



# WELCOME TO BIBLE HOUSE OF GRACE

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## The A-Z of Emotions.

(2019)

Bible House of Grace contains an easy to read New and Old Testament commentary full of spiritual treasures and pearls, complete with an insightful resource guide illuminating God's love and grace.



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Although I believe my aim is pure and God's will perfect this document is still the product of a human man, as to such I neither claim perfect knowledge or perfect understanding.

# The A-Z of Emotions.

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## INTRODUCTION

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The following is a series of brief snippets concerning wisdom, emotions, attitudes, feelings, love, marriage, relationships, romance and various other things concerning life in general.

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## ACCEPTANCE

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In a global survey it was found that the number one need of all humans is acceptance.

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## ACTIONS

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Are based on what we believe to be true.

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## ADDICTIONS

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In many cases people's addictions are not about the thing they are addicted to, if a person is addicted to food or sex the addiction is not always about the food or the sex, but the comfort it gives for the moment . A lonely person will eat or have sex not for the food or the sex, but to fulfill the loneliness for a moment. Fulfill a person's loneliness or the need in them and it is most likely the addiction to food or to sex or to any other thing they maybe addicted to will fade away. But this does not mean that some addictions can also be the result of being an adrenaline junkie or an addictive personality.

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## AFFAIRS

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When a husband or wife is being treated properly in a marriage (i.e., not with verbal or physical abuse and a lack of care) affairs are not a result of lust everyone lusts at some stage (perhaps more than we all know), but not all have affairs it's a lack of integrity.

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## AFFECTION

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The Bible says, guard your affections, don't allow them to control you, embrace them but be in control of them, implying that a person can be controlled by their emotions rather than common sense, logic or reason.

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## ALTRUISM

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Altruism in men and woman who do not lack any chemical imbalance or something similar is a great overpowering fear of the whole world.

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## ANGER

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## **Anger can stem from any of the following:**

- Expecting too much and not getting what we expect, (to get rid of this kind of anger lessen the expectations).
- Perceiving the world expects more from us than we can give, (to get rid of this kind of anger stop living to please others).
- Self-wanting its own way and not getting it, (to get rid of this kind of anger, get rid of self).
- Showing others that we are more powerful than them this type of anger manifest itself in bullying and attacking. It is hostile because it is about taking control it is saying, "I am going to get them before they get me."
- An attempt to cover up a grief, hurt or some unfulfilled emotional need this type of anger is often an emotion that covers up some other need in the human heart. In these situations, anger is saying, "I am not going to be hurt again." Often people who have been abused or molested or emotionally hurt in some way in the past will use anger to protect themselves from being hurt again.
- Frustration because frustration is a result of what a person perceives to be a violation of their expectations. People revert to anger when they do not know any sociable acceptable way to deal with a circumstance or situation or they don't know how to explain in words how they feel. When a person can't articulate how they are feeling or express themselves they feel frustration and it results in anger.
- Pain where there is anger there is almost always pain underneath, some people make an unhappy self out of their angry pain-body and believe that this mind-made fiction is who they are. In these situations, a person's unconscious fear of losing their identity will create strong resistance to any dis-identification with the anger simply because they would rather be in pain than risk losing their familiar unhappy self.
- The drive for power, this is because angry people often think anger is the power position their biggest fear is rejection so they act in anger to take the power away from the other person, but in reality anger is the weak position because angry people take the victim role (i.e. they are angry because the other person hurt them). It is because they inwardly take the weak position (the victim role) that they respond in anger to appear powerful.

Many people worldwide say they do not believe in God, but when a crisis comes into their life, they curse God. Obviously, they have not considered the following words that a wise man once wrote, "You cannot be angry with God and not believe he exists at the same time."

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## **ANXIETY**

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The key to anxiety, fretting or stress is patience. Patience to wait for the hope, once patience is lost and gone waiting for the hope anxiety and fretting (emotional upset) enters in.

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## **ASSUMPTIONS**

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When all assumptions are built on a first principle, many of them can be wrong, because the first principle does not always apply in all circumstances or situations.

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## **ATTITUDE**

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Bad days should be seen as challenging days since all our hopes and dreams can be crushed in one day so everyday above the ground is a good day.

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## ATTRACTION

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We are attracted to people who will fill what we lack.

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## ATTRACTIVE PEOPLE

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Good looking people have no trouble getting partners, the getting part is the easy for them, it is wanting what they have after they got it is the difficult part.

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## ATTRACTIVE WOMAN

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Beautiful woman can have ugly souls (this is not a blanket statement aimed at all beautiful women) it is just stating the fact that outward prettiness does not always mean inward beauty

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## AUTHORS AND BOOKS

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A good author can understand human nature and then write their books in a way that makes a person believe it, whether it is true or fiction. Authors can state in the prefix of their book that is fiction, but then write in such a way that the reader believes it is true and actually happened.

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## BEHAVIOR

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All behavior good or bad gets a payout.

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## BELIEF

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The power of belief is that belief does not have to be true to affect behaviour, people whip and cut themselves, I have seen an attractive young woman howl like wolves; others crawl around like animals and do ridiculous things because they believe they are doing it for God, outward behaviour will be affected by belief whether that belief is true or false.

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## BILL CLINTON

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Bill Clinton had the looks, the skill of oratory and speech making and the power to be one of the greatest Presidents of his generation, but he couldn't handle the \$2.50 pair of panties.

