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[Statement of Faith](#)

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## THE BIBLE’S BIGGER PICTURES

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### Why Is Hearing God’s Voice Sometimes So Hard?

Hearing God’s voice such that we know His will for us in a given trial is difficult not because God made it that way, but because Satan’s involvement makes it that way. Satan’s deceptions are often hard to overcome because they drive us to look outside of ourselves thus masking the true internal nature of his attack on our identity in Christ. While discovering God’s will for us in some trials is relatively easier than in others, it is important to expect that in spiritual warfare it is normal for some trials to be harder to handle than others. This happens because we are struggling either to hear or accept the Holy Spirit’s counsel and instruction in our hearts.

This Bible’s Bigger Pictures article looks at how Satan’s behind-the-scenes activities cause us difficulties in hearing God’s voice and embracing His counsel with a transformed heart. It is important to match our experiences in trials with the dynamics of temptation (James 1:13-15) as they both bear on this issue. The problem of hearing the counsel and guidance of God’s Holy Spirit

*Overcoming Satan’s deceptions during a trial requires a change of heart that comes from us doing our part in concert with the Holy Spirit’s influence!*

also deals with the fact that our thinking must be renewed (Romans 12:1-2), so that we become more skilled in doing our parts with Him to transform the spiritual dynamics within us during our trials. This involves learning to incorporate the Holy Spirit’s guidance into our problem-solving and decision-making processes on a regular and consistent basis wherever those processes are related to spiritual trials. Though we may study the Scriptures and bring our requests to

the Lord in prayer, Satan’s deceptions within us during trials can be very strong and convincing. Overcoming Satan’s deceptions during a trial requires a change of heart that comes from us doing our part in concert with the Holy Spirit’s influence.

The following are two key ways that Satan seeks to make listening to God and hearing His guidance, counsel, and correction difficult for us in trials.

1. Satan overwhelms us with trials and then tempts us with distractions.
2. Satan nurtures the old parts of us which resist the Holy Spirit’s changes in us.

### **Satan Overwhelms Us With Trials And Then Tempts Us With Distractions**

Often when we face either a really tough situation or we face a series of smaller trials that together seem to blend into a longer, challenging period in our lives, we may become overwhelmed if we are unable to transform Satan’s individual attacks in a timely manner through the power of God’s Spirit.

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A number of things can happen depending on the person:

1. Some of us tend to “over-think” during trials. The intellectual types may tend to think things through to the “n<sup>th</sup>” degree, analyzing every possible angle of a problem without ever getting to the heart of transformation. For some, “mental noise” of self-judgment, guilt or worry can kick in and become nearly impossible to stop or turn off.
2. Some of us tend to get really emotional. Depending on the trial, you may feel like you need a good cry, or become extremely perturbed. Some may experience any number of emotional responses each of which can be quite disproportionate to the situation.
3. In great trials or a series of trials, most of us become stressed, tense, and worn-down.
4. Sometimes we may experience a combination of each of these.

Obviously when these sorts of experiences are prolonged, they can be bad for your health. The fact that these responses wear us down over time enables Satan to distract us from the power we have available to us, in Christ, for transforming these to peace. While there are a number of things that can help us deal with the stresses of trials, ultimately, when we do not transform them to peace it is because we are struggling with one thing: clearly hearing the Holy Spirit’s counsel and making the God-directed changes we must make to transform during the trial(s).

While exercising, eating well, etc. are important, healthy responses to stressful trials, it is equally important to recognize that the above kinds of heart disturbances (and their physical counterparts) are also responses *God designed us to experience* when spiritual battles are going on within us!

When the spiritual battles are going on in us, it means that while there may be something “out there” that might need fixing, Satan is attacking us and we *must* change something in us first (Matthew 7:3-5)! This starts with the recognition that we are in a trial, are being deceived, are being tempted, and that we must overcome Satan’s attack by transforming our hearts in cooperation with the Holy Spirit’s counsel.

