

Rule Yourself

(1Jn 5:18-21) ¹⁸We know that whoever is born of God does not sin; but he who has been born of God keeps himself, and the wicked one does not touch him. ¹⁹We know that we are of God, and the whole world lies under the sway of the wicked one. ²⁰And we know that the Son of God has come and has given us an understanding, that we may know Him who is true; and we are in Him who is true, in His Son Jesus Christ. This is the true God and eternal life. ²¹Little children, keep yourselves from idols. Amen.

“keeps himself” = guards himself - first priority of spiritual warfare

War (Gal 5:16-17) for Rule (Gen 4:7) of Yourself (Rom 6:12)

ex: lazy, selfish, rebellious - only possible by His Spirit

“touch him” = fasten to him – agreement is access (Amos 3:3)

ex: lies, feelings, wounds, sin, unguarded ignorance (need identity, rejection/rebellion)

way back: repentance, break agreement (remove handle), authority in Jesus

(Lk 10:19) can't avoid harm without taking authority

deliverance doesn't fix Ruling Yourself (Lk 11:24-26) - longer habit, more work

“lies under the sway” = lies in - vs in Him

understanding by Spirit - know Him, in Him - Truth

Guard Yourself against World you're called to Love

(1Jn 4:4-6) ⁴You are of God, little children, and have overcome them (antichrist spirits), because He who is in you is greater than he who is in the world. ⁵They are of the world.

Therefore they speak as of the world, and the world hears them. ⁶We are of God. He who knows God hears us; he who is not of God does not hear us. By this we know the spirit of truth and the spirit of error. (trying to convert without getting flipped)

Cannot Master our Outward (Actions) without Mastering our Inward...

1) Emotions/Feelings 2) Words 3) Thoughts (typically in this order)

Ruling your Emotions

(Pr 25:28) Whoever has no rule over his own spirit is like a city broken down, without walls.

Ruling our Emotions/Feelings is first line of defense against Manipulation

demonic advantage - not based in truth

first level of training children, self-control is mark of maturity (Fruit of Spirit)

World: Validate Feelings, express them

(Pr 29:11) A fool vents all his feelings (spirit), but a wise man holds them back.

Emotions Gift from God (He has them) - Unreliable Guides

Rachel's Dream: Faith in Feelings, Truth in Experiences

How do we Rule our Emotions?

1) realize we can - choice (Isa 61:3 story)

2) Validate Truth, not feelings (Jn 8:32, 2 Thes 2:10 handles)

confronting our feelings requires dying to ourselves

(Ps 51:6) Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom.

3) Word (Jn 17:17) ex: youth anger story