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[Statement of Faith](#)

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## KEY IN-SIGHTS

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“**G**od’s perspective of us as Christians is just that... **God’s** perspective. It is how **He** chooses to view us when we say we are willing (we choose) to follow Jesus/Truth. While we are supposed to live each moment in God’s Truth, we usually remain unaware of Satan’s attacks, deceptions, and temptations... in our thinking. In this way, our relationship with God is like a marriage where He is the forgiving spouse and we are the errant spouse, unknowingly creating dysfunction in the relationship.

Unknowingly, we mistakenly live like the spouse that has taken the marriage vows yet acts in a way that is detrimental to the relationship. We live like the spouse that is unknowingly preventing the relationship from growing yet is unable to understand why the relationship isn’t better than it is. We are often the spouse that sees all the problems but does little to *actually* change the problems within themselves.”<sup>1</sup>

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The point is that, while we don’t always behave that way, we have to exercise discipline over our old selves. We have to hear God’s will clearly in our hearts in each trial. We have to do His will with the right heart, give the outcome to Him with our hearts, and seek His will for the next struggle that comes our way. This is walking by faith and letting God lead; that is the journey of one that participates in spiritual warfare as a willing disciple of Christ, not a reluctant or errant one.

## THE BIBLE’S BIGGER PICTURES

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### Breaking Our Old-Self Chains in a Trial Involves Unlocking Them with God’s Keys

**W**hen we are experiencing a really big decision or a really tough or stressful situation it sometimes seems like finding peace, as well as being certain about what God wants us to do or not do, is like trying to saw through heavy chains with a fingernail file!

**Problem.** When we realize we are in a trial, we may pray, read the Bible and do our best to reason through the facts of the situation. And truthfully sometimes things work out well. When the trial is finally over we feel the wonderful presence of the Lord, we know exactly what He wants, and we are confident we acted according to His will. Sometimes, though, that doesn’t happen. And when we are honest with ourselves, many times during the trial itself we often feel nervous and at least a bit uncertain as to what God wants of us as we try to figure things out.

Often we may go through a trial and never actually experience the peace of Christ that we know is possible DURING the trial (Romans 5:3-5). In some trials we never really pinpoint how Satan is actually trying to deceive us. What’s more, we may not really know what God expects us to do when it comes to doing our part with the Spirit to transform Satan’s deception in our hearts



(beyond praying and reading the Bible). As a result, our sense of certainty of God’s will for us is often elusive. The uncertainty and struggle may give us the sense that it would be easier to UNLOCK the chains that bind us rather than hack on them over and over. We become aware that if we could only figure out the key that fits the spiritual lock, then we would actually have a strong sense of the peace of Christ during the trial! If we could figure out what God wants of us in the trial, if we could hear His non-verbal instruction to us, then we would have a much greater sense of certainty of what to do or not do. That in turn would define us in the very powerfully connected way that we know is possible in Christ; we want that consistently in each trial and spiritual battle!

**Pitfalls and Cautions.** Obviously *Keys To Understanding Life* is about using God’s Keys effectively. God offers His Keys to unlocking the chains of our spiritual battles, but the Keys aren’t magical. What’s more is that just because we know what the Keys are doesn’t mean we can always use them to change and transform as we need to during each of our trials. The Keys are not secret formulas; it’s just that using them involves a series of spiritual responsibilities. This means that using them involves us doing certain things spiritually, i.e., in conjunction with the Spirit within us.

Using God’s Keys, to unlock the chains that Satan uses against us in trials, is supposed to be practical. In addition to meaning they should make a consistent and tangible difference in each of our trials, it also means they must be put into practice. But again, we have to use them in spiritual ways during a trial. The Spirit of God through the writer James (as recorded in James 1:22) says we must be doers. The Holy Spirit makes a critical point. The “spiritual doing” is often the challenge. How do we do our parts in trials and consistently transform the disturbances of our hearts to peace and certainty in the Lord?