If we are not successful in being disciplined by the Spirit of the Lord Jesus Christ within us during the trial(s), the prolonged effect of Satan’s attack can become very discomforting. When we struggle with transformation during a trial, Satan’s attack can continue and it is likely that we will end up seeking some form of distraction as a coping mechanism for dealing with the stresses of our trials. While this does not mean we cannot listen to God or discover His will when we seek a temporary break or distraction, it is at least important to recognize that it is in part what Satan wants. Of course Satan’s goal is that we remain distracted and not return to partnering with the Lord and discovering His will for the trial. Satan would prefer we never discover God’s will for the trial. Satan is fully aware that the first part of the Holy Spirit’s counsel involves revealing Satan’s deception and overcoming it; if we never get to that, Satan will be more than pleased. When it comes to finding it easier to hear God’s voice in trials, it is important to draw closer to God (James 4:8) by submitting to His changes within us whenever Satan attacks.

Taking a break from life’s difficulties is normal and can often be useful when it isn’t used as a means of avoiding the normal, individual discipleship work associated with spiritual battles. As believers, our goal is to learn to renew our minds such that the break we seek to take is in running *to* the Lord in prayer, meditation and listening to Him. As surprising as this might sound, it is

sometimes hard for us to do this in trials because in trials, the first thing we have to change in Christ is the set of desires that arise as a result of Satan’s deception. The inner conflicts we experience in the form of heart disturbances like frustration, anger, concern, worry, etc, almost always correspond to some external situation. For help in seeing through the external to focus on the internal, we must keep pace with the Holy Spirit. In so doing we may realize the truth behind the following verses *during* real-life trials.

***Philippians 4:6-7*** Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

**Satan Nurtures The Old Parts Of Us During A Trial;  
The Old Within Us Then Adds To The Difficulty Of  
Accepting The Holy Spirit’s Changes In Us In The Trial**

This is a reoccurring theme that we frequently touch on in many of the “Hearts Up” editions because an important part of being disciplined by the Lord is to recognize the old parts of us that must be passed away during a given trial. Trials always involve a temptation. Every trial involves Satan’s deception. How often do we stop and ask the Lord to show us how we are being tempted and deceived? Even as believers, being spiritually intimate with, or aware of, our old patterns is critical.

Part of being disciplined during real-life trials deals with recognizing the changes the Lord would make in us. The Holy Spirit’s role is in speaking to our hearts and offering us the counsel and guidance to help us become aware of those changes, but we are to continually improve in submitting to Him and hearing Him clearly in trials. Submitting to the Holy Spirit’s counsel doesn’t always happen just because we desire it consciously. Many times when Satan is attacking us we are not always consciously aware he is doing so due to the deceptive nature of his attacks. As a result, the old parts of ourselves get nurtured by Satan’s attacks without us realizing it, and this, in turn, makes listening to or hearing God sometimes more difficult.

The spiritual tasks of submitting to God and resisting Satan’s attacks are like two opposing sides of the same coin, but with no middle ground so to speak. In spiritual warfare, there is no neutral ground when it comes to handling a given trial: either we submit to the counsel of God’s Spirit in the trial at hand or we will give in to Satan’s attack in the trial at hand. The discipleship aspect of a trial begins with two things.

1. It is by partnering with the Spirit within that we can learn how to apply our Scriptural knowledge to us and our trial. Prayer and listening to the Lord with the heart are part of this.
2. During our trials, God’s Spirit seeks to teach us to see how the influences of Satan’s attacks require us to change.

If, however, we fall in a given spiritual battle, there is no universal law or guarantee that ensures we are aware of all the spiritual dynamics and “facts” pertaining to that spiritual battle. If we are not effectively disciplined in the trial, to an important extent we will remain unaware how to have been

disciplined properly in that trial! In fact, this is because when we fall (stumble, slip, or whatever way we like to refer to it), we are falling to Satan’s deception. While we may realize after-the-fact that we failed in a trial, having been deceived we will not be aware of all the “facts.” To be informed of the spiritual “facts,” we must draw on the power of the Holy Spirit of Truth, listen and transform.

