

# Captive's Corner



*"Bringing every thought into captivity to the obedience of Christ"*

*2 Corinthians 10:5*

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## FEELINGS

This is a letter written to a student some time ago regarding "feelings": You said "Sometimes I feel like I'm real close to God and I've got the Holy Spirit in me. Sometimes in my depression & loneliness here at prison, I feel God is so far away and that I don't have the Spirit in me anymore." Of course, He understands how you feel. Yet, He gives us light where darkness at times seems to prevail. What you need to see is that the Holy Spirit's presence is not primarily a "feeling" but a "knowing." Our feelings change. He changes not. When we turn from our sins and put our trust in Jesus, God does a marvelous

*"God is always present regardless of how we feel or what our circumstances may be. Trust Him, and He will prove Himself ever faithful."*

thing. He gives us new life by His will. See John 1:11-13. This life comes to us in the Person of the Holy Spirit Who indwells us and seals us unto the day of the redemption

of our bodies. Now, the book of 1 John makes it clear how we know that we are saved and have the Holy Spirit. Nowhere are feelings mentioned as a "proof". Rather, "knowing" and "what we know" is stressed. You may find it profitable to read through this

book carefully, noting the many references to "by this we know". In regard to the Spirit, you will notice that this subject is addressed from 1 John 3:24 to 4:16. There you will find

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that His presence is known primarily by His confession and teaching. The Holy Spirit confesses that Jesus Christ has come to permanently reside in a bodily form. See 1John 4:1-3; Colossians 2:9-10. Further,

He always encourages a confidence in what the apostles have taught, ie. faith in God's Word. See 1 John 4:5-6. Finally, He testifies to the fact

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that the Father has sent His Son Jesus to be our salvation. See 1 John 4:13-15. In Romans 8:15-17 we see that the Spirit bears witness with our spirit that we are indeed children of God. In all these references the emphasis is on "knowing" and not "feeling" because feelings flow from knowing and not vice versa. We are not to judge reality by how we feel. Feelings are a result of body chemistry. They are, thus, subject to change. Again, He changes not. Your faith needs to focus on God and not yourself. The change in your life needs to come from the inside out.

Thus, as you are renewed in the spirit of your mind [Ephesians 4:23] and as your mind is renewed [Romans 12:2], you will find that significant healing will take place that affects your emotions too. Praise God that His salvation affects the whole person we are, yet let our faith be always focused in God and not in ourselves. God is always present regardless of how we feel or what our circumstances may be. Trust Him, and He will prove Himself ever faithful.

Sincerely in Christ,

Set Free Instructor,  
Set Free Ministries of Missouri and Illinois