As you read the rest of this article, keep in mind the following:

1. Each of us has applied the Keys properly in some of our trials in the past.
2. However, we aren’t always fully aware of exactly what we did in conjunction with the Holy Spirit so He would transform our hearts and minds to peace and certainty in a trial.
3. A person might pray or read the Bible, and it is important to do so. However...
  - a. It doesn’t always prevent our knee-jerk reactions to a trial, or our procrastination in doing what God tells us to do in response to the trial.
  - b. It doesn’t always guarantee we will experience the powerful transformation to peace DURING the trial.
  - c. It doesn’t always work to give us the certainty we need and long for during trials.
  - d. It doesn’t always work in terms of giving us a clear and decisive answer on what exactly God wants us to do during our unique and personal trials!
4. The reason number 3 (above) doesn’t consistently help during every trial is because *we* don’t always change in a trial, not because we don’t necessarily want to, but because we don’t always figure out how. When we do figure out how, our old natures are resistant to the change. Satan works his deceptions in support of our old natures, which resist transformation.
5. Change, or transformation, during trials is supposed to be a continual part of the lifestyle of a believer. That lifestyle can be called “being disciplined.” More accurately, it can be called “being disciplined beyond the basics” or “being disciplined *by the Holy Spirit* during a real-life trial.” A big aspect of discipleship is change, not just learning and acquiring Scriptural or godly knowledge and making up our own minds which verse applies to what situation!

6. Doing one’s part in being disciplined by God’s Spirit in a trial is how He shows us the way to use His Keys in each unique trial. Being disciplined by the invisible and inaudible Spirit requires some self-discipline. Training in this aspect of discipleship is not only helpful, but often needed.
7. Finally, keep in mind that there isn’t just one Key to unlocking chains in a trial. Reducing spiritual warfare to that is flat spiritually naive. There are seven Keys. We may use six of them effectively and consistently, but if we fail to use even one properly, we will fail to experience peace in the trial. It leads us to making spiritual mistakes (sin) during the trial. The seven Keys each guide a part of our actions in a slightly different yet significant way, but at the same time, they all work together as one. Pulling them together in a trial is impossible on our own; that is why Jesus secured the Spirit to teach and guide us in the use of His Keys during our trials.

**Overview.** While all the *Keys To Understanding Life* come to bear in each trial, let’s look generally at 3 Keys to which we aren’t always fully attentive. The overview appears to present 4 Keys, but really its only 3 Keys. One Key, Your Mind, is examined in parts because it has two distinct parts:

Key (What it Locks or Unlocks)	Our Spiritual Response...	...Leads To...
 <b>Spiritual Warfare:</b> (Our Spiritual Trials are Times When Satan Fights Against God; They are Linked to Our Real-Life Events)	Focus Mainly on External Issue We Need to Solve  Focus First on Internal To Transform Heart to Peace	Ungodly Action (sin)  Godly Action
 <b>Your Heart:</b> A Tool God Designed Us With, Which Can... - Experience Satan’s Attacks, Or... - Hear the Counsel of God’s Spirit	Have a Disturbed Heart and Attempt to Reason Our Way through the Trial with Only the Mind  Reorient on Change and Transform the Heart to Peace, then Discover God’s Counsel With a Clear Mind	Ungodly Action (sin)  Godly Action
 <b>Your Mind - The UNconscious Part:</b> A Tool God Designed Us With, Which Can... - Mask Satan’s Attacks From Our Conscious Mind, Or... - Reveal Satan’s Attack on Our Identity*	Look Out and Away from Ourselves (We Won’t Be Aware How Satan is Deceiving Us)  Identify Satan’s Deception in Ourselves In Preparation for Transforming It	Ungodly Action (sin)  Godly Action
 <b>Your Mind - The Conscious Part:</b> A Tool God Designed Us With, Which Can... - Overlook Godly Self-Examination, Or... - Conduct Skilled Self-Examination**	Fail To Self-Examine, to Identify Old-Self Patterns, or to Recall God’s Guidance to Us From Past Trials  Follow the Spirit’s Lead in Self-Examination and Discover His Specific Counsel for a Trial	Ungodly Action (sin)  Godly Action

\* Identity in Christ. We must skillfully use our hearts to pry from the UNconscious mind how Satan is attacking our new-self identity.  
 \*\* This self-examination must draw on what the Spirit is teaching us about patterns in Satan’s attacks against us personally.