The moral of this story for anyone in any profession, is don't let the \$2.50 pair of panties ruin your reputation and your career.

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## BLAME

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Blame only comes when a bad intent is involved. Consider the following question (asked of a person who does not have or use the keys), "Where are my Keys?" This is an accusation that shifts the blame to another person (even though they do not use the keys), yet the tone of the accusation (question) implies they are to blame that the keys cannot be found. This is shifting the blame of fault to another person.

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## CHAMPIONS

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The attitude of true champions.

- Champions are champions because the mental attitude they compete with is: "It's death or glory," and that is why they are champions and earn the big dollars.
- Champions are champions because they know their calling (whatever it maybe) is not part of their life, but instead of it (at least until they achieve their goal).
- Sally Pearson who won Gold in the London Olympics for Australia was asked by an interviewer, "If your back was fully right how much faster, could you have run?" She replied, "I would have broken the world record." Sally went onto say, "I didn't realise how much pain I was in until I started warming up for the event and we went into the first core room where everyone jumps around and does their little bit of a warm up and run throughs. I just sat there and thought, "I can't even do this, I can't even get up," then she said to the interviewer, "I was obviously going to be OK for the race because I didn't care how I felt, I was going to do it, but trying to warm up was hell" and she did do it and came home with gold, now that is the attitude of a real champion.
- To dream and wish very, very big is great, but you must be prepared to work equally as hard as you dream to make it come to pass.
- To win big, you have to be challenged big! The joy and excitement of the win is in direct proportion to the size of the challenge and the size of the risk.
- If you are not prepared to do what you do not want to do in order to get to where you want to be then you really do not want to be there and are merely daydreaming, castle building and wishful thinking - be happy and contented with where you are and stop deluding yourself. Many today never find contentment, since we are raised in an world that consciously or unconsciously teaches us to strive for more, but never tells us to firstly look at ourselves and see if we are prepared to do what's needed so we never rest and find joy in our present life, but always dream of the sand castle that will never be built.

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## CHILDREN'S BEHAVIOUR

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Children often act out the world that the parent feels or is living inside of themselves.

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## CHOICES

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Before making a choice, the downside and the negatives that come with that choice should always be looked at and examined since it is only by deciding to go ahead with the choice after considering the good and the bad that a person will be prepared for the obstacles when they come.

Without understanding the downside of the choices we make (i.e., commitment, hard work and self-sacrifice) and being prepared to pay the price we cannot have a strong sense of commitment to the choice we make to endure and overcome all the obstacles that will arise to rob us of our goal and our dream. People say, "I don't have a choice, I had to do this or that," but in many cases it is just not true, we always have a choice we just don't like the hard one, we may feel that we don't have a choice but, in most cases it is not that we don't have a choice, it is because we do not like the choice we know we should make.

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## **CIVILIZATION**

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When people live under one roof a tiny civilization of masters and servants develops.

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## **COLLECTIVE INTELLIGENCE**

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Is the collective mind or thinking of the group, government, nation or country.

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## **COMMUNICATION**

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It is often not said straight out, but the idea is communicated very clearly that some conversations are so volatile it is like the people talking are driving a truckload of nitro glycerin over a bumpy road (this is especially true if the conversations is about religion or politics). People with invested interest try to make other people agree with what they believe when this happens conversations turn to arguments or they are simply shut down for the sake of peace.

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## **CONFIDENCE**

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Confidence in faith comes after everything that is known has been doubted and questioned and everything that has been taught by others has been proved for oneself. Only after we have doubted everything we have been taught and proven it for ourselves can we be totally convinced of everything we believe.

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## **CONTROL**

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Trying to control the world is man's arrogance, we can influence something's, but we cannot control the external world or the weather or unforeseen accidents that by chance come our way.

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## **COUNSELLING**

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Whatever childhood a person has had after all the therapy, counselling and drugs etc., it comes down to the fact that we are all messed up; Freud wrote, "The final cure is love and work." THE GREATEST HUMAN NEED: a survey was done to hundreds of people (primarily woman) and the question was asked, what's missing in your life, the answer at the top of the list was, love for themselves, no other answer came even close

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## **COUNSELLING AND EMOTIONS**

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Time does not heal the emotions it just diminishes the problem, only dealing with emotions heals people. When counselling the initial focus should be upon people's feelings and not the facts. Counselling should begin with empathy not solutions. Do not try to talk people out of how they feel at first, just listen and let them unload emotionally and no matter what they say never make them feel that they have to be defensive. Rather nod that you understand even when you don't agree, because feelings are not always true or logical.

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## **CRAVING**

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Many people strive to attain what they want and when they get it they find it doesn't satisfy, they go from craving to craving, wanting a car a lover a job a promotion, riches, success, or fame, when they don't have what they desire they find they feel unsatisfied not having it, so they work night and day year after year and with luck attain it, but then feel disappointed that's all there is, so they go from craving to craving up and down for a lifetime. Desire brings attachments and attachments bring suffering, the end of desire is the beginning of liberation. We crave after so many things in this world and spend all our life chasing after them just to leave it all behind that is why the Bible says, all is vanity, except faith in God and doing good to others. Because belief in God ends in eternal life and doing good to others brings eternal rewards. This does not mean that we should not enjoy the good things in the world, but that if we are forever chasing after them without giving God any thought then the end of our life will end in the darkness of that grave and in that sense our life span on earth has been all vanity meaning a waste, because a human lifespan compared to eternity is but a twinkle of the eye.