The Spirit of Truth does not just speak to clarify the details of the *external* situation. Actually He **first** speaks to Satan’s deception and the changes we must make internally (i.e. in us) in order to overcome that deception. When Satan attacks, change is always required, not because we’ve already sinned, but rather so that we do not sin. As part of the temptation that accompanies Satan’s attacks, various forms of disturbances in our hearts prompt us to act or not act in any number of ways. The way depends on how we perceive the external circumstances through the distorted “lens” of the temptation. That perception itself (or lust as James 1:14 calls it) is not sin, but it is “evil” in that it will lead to sin *IF* it is not recognized and transformed (i.e., if it “conceives” James 1:15). The Greek word for **lust** simply means “strong desire or longing.”<sup>1</sup>

*We do not resist Satan’s attacks in order to avoid having to change; we have to change in order to resist an attack Satan already has in progress!*

**James 1:13-15** “Let no man say when he is tempted, ‘I am being tempted by God’; for God cannot be tempted by evil, and He Himself does not tempt anyone. But each one is tempted when he is carried away and enticed by his own **lust** (**step 1**). Then when lust has conceived, it gives birth to sin (**step 2**); and when sin is accomplished, it brings forth death (**step 3**).” (Bold and italics added; words in parenthesis added by authors.)

In some trials the time it takes to go from an “incorrect perception” (step 1, resulting from Satan’s deception) to sin (step 2) may be seconds or nearly immediate. We can get more time between these two steps. This happens as we get better at tuning into the Holy Spirit’s voice and learning how the peace of Christ alerts us to the need to pause to deal with heart disturbances before acting on them, even in thought! The fact that incorrect perceptions accompany temptations means that when Satan attacks, we aren’t going to be able to get out of the trial without changing! In short, we do not resist Satan’s attacks in order to avoid having to change; we have to change in order to resist an attack Satan already has in progress! Again, when we do not recognize that Satan’s influences require us (in Christ by drawing on the power of God and His Spirit within) to change the part of us that is tempted, hearing God’s will and submitting to it becomes more difficult. James 1:13-15 describes how temptation works, but it challenges us, by the power of God’s Spirit, to learn to discern the spiritual dynamics of one’s heart and mind from the myriad of external information available during a trial. Look at the following to see the effect of Satan’s attack and how the temptation itself requires change to avoid sin.

1. **Genesis 3:1-6.** Adam and Eve were without sin and each had no old self. However, to resist Satan’s attack containing deception, both would have had to recognize that their desire for wisdom stemmed from a sense of lack as God had created them. The desire for or perception

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of needing wisdom (wisdom being the external focus) was not sin, but the internal sense of lack it masked was untrue. This was the deception. As it was not transformed, it led to sin. This is a “by the numbers” example of the description of temptation as described in James 1:13-15. In order to resist Satan’s attack, Adam and Eve each, individually, would have had to remember who they were as God had created them by drawing on God Who was available to them directly. Only this would have enabled them to change the misperception that they were lacking as God created them; a perception that was a natural part of Satan’s deception. This change would have been required to resist sin and was required even though Adam and Eve had no old self and at the time were without sin.

2. **Matthew 4:1-4.** Jesus, full of the Holy Spirit, was also without sin and had no old self. Satan attacked seeking to deceive the Lord with a trial involving a normal physical need: His hunger. Jesus was hungry; He desired food. This was not sinful; however, in certain trials even normal “good” things can be used by Satan as part of his deception to lead us to sin with the wrong heart motivations! When Satan uses this attack on us, our perceptions of what is “good” can only change by listening to the Holy Spirit within. For Jesus, the natural desire for food was able to be used as part of the deception in that it masked the spiritual untruth that Jesus was justified in demonstrating Who He was at that particular moment in time. While the desire to meet His physical need was not sin according to James’ description of temptation, it was essential for Jesus to transform the perception that He was justified in proving it as a means to meeting His physical need. Jesus’ identity is something He knew in His heart and it did not need to be proven, but it did mean He would still be hungry! Jesus changed within Himself by altering His perception which enabled Him to refocus His priorities, and He supported that change with a verse from Deuteronomy 8:3. This did not mean Jesus was no longer hungry, but it did mean He understood it to be the Father’s will that He be hungry for the time being. In resisting this temptation, Jesus demonstrates that experiencing the peace of Christ is not always the same as being happy or getting what we initially want.
3. **Matthew 4:5-7.** A second attack by Satan sought to get Jesus to test God’s faithfulness and possibly to attract public attention in the process. Again, for this to be a test/temptation some part of this deception had to seem desirable to Jesus at least initially. Perhaps the temptation was in sense that Jesus wanted God’s faithfulness to be seen and perhaps He wanted people to see and appreciate God’s faithfulness. These desires aren’t necessarily bad, but as James 1:11-13 allows, in trials, good desires can be used by the Deceiver to mask motivations based on untruths about our identity. As we see this applied to Jesus’ trial, Jesus resisted Satan’s attack by changing His focus away from the external (the approval of the crowds and testing God’s faithfulness) and shifting it toward the internal (believing God’s faithfulness and Who He is). Again, Jesus supported this change with Scripture, this time from Deuteronomy 6:16.
4. **Matthew 4:8-11.** Another of Satan’s attacks against Jesus was to offer the world and all its kingdoms and glory if Jesus will but bow to Satan. Jesus is going to be the King of all Kings and Satan’s temptation offers Jesus a way to do that which does not lead painfully through the cross. Again, perhaps Jesus takes very little time to process this temptation; however, the