**Spiritual Warfare.** How skilled we are at recognizing our Spiritual Battles and how we tend to approach Spiritual Warfare are both aspects of the Spiritual Warfare Key for unlocking chains in a trial. The Spiritual Warfare Key represents God the Father, as well as Satan and his fight against the Father’s plans.

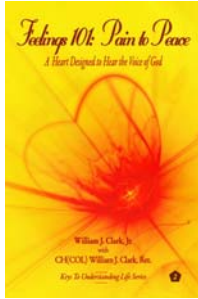
**Spiritual Warfare – Recognizing the Battles.** Recognizing our spiritual battles is the essence of Principle 1 of the 7 *Spiritual Principles* described in the book, [Feelings 101: Pain to Peace](#). Just knowing the fact that we face spiritual battles is head knowledge; it doesn’t make us skilled at actually recognizing our own spiritual battles. Most of us can recognize our “obvious” spiritual battles. But, if we are only good at recognizing our most obvious trials, then our spiritual vision is not as honed as it could be *because* we aren’t cooperating with the Holy Spirit in being disciplined to apply our knowledge of the Bible. When we can recognize only some of our trials, then we are missing out on key, need-to-have “hands on” spiritual experience that comes from learning through trials. When we fail to identify a trial, then we go through that trial without changing. What’s worst is we can’t expect that, even though we fail to recognize a trial, somehow we are going to effectively do our part in submitting to The Teacher (the Spirit of God). We can’t expect to manage to get through a trial that way without making spiritual mistakes (sin). If we think it’s possible, then we are seriously underestimating our enemy, Satan. We are also seriously underestimating the importance of fulfilling our responsibilities in the actively-submitting-to-God department during trials!

When we aren’t skilled at recognizing our own trials, we unwittingly reinforce our old natures, the nature which would be responsible for *not* recognizing trials. We also allow Satan to rob us of our opportunities to be disciplined beyond the basics (i.e., head knowledge) by the Holy Spirit. *Why is this?* It is because trials are linked by spiritual relationships. Trials are linked by reoccurring patterns in Satan’s attacks against our true identity in Christ. They are also linked by lessons and disciplines the Lord tries to get us to embrace so that we *actually* grow. A big part of our job during our trials is to learn from the Spirit what those patterns, lessons and disciplines are. When we improve in this area, it helps us to discern the instruction of God’s Spirit and unlock chains in our spiritual battles.

**Spiritual Warfare – An Issue of Openness toward Spiritual Battles.** This is the second part of the Spiritual Warfare Key. As the diagram above shows, our “approach” to spiritual battles has to do with which spiritual direction our attention flows once a trial starts. One approach is that we can focus on the external issue in order to immediately try to solve it. Of course we have to evaluate the external issue and respond to it. But, when our hearts are not open to treating a problem or troubling situation as fundamentally a conflict between God and Satan that is involving us, then we won’t tend to treat the problem as a spiritual battle in the fullest sense. This seriously limits our ability to unlock a chain in spiritual battles.

To avoid acting in ways that contribute to keeping our chains locked, the other approach we can have toward our trials is to focus on the internal, spiritual issue and transform our hearts first before trying to figure out the external solution on our own. When we do this, we are more open to doing our part to hearing and following the Spirit’s guidance, which unlocks chains. This aspect of our approach to trials is closely related to how we use the Heart Key. This is because, particularly at the start of a trial, the importance we place on examining and transforming the contents of our hearts greatly influences our approach to trials. We’ll look more at the Heart Key in a moment.