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## **DEATH**

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Death is continually and constantly chasing everyone, it never relents or gives up, the time comes when the mind out lives our desires, ambitions, dreams and hopes, death then is seen as a welcomed gift. The following is God's perspective of death, "The righteous and devout person perishes, and no one considers or understands that they are taken away from calamity they have entered into peace and rest" (Isaiah 57:1-2).

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## **DECEPTION**

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Finding out Jesus is not God, is like a person being raised by his Dad then later as a teenager finding out he is not his real Father, they are thrown into absolute confusion and emotional turmoil. This is because it is not always what we don't know that confounds us and brings confusion, but often what we think we know for sure and then find out that it is not so. For further information concerning Jesus not being God see the title: Trinity (The Doctrine of the Trinity) (ON WEBSITE MENU).

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## **DECISIONS**

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We have four choices in life, to run, to standstill, to speculate or to commit, sometimes in making a decision, it requires jumping off the bridge and building wings on the way down.

- Decisions can be made out of fear or the desire to control.
- People don't always go to a counselor to make a decision they often go because they know the decision they have to make and they don't like it.

- It's not always our abilities that determine who we are, but our decisions and choices.

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## DEFINING MOMENTS

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Defining moments in life can define us or we can define them, meaning do we choose to face the obstacles or do we allow them to decide for us?

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## DEMONS

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Demons are a reflection of the torture in a person's own soul.

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## DEPRESSION

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Manic depression some say is an extreme preoccupation with self-gratification. To a depressive person a bad day is a bad day, and a good day is a bad day waiting to happen.

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## DESIRE

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Dreaming of the things that self can't have is as bad as dreaming of the money we don't have. What humans really want is the feeling and the emotion that a person or thing generates in them.

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## DISAPPOINTMENT

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Everybody has certain expectations human life is built around them, but when they don't come to pass disappointment and even bitterness can replace them. The secret to happiness is to have realistic expectations, according to your circumstances and abilities. The only expectations the Bible says to have, are food and clothing, everything else should be viewed as added value or blessing, but not an expectation.

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## DOPEAMEAN

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Dopeamean is a chemical in the brain that makes a thing addictive, because it makes a person feel good, putting one's life on the line creates the most excitement and stimulates the dopemean chemical making a person feel great, that is why a thing become addictive.

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## DOUBT

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HOW DOUBT WORKS ON THE MIND: the emotion of love over rides all other thoughts (i.e., doubt, disbelieve, despair, etc.), it is so powerful it blocks out every other focus of the mind. Love produces the same emotion and power in people who idolize their favourite singer or sportsperson, it is an illusion, but the emotion is real, these fans love their idol. It's the same love emotion a man or women may feel for another person even though the love may not be returned. Doubt has the same power it fix's on one problem of the Bible or one aspect of God or one area of faith or life and the emotion of doubt and despair block out all other truth's one has learned, the doubt even though small grows and eventually takes over all other truths the mind once had, the Bible refers to this as the fight of faith.



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## DRIVING FORCE

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Three healthy questions we should all ask ourselves at various times:

- What is the driving force of my life?
  - What would my family and friends say is driving my life?
  - What do I want it to be?
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## EMBARRASSMENT

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We are all so afraid of embarrassment, it makes us dead those that are alive and vibrant don't feel embarrassment.

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## EMOTION

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Emotions are the same whether they are based on the truth or on error, we all need to check that our emotions are based on the truth of the matter. An emotional sponge: people who soak up other people's moods and negativity are emotional sponges and become drained themselves

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## ENDURANCE

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All faithful believers in God are in a race for life eternal, it is not if we cross the finishing line first, but that we all cross it.

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## ESCAPE

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Smoking is often a place to go to go to find a moment of escape and a little place in time to escape the stress.

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## FAILURE

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One key to failure is to try to please everyone.

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## FAME

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Fame is power and often gives people a sense of entitlement.

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## FAMILIES

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Families can love each other, but not have any respect for each other.

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## FANTASY AND LOVE

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People fall in love with an image. They imagine what a person is and fall in love with the image. It this type of love is fantasy love.

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## FANTASY

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What is it you fantasize about? Is it world peace, international fame, winning the gold lotto or the noble peace prize, being a famous singer or meeting the dream partner? Fantasy has to be unrealistic because the moment, the second, we get what we seek we don't we can't want it any more In order to continue to exist, desire must have its objects perpetually absent, it is not always the "it" that people want, it is the fantasy of "it" so desire supports fantasies. This is what is meant by the saying, we are only truly happy; when daydreaming about future happiness, or why we say, the hunt is sweeter than the kill, or be careful what we wish for, not because we will get it, but because we are doomed to eventually lose the excitement and joy that the expectation produces once we do.

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## FEAR

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Fear breeds repression.

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## FELLOWSHIP

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Life is meant to be shared, God intends for us to experience life together, the Bible calls this shared experience fellowship. Today, however, the word has lost most of its biblical meaning; fellowship now usually refers to casual conversation, socializing food, and fun. Today the question, "where do you fellowship?" Means, "Where do you attend church?" And staying after for fellowship usually means wait for refreshments, but real fellowship is so much more than just showing up at services. Real fellowship is experiencing life together and includes unselfish loving, honest, sharing, practical serving, sacrificial giving and sympathetic comforting. When it comes to fellowship, size matters, smaller is better, you can worship with a crowd, but you can't fellowship with one, once a group becomes larger than about ten people, someone in the group stops participating, usually the quiet person and a few dominate the group. This is the reason real fellowship thrives in small groups.

