

Reviewing Session 5:

Victory over feelings is a primary part of deliverance. Salvation is deliverance.

We as a people are so victimized by feelings...

- ...partly due to the fact that we're encouraged to think that we should feel good, and if we don't feel good there's something wrong. And that we should fix our feelings.
- Our goal is to have a clearer view of what feelings are and not be dominated by them.
- The way to deal with them is to turn our minds in the direction of hope and help and goodness.

Paul, Philippians 4:8 – *"Rejoice! Rejoice in the Lord rejoice always."*

- There's more to it than that, but it's a good start, it's an action and it will help you.

2 Peter 1:2 *"Grace and peace be multiplied to you in the knowledge of God."*

Peace is an awareness of abundance.

- Because of God's kingdom that we are living in, we are assured of abundance.

You can be assured of abundance, when you're hungry and when there may be threats, because the assurance does not rest upon the realities of the visible landscape.

Knowledge is interactive relationship.

- It's what you're actually experiencing as you live in the kingdom of God.
- The kingdom of God is the range of God's effective will.

The outcome is where you come to the place to where you do everything in the name of Jesus – on his behalf, and from his resources.

Sometimes these feelings come in the form of desires, and desires cause us a lot of trouble.

We need to be able to take control of desires and dominate them.

- If you're changing desires, you must desire to *not desire* what you *now* desire.
- Desires are not bad in themselves...they are death on you, whenever you let them guide your life.

The Fruit of the Spirit – these are *conditions* not feelings – love, joy, peace, long-suffering, gentleness, goodness, kindness, faithfulness, self-control (Galatians 5:22-23) These conditions and the feelings *associated with them* are good feelings that strengthen and encourage us in a direction that leads to a life that is productive of good, is creative, and lives in the power of God for now and forever. We let our minds dwell on those things and that helps us deal with feelings.



Session 6: The Body

Most feelings are located in your body. The body is the place where our character, our feelings, our thoughts even settle into our personality. Then the body begins to run in terms of them.

PAUL'S EMPHASIS ON THE BODY

(Spirit of the Disciplines; 'Paul's Psychology of Redemption') Paul was a great mind! Paul is the one who really tells us how to deal with life, in the light of life in the kingdom of God.

The four questions...*Who is well off? Who is a good person? ...are always answered in terms of the first question – What is real?*

- (If you study Plato, Aristotle, you will know that their recommendation for the best way to live and the kind of person to be is predicated on their understanding of reality.)

"Make it my slave..." 1 Cor. 9:27

- *"24 Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! 25 All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. 26 So I run with purpose in every step. I am not just shadowboxing. 27 I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified."*
- I do not let my body run my life. I run my body.
- The body is very smart. You need to make sure that you are dealing with your body in a way that allows you to win the race for Christ.
- Think about how much attention the ordinary person might pay to the body. Proper care still takes a lot of time because we have to take care of our body; we're responsible for it.

"Submit its members..." Rom. 6:12-13

- *"12 Therefore do not let sin reign in your mortal body, that you should obey its desires, 13 and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those who are alive from the dead, and your members as instruments of righteousness unto God."*
- "Take my life and let it be, consecrated Lord to thee. Take my hands and let them move at the impulse of thy love..."

If you have given your bodily parts and members to God, to righteousness....do you think that would affect what you did with them? Think of giving your body to Christ.

"The body is for the Lord...and the Lord for the body." 1 Cor. 6:13

"12 All things are permitted for me, but not all things are of benefit. All things are permitted for me, but I will not be mastered by anything. 13 Food is for the stomach and the stomach is for food...but the body is not for sexual immorality, but for the Lord, and the Lord is for the body."



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"Manifesting the life of Jesus..." 2 Cor. 4:7-11: **The Treasure and the Vessel**

- *"7 But we have this treasure in earthen containers, so that the extraordinary greatness of the power will be of God and not from ourselves; 8 we are afflicted in every way, but not crushed; perplexed, but not despairing; 9 persecuted, but not abandoned; struck down, but not destroyed; 10 always carrying around in the body the dying of Jesus, so that the life of Jesus may also be revealed in our body. 11 For we who live are constantly being handed over to death because of Jesus, so that the life of Jesus may also be revealed in our mortal flesh."*
- The picture here is giving up your body to Jesus, and accepting the weakness that puts you in human terms and observing how the spiritual life of Jesus transforms your mortal body so that weak as it is, it becomes this place where the power of Christ is manifested.
- **In the midst of Paul's trials, the power of God was manifested.**