At the start of a trial we can put into practice the Scriptural concept of facing spiritual battles by seeking out the spiritual aspects of a battle, and not just the external aspects. This involves pausing (at least on the inside) in order to refocus on the spiritual part of the trial. (This is the essence of Principle 2 of the 7 *Spiritual Principles* described in the book, [Feelings 101: Pain to Peace](#).) One effective way to do this is by connecting the external situation with the disturbance we experience in our hearts. The disturbance may either be emotional (we feel something) or emotive (we want something and don't want other things). The external issue can be connected with the internal heart disturbance in a simple sentence or thought. A couple examples are shown on the [“What Is Practical Application”](#) page of the *Keys* website. Detailed step-by-step training is provided in *Feelings 101*.



**Your Heart.** Once you recognize that you are in a spiritual battle, Your Heart Key becomes vital to unlocking chains with which Satan seeks to bind you. Mark 7:21 records Jesus as saying that it is from the heart that evil thoughts and actions arise. This echoes Proverbs 27:19 which says, “As in water face *reflects* face, so the heart of man *reflects* man.”

God designed our hearts to do a couple things:

1. God designed our hearts to function as a warning system.
2. God designed our hearts to be capable of changing.

Reality Check:

1. When the heart is transformed to peace, it helps us hear God's voice in our hearts during the trial.
2. When the heart is *not* transformed, we will be emotionally driven by Satan-influenced desires. So while God designed our hearts to connect with Him, Satan can use it to cripple any hope of unlocking chains easily during a trial, so long as the heart isn't transformed.

**Your Heart – A Spiritual Warning System.** God designed our hearts to alert us to times when Satan is attacking us and the Spirit of God is seeking to counsel us. One of the invisible attributes of God (a part of His divine nature referred to in Romans 1:20) is true peace. God designed us to be able to experience His peace with our hearts. When Satan attacks us, that inner sense of true peace is disturbed. That disturbance alerts us that Satan seeks to drive us toward spiritual error (sin), so that we can change in order to overcome Satan's influences within our hearts. When we do this, peace is restored in our hearts. Philippians 4:6-7 talks to this when it says, “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.” A key part of that promise is not about simply praying, but praying with *thanksgiving*. During our trials, we cannot pray with the heartfelt attitude of thankfulness towards the trial itself

*...when we don't pay attention to the alerts of the heart, we aren't getting into the best position to unlock chains effectively!*



until our hearts are transformed. In sum, when we don’t pay attention to the alerts of the heart, we aren’t getting into the best position to unlock chains effectively.

**Your Heart – Able To Change In A Trial, But Not Without God’s Help.** The way God designed our hearts to work is different from how the mind works. Still, we often confuse the two. Sometimes when we have a particular intention in our minds, we think that that reflects the content of our hearts, but that isn’t always true, especially when Satan attacks and we are in a trial. For our intention to reflect a “change of heart,” something has to change in us to reflect true thanksgiving.

As we mentioned (when we were talking about Spiritual Warfare), the content of our heart determines whether our attention focuses and remains on the external issue of a trial, or whether it takes us inward to focus on the internal, spiritual issue behind the trial. So before our hearts can reflect something of true thanksgiving in a trial, our hearts must first *want* to recognize and accept that we are in a trial, a spiritual battle! Said differently, the true desire of our heart is first revealed in whether we even want to deal with some real-life issue or problem as a spiritual battle! Sometimes we don’t! Why?

1. Satan may get us to thinking that experiencing trials is a mark of spiritual weakness or failure.
2. To approach a problem or issue as a spiritual battle we have to do a lot more work than a person who isn’t trying to solve it as a disciple of Christ.

When in our hearts we don’t really want to deal with the “extra” attention and effort required of a disciple, then we will simply treat the problem or issue as “normal” or as anything except what it is: a spiritual battle – and we’ll feel OK in doing so. Again, this is how the Heart Key determines how we use the Spiritual Warfare Key, and both are indispensable to unlocking chains.