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## FEAR

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FEAR OF THE PHONE: people fear to phone others because they feel they don't have any worth, they feel they don't have anything of value to offer and that they are intruding on others' lives and time, but if we don't phone people they will often think we don't care about them. We may say, I don't want to intrude on their time, but this can be an excuse to drop out or avoid the problem or intimacy. The answer to fear of the phone is just do the call and see if you or they fall apart, will the world end? When you feel to phone a person do it, don't allow the negative self-talk to stop you, then analyse whether it was good or bad.

REAL FEAR: is generated by a real event or fact so removes the event or deal with the fact accordingly and the fear is gone.

FALSE FEAR: is fear without cause, it is fear that is based on nothing, but is generated by words in the head, it is a fear a person cannot get rid of, the end result of this kind of fear, is psychotic, phobia and madness. The answer to false fear is for the fearful person to face their fear and see that it is only an illusion of the mind.

THE GREATEST FEAR: the number one fear of all people is rejection.

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## FEELINGS AND TRUTH

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A person loses someone they have truly loved thorough death, they are often heard saying, not a day goes by, when I don't feel they are with me or near me or close by. I have seen a man lose his finger and yet two months later his wife would scratch it because it felt itchy to the man, many phenomena like these exist, they show that feelings are not evidence of truth.

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## FLIRTING

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A DEFINITION OF FLIRTING: if you wouldn't do a thing to someone's partner when the partner is present then you are flirting.

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## FOCUS

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To succeed at a task, we can only have one mind, staying focused, is not having too many minds, meaning the mind of the body, the mind of work, the mind of worry, or the mind of things etc., are all focused upon the one task. This is what staying focused means it is only having one mind, the mind that is focused on the task at hand.

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## FORGIVENESS

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We have to be ready and willing to forgive if we are going to live, if we do not forgive, we cannot live. When we are willing to forgive, we give up control of the thing over us, forgiveness empowers because it cuts the past off. We ask God for forgiveness, but he is not always the one that has been injured, where possible we need to ask people we have hurt for their forgiveness.

FORGIVENESS AND TRUST: the human heart must always be ready and willing to forgive, whether or not a person asks for it, but trust must be rebuilt over time, trust requires a track record. If someone hurts you repeatedly, you are commanded by God to be willing and ready to forgive them instantly if they repent and ask for it, but you are not expected to trust them immediately and you are not expected to continue allowing them to hurt you, they must prove they have changed over time. For further information see the title:

- Forgiveness in, Various Topics (ON WEBSITE MENU).

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## FRIENDS

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People can have best friends of the opposite sex, but it must not be confused with romance or sex. You can't help how you feel toward a person that's OK, even meeting on your own is OK as long as it is not in secret, if things are done in secret or if you fantasize romantically about a person the friendship has crossed the line.

- Integrity and friendship: integrity is the center of everything it will keep friendships of the opposite sex on a safe foundation.
- Christian friendship: for friendship to remain it needs to remain within in each other's radar, friendship with brothers and sisters in Christ is an emotion, of kinship, caring and sharing.
- True friendship: is being able to expose or put yourself into someone you trust, and know you will not be judged.

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## **FRUSTRATION**

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Frustration is a result of what a person perceives to be a violation of their expectations.

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## **GLORY**

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Glory and a Christian: a Christian's aim should not only be to come as close as they can to living a life that honours God and brings a good testimony to Christ and the Christian faith, but also endeavours to produce the fruits of the Spirit within (love, compassion, kindness, mercy, grace and forgiveness etc.) and being determined and commitment to change bad attitudes etc., but all the time knowing that if they do not attain to the heartfelt desire and standard they aim for God's grace covers they are still accepted by God. He is pleased with the heart's desire to change, especially when its motivation is to honour Him, if they fail, He does not reject them, in fact in many cases the crisis of the struggle is often the glory.

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## **GREATEST NEED**

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It is said that a human's greatest need is to be connected to another human.

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## **GUILT**

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Possessive people control others by guilt, they cleverly guilt induce others and then use that guilt to control them. People will do anything to escape rejection and judgment by others, this induced guilt causes people to do or accept anything to escape being judged and rejected, they will play the victim and not stand up for themselves to avoid being rejected or judged as a bad person. Many (clearly not all) people are driven by guilt this is because they spend their entire lives running from regrets and hiding their shame, they are manipulated by memories and allow their past to control their future. Often those who are driven by guilt will unconsciously punish themselves by sabotaging their own success.

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## **HAPPINESS**

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Happiness is keeping the endorphins flowing.

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## **HEALTH**

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Doctors and faith healers are often used for illnesses that go away on their own.

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## **HELPING**

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Your feel alive to the degree you can help others.

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## HOPE

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In every pothole there is always hope, i.e. remove the O and the T and replace the L with the P and POTHOLE = HOPE.

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## HUMAN NATURE

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The more human nature has the more it wants. Even though we are better off than we ever have been, we feel more materially deprived.

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## HUMILITY

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Is not thinking less of yourself, it is thinking of yourself less.