"A living sacrifice..." Romans 12:1

- *"12 Therefore I urge you, brothers and sisters, by the mercies of God, to present your bodies as a living and holy sacrifice, acceptable to God, which is your spiritual service of worship."*
- The living sacrifice goes through life, with an awareness of the limitations on it that come from living a sacrificial life under Christ.
- Think of that in terms of the devotion of your life to what is good under God.
- Every day I have the opportunity to present my body as a living sacrifice, and not use it as a way of getting my way, of impressing other people, of just having pleasure.
- I use it as a way of allowing Christ to live in me as I do good in dependence upon him the best I can.

"The temple of the Holy Spirit." 1 Cor. 6:19

- In Christian history, the teaching is that the body contains in it, the Holy Spirit.
- Your body is not your own. It's bought with a price, and it's occupied by the Holy Spirit.
- John 7:37-39 – Jesus: "A river of living water, flowing from your belly."
- You are a temple of the Holy Spirit.

2 Corinthians 4:16-18...*'Though our outward man is perishing, our inward man is being renewed day by day...for temporary light affliction works for us an exceeding greater weight of glory...' "While we look not at the things that are seen but unseen. For what is seen is temporary but the unseen realm is eternal."*

- C.S. Lewis, *The Weight of Glory*. Glory is substance; weight.

WHAT IS YOUR BODY TO YOUR PERSONALITY?

The repository of your will and character

- Your body has a knowledge of its own. It knows, it orients you, it is ready to deal with things in your environment.
- It is a system of energy - energy under the direction of knowledge.



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- You must train until it is in your body.
- Your body is the point of your “insertion” into your world
- Your own little “power pack” to stand for or against God by how it is inclined or “ready to go.”

The primary focus of your “kingdom rule,” from where you “reign.”

- Your kingdom is the things you have say over.
- The first thing you have say over is your body.
- You don’t have say over anything else except through your body.

HOW WE LIVE FROM OUR BODY

The body is trained into being ready to do what is to be done. Deliberation not required.
Not a bad thing.

It is ready to respond to temptation by wrong-doing. That is its “natural” state.

- A little child might come in and discover that having a fit is very effective, so they learn to manipulate their world. If they aren’t careful, they grow up with that teaching and they’re still having a fit when they’re 40 years old. They say, “it’s just me,” or “that’s my nature,” or “I have a bad temper,” or something of that sort, but...
- **It reflects their choices about how they manage their world.**
- Being raised in a fallen world means you’re involved in an economic system that is not directed towards what is good.
- Isaiah 6 – *“Woe is me. Woe is me. I am a man of unclean lips and live in the midst of a people of unclean lips.”*
 - Isaiah realized when he sees the Lord, how out of direction and how turned wrong the world is in, and that it’s on his lips too.
 - You wind up speaking a language that is contaminated from the fallen world in which you live.

When we follow the “fallen” nature, our actions run ahead of our intentions.

- The case of Peter’s denials - Luke 22:54-62; When the little girl said, “you’re one of them,” he didn’t say, “What shall I say?” He just said it. Because it was right there, in his mouth.
- Proverbs 31:26 *“The law of kindness is in her tongue.”*
 - The body has the stuff right in the members ready to go.
- Paul, Romans 7:23 (par) *“There is another law in my members, and it causes me and leads me to do things that are contrary to my intentions.” “It isn’t me.”*

LIFE AS USUAL

Our desires and feelings run from our bodies and run our lives.

- We have to learn how to suspend them.
- We do this by putting the body to “death.”



PUTTING THE BODY TO "DEATH"

Mortify "the deeds of the flesh" (Rom 8:13) or "your members on the earth." Col. 3:5

- "Kill it off by degrees."
- Colossians 3: *"If you then be risen with Christ, seek those things that are above where Christ sits at on the right hand of God. Set your affections on things above, not on things on the earth. You are dead...and your life is hid with Christ in God. When Christ who is our life shall appear, then you also shall appear with him, glorious...mortify therefore your members that are upon the earth."*
- Romans 8:13 *"If ye through the Spirit, do mortify the deeds of the flesh, you will live."*
- Your members upon the earth – the deeds of the flesh – that's the natural powers, thing things you can do without God.
- Colossians 3 *"Mortify therefore your members which are upon the earth, fornication, uncleanness, inordinate affection, and evil concupiscence (bad desires) and covetousness, which is idolatry."*
- Let those things die.
- Romans 8:13 Paul says *"If you THROUGH THE SPIRIT do mortify the deeds of the flesh, you shall live."* Not "through the flesh." You do it through the Spirit, by moving into the kingdom of God, that invisible landscape again, and you allow Christ to live in you in such a way that **the things that need to die off just stop being interesting.**
- **Something else grows out of you now as a disciple of Jesus.**
- You just look at something like covetousness or malice, anger, and you just look at it and say it's not interesting.