Once we’ve trained ourselves to recognize our heart disturbances as indicating a spiritual battle has begun for us, the next overall step is to transform the heart back to peace. By doing so our minds change and will be able to think clearly during the process of seeking out and discovering God’s specific will and the response He wants us to take to the trial. However, we cannot change our hearts on our own. During trials, we must cooperate with God’s Spirit for our hearts to change from being disturbed to being peaceful. So while the content of our hearts is something which is possible for “us” to change, God designed us such that we need to work with Him to change it consistently, one trial at a time. This is one way God created us to remain aware of the extent we need Him.



**Your Mind – The UNconscious Part.** When it comes to unlocking the chains we experience in trials, the next Key we tend to underestimate or submit to the Lord is the Mind. The reasons for this are several:

1. The mind has two parts: the conscious part and the UNconscious part.
2. God designed the two parts of our minds to function one way when everything is fine and we aren’t in a spiritual battle; He designed them to function very differently in trials. God did this because it relates to giving us free-will (Chapter 4 of *Feelings 101*).

3. God designed our minds to function in direct relationship to our hearts, specifically in relationship to whether our hearts are at peace or disturbed.

**The Mind – An Overview.** When it comes to spiritual problem-solving and decision-making, it is not uncommon to hear Christians say, “God gave us a brain so we can figure things out.” That’s true, but God (Proverbs 3:5) also says, “Trust in the LORD with all your heart and do not lean on your own understanding.” “Trust in the Lord” does not refer to a default state of being for followers of Christ, or to a mere *desire* to trust Him. In trials, both a godly heart *and* the correct action or inaction God directs us to take are what demonstrate trust. To discern what He wants us to do by using our minds, our hearts must transform to peace during the trial. This is because God isn’t a God of inner turmoil and disturbance. When our hearts remain troubled in a trial, it may be “normal” in comparison to how most people react to trials, but it isn’t reflective of the true act of trusting in the God of Love and Peace. Until we allow the Lord to turn the Key of our Hearts to peace, the Mind Key will lock on to “our own understanding.” With this in Mind, let’s look more closely at the UNconscious part of the mind!

**The UNconscious Mind – Satan’s Point of Attack.** The name, “UNconscious mind,” is one that has been ascribed to a real part of the mind, but only fairly recently in modern times. However, just because the words *unconscious mind* aren’t in Scripture doesn’t mean the aspect of the mind it refers to is simply a man-made distinction. In Romans 7:15-21 Paul states an observation to which the Spirit of God opened his eyes. Paraphrased, Paul is saying, “I don’t do the godly things I’d like to do, but the ungodly things I don’t want to do, etc.” Paul has seen in himself, as we can see in us, that while he has certain godly things he consciously wants and intends to do, the “evil” within him drives him to do the opposite.

The “evil” (Romans 7:17) that Paul says drives him in such situations stems, of course, from Satan’s attack and influence within him. The *power* that evil possesses in overcoming his conscious godly wishes has to do with the way Satan twists the God-given power and purpose of the UNconscious mind. It is a scientific fact that between the conscious and UNconscious parts of our minds, the latter is the more powerful of the two. This is because God designed it that way for many very practical reasons, including spiritual reasons (for more on this, see Chapters 3 and 4 of [Feelings 101: Pain to Peace](#)). When Satan attacks us, his attack begins in the UNconscious part of our minds, which is why we aren’t always aware when it happens. The UNconscious mind can mask Satan’s attacks from our conscious minds unless we train it to pay attention. Choosing to do the work, in Christ, to train this part of our thinking is one of the ways we are to use our God-given free-will. Regardless, when Satan is influencing us our conscious thinking does *not* automatically govern our UNconscious thinking. Unfortunately, if we do not become aware of Satan’s attack, we won’t be able to transform it in Christ. As a result, we will do things that we really don’t want to do! In short, Satan’s attack in the Mind must be overcome through transformation, and the tool for that, as we discussed earlier, is Your Heart. Training and renewing both parts of the Mind in a trial is a Key which unlocks chains.