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## INDOCTRINATION

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An indoctrinated mind is like a young person in love for the first time, the feeling of emotion in the teenager is so strong in the affections and emotions that neither Mum nor Dad can tell the teenager that the relationship may not be right, so it is with an indoctrinated mind the emotions and affections are so touched, no one can communicate that the error a person is believing is, not right.

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## IMAGINATION

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The mind needs something to picture, pagans imagine idols. God gave Christians Jesus, so the mind has something it can identify with.

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## INCEST

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In many cases people who are victims of incest, stop growing emotionally and sadly do not develop empathy or caring for others. This is because every kind word and every action (touching) is under suspension.

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## INSTINCTS

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God speaks to us through our instincts, even doubt can be God saying, caution, beware or don't.

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## JEALOUSY

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Is all the fun you think someone else is having.

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## JOY

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The following is the key to walking in Christian Joy. Focusing on the joy of the future life with Christ strengthens a Christian to cope with their immediate suffering. We lose joy when we spend time imagining what we

are missing. Joy is based on hope in the future. Intellect knowing the promised glory should drive or produce the present emotion of joy. When we truly believe and have a vision in our mind of the future and eternal glory God has for us that future vision produces joy in the present moment. There is no indication that the Holy Spirit will supernaturally create the emotional feeling of joy. Christ suffered greatly, but he endured the Bible says because he focused on the Joy that was set before him (Hebrews 12:1-2).

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## JUDGMENT

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A person can be full of good intentions, but that does not necessarily mean they are a good person, we all have good intentions even the criminal, a person's character can only be measured by their actions.

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## JUSTICE

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If a thing is wrong, but done in sincerity and zeal, love and passion it does not make the wrong right, if it is wrong then none of these attitudes count. Wrong is always wrong no matter whether it is motivated by a good attitude or an evil one.

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## KEY TO LIFE

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Find out what is most important to you and make that the centre of everything and keep in mind that life is never perfect it is managed not cured.

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## KODAK MOMENTS

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Enjoy kodak moments, meaning those moments you want to keep and enjoy.

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## KNOWLEDGE

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Is wonderful, but if Can be used to make a person feel elite and superior

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## LIFE

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Most people are brought to negative places in their life by: -

- Circumstances they cannot control or by fear.
- Having a hard heart (i.e., one that is full of pride).
- Not having the wisdom to make the right choices.
- Having a heart that is too tender or one that is too humble.

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## LISTENING

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## LONELINESS

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Loneliness can stem from missing the idea of a person or from the emotion and feeling of isolation and the sense that no one understands or cares. These feelings and thoughts create the emotion of loneliness; perhaps it is God's way of letting you know you need him.

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## LOVE

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LOVE IS: that we should desire the greatest good for the other person.

LOVE AND LONELINESS: once you fall in love you can't go back to being alone, everything you enjoyed becomes void and empty without the other person.

LOVE AND ANNOYANCES: if a partner's behaviour is annoying, but it does not affect the love or caring of the relationship then accept it and don't judge, but if it does affect the relationship negotiate a compromise or it will destroy the love.

LOVE AND FRIENDSHIP: love is friendship on fire this is why if someone has their heart broken there is no help (at least not for the immediate moment).

LOVE AND TIME: relationships take time and effort, the best way to spell Love is --- T-I-M-E --- the most desired gift of love is not diamonds or roses or chocolate. It is focused attention. Love concentrates so intently on another that you forget yourself at that moment. Attention says, "I value you enough to give you my most precious asset --- My T-I-M-E --- whenever time is given there is a sacrifice.

LOVE AND MEN: men fall in love with the eyes (perhaps this should be stated foolish men fall in love with the eyes).

LOVE AND WOMAN: woman need to feel accepted and safe.

LOVE AND THE BRAIN: the brain sees what the heart wants to feel, the emotion of love can blind the mind.

LOVE AND FANTASY: certain kinds of love are nothing more than a mental fantasy, living with this kind of love is work and if the work is not done, the love dies.

LOVE AND SACRIFICE: every relationship involves sacrificing self a person in love is constantly sacrificing self. If a person truly loves they will sacrifice self to love. A person will follow orders if they fear you, but they will sacrifice their life to save you, if they love you.

LOVING CHRIST AND REPENTANCE: when the cost to Christ to save us is perceived, the result should be an emotional hurt in the heart (Acts 2:37).

LOVING CHRIST: how much should Christians love and worship Christ compared to loving and worshipping God the Father? Adam loved Eve, fully and God was not jealous of Adam's love it was proper and correct in the same way each believer is to love Christ fully. Christ is not only the most beloved Son of God, but God's glory is also seen in the face of Christ (meaning God's good character and nature are revealed in Christ). God is not jealous of a believer's love and worship for His Son, it is proper and correct, but they should be loving and worshipping him as God's Son and their Saviour and not as God himself.

For further information see the title:

- Trinity (The Doctrine of the Trinity).
- In Various Topics (ON WEBSITE MENU).