trial offers a deceptively “viable” means to the kingdoms of the world which gives rise to a desire that must be dealt with by Jesus. Jesus resists Satan’s attack by changing Himself and saying, “No” to that desire within Himself. While Jesus has the power to be the King of Kings in a less painful and discomfiting way, Jesus is certain of the Father’s will for Him and so again He does not take the path that is easier and more comfortable. Jesus then commands Satan to leave and quotes from Deuteronomy 6:13.

Each of the above examples demonstrates the relationship between being tempted/deceived and the necessity to change in a trial. Also, each example is from the lives of those who were without sin! If those *without* sin had to change to overcome Satan’s attack and not to sin, then so must we be prepared and seeking to do the same in our own trials. We can do so *in Christ*!

Concerning Adam and Eve’s temptation, perhaps we get used to thinking of them as responsible for “the fall.” It is important to take time to appreciate how deceiving Satan’s deception may have been to them. It is entirely possible that Adam and Eve became so caught up in Satan’s attack that they didn’t see it for what it was; this totally doesn’t mean they were innocent, nor is that said in an attempt to mitigate their sinful response to the trial. It is said because the truth is from time to time we get caught up in Satan’s deceptions and do not see important spiritual dynamics until after-the-fact, right? The point is to learn to pause inwardly and hear God’s voice in our hearts so He can clear up the muddy waters Satan stirs up in trials. Some trials are easier to see through than others, but when they aren’t, it is because Satan is nurturing our old self patterns and thinking in ways that only partnering with the wisdom of God’s Spirit will penetrate.

Of the three temptations of Jesus, the first seems most normal and understandable. The second two almost seem to imply Jesus sinned just by having a desire in response to Satan’s deception. Again, this is only because we usually do not recognize that all temptations are accompanied by deception that creates some incorrect perception within us when we are being tempted. Sometimes these incorrect perceptions are fleeting; sometimes they only appear to be fleeting! To reiterate, the incorrect perception is NOT sin but it does need to be transformed (changed). This is simply part of being involved in spiritual warfare. It is part of being deceived but it is not a foregone conclusion that sin will result UNLESS we do not change according to the counsel of the Spirit within. Jesus recognized the deception and the desires it created within Him, but by His own Spirit (the same Holy Spirit He secured for us) He changed accordingly thus His perception changed and the desires could not conceive and give birth to sin.

The spiritual relationship of changing in Christ as the means to resisting Satan’s attacks applies to us during trials. However, we have an old self and, unlike Jesus, have already had many trials in which Satan was successful in deceiving us. This means that there are trials in which it is going to be a bit more difficult to change against those old patterns. While we may consciously desire to do so, there are other deeper, old parts within us that

*Learning to recognize old patterns and Satan’s deception on us is a big part of being discipled (being taught) by the Spirit during trials!*

resist not Satan, but the Holy Spirit's changes within us. Remember, the conscious desires we have are not the only ones we have. God created us with an unconscious part too! These two parts play specific, spiritual roles in trials and cannot be brought into harm only IN CHRIST via the heart without hearing and embracing the counsel, instruction and correction of the Holy Spirit. Learning to recognize old patterns and Satan's deception on us is a big part of being disciplined (being taught) by the Spirit during trials! It is part of being disciplined in ways that go beyond the elementary teachings of Christ.