**The UNconscious Mind – Repository of Identity.** Let me touch on one final point about the UNconscious Mind and why it is Key to unlocking chains in trials. While we do have a conscious

sense of identity, it is in the UNconscious part of the mind that our deeper sense of identity is actually created and maintained. When Satan attacks, he really doesn't care so much about us personally. Satan is attacking Christ in us. More to the point, Satan attacks our identity in Christ. That attack starts in this deeper part of the mind, the UNconscious part, because it is there the battle over our identity must be fought. When we fail in that battle, we “do what we don't want to do,” i.e., we act in ungodly ways. [[March 2011 through June 2011](#) “Hearts Up” editions dive into various aspects of our identity in Christ and its relationship to our spiritual battles. [February 2010](#) (Bible Bigger Pictures featured article) looks at how Jesus' temptations related to identity issues too. [July 2010](#) edition gives examples of rationale we sometimes UNconsciously have that resists our need to transform the heart and renew the mind.]

After Romans 7, Paul goes on to say that the key to overcoming the old nature is to set one's mind on the desires of the Spirit (Romans 8:5) because the Spirit assists us in killing the misdeeds of our old nature (Romans 8:13). In other words, we don't have to become psychologists to fight spiritual battles just because they involve the UNconscious part of our minds. However, to submit Your Mind Key to the Spirit for unlocking Satan's chains, it helps to work on recognizing the aspect of our identity in Christ, which Satan seeks to attack. That involves more than simply *wanting* Him to kill the old nature when it seeks to assert itself. It involves more than simply knowing our identity is to be defined by Christ in us. We have to do our part to discover how the trial is presenting us with the opportunity to deny our old nature. We have to know what our old natures want so that we can deny it. When this doesn't seem to be happening quickly or easily in a trial, we have room for improvement in learning to be disciplined by God's Spirit during real-life trials.



**Your Mind – The Conscious Part.** Having looked at some of the importance of the UNconscious mind, let's look at the conscious part of the mind. To unlock the binding chains of evil during our trials, the conscious part of Your Mind has to conduct some kind of skillful, godly self-examination. This is only possible after we recognize we are in a spiritual battle, and after Satan's attack on our identity in Christ is transformed through the heart.

**The Conscious Mind – Tainted When Under The Influence... of Satan.** While God gave us a brain, He intends for us to use it in godly ways. That takes work (again, Hebrews 12:4-6). It involves renewing the mind during trials (Romans 12:2). We ought not to expect that when we use our thinking during trials it will look anything like how other folks in the world go about thinking and problem-solving. When we use our God-given minds, in a way commensurate with the respect that serving Him in our spiritual battles demands, then again, it requires more work than the average person has to go through. This spiritual work is necessary because the mind isn't able to be free of Satan's attacks until the heart transforms through cooperation with God! So until the heart is transformed during a trial, we must expect that our thinking *will* be tainted in some way *because* Satan is attacking!

*We all have personality flaws. A godly self-exam isn't just being able to name some; it is seeing how Satan uses them in trials, and then acting against them...!*

**The Conscious Mind – Intended For Godly Self-Examination.** Godly self-examination is the coup de grace when it comes to seeking God's counsel and unlocking chains. We all have personality flaws. A godly self-exam isn't just being able to name some; it is seeing how Satan uses them in trials, and then acting against them in cooperation with God's Spirit! Godly self-examination is vital to ensuring that we seek out the Holy Spirit's counsel on how to respond to our trial. It is crucial to ensuring we remain “in Christ” in the process. If our hearts become disturbed at

any point during the self-examination process, we must stop again and return to transforming our hearts to peace. This takes godly effort and discipline. The good thing about having a heart disturbance during the self-exam is it indicates that whatever we hit on during the exam is an important spiritual issue. It indicates it is an issue to which the Holy Spirit is alerting us because Satan is trying to use it somehow to throw us off!