AN ODE OF LOVE REJECTED: note this not written as a truth, but with a mixture of humour and jest, howbeit there is some truth amongst the banter. Like a lock without a key, love not returned binds the soul within its prison doors, as a thief robs and steals leaving a house empty of its treasure so is rejected love to the mind. Always be sober, be vigilant, because love not wanted is like a roaring lion, walking about, seeking whom it may devour, above all things stand firm on your own, for love turned away robs a multitude of pleasures, and like a prison guard, shuts up the joys of mental freedom. Those whose love is discarded shall be trapped? But those who do not love, freedom lies at the door. Refused love rules over those it entices, it is waiting to pounce and devour; it is a pit with no bottom forever enticing into bondage, like a roaring lion, it is seeking unsuspecting minds to devour, its prison doors are forever shut because love never gives up, its unfulfilled bondage remains forever. Love endures all efforts to forsake it, refused love is like a hungry eagle, seeking its prey, it attaches to its victim and never let's go, devouring and destroying everything that was once enjoyed, so is the power of unwanted love, it is the perfect and ultimate entrapment, it entices and lures with charm, beauty and flattery sneering its victims, to the doom of attachment.

Imagined love comes like a serpent to its prey, taking its victim to the depth of bondage from which there is no return, as the serpent of Eden with its glory and cunning, its promises of pleasure and eternal youth, love in fantasy deceives its victims with blindness, to the sting of its rejection and the bondage in its tail. Discarded love as an iron band binds the captive, trapping the mind, forcing it to focus on the one thought that dominates and consumes all other thoughts of pleasure and joy, it is attachment. Attachment consumes like a hungry lion; it destroys and takes to the grave all other thoughts once held sacred in the mind. Love not returned is like a poor man in a king's castle, beauty he cannot have destroying even the small pleasures the beggar once enjoyed, like a potter's jar falling to the floor, love cast off and makes the bones dry and a merry heart it shatters. Like a fire kindled in a forest, the flames of love denied devour all the great cedar trees of the mind, like young lion cubs that play, absorbed in their own pleasure, forsaking all other moments of pleasure and delight of the soul so is discarded love, it roars from its throne of glory and utters its voice, it roars mightily against the mind and shouts like those who tread grapes against the green pasture, its clamor resounds to the inner most parts of the spirit, diminishing all the memories of peace and quiet it once had.

Like a peaceful bird enjoying the beauty of the blue sky and suddenly caught in a net and trapped, so is rejected love, like a fish calmly swimming in the vast expanse and security of the ocean it enjoys, its world of multitudes of pleasure, is shattered by the lure of seduction and deception of a baited hook, such is rejected love. Like false prophets deceiving and seducing with flattery and enticing words, binding the mind to darkness, so is love tossed away, like a tornado in a city alters the land and destroys all that is in its path, cast off love changes dreams, ambitions and future plans destroying all that was once hoped for, like a royal bull with a ring in its nose, led by its master so is turned down love to its victims. Let us hear the conclusion of the whole matter: The end of life is to avoid love, resist attachment and remain single: for this is the whole secret of man's happiness.



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## MADNESS

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All madness has words in the mind that drive people psychotic, they are driven mad by fantasy words in the mind, are the words the persons' thoughts or demons? For the answer see the title:

- Demons in, Satan and his Family (ON WEBSITE MENU).

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## MEDITATION

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Meditation is focused thinking, it is focused thinking on something peaceful, worry is focused thinking on something negative, Christian meditation is focusing on God's Word and His promises.

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## MEMORIES

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When past sins and bad memories limit a person from sharing the Gospel, they should be encouraged by Paul. While proclaiming Christ Paul would have been fully aware that he had persecuted faithful brothers and sisters in Christ and given his approval for having Christian families put in prison and even killed. There would be no way Paul could preach with a clear conscience, if he did not know the grace of God. Today many have been called later in life, to share the Gospel, but while proclaiming it to others, memories of past sins can often be present, these bad or past memories can hinder a person's ability to share the Gospel, perhaps this is why Paul tells us he was aware of this in his own life, to overcome it he put his past life under the grace found in Christ Jesus (Ephes. 3:8) (Philip. 3:15-16).

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## MIND

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Each person has their own realities in their mind created by what they believe.

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## MOCKING

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A mocker or scoffer is the same as an arrogant or proudly contemptuous person who feels self-importance and shows contempt for others (Prov. 21:24). Mockers see themselves as enlightened, superior and look down on others.

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## MONEY

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We have to learn to handle money according to what we have, not according to what we want. Money may not buy happiness (just look at all the rich people who are not happy) this does not mean that people who are rich cannot be happy since money does buy financial security and the things we need and enjoy in life.

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## MORALITY

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There is no moral centre in society today.

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## NAME

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Your name is who you are, it is your soul, in the Bible the expression, "In my name" embraces everything that name represented, character, personality, goals, purpose and lifestyle. The words, "In my name" is another way of saying, do and say everything the way I would do and say them.

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## NEEDS

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The number one human need is acceptance and the number one fear is rejection.

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## NIGHTMARES

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Secular studies say it is, primarily people who are ashamed of what they have done that have nightmares.

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## OBSESSION

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A person can be obsessed with what they are missing.

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## OPINION

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The power of opinion diminishes as it moves further away from those that are close to us.

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PPP

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## PAST LIFE

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We are products of our past, but we don't have to be prisoners of it.

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## PEACE

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Often the path to inner peace is to release the desire of all things you want, but can't control, i.e. when a person's child dies, to find peace they need to release the craving to have him or her alive, if a family's home burns down, to find peace they need to release the craving to have it back as hard as this maybe for many it is the only path to peace and a new life. Note this does not mean we forget the beautiful memories we have of the child or the family home and whatever else we have lost, memories are precious the focus here is about not living with the mental and emotional craving to have back what we have lost.