*The more we come to embrace change as being a routine part of spiritual growth via trials, the more we can find joy in our trials... [and] the easier it becomes to hear God!*

These dynamics of the heart and mind are directly related to Paul's description of the inner conflict in Romans 7:15-21. While we have the power of God's Spirit available to us, our own old natures must be brought into submission. Again, learning to do this *during* trials is a huge part of the application portion of being disciplined by The Teacher, the Holy Spirit in real-life! When we are consciously aware that this is a normal part of spiritual warfare and fighting spiritual battles in the

Spirit, it can help us to embrace the Lord's discipline in trials with a glad heart. The more we come to embrace change as being a routine part of spiritual growth via trials, the more we can find joy in our trials, *during* them (James 1:2-4). The more we experience that joy, the easier it becomes to hear God.

The *Spiritual Warfare Combat Tips* feature article in July edition of “Hearts Up” discusses more about the conscious and unconscious parts of us and their relevance to the Christian walk as it relates to Romans 7:15-21. *Feelings 101: Pain to Peace* examines the spiritual dynamics of the heart and mind in greater detail, as well as providing practical exercises and tools for partnering with God's Spirit in the heart to see these dynamics in one's own trials. Adam and Eve's deception and the spiritual dynamics behind it are also discussed further in *Feelings 101: Pain to Peace*, as well as how these theological insights relate to our Christian walk today.

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#### **Note for *Feelings 101* Readers:**

- 1. You can use *Feelings 101* tools to monitor distractions and still address trials effectively.**  
When you recognize your heart disturbances and realize you are facing an overwhelming trial or a series of trials that is becoming a bit much to handle, it can really make a difference if you use the Painful Pattern Tool (PPT) and try to begin the listening process with the Lord. If you recognize you need to take a break and get away for a bit, at least note the details of the trial on the PPT. This doesn't take much time and doing so will provide you with all the

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information you need to pick back up on your spiritual warfare work when you are rested and ready. If you intend to use the *7 Spiritual Principles* to aid in the listening process, try to get as far as you can in them, but DO NOT press forward in the listening process until you experience a strong transformation of your heart to peace as described in Principle 4. The connection you experience with the Lord as confirmed by peace within your heart is a most critical foundation for discovering the changes and later the actions God wants you to take. If the trial concludes before you understand all the Lord had to say to you, go through the listening process after the fact anyway – it will help you greatly in future trials.

2. **You can use the *Feelings 101* tools to partner with the Holy Spirit and oppose Satan’s work in nurturing your old self patterns.** The Painful Pattern Tool (PPT) increases your awareness of Satan’s tactics during trials. It helps you recognize what aspect(s) of your identity in Christ Satan works most frequently against (column 4 shows this). And, with regular partnership with God’s Spirit, column 3 will show you the parts in you which Satan actually and actively works to nurture and get you to act upon. This information is critical and it is important for you not just to write it down, but to remember these things about your old self which God’s Spirit can bring to your attention! The work you do on your PPT, particularly in column 3, is directly related to the general changes the Holy Spirit will sum up for you in P4G3! Notice that the real work for discovering the changes comes immediately after the heart transformation is complete (P4G2). As you connect with the Lord and seek to discover changes, review the kinds of things Satan nurtured in column 3 of your PPT – they should be in direct opposition with one another. This is a great way to double-check yourself for honesty before the Lord. Based on the changes you discover, the actions the Lord will lead you to take will be the way(s) He wants you to demonstrate those changes in the external situation. Discovering the actions is in Principle 5. Watch your heart; don’t get your mind set on a particular course of action – let the Holy Spirit guide you through the process. Remember, just because you transformed your heart to peace in P4 doesn’t mean Satan can’t attack at anytime during the listening process! Let the peace of Christ rule and guard your heart! If your heart gets disturbed again, stop and go back to connecting with God’s Truth about you in Principle 4, then resume your listening work.

## HEARING THE HYMNS

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### How Firm A Foundation<sup>2</sup>

Living in today’s world the Christian faces many unique challenges to his faith. The written word of God provides the believer a firm foundation for an unshakeable faith in the work of the Trinity in our world today. Hear how the writer of this hymn expressed this:

Verse 1 - How firm a foundation, ye saints of the Lord,  
Is laid for your faith in His excellent Word!  
What more can He say than to you He hath said,  
To you who for refuge to Jesus have fled?