For additional reading on what's involved in godly self-examination, below are a couple “Hearts Up” editions that give examples and look at its role in discerning the counsel of the Spirit of God:

1. [May 2010](#), “*Holy Spirit's Leadership: Testing Yourself Requires Attention to Trials*,” (Spiritual Warfare Combat Tips featured article)
2. [June 2010](#), “*Holy Spirit's Leadership: Seek Out the Old To Pass It Away*,” (Spiritual Warfare Combat Tips featured article)
3. [August 2010](#), “*Holy Spirit's Leadership: Recognizing the Old is Part of Hearing God's Direction*,” (Spiritual Warfare Combat Tips featured article)

Godly self-examination is not about just having knowledge of the Bible, but about recognizing that the renewed kinds of actions God would have us to demonstrate in trials are not actually strange and atypical for followers of the Lord. To be fair, our renewed actions may often look strange and atypical to the world or even to believers who don't actually let God lead their actions but think they do! Regardless how others view our Spirit-led actions, it is indeed profitable to study God's written Word so we can better appreciate the kinds of things He has His people do or not do, both from the New and Old Testaments. We can see for ourselves that demonstrating faith, trust in the Lord and being thankful in trials often looks very different from how a “normal” person would react to trials. Those are foundational examples for us. While God may not always have us do exactly what He wanted someone else to do, on the whole, we can see that His direction to His followers definitely looks different from the way people in the world react to similar kinds of trials. The point is that when we are self-examining, the options that we consider before the Lord, with hearts at peace, are at least going to look different from the way we personally have acted in the past. This is one of the ways Your Mind Key unlocks chains.

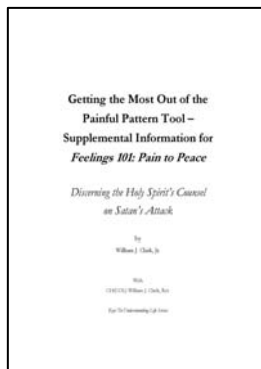
In conclusion, our thinking is tainted in a spiritual battle until we transform our hearts. However, this doesn't necessarily mean we are sinning or that we will sin; it simply *leads* to sin if we don't



transform our hearts before arriving at a conclusion about how we think God wants us to respond to a trial. As you study God’s written Word, as you petition the Lord Jesus Christ, and as you seek the Counsel of God’s Holy Spirit, remember that a godly perspective and use of the Spiritual Warfare, Heart and Mind “Keys” are essential to success in your spiritual battles.

## STATUS OF THE SERIES

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No later than October 15, 2011 we will be publishing a 30+ page e-pamphlet called, “Getting The Most Out of the Painful Pattern Tool – Supplemental Information for *Feelings 101: Pain to Peace*.” You could call it a mini-course in godly introspection. This free study tool is for those who have read and are using the *Feelings 101: Pain to Peace* (F101) personal discipleship course. If you’ve been using F101’s Painful Pattern Tool to really get better at seeking out the old self so you can partner with God’s Spirit to kill it as much as possible, then you will want to download a copy of this e-pam ASAP! It will be provided in an Adobe PDF format from the Supplemental Information section of the *Keys* website.

The e-pam is best used after you have already begun using the Painful Pattern Tool in conjunction with the Worksheet Questions and Exercises presented in *Feelings 101*. It is also best used once you have intentionally used the *7 Spiritual Principles* to work through a few trials.

This e-pam is fresh material and has two main parts:

1. The first part is the hands-on portion of the e-pam. You can use it to increase your introspection skills and to get better at hearing the Holy Spirit’s counsel concerning your old self tendencies that Satan tries to reinforce in you during a trial. It consists of a variety of useful introspective questions. This first part is short and intended for practical use as you study a trial.
2. The second part consists of five appendices and is the bulk of the e-pam. This part is for increasing your general, practical spiritual warfare education. The appendices are intended for additional information, reading, and study when you are NOT in trials. The appendices give examples and detailed explanations of:
  - a. Different kinds of trials:
    - i. Deceptively Simple and Seemingly Insignificant Trials
    - ii. “Single Issue” Trials
    - iii. Three Kinds of Complex Trials
  - b. Other issues and considerations you may want to keep in mind when using the self-evaluation questions to partner with God’s Spirit to discover Satan’s deceptions in you.

