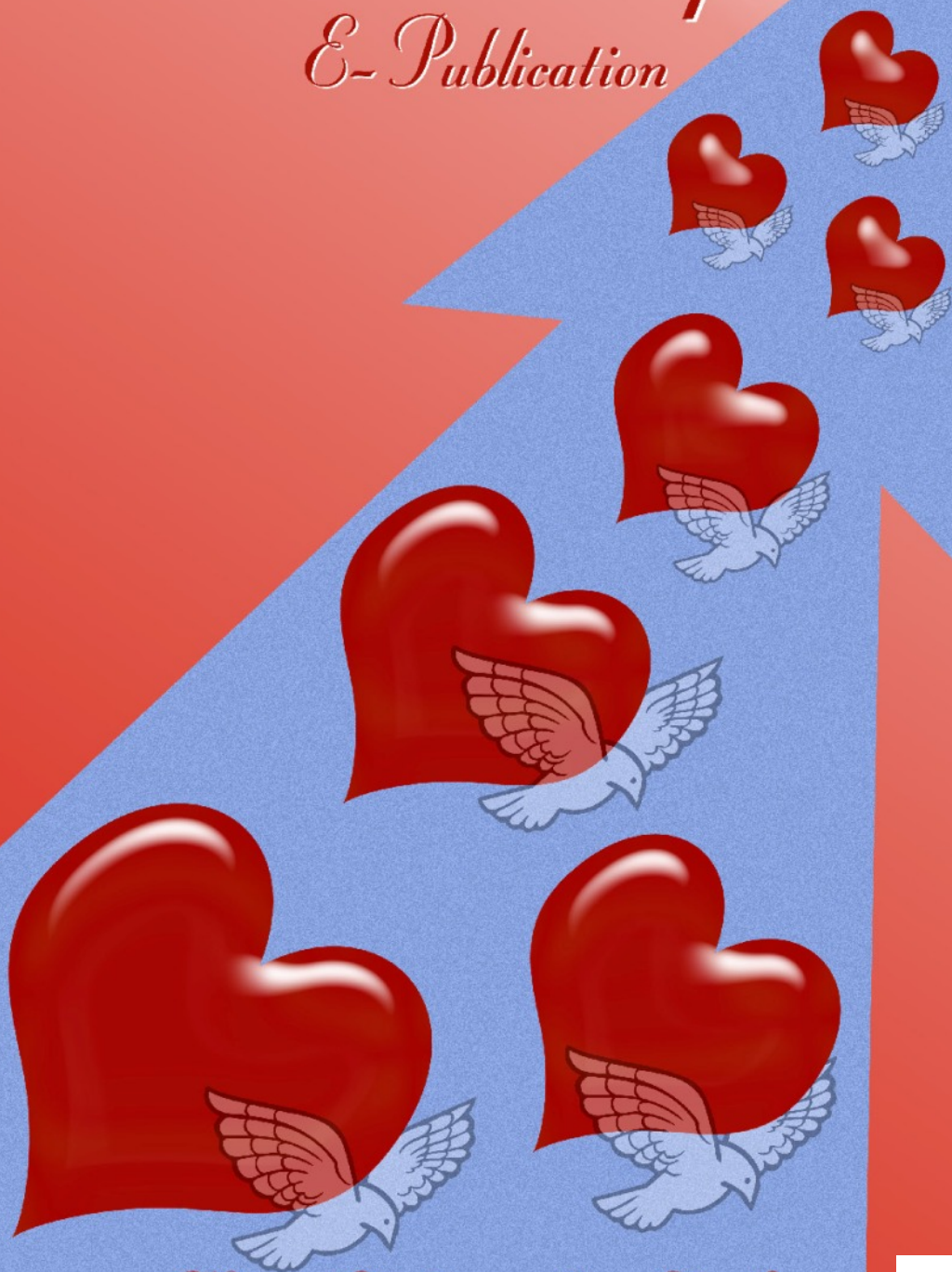


November 2012

ISSN 2155-5826

“Hearts Up”

E-Publication



Keys to Understanding Life Series

“Hearts Up”
ISSN 2155-5826

Published by
William J. Clark, Jr.
with
CH (COL) William J. Clark, Ret.