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## PERCEPTION

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In many instances' things are not about reality, but perception.

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## **PETTINESS**

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In the absence of greatness or real valued purpose pettiness often prevails.

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## **PERSONALITY**

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A person can have a defect in personality or character, but still be a well principled person in heart.

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## **PERSONAL SPACE**

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Many people read the newspaper or watch TV, not because they want to know the news, but so they can escape into their own personal space.

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## **PERSONAL GOD'S**

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HOW PERSONAL GOD'S DECEIVE THE MIND: Bill a young teenage man falls in love with his first girlfriend, but after some time it doesn't work out, eventually another girl appears and Bill falls in love with her for awhile, she leaves him and after a few more years he meets another woman that he falls in love with and marries. Bill has met three different girls, yet had the same powerful emotions of love for each one of them. For each girl Bill has had beautiful and powerful emotions that at different times totally consume his heart and his mind. Personal god's work the same way, multitudes of people have genuine emotions and love for Jesus Christ, Mary, Allah and gods of other names, the emotions are the same, yet what each person is focused on is totally different.

Bills emotions for the three girls were, the same for each girl, yet each girl was a totally different person. Likewise, the same principal applies in the Old Testament with pagans who believed in false gods, their emotions in many cases are the same as the emotion Christian believers feel toward the Lord Jesus Christ. Emotions of love are the same regardless of the object they are focused on that is why it is so important for each person to make sure their faith is based on truth and not emotions. Emotions are good, but should not be what a person's faith is based on, or used as proof that what they believe is the right thing; a Christian's faith should be based on what the Bible teaches and not on what they feel emotionally. When a Christian has proved for themselves that what they believe is truth, they should fully embrace the beauty of emotions that knowing God and His love that comes to them through faith in the Lord Jesus Christ produces in the heart and mind.

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## **PHOBIAS**

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For many a phobia's strength comes from belief in perspective; belief creates power of thought and power of thought results in power of behaviour.

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## **POWER**

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Don't be afraid to stand in your power.

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## **PRAYER**

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The emotions of love can be so strong that you can be alone with the one you love in your mind and your heart; in the same way a faithful brother or sister in Christ when in prayer can be alone with God in their mind. Feeling remote from God comes from us, not from God. God knows it is difficult for us to identify with him so He gave us His Son who identifies with us and us with him. Christ was made poor for us, means he was made unselfish for us, so we should be made unselfish for him, only our own self (i.e., our conscious and deliberate rejection of Christ) can separate us from the love of God and the love of Christ, their love to us withstands all other things (God will never force Himself upon us).

JESUS PRAYER FOR PETER: Jesus knew Peter was going to deny him yet he prays for him, God and Jesus know we are going to fall short yet they are for us. It is interesting to notice that Jesus did not pray that Peter would not deny Him, but that his faith would not fail, overcoming faith, is faith that continues, even when the person with the faith has moments of failure, it is because of human limitations and moments of human failure that we are saved by faith in the Lord Jesus Christ and by God's grace (Luke 22:31-34).

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## **PRESSURE**

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We all reveal ourselves under pressure.

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## **PRIDE**

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Pride blocks spiritual growth and God's grace in our lives. Often a humble person will let another think they are right when they are wrong to protect their pride, sadly pride stops a person from admitting that others may have a good point.

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## **PROBLEMS**

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All problems start with dialogue.

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**QQQ**

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## **QUESTIONS**

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Statistics say 80% of questions are statements in disguise, following are a couple of examples:

- Should I marry him, means I don't think I should marry him.
- Do you think I should spend this money, means I don't think I should spend this money.

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**RRR**

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## **REALITY**

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People can be disconnected from reality, because it is the way we think that creates our reality.

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## **REASON**

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People can be so fixed in their position they can't see reason. News does not need reason it works on emotion, emotion is so powerful it supersedes reason, unfortunately the world and Christian faith is relying a lot less on reason today than it did two-hundred years ago, we have destroyed reason with emotion.

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## REJECTION

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Some people don't like you that is life, accept it and move on.

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## RELATIONSHIP

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Relationships require sacrifice, inbuilt into human nature is a quiet voice that says, "What's in it for me," relationships take time and effort. The best way to spell Love is --- T-I-M-E --- the most desired gift of love is not diamonds or roses or chocolate. It is focused attention. Love concentrates so intently on another that you forget yourself at that moment. Attention says, "I value you enough to give you my most precious asset --- My T-I-M-E --- whenever time is given there is a sacrifice.

RELATIONSHIP AND PERCEPTION: people don't really know what others are thinking about them, they respond to what they think people are thinking about them.

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## REVENGE

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If you are going to seek revenge make sure you have two graves.

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## ROMANCE

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Insights into Romance.

- A beautiful woman, with personality, a great body and a calculating mind, can be a dangerous woman. This is because beautiful woman can cloud the mind of a man.
- Sometimes a man or woman will hook up with another not from love, but from the fear of being alone.
- Love in most cases, is mutual self-interest.
- Love is a power that devours the inside of a person, like a deadly virus if the one loved does not return the love.
- When love is present one look, one touch, one stare or one glimpse can birth emotions all consuming.
- When one falls in love, it is temporary madness.
- Love can delight and hurt, in equal measure.
- If people don't face reality, they can be setting themselves up for heartbreak.
- Love creates an emotional investment in another that is why it is hard to let it go.
- When people hang onto a person who doesn't want to commit to them it is because they don't want to face the reality they are not loved.