Sin is slop.

- That's how sin comes to appear. You don't have to choke it to death, jump on it, kill it, repress. You do not gain by making yourself suffer!
- Mortification is a process where you stop cultivating something, start cultivating something else, and let it die off.

This trains your body not to run into evil ahead of your good intentions.

STOPS THE PROCESS . . .

Now we stop the process of allowing our bodies to be governed by things that are self-destructive.

We stop the process by training ourselves towards what is good.

- That's how you deal with temptation.
- You don't live in temptation because you turn to something that is good, something better.
- We can train ourselves to eat properly. That would mean identifying the causes in us that lead us to eat improperly.



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Fasting is a discipline that helps you learn that if you're hungry, that's no reason to eat.

- Having an itch is no reason to scratch.

There's a difference between the thought, the temptation, and the deed.

- The thought of something is where it comes before your mind, with no inclination.
 - That is not a sin.
 - The thought of something wrong is not a sin.
- Temptation is where you have the inclination. You are now inclined to do it.
 - It's not a sin. But you're better off if you're not there, so we want to stay out of that.
 - **One of the ways we stay out of that is directing our thoughts. If we don't visit the thing in a thought, we will not have to deal with the inclination.**
- But if we have the inclination, that is not wrong.

Sin is where our will says yes.

- A thief is not someone who steals necessarily, but someone who would steal if the situation were right.

Purity of mind – What you can think of is a mark of where your mind is.

(That's why you ought not to watch the news too much. It enables you to think about things you shouldn't be thinking about.)

You have freedom of thought; you do not have freedom from the consequences of the thoughts you choose.

- We need to train our bodies not to be in temptation. Then our bodies can turn towards what is good and what is not good will drop off because it will stop being interesting.

Intimacy is basically shared experience. Intimacy with God is shared experience with God.

- The answer to gossip (a bodily behavior) is intimacy. Intimacy with God, with friends.
- A warmth of life that allows you not to need intimacy bought at the price of goodness and righteousness.

A body that is rested, nourished in a healthy way, living in warm relationships, with meaningful relationships with others – that body is in a position where it's going to go for what is good.

The habits of wrongdoing without thinking or thinking too late are replaced by habits of right doing.

- Why do you do the right thing? That's how your body is set.
- Evil messes up the mind to where you can't identify the things that are good.
- Disciplines begin to come into the submission of our body as living sacrifices.



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- The body is no longer used just to gratify desire. It is not to dominate others by force, violence, seduction.

There's nothing wrong with having pleasure in your body. It's when that becomes a governing force, then you're no longer able then to be guided by what is good.

Your body is a living sacrifice. You have surrendered it to God, it's in his care.

- We care for our body for what is good.
- Sleep is God's idea; it's a good idea.
- We need to take care of our body that way. To have appropriate exercise, all the things that will help our bodies function well until God is ready to promote us.

TWO SUBORDINATIONS

There are two ways of subordination. One is destructive and one is constructive.

Improper

- Body
- Soul
- Mind (Thought/Feeling)
- Spirit
- God

Proper

- God
- Spirit
- Mind (Thought/Feeling)
- Soul
- Body

We take care of the body, respect it, recognize the goodness of it, use it for the glory of God.

- **But it's not what runs our life.**
- If we make this switch, having an eternal life now is opened to us.
- If we don't make the switch, it's almost impossible to think in terms of having an eternal kind of life now, because we are living what Paul called the mind of the flesh, which cannot be subject to the law of God.
- God cannot work with it because we've got the *wrong things in the first place*.

GOD FLOWING THROUGH . . .

- "Living Water" from the "belly" of the believer. John 7:38
- "A wholesome tongue is a tree of life." Prov. 15:4.
- Gifting by laying on of hands. Acts 8:18



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- Healing by physical contact. Matt. 9:21, Mark 3:10, Acts 5:15

Once we have that established, then we see God flowing through the body. Living water from the belly. This is not a metaphor. This is what comes from the Spirit flowing through your body, the Holy Spirit giving it life.