4th major publication in the *Keys To Understanding Life Series*

www.keystounderstandinglife.com
www.keystounderstandinglife.org

Copyright ©2012 by William J. Clark, Jr.
All rights reserved.

All Scripture quoted from the NEW AMERICAN STANDARD BIBLE®, Copyright © 1960, 1962, 1963, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission. All rights reserved.

Cover Design: Practical Photography & Publishing

Made in the United States of America

Can I share my copy of “Hearts Up” with others?

(Limited Permissions) – **Last Revised October 2012**

The articles and contents in each edition of “Hearts Up” are owned and copyrighted by the authors of *Keys To Understanding Life Series*, except for those which we indicate are submitted by our readers or which we indicate come from sources other than ourselves.

General

1. Individuals and organizations (including non-profit and church organizations) may not sell or republish a “Hearts Up” edition. You may not remove, modify or separate out articles or parts from a “Hearts Up” edition without first receiving our written permission.

Electronically Forwarding “Hearts Up” Editions

2. You may electronically forward the “Hearts Up” e-publication PDF file in its unmodified entirety to others.

Printing, and Sharing Printed Copies

3. You may save, download and print “Hearts Up” editions in accordance with the *Keys* Website [Terms of Use](#) and [Privacy Policy](#). You may share printed copies of “Hearts Up” editions *only as long as the unmodified “Hearts Up” edition is printed and shared in its entirety.*

Quoting

4. Quotes less than 200 words must be for the purposes of reflecting the context and intent of the article. Quotes less than 200 words may be printed in newsletters, bulletins, and other materials that are NOT sold, as long as the following accompanies the quote: “Hearts Up”, ISSN 2155-5826, __ (month), __ (year) edition, page __, e-Publication of KeysToUnderstandingLife.com, ©20__ (year) William J. Clark, Jr.
5. Quotes may not exceed 200 words without first receiving our written permission. The use of quotes must be for the purposes of reflecting the context and intent of the article.

Linking

6. **If you have a website, you may link to any of the “Hearts Up” pages containing e-publication editions, the INDEX or other information about the free, monthly “Hearts Up” e-publication. You may also link directly to a particular edition’s file (for example specifically to the 2010 May Edition, etc.) on social networks, blogs or on a website, as long as you do not modify the original file.**

For permissions or questions, contact us via email through our [Contact Us](#) page. If you want to contact us via Snail Mail, our Contact Us page lists our current Snail Mail Address. We appreciate your loving support and respect of our faith ministry and the spirit of our efforts to provide thought provoking and spiritually educational material in this manner.



“Hearts Up” is the official e-publication of keystounderstandinglife.com (“Keys” website). When we want to alert one another to something important or perhaps even to a potential danger, we usually say, “Heads Up!” To assist us in being alert to spiritual dynamics behind our real-life experiences, we offer “Hearts Up”! This monthly e-publication works to inform, but mainly to help lift our hearts up during trials! The articles are intended to be substantial, giving you much to reflect on and work to experience with God; as such, the articles are “meaty.” The articles may build on the Scriptural concepts discussed in the [spiritual warfare materials](#) we offer, as well as in other “Hearts Up” editions and on the *Keys* website. The articles are intended to support readers who seek the spiritual growth in Christ which comes from interacting well with the Lord during trials and real-life difficulties. Our materials often talk about interacting with the Holy Spirit with the heart; this interaction is not about speaking in tongues, but about hearing, understanding and embracing the counsel of the Lord with our hearts. We trust “Hearts Up” will challenge you to desire more in your relationship with Jesus Christ in terms of interacting with Him in real-life decision-making and problem-solving. If there is a particular discipleship topic, issue, or sentiment for which you’d like to see an article, [Contact Us](#).



facebook.com/keystounderstandinglife

[Statement of Faith](#)

CONTENTS (SEE OUR [ONLINE INDEX](#) FOR KEY TOPICS AND SCRIPTURES IN PAST EDITIONS)