- The words, "I may love you, I don't really know" actually mean, "I am telling you I don't love you in the nicest way I can."
- Generally, people do not like to hurt others this is why they will often avoid telling a partner that they do not love them. They will go to great lengths to avoid doing this. They will make up all sorts of other excuses to avoid hurting people feelings, and having tears flowing.
- People hang onto partners that don't love them to avoid sadness and hurt, but it is very painful to be longing for someone who is does not love you. Only by accepting the fact that you like them, but they don't like you and moving on will the sadness and hurt end.
- Men love the chase, so if you are a woman make sure you set your standard, if they love you, they will rise to it.

**I am not ready for a relationship now, actually means:**

- I want sex, but I am not committed.
- I do not really want you as my steady girlfriend.
- I am not ready to give up my other girlfriends.

**I don't want to ruin the friendship actually means:**

- I am just not that attracted to you.

**I see myself marrying you just means:**

- They are buying some time, it is not the same, as saying I will marry you one-day. If you are a woman make the man ask you out, make him pursue you, if he doesn't, he's not seriously interested in you.

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**SACRIFICE**

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To get anything of value requires sacrifice.

The harder a thing is to do, and the right thing to do, are usually the same thing.

Nothing that has meaning is easy, in grown up life easy does not exist.

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**SELF**

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Self is, a taking heart, while unselfishness is, a giving heart.

Service should be before self, but the universal problem is: -

- Self-absorption.
- Self-centeredness.
- Self-importance.

Impatience, anger, lust, jealousy, envy and coveting all come from self-wanting its own way.

SELF-DENIAL: we are not born to deny self, the opposite of self, is service Christian self-denial should benefit others and glorify Christ.

SELFISHNESS: Albert Einstein said, "What we do for ourselves dies and is gone, what we do for others remains and is eternal. The Bible states it this way, "What we do for ourselves dies and is gone, what we do for others stores up treasures in heaven and will bring eternal reward."

SELF-WORTH: when a woman puts on a red dress and high heels she feels different to when she puts on navy trousers and work shoes. Likewise when a man puts on a suit and tie he feels different to when he is in his weekend shorts, but the important thing is how you feel when you have no clothes on.

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## SEX

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Married people have affairs, yet we accept them in high positions of authority, but if they are in a committed loving same sex relationship we do not.

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## SMOKING

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Smoking is a place to go to go to find a moment of escape and a little place in time to escape the stress.

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## SPIRIT

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Mind spirit and soul, is your essence. The spirit of a group, is the collective essence of that group.

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## SPLENDOUR IN THE GRASS

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When we are young, we look at things very idealistically, when we grow-up we have to forget the ideals of youth and find strength in the struggles, hardships and sorrow of life. In the movie titled, Splendour in the Grass a woman after great emotional grief and heartfelt sorrow of losing the man she had loved from childhood said, "Nothing can bring back the hour of splendour in the grass or the glory in the flower, we will grieve not, rather than find strength in what remains behind, we gain our strength from what lies ahead and not from what remains in the past.

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## STRUGGLE

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Don't sweat the small stuff.

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## SUCCESS

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To win you have to be willing to fail.

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## SUFFERING

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Is suffering God's discipline or random bad luck? People who do not believe in God can be superstitious or use the term, bad luck. The world has a different way of viewing suffering than those who belong to God, a world without God uses superstition and bad luck to explain things they do not understand, but Christians view suffering or circumstance they do

not understand as God's discipline out of His love for a higher purpose or plan, because if God who created all things is in control of all things there is no bad luck.

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## **SUFFERING FOR CHRIST**

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The expression, "Suffering for Christ" is about doing all we can to live a life that honours God and brings a good testimony to the Lord Jesus Christ and the Christian faith (Romans 12:1).

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**TTT**

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## **TIME**

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Put your hand on a hot pan and one second seems like a whole hour, but one hour with your hands on a hot woman seems like one second.

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## **TRAUMA**

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Extreme anxiety can be a result of a real trauma or an imagined trauma, the road to recovery is to face the cause of the fear.

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## **TREASURE**

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Our body is the most valuable real estate we will ever own, yet most spend all their money on material possessions that will all perish and very little on caring for the real treasure that has the potential to pass through death and live forever.

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## **TRUTH**

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There are always three sides to a story, His, Hers and the truth.

People should be taught how to think not what to think.

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**WWW**

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## **WANTS AND NEEDS**

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The key to life is to learn to control our wants, if we don't our wants will put our life in stress and oppression.

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## **WITNESSING**

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It is a Christian's responsibility to share the Gospel, but it is not a Christians right or role to steer a person to a particular decision, that's their choice. Neither is it a Christian's job to use emotion to manipulate others to their belief. Witnessing is sharing information and allowing the listener to make a conscious choice.

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## **WHO YOU ARE**

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It's not who a person is on the inside it's what they do that defines them.



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## **WOMEN**

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Sadly, some woman accepts beatings because they loath themselves, they have such a low self-esteem of themselves that they feel they are not worthy of something better.

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## **WOMEN (BEAUTIFUL)**

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Beautiful woman can distort and cloud a man's brain.

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## **VALUE**

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Value is only measured by the importance something has to you.

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## **VANITY**

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People full of vanity can appear as a social climber, but when they are fully known it becomes obvious, they are social mountaineers.

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Bible House of Grace