- The Holy Spirit now is working through your body, and that is a primary form of witnessing.
- We want to be careful about witnessing when our body is witnessing to the wrong thing, because we will hurt people more than we will help them.
- What does our body testify to? Hopefully the reality of the Kingdom of God, the resurrection life of Christ.
 - We don't have to assault people with that, it will be obvious.
 - Your body bears witness to the reality of the Kingdom and the Spirit.

Now you're a person that's living in the invisible landscape. The invisible landscape begins to be visible, and the energy and direction and goodness that is in your body...

Why lay on hands? That's physical contact. What is in your body....a power that is in you, goes into them.

Have we, through a definite act and positioning of ourselves before God, given our body to God, offered it as a living sacrifice?

If we have not done so, it will continue to be a barrier to living the eternal kind of life. It will continue to be a hold-out from God's Kingdom.



Questions & Comments

Q: Feelings – why they're important in a positive sense...the appropriateness of raising feelings through certain types of worship music. Can you talk about those?

Feelings carry you to something.

As you move into worship, the feelings that you experience carry your mind and your body more to God.

Feelings are directional.

Q: You said it'd be surprising if God did not love me. Could you say a little more about what God is like...address prevalent evangelical misperceptions about God.

Charles Finney wrote a systematic theology, and it's almost totally the love of God. The basic teaching is that God is focused in an infinite way, on creating what is good. That is basic love. Love focuses on the promotion of what is good.

Since God is love, it would be surprising if he didn't love me.

That's what we need to revise is this idea that somehow what's surprising is that God loves people.

Biblical language when it says you're the child of something that means you have their nature.

Q: Addictions are a product of an impoverished life and perhaps one should focus on the issue. Or could we focus on the issue of the impoverished life and say more about how to practically speaking transform from impoverishment to abundance?

If you want to help addicts, on anything, you have to locate what is it, and what is the vacuum in their lives that is driving the addiction, because in nearly every case they know that this is not good and they want to try to stop it. What is driving them is a vacuum in their life, plus their habits.

You can be sober and be a very miserable person.

It is simply true that many people have been freed from addiction to alcohol or other things just by discovering the richness of life in Christ. It happens because their lives are no longer empty.

Q: How does mortifying the flesh in the way you talked about tonight free us to grow in grace, while also being honest about our faults, or sins, our addictions, just being honest and transparent.

Growing in grace is what mortifies the flesh. The basic idea is that you mortify something by growing in grace.

In the standard cases that trouble us so much things like drug addiction, pornography, and so on, the basic problem is that we tend to not go about it by growing in grace but by trying to stuff it down and sit on it and make it go away. It just doesn't happen that way. That's what I call mortifying the flesh by the flesh. It came to be a way of just legalistically trying to suppress and deny desires that are there rather than a way of finding grace, to change in ways that make what needs to be mortified, simply not interesting.



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The heart of the matter is that you turn to something that is good and you receive grace.
What has been a tyranny over you simply stops being interesting.
It's good that pulls the wagon of sanctification. Of course, there is always a point of resistance that requires some effort.

Q: Two questions that seem to be related – please expound on 1 Corinthians 6:18 about the uniqueness of sexual sins, and what their unique consequences are for the body. Also, please speak about the relationship of sexual identity sorts of sins and the body...sexual sins of sexual identity or orientation.

They are definitely related - the kind of unity of bodies that occur in sexual relations...
Bodily contact transfers personal reality.
Think in terms of what it does to their feelings, the way they perceive their world.
There is no such thing as casual sex; just approaching it as casual is itself a terrible desecration of the persons who are involved in it.
It's very destructive to the persons involved.

Q: I'm really happy to know that God does not and cannot maybe get angry at me. What would you say about his emotions, assuming God has emotions? What was God's emotion when he wiped out humanity.

For one thing, he was very disappointed. He was sorry he made human beings.
Persons have emotions. Emotions come with thought.
God has them. What's the quality? His anger is safely within control of what is good.
I can trust Jesus with things I can't trust myself. Anger is a very powerful force.
God has emotions – even things like delight, clearly joy and I think he has emotions probably of a scale and nature that we couldn't very well understand.

Q: Do you think God felt compassion? For the Canaanites?

Yes...I think he felt compassion and that those who may have deserved it are in his company now. I don't feel like every one among the Canaanites were immersed in the evil, which he felt had to be destroyed in order to allow the development of a different kind of community.