Key Words	
Judging, Correcting and Things that can Lead to Arguments, Part 2	4
Key In-Sights	
Roles: Part of God’s Foundation for Resolving Conflicts	10
Status of the <i>Series</i>	11
Feelings 102: Bible Studies for LIVING God’s Written Word, Vol. 1	
Keys Website Alerts	12
Discipleship Training	
No “Hearts Up” Edition for Next Month	
Endnotes	13

KEY WORDS

Judging, Correcting and Things that can Lead to Arguments, Part 2

Happy Thanksgiving to each of you! I didn’t really think about this in advance, but it is interesting that this Part 2 on judging is coming out at the time that we, in America, celebrate Thanksgiving. As it turns out, praying with thanksgiving at all times is one of the best tools for combatting Satan’s temptation to judge others or slip into arguments. Intentionally cultivating an attitude of forgiveness is another useful tool. We’ll look at some other things in this article, but overall, keep those in your heart!

In last month’s “Hearts Up” edition (October 2012) we looked at Part 1 of this article. In this Part 2, we will look at how forgiveness fits into the process of dealing with wrongs done to us. We’ll look at what the Bible says about handling confrontations and touchy issues that can potentially lead to arguments. The goal is to identify some things we can look for in order to deal with interpersonal challenges without arguing, and without judging others.

Recapping Part 1 of this Article

This article will build on what we discussed in Part 1. So, let’s begin with quoting the bottom line from last month’s article (October 2012, “Hearts Up” edition, page 9):

“When Satan has succeeded in getting a person to judge us, insult us, or somehow treat us wrongly... that person definitely has a ‘log’ in their spiritual eye! God sees it; you see it. However, our righteousness is not yet proven in such a trial just because we are wronged. It all hinges on how we respond! Jesus challenges us to avoid judging, in turn, when the log of justifiable reasoning and proofs remains in our own eye. If we do [*judge*], then BOTH parties will have a log in their eyes: the log we see in the other person; the log God sees in us. Jesus makes it very clear that *because* we have the chance to experience holiness in response to insult or wrong-doing, the ‘log’ in the other person’s eye is as only a speck! Slipping into judgmental attitudes in response to a wrong-doing is the same as forfeiting a wonderful opportunity for which we can be JOYFUL (Matthew 5:12)! In short, we would be forfeiting the opportunity to be HOLY (see also 1 Peter 1:14-16)!”

How We can Deal with Arguments without Arguing

A first good step to dealing with arguments, without arguing, is to meditate on, reflect on and keep in our hearts, the concepts below. This is part of preparing ourselves in advance to handle spiritual battles that come in the form of potential arguments or being judged, especially when someone else is willing to argue or judge.

1. **Avoid knee-jerk reactions and “smart” responses.** The majority of all arguments deal with decisions that don’t have to be made within the next 48 hours. Or, they deal with issues where Satan gets us to thinking that because we are being treated wrongly (by the other person), the stand must be made immediately. The goal is to avoid responding immediately. Avoid giving Satan an opportunity, especially when it is possible to delay long enough to get one’s heart back to peace in Christ first.
2. **Calm your heart first, then present only the logic, reasons or explanations God would have you to present.** You cannot change someone or their beliefs, if they do not wish to change. So, don’t slip into giving tons of reasons in an attempt to “make things right.” We often do this because we are concerned, upset or anything but at peace! When we do this, we usually cross a line and go past “discussion” and into arguing. Get your heart calm first. Using logic to “help” others, or ourselves, to feel better can be exhausting. Use your heart to work with the Lord first, in order to feel better. Encourage others to do the same. Then when things are calmer, share your perspective and listen to the other person.
3. **Be prepared to have to be at peace with some things you don’t like.** This ties in to the point above (#2). The Lord doesn’t guarantee us that all the wrongs done to us will be “righted” or changed in this life. There may be times in life where you are simply going to have to take, to the Lord, the burden of being regularly wronged, mistreated or slighted. There are aspects of life where we have to learn to be content and at peace, giving thanks, in the face of suffering.
4. **Exercise forgiveness while standing for your beliefs.** This is a key to keeping a godly perspective on things, once hearts are calm and true discussion begins. If the other person wrongs you during the discussion and YOU forget you are trying to BE FORGIVING, then you may quickly fall back into having the “log” in your eye! Remember, the true enemy is not the person with whom you have an issue. The true enemy is not the inability to show how you are right. The true enemy is the tendency to judge in response to feeling judged. The true enemy is Satan and his temptation to enter into argument! The true enemy is failing to find any other course for relating with one another.
5. **Due to differences between people, some relationships may require “distance” to avoid arguing.** When a person, even a believer, refuses to change something about them, it changes the relationship you have with them. It doesn’t mean you can’t talk to them, but it does mean that the relationship may not be everything you’d like it to be. When this happens, you may have to allow more distance in the relationship. That isn’t always easy, and you’ll need to find peace with God first, whenever distance is perhaps needed. Distance may be necessary, in order to respect the differences you both have, while at the same time not giving Satan the opportunity to create more problems. If this happens in close relationships, it can affect the hopes and desires we have for how fulfilling that relationship could be. If this happens, don’t let your heart be cold. Be open for change, be forgiving, and pray.

