



Need Prayer? Call us at 530-620-2717

Dear Partners,

February 2017

“Just follow your heart! Do what feels right.”

These are some popular phrases we've heard a few times in our life and advice we may have given to others at some point. But the truth is that adopting the “follow your heart, if it feels right” mindset can be toxic. “But feelings are from God, how can my feelings be toxic?” Yes, feelings are from God, they are not evil but we must not be controlled by them but rather learn how to control/manage them. Let's explore the world of *feelings* this month and dig deeper into understanding them. Emotions, or feelings, are part of our soul realm (mind, will & emotions). We are a spirit, we have a soul, and we live in a body. Our feelings live in the soul part of our beings.

For some of you the month of February may be an especially difficult one because the word “feelings” is thrown around left and right; often times in an unhealthy, ungodly way. During a month when we celebrate love, the common misconception is that love is a feeling; when in fact God is love. Love is an act, not a feeling.

This is what the Book of Jeremiah says about following our heart (feelings): **Jeremiah 17:9,10AMP**, “*The heart is deceitful above all things, and it is exceedingly perverse and corrupt and severely, mortally sick! Who can know it [perceive, understand, be acquainted with his own heart and mind]? I the Lord search the mind, I try the heart...*”

The heart is deceitful above all things!? That's a powerful statement that goes against mainstream thinking. But we know that God, who gave us our heart, emotions and feelings, knew we would need this truth in order to learn how to manage them. If we can pause here for a moment and think about all the things in life that matter most: God, family, relationships, jobs, money, etc. Do any of these have much meaning or last very long if they are solely based on *feelings*? One day you may *feel* close to God and the next you may feel light years away. One day you may *feel* like going to work and the next you *feel* like quitting in a fit of rage. One day you may buy something you've wanted for so long and it feels so good; the next day that feeling of satisfaction isn't there anymore. You get the point. If we don't learn how to manage our feelings, they can quickly deceive our mind. Once our mind is deceived we tend to act out our emotions and make wrong decisions. Instant gratification: “the desire to experience pleasure or fulfillment without delay or deferral.” **Instant gratification is best friends with Feelings.** Trusting our feelings is like trusting the wind. The wind is unpredictable in speed, direction and momentum. It isn't stable. Our feelings aren't either. Here's what Solomon has to say about trusting our own understanding:

“Those who trust their own insight are foolish, but anyone who walks in (godly) wisdom is safe.” Prov 28:26NLT

We know from John 8:44 that Satan is the father of lies. He uses our feelings against us to make us believe that what we feel is RIGHT and that things will never change. We may not even realize that the thoughts Satan throws to our mind are directly related with the feelings and emotions we are experiencing at that very moment! For example, your boss tells you that you didn't quite make the quota in order to receive the promotion at work this month. *You were so close! You've been working ALL month, overtime for this.* Your emotions are getting stirred up; feelings of anger, disappointment and failure are raging through your mind. You hear a faint whisper that tells you to quit, walk out, start cussing, and show them how upset you are for the injustice. These whispers suddenly become louder and louder, preventing all other voices of reason to get in. In a split second you have a choice: allow your feelings and the enemy's planted thoughts to deceive your mind or quickly refocus on what the **Word of God** says about you:

"I capture every thought and teach it to obey Christ. My mind is renewed" 2 Cor 10:5, Rom 12:2

"He will keep me in perfect peace because I keep my mind on Him" Isa 26:3

"He will make me successful in everything I do" Duet 30:9

"I am a child of God" Gal 3:26

"I am blessed and highly favored" Deut 28

"I am filled with love, peace, patience, kindness, goodness, gentleness and self control" Gal 5:22

"The Lord will make His face shine upon me and be gracious to me" Num 6:25

We have to remind ourselves of the Word and command our feelings to line up with the Word and eventually they will. If left untamed, feelings will eventually spring into actions; actions become habit and habits form our character which takes us to our destiny. *Through the power of the Holy Spirit we can learn how to recognize our feelings and realize when they are trying to overtake us. Then by the Spirit and His grace we can learn how to manage our emotions instead of letting them manage us.*

Galatians 5:16,17a NLT "So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants."

What Paul is saying here is that the spiritual man doesn't live his life impulsively following his fleshly desires; all he wants, thinks and feels. He lives by discernment. Every time you and I choose to listen to and obey the Holy Spirit's promptings, our spirits grow stronger, and a little bit more of our flesh (its impulsive emotions) dies. ***When we learn how to master our flesh and its feelings the result is more and more of God's power being released in our lives to operate in the fruit of the Spirit.*** We cannot always wait for our feelings to come into agreement with the Word. We accept God's truth as fact and COMMAND to our feelings to line up with it. Another way to look at it is this: you take the *fact or reality* and bring to the TRUTH (God's Word). We must not give our feelings an opportunity to "vote" or they will sway us in the wrong direction. *God's truth always trumps fact and feeling. Always.*

The days of adversity will come. The days of heartache, disappointment and failure will inevitably come. But we are not alone! We have been given a precious treasure full of instruction and wisdom- **God's Holy, powerful, anointed Word!** And as if that weren't enough, that Word became flesh and walked among us (Jn 1:14)! His name is Jesus and He walks with us every single day. Imparting His wisdom (the Holy Spirit) to us if we are willing to heed and obey His whispers. **You don't have to allow your feelings to dictate your destiny any longer. Allow His Word to dictate your life and your destiny!**

Psalms 94:11-13AMP says, "The Lord knows the thoughts of man, that they are vain (empty and futile—only a breath). Blessed (happy, fortunate, to be envied) is the man whom You discipline and instruct, O Lord, and teach out of Your law, that You may give him power to keep himself calm in the days of adversity."

The next time your feelings turn on you and try to force you to believe them, get the Word of God in your mouth and begin to shove out everything else until your feelings line up with the FINAL Word- His TRUTH!

Souls are being saved, healed and restored every day, around the clock! Without your prayers and financial support it would be impossible to reach this great harvest and ALL of you deserve a big **thank you**. Thank you for sowing your seed in the good ground of this Ministry! Please keep JMM in your prayers as we begin researching companies to purchase teddy bears, combs, hygienic items, crayons, etc from. Our Children's project isn't until Christmas but it takes all year to put together a project like this in order for everything to be purchased wisely. We know that God will guide our footsteps to the right people. We need your prayers and support in this Ministry every single day!

-John & Alexandra