Verse 2 - Fear not, I am with thee; O be not dismayed,  
For I am thy God, and will still give thee aid;  
I’ll strengthen thee, help thee, and cause thee to stand,  
Upheld by My righteous, omnipotent hand.

Verse 3 - When thro’ fiery trials thy pathway shall lie,  
My grace, all sufficient, shall be thy supply;  
The flame shall not hurt thee; I only design  
Thy dross to consume, and thy gold to refine.

Verse 4 - The soul that on Jesus hath leaned for repose  
I will not, I will not desert to his foes;  
That soul, tho’ all hell should endeavor to shake,  
I’ll never, no, never, no, never forsake!

God’s word tells us that God so loved the world that He sent His Son Jesus to suffer and die to pay the penalty for our sins that whosoever believed in Jesus and His sacrifice on our behalf would receive eternal life (verse 1). After His death Jesus ascended into heaven. Before He left He told His disciples that believers would not be left alone to live by faith on this earth.

The Holy Spirit of God was sent to indwell believers. He is the Teacher, Guide, and Comforter for the believer. He brings God’s word to our hearts. It is our part to listen to that word and make the changes in our lives that God desires. We are enabled to make these changes through the Holy Spirit’s power available to us in order to live pleasing to God the Father (verse 2).

When we go through fiery trials, do we realize that God is allowing this to refine us? Yes, His written Word tells us this. In 1 Peter 1:6-7 we are likened to gold which is refined by fire. In

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Hebrews 12: 4-11 we are told that God’s children undergo discipline for our good that we may share in His holiness. What a special relationship (verse 3)!

The believer’s foe, Satan (the father of lies, the deceiver, the one who comes as an angel of light), is active in our world as he has been from the beginning of time. God’s written Word alerts us to the fact that we are in the same war as God is with Satan. Many of our trials are about choices we must make to live in the new self in Christ versus living in the old self and quenching the work of the Holy Spirit within us during trials.

This hymn reminds us that “though all hell may endeavor to shake” us, by God’s grace (favor undeserved) we can be delivered from Satan’s power during trials if we will do our part to “lean on Him.” Our part is to remember who we are in Christ and receive His peace by transforming our hearts. When once again the peace of Christ rules in our hearts, we can make the changes in our lives that God desires (verse 4).

Words of the hymn came from John Rippon’s *Selection of Hymns*, 1787

This hymn was put to music in Joseph Funk’s *Genuine Church Music*, 1832

## KEYS WEBSITE ALERTS

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We apologize if you encountered any of the few hours the website was unexpectedly down this month. We knew the Contact Us page would be out of synch for several days during the changing of e-mail servers, but this is now finished and the Contact Us page is fully operational.

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**Feelings 101 Readers:** The following new materials were added to the site this month for readers of *Feelings 101: Pain to Peace*. They can be found under this navigation menu button on the Keys website:



A new version, v109031, of the Personal UNtruths and the 7 *Spiritual Principles Expanded* were released this month. They can be found in the Supplemental Information section, specifically the Downloadable References page for readers of the discipleship materials *Feelings 101: Pain to Peace*.

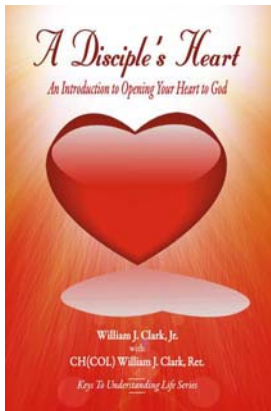
1. The new version of the Personal UNtruths simply corrected a broken link to the Contact Us page.
2. The new version of the 7SP Expanded includes the following changes:
  - a. Corrected a broken link to the Contact Us page.
  - b. Highlights the importance of evaluating the old self (using the PPT) as the initial steps in the listening to God process.
  - c. Adds a new paragraph on page 10 (it is the last paragraph on that page). This addition presents a couple more pointers on how to discover the changes to which the Holy Spirit's counsel will pertain in a trial. It also suggests how to use the 7SP Download to best assist you in that process when working through a trial "after the fact" as part of improving your listening skills.