6. **Teach the young the value of pausing when hearts are disturbed.** Teach children and teenagers the value of pausing when heart disturbances arise – heart disturbances warn us that a spiritual battle has begun: Satan is attacking and God is seeking to lead. Sometimes arguments rise quite suddenly. This is Satan’s unseen influence. Remember, God knew an argument would arise before you did. He also knows you have to grow, in order to get to a place where you are skilled at immediately detecting spiraling spiritual situations, and at discerning that a pause is needed for yourself. There is more focus on God whenever one generation manages to get this spiritual warfare lesson across to the next generation!

With those things in heart and mind, we are ready to look at how we can deal with an argument without arguing. These points assume one of the toughest issues we can face: the other person is willing to argue or judge, but you realize God wouldn’t have YOU to argue or judge!

1. Go to God to discover what He would have you do or not do *before* you talk. Remember, pause before “getting into it” with someone else. You will know you’ve understood what God wants you to do or say when your heart is at peace (this doesn’t necessarily mean you are happy about what He wants you to do or not do).
2. Make sure your brother/sister knows, up front, that you will need to pause, if things start getting heated again. That shouldn’t come across as a threat! It can help to state that you have to watch your heart, and that your beliefs will not allow you to participate in a discussion while YOU are upset or bothered (Ephesians 4:25-27 - be angry but do not sin... i.e., pause to transform your heart!).
3. Start with your apology, if that is part of what God said you needed to do. Present what you believe God would have you do, but without judging.
4. Conduct yourself in a way that reminds YOU that you love the person. Have this attitude while you do what you believe God wants of you (this implies you have figured that out first!).
5. As you present what God wants you to present, include trying to forgive any wrong done to you. Remember that the other person may not accept that they did wrong you. So, when you talk to this, do it very humbly. Don’t talk about forgiving the person in a way that is really like an accusation! There is a difference; you’ll find that difference in your heart. If you exercise Matthew 18:21-22, 35 (proper attitude for forgiveness), that will help you be gentle in your spirit during the confrontation (Galatians 6:1).
6. Watch out for secondary issues that may arise, which may require another pause for you to seek the Lord’s guidance again. If you attempt to talk through secondary issues before pausing, you may find the peace of Christ slipping away because you aren’t prepared first by seeking out the Lord.
7. Don’t get into meaningless debate. If that starts, it’s time to put into practice the ability to humbly wrap it up, offer to agree to disagree, and walk away.

Now, let’s look at some important verses, which relate to what we’ve looked at so far.

A believer can be “blind” when “correcting” a brother.

In addition to His comments on not judging (log versus speck analogy in Matthew 7:1-6 – discussed in last month’s Part 1 of this article), Jesus also said...

Luke 6:39-40 And He also spoke a parable to them: “A blind man cannot guide a blind man, can he? Will they not both fall into a pit? A pupil is not above his teacher; but everyone, after he has been fully trained, will be like his teacher.”

Basically, Jesus is our model teacher. So, if we discover we didn’t conduct ourselves after His example, then another aspect of dealing with an argument, without arguing, involves an apology on our part!