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We thank you for your patience while we’ve worked on this e-pam project. As many of you may know, we actually began the development of it about a year ago. However, we’ve had to put it on hold a few times due to speaking engagements and discipleship training we have been conducting. We’ve also had to put the e-pam project on hold because we’ve been editing the third book in the *Keys Series* (hopefully to be announced soon). Please continue to pray for us in that endeavor.

## **HEART TO HEART**

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### Why Me?

Why Me? That was one of the early thoughts that emerged from the confusion that had immobilized my thinking. The doctor had just said, “You have a cancer.” The words that formed in my mind after that seemed to raise nothing but questions. What if I die? What will happen to my family? What procedures will be done? What will this cost? Where will we live? How will we get through this? At that time, 1 Corinthians 10:13 took on a new meaning to me. God says, “No temptation (or trial) has overtaken you but such as is common to man; and God is faithful who will not allow you to be tempted beyond what you are able, but with the temptation (or trial) will provide a way of escape also, that you may be able to endure it.”

The truth is we live our lives expecting things to go smoothly. When circumstances distort our well-formed plans we get angry, frustrated, or sometimes feel defeated. If I am honest with myself, I must admit that I have asked, “Why me?” during a number of unpleasant experiences. On one such occasion a friend said, “Why not you? Has God promised that you would never have trials?” Those two questions certainly put things in a different perspective. Why not me?

I began to do some internal introspection, instead of just focusing on my external circumstances. Just because I was facing a life threatening disease, that didn’t mean God was taken by surprise. At the very least, this disease meant God was interested in showing me something about me. I was about to learn how God was going to walk me through a cancer experience... and it would be a blessing.

Introspection is part of how we work to hear God’s counsel with our hearts. It is critical to responding to trials. It is a fundamental truth of discipleship. I became increasingly aware of the need for introspection and to be trained in that truth during the 28 years between my trial with cancer and the time when Keys to Understand Life was established. It certainly is important to study the Scriptures, but without studying our lives (through godly introspection) we cannot adequately see how those Scriptures are to work in our individual experiences. To claim God’s promise in 1 Corinthians 10:13, we have to experience trials. If that is true, then work problems, parental challenges, health concerns, marital misunderstanding, finances, life changes, etc., become opportunities by which we can learn and work with different expressions of God’s activity in our lives. This is what Hebrews 6:1 means by “leaving the elementary teachings about the Christ” and pressing on to maturity.

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I still would like things to go more smoothly in my life, but when they don't, instead of saying, “Why me?” I'm learning more to say, “Why not me?” This perspective has opened my spiritual eyes to see what God can do in my life by using the Keys He has offered to us.

Submitted by: William J. Clark, Sr.

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If you write poems, psalms, lyrics or prose of faith, and would like to share one of them with others in a “Hearts Up” edition, you may submit it for consideration for the *Heart To Heart* feature. You may also submit a personal story or testimony of your own to share how one of the articles or the *Keys* materials helped you draw closer to God during a trial. You can email your submission through the [Contact Us](#) page or send it to the snail mail address provided on that webpage. Be sure to read the **Contribution Guidelines** before sending us your submission. You can view those guidelines by clicking the link provided on the Contact Us page itself.

## ENDNOTES

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<sup>1</sup> *Feelings 101: Pain to Peace*, William J. Clark, Jr. with CH (COL) William J. Clark, Ret., Innovo Publishing, 2010, p.190

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If you find this e-publication beneficial to your walk with Christ and would like to give a financial gift to the *Keys To Understanding Life* ministry, you may do so by mailing your gift to our Snail Mail Address (our current Snail Mail Address is always listed on the [Contact Us](#) page on our website).

Our ministry is not yet a non-profit ministry, although our goal is to be a fully non-profit organization in 2012. As it is, at this time any gift that is given is a “true gift” in the sense that it is not tax deductible.

Gifts should be made to the name: William J. Clark.

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