## STATUS OF THE SERIES

The following spiritual warfare and individual discipleship materials can be found by clicking the links in blue (remember, you must be connected to the internet for them to work) or by looking for them under this navigation menu button on the *Keys* website:



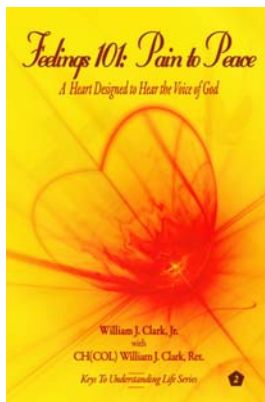
### [A Disciple's Heart](#) (ADH):



This thought provoking book challenges readers to examine how well they are being discipled “beyond the elementary teachings of Christ” during real-life trials. In addition to examining why the Holy Spirit seeks to teach us during life’s difficulties, the material discusses the importance of learning more about the spiritual warfare dynamics within our hearts and minds. The Scriptural “how to” behind these concepts are presented in detail in the second *Keys Series* book, *Feelings 101: Pain to Peace*.

Available in hardback, paperback, Adobe Reader™, Kindle™, iPhone, and iPad, both in the U.S. and internationally! You can find links to popular e-retailers at the bottom of the page at [www.adisciplesheart.com](http://www.adisciplesheart.com).

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



*Feelings 101* focuses on the Scriptural “how to” of transforming the heart during trials by listening with intention to the counsel of God’s Spirit in times when Satan seeks to influence us otherwise. This resource offers multiple tools specifically oriented on assisting you to deal with your specific trials by connecting with The Teacher within. The Scriptural and scientific examinations this handbook contains are augmented by personal practical application training tools and exercises. It is also supported by supplemental information from the *Keys* website (the book indicates when to go to the website).

***Feelings 101* Readers:** 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 look for the Supplemental Information section listed on the bottom right-hand side of the *Keys To Understanding Life Series* navigation menu.

*Feelings 101: Pain to Peace* is available in hardback, paperback, Adobe Reader™, Kindle™, iPhone, and iPad, both in the U.S. and internationally! You can find links to popular e-retail sites based on the format you want by looking at the bottom of the [www.feelings101.com](http://www.feelings101.com) page.

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## HEART TO HEART

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### Unconditional Surrender

by Elizabeth L. Clark  
September 14, 1976 – August 25, 1990

Hidden places  
Never revealed.  
It seems someone might get in.  
The struggle is severe.  
Will it be worth it?

Telling all about myself,  
Clearly insecure  
All is said.  
I want to withdraw.  
What have I done?

Do I live just to exist?  
Or are the risks a part of life?  
They may be devastating  
Or they may lead to miracles.  
What a feat to be able to  
Unconditionally surrender.

Submitted by William Clark Sr.

Elizabeth's poem on unconditional surrender is exactly what it all comes down to in terms of submitting to God and resisting Satan's attacks. Unconditional surrender is exactly what is required of us in a trial when Satan is actively deceiving us, that is, if we expect to hear how the Holy Spirit of God and our Lord is seeking to counsel us, help us, instruct us, and guide us. Spiritual warfare involves more than what we see, hear, think or feel concerning the external circumstances of our trials. Spiritual warfare involves our spirit, the Spirit of God, and the invisible forces which use the external aspects of our trials to mask the true attack on the very nature of who we are in Christ: our Christian identity. The more we come to appreciate the unseen, spiritual nature of spiritual warfare and how the battles involve our hearts, the more the Lord will bring to our attention the very things we must change in order to unconditionally surrender to Him. When we do submit in that way, miracles may happen externally or not, but the miracle we will be thankful for is the one which leads us to surrender to being molded by His unseen, loving hand.

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## ENDNOTES

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<sup>1</sup> Zodhiates, Spiros: *The Complete Word Study Dictionary: New Testament*. electronic ed. Chattanooga, TN: AMG Publishers, 2000, c1992, c1993, Strong’s Identification Number 1939

<sup>2</sup> “How Firm A Foundation”, from John Rippon’s *Selection of Hymns*, 1787, as quoted in The Baptist Hymnal, Convention Press, Nashville, TN, 1991, 338

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