they actually are not; we may assume them to be the result of putting off the old during the trial when in fact that submission to the Spirit’s corrective discipline may not yet have taken place within us!

Having recognized Satan’s attack on us (and what our old selves are driving us to do or not do), it is necessary for us to center ourselves in the new self identity – **who we are in Christ** – as described by the writer of this hymn (Verse 3). Satan would have us believe his lies about our new self identity – that in some way we are less than who we are in Christ.

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For example, (John 18:1-11) in Peter’s trial when Jesus was about to be arrested, Peter felt if he didn’t defend Jesus then he would not be the disciple of Christ he should be. However, Jesus rebuked Peter and pointed out that he should let Him be arrested because it was the Lord’s will that He be arrested peacefully. For Peter to have been aware that his attempt to “protect” Jesus was selfishly driven, Peter would have had to recognize that his inner conflict corresponded to a spiritual trial, and he would have had to seek out what were his own old self desires. (Here is my old desire – I do not want Jesus to be taken away.) Peter then could have taken that issue to His Lord Jesus and asked Him how **He** wanted it to be handled. This is exactly what we are able to do in our trials.

In trials, we must remember what Christ has done for us and the power He has made available to us through His indwelling Holy Spirit that we might be conquerors over Satan’s attacks! When we do, we will be solidly connected to our Lord and Savior during that trial. Then, as a result, we can experience the peace of God (Verse 4).

May we each be still and see the cross of Jesus in our trials.

KEYS WEBSITE ALERTS

The following are changes and additions made to the Keys website this last month.

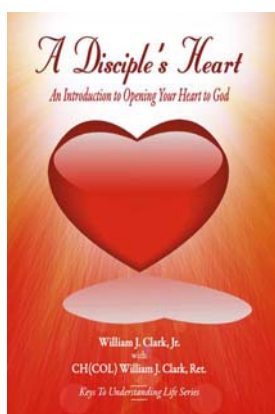
1. *Feelings 101: Pain to Peace* refers *Feelings 101* readers to the *Keys* website for various supplemental tools and materials. If you are reading *Feelings 101* and wish to access the pages containing these materials from your computer, you will want to locate the Supplemental Information section on the website. The Supplemental Information section is listed within the “Keys To Understanding Life Series” navigation menu. The “Keys To Understanding Life Series” button may be found on the menu bar that runs down the left side of the screen. Supplemental Information tools are specifically designed to accompany the materials in the *Keys To Understanding Life Series* books and are not stand-alone tools.
2. The “Find Us on Facebook” badge has been moved off of the main navigation menu and relocated to the Links page in order to make room for two new navigation buttons.
3. The website’s Terms of Use and Privacy Policy have been published. These pages can be accessed from their corresponding buttons on the main navigation menu.
4. One of the issues we’ve wanted to address with the website deals with linking to and sharing links to pages within the *Keys* website. To make it easier for users to identify the pages that are appropriate for linking and sharing, we have added a new feature/service called, “AddThis™,” to selected web pages within the website. You do not have to use the feature to link to pages that display the feature, but you may if you like. Some of you may have seen the bookmarking and sharing menu on many other popular websites. Regardless, our Terms

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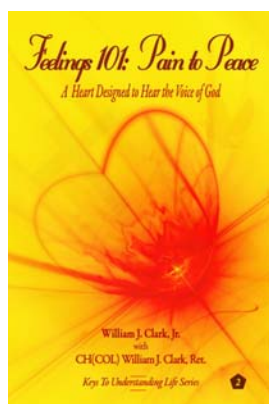
STATUS OF THE SERIES

[A Disciple's Heart](#) (ADH):



A Disciple's Heart is now also available in the new Apple iPad format! This format can be purchased directly through the iPad itself. The ad page for ADH shows the other formats in which this book is available.

[Feelings 101: Pain to Peace](#) (F101):



Several places in *Feelings 101* reference supplemental materials and downloads that are provided to F101 readers on the *Keys* website. To access these materials, *Feelings 101* readers must navigate to the Supplemental Information Section listed under the *Keys To Understanding Life Series* menu.

Feelings 101: Pain to Peace is officially released in hardback, paperback, A dobe Reader™, Kindle™, iPhone, and iPad! It has been picked up by many of the larger e-retailers. It will continue being picked up by others over the next few weeks and months. Visit the *Feelings 101*

page on the *Keys* website for links to its location on popular e-retail sites.

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ENDNOTES

¹ *Theological dictionary of the New Testament*. 1964-c1976. Vols. 5-9 edited by Gerhard Friedrich. Vol. 10 compiled by Ronald Pitkin. (G. Kittel, G. W. Bromiley & G. Friedrich, Ed.) (electronic ed.) (1:637). Grand Rapids, MI: Eerdmans. Quoted in the Libronix Digital Library System.

² *Feelings 101: Pain to Peace*, by William J. Clark, Jr. with CH (COL) William J. Clark, Ret., Innovo Publishing, 2010, page 215

³ *A Disciple's Heart*, by William J. Clark, Jr. with CH (COL) William J. Clark, Ret., Innovo Publishing, 2009, page 50

⁴ “I Saw the Cross of Jesus”, Frederick Whitfield, (1829-1904) as quoted in *The Baptist Hymnal*, Convention Press, Nashville, TN, 1991, page 286

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