Resolve your own inner conflict before dealing with another’s issue.

Galatians 6:1 Brethren, even if anyone is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; each one looking to yourself, so that you too will not be tempted.

Matthew 5:23-24 Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering.

There are two important points here. First, we are accountable to have a good spirit. This doesn’t mean we might not be passionate, but we are accountable, if our passion becomes a mask for anger or frustration! Our hearts can tell us the difference. Listen to the Lord in your heart!

The second point is we are accountable to strive to reconcile with others, even if they have something against us and we do not hold any grudge against them. We are responsible before God to at least make an attempt to reconcile before going to the Lord with our offerings to Him! My personal opinion is that we ought not to count any previous attempt at reconciling, where we didn’t make it through the whole attempt centered in God’s Truth about us, and at peace inside.

Be forgiving.

Matthew 18:21-22 Then Peter came and said to Him, “Lord, how often shall my brother sin against me and I forgive him? Up to seven times?” Jesus said to him, “I do not say to you, up to seven times, but up to seventy times seven.”

Matthew 18:35 “My heavenly Father will also do the same to you, if each of you does not forgive his brother from heart.”

Probably the biggest aspect of dealing with someone who is willing to argue is having one’s own attitude of forgiveness. That is NOT always easy, but it is powerful when we can keep our inner

spiritual eye on “that ball.” We must keep our eye on the ball, while, simultaneously, trying to interact with the other person. As I said at the start, it is also powerful to be thankful for the Holy opportunity of trying to handle a potential argument in Christ!

Attempting to correct and reconcile may lead to distancing yourself from someone.

Believe it or not, sometimes this can be the most loving and forgiving thing to do. However, realize that the person you distance yourself from may not perceive your distance as coming from love or forgiveness!

Matthew 18:15-17 “If your brother sins, go and show him his fault in private; if he listens to you, you have won your brother. But if he does not listen *to you*, take one or two more with you, so that BY THE MOUTH OF TWO OR THREE WITNESSES EVERY FACT MAY BE CONFIRMED. If he refuses to listen to them, tell it to the church; and if he refuses to listen even to the church, let him be to you as a Gentile and a tax collector.” (Caps and *italics* are part of translation)

Let’s look at the Greek word Jesus used, which is often translated as *tax collector*. This word is τελώνης and it can also be translated as a farmer or harvester of taxes.¹

“The public revenues of the Greeks and Romans were usually farmed out. Among the latter, the purchasers were chiefly of the equestrian order and were distinguished as being of a higher class because they rode horses, or they were at least persons of wealth and rank like Zacchaeus who is called the chief tax collector. These farmers also had subcontractors or employed agents who collected the taxes and customs at the gates of cities, in seaports, on public ways and bridges. These, too, were called publicans, those who collected out of the people. **Such publicans in countries subject to the Roman Empire were the objects of hatred and detestation so that none but persons of worthless character were likely to be found in this employment.**”² (Bold added by author)

Essentially, people stayed far away from tax collectors and Gentiles. Why would Jesus say we are to treat a brother or sister in Christ like this? How does forgiveness tie into the idea of “letting someone be to you as a Gentile or tax collector?” The answer lies in the heart. When it all comes down to it, distancing ourselves from someone **MUST** be done with an attitude of forgiveness and non-judgment. This is one of those areas where we must remember that the Lord sees what is in the heart. If our hearts aren’t right, then, like Jesus said in Matthew 7:1-6, we are the ones with a log in our eyes, and we will be judged accordingly. If we must put distance between us and a brother or sister, then it ties in to what we discussed earlier (point #2 on page 4 of this article): we can’t change others if they do not wish to change. It is sometimes best to respect that, and not act as if everything is OK when it isn’t.

To some, Matthew 18:15-17 is the basis for “excommunicating” someone from the Body of Christ. So, again, the point for looking at the passage in this article is more about *being prepared* to distance one’s self from someone, to some slight degree, whenever there are “irreconcilable differences.” This should not be taken lightly, nor should it be considered license to simply sever relationships at the first sign of differences! Actually, it is a “last resort” kind of option! It implies that sometimes

other believers are to be involved to try to help sort out the issues. Don’t forget that part! If other believers haven’t helped to intercede, don’t just write off a brother or sister! This challenge can raise our standards for living to the Biblical standard.

That being said, if the Lord leads you to put distance in a relationship, then it is especially important to exercise forgiveness to avoid judging. Also, be on your guard not to gossip about the other person! This can be tough when others are asking you things like, “What’s going on? Why are you doing this? Are you sure you are in the right?”

Living the Biblical Standard

As believers, when we don’t put great effort into learning how to deal with our trials at home, we are less prepared to handle issues between us and other believers outside the home. So what does that mean? We all experience trials at home. We want to work to resolve them, obviously. But, sometimes trials come up that are so sensitive to everyone that we may just “move on.” We are hesitant to introspect, study, discuss and learn from what happened. We sometimes avoid that spiritual challenge out of fear a blow up might happen!

How much time do we spend in *training* to handle disputes better? Do we get together as a family to discuss why things went well or not so well in a given trial? Do we talk about how to handle heart disturbances skillfully, or do we simply try to be nice to each other as best we can? How deeply do we go into training these things at church?

Jesus made some things very clear about interpersonal relationships, not judging, or fighting, and about reconciling, forgiving and living together. As we draw nearer to the New Year, let’s resolve to keep our eye on the things He says are important! Let’s resolve to strive to live to the standard the Word seeks to emphasize to our hearts!

Note for *Feelings 101* Readers: There are two Supplemental Information Questions that also deal with judging. You may want to read those for some additional perspectives on the subject. Those questions are “What are judgments?,” and “What are Religious/Moral Judgments?” You can find these in the Supplemental Information section of the website. You can find help for navigating to this section by clicking on the “Note to *Feelings 101* Readers,” found on the Home page.

KEY IN-SIGHTS

Roles: Part of God’s Foundation for Resolving Conflicts

Among the fundamental foundations God has laid for resolving disagreements between believers are the roles He has given us. When a disagreement exists between believers, there are times when a final, godly decision can only be discovered in light of the roles God has set for us.

The Bible records many trials, involving decisions, where discerning what God wanted the person to do would have required the person to take into account his/her role as *God* would see that role. There are times when followers of the Lord, who had a leading role, ended up sinning against the Lord. Often times others’ lives were affected negatively. This will happen when the person with the lead role makes a decision that is not of God. Our lives can become quite difficult when the person in the lead role makes a decision with which we disagree. It allows Satan to be more successful in leading God’s children into sin. Perhaps this is one of the reasons the Lord holds those in the leading role doubly responsible! Sometimes, as followers, we don’t allow that knowledge to help us transform our hearts to peace.

There are times when we are in a trial, but we are not in the lead role. Sometimes we may be concerned, or even hurt, by the leader’s decision, or lack thereof. The Lord provides for those who are hurt in these kinds of situations. That provision includes His promise to be with us! That provision includes His plan to sustain us in these trials, when He does not prevent the leader from making the error in the first place. However, these provisions of the Lord are not always immediately comforting to followers who don’t like the leader’s decision! And, many times we want to resist being treated in ways we don’t like. That resistance can go beyond our own Scriptural roles as followers, and great strife can ensue. This is where the ability to submit to God, in the midst of hurt feelings, hinges on transforming our hearts to peace in the Lord. Without that, Satan can lead us to altering our understanding and application of roles, in order to attempt to have the life we want in this world of spiritual warfare.

STATUS OF THE *SERIES*

Feelings 102: Bible Studies for LIVING God’s Written Word, Volume 1. This is the 5th major publication in the *Keys To Understanding Life Series*! It will be released in February or March of 2013. Please pray for us as we go through the publishing process with this next book!

So what are these Bible Studies about? Well...

We all experience trials!
How well, or how often, do we study trials in the Bible
as part of preparing for our own?

Feelings 102 equips individuals and small groups (3-10 persons) with insightful studies of trials in Scripture. Most can be done in an hour or less.

On your own, or with a small group, you’ll examine:

1. The Biblical context of the trial. What led to the trial?
2. What decision did the person have to make during the trial?
3. What knowledge of God and His will did the person have, which could help the person make the right decision in the trial?
4. What fears, concerns and/or desires did the person experience?

...then, *Feelings 102* helps you take the Bible Study to a new level...

5. Learn to use your heart and mind to “get into the shoes” of the Biblical person’s trial and see how you would experience it!
6. Know the enemy! Learn to recognize Satan’s deceptions in trials!
7. Hone your ability to identify the changes God seeks to make in you during trials. Discern how to transform your heart in trials!

Feelings 102 Bible Studies follow a simple template. Partway through the study, you’ll listen to a 6-10 minute audio recording. The audio is free (no cost or sign-up) from *KeysToUnderstandingLife.org*. Download and save the audio, or simply play it during your study directly from the website using a smart phone or other internet capable device.

Feelings 102 includes responses from the authors’ studies with various small groups, and provides a useful reference. Guidance for facilitators is also included. Recommended for college age and above.

To find out more about *Feelings 102: Bible Studies for LIVING God’s Written Word*, go to our website, find the picture below (it’s on all the pages above the navigation menu), and click it. Or, you can go to www.Feelings102.com.



KEYS WEBSITE ALERTS

**GO BEYOND THE BASICS IN YOUR WALK!
APPLY NOW FOR...**

**12-WEEK ONLINE DISCIPLESHIP TRAINING COURSE
(USING SKYPE)**

PRESENTED BY KEYS TO UNDERSTANDING LIFE

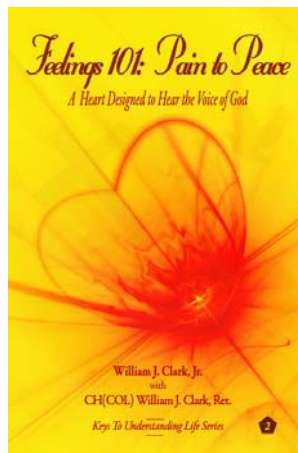
- ♥ WALK THRU *FEELINGS 101* TRAINING WITH THE AUTHOR
- ♥ ASK YOUR QUESTIONS, GET ANSWERS
- ♥ GET ONE-ON-ONE TRAINING IN PRACTICAL APPLICATION
- ♥ INSTRUCTION ON:
 DEALING WITH YOUR SPECIFIC TRIALS; TRANSFORMING
 STRUGGLES TO PEACE; DISCERNING GOD'S GUIDANCE, ETC.*
- ♥ DOESN'T MATTER IF YOU'VE READ THE BOOK YET OR NOT

NEXT COURSE DATES

MID-JANUARY – MID-MARCH 2013

(LAST DAY TO APPLY FOR THE ABOVE COURSE IS 15 DECEMBER)

EACH COURSE HAS LIMITED OPENINGS



***TO APPLY OR LEARN MORE, LOOK FOR THE
DISCIPLESHIP TRAINING LINK ON FEELINGS101.COM.**

No “Hearts Up” for December 2012. There are two reasons for this. First, we are in the process of publishing the next book in the *Keys To Understanding Life Series*! Praise God! Second, the publishing process is pretty involved, so with the celebration of Christmas also approaching, we decided not to produce a “Hearts Up” for next month. We look forward to the next edition of “Hearts Up” on January 15, 2013. May God bless you during the Christmas season, and as you go into the New Year!

ENDNOTES

¹ Zodhiates, Spiros: *The Complete Word Study Dictionary: New Testament*. electronic ed. Chattanooga, TN: AMG Publishers, 2000, c1992, c1993, G5057.

² Ibid.

Dear Reader,

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 can be found on the Contact Us page on our website).

Just so you know, our ministry is not yet a non-profit ministry. We are currently engaged in becoming a 501 C3 non-profit organization, with a goal of attaining that distinction toward the end of this year. As it is, any gift that is given is a “true gift” in the sense that it is not tax deductible right now. At this time, donations or gifts to *Keys To Understanding Life* may be made out to: William J. Clark.

God bless you.

“Hearts Up”
ISSN 2155-5826

November 2012 Edition
[Keys To Understanding Life Series](#)



See our past and upcoming Events at:
www.facebook.com/keystounderstandinglife