



Should Christianity Be an Emotional Experience?

Philippians 4:7: (NASB) *And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.*

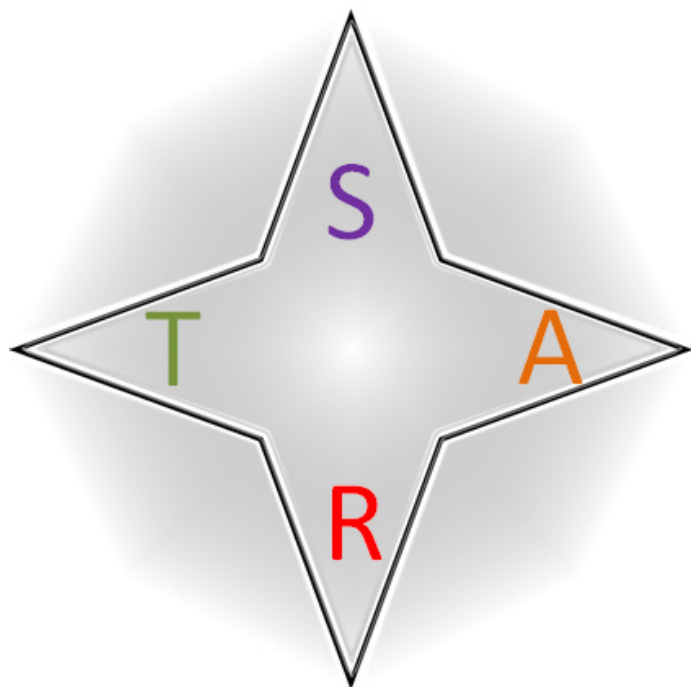


There are many different approaches to Christian faith. Some of us find the basis of our faith in feeling Jesus present in our lives. Others of us find the basis of our faith in intellectual understanding and reasoning through the Scriptures. Still others of us thrive on the fellowship of our brothers and sisters in Christ as the signature of our faith. Each would argue that their approach to faith is strong and sustaining. So, what does true Christianity really want from us? Are we supposed to always be excited, spiritually charged up and energized - or are we supposed to have a quiet and firm faith that might be characterized as strong and silent?

What are the basic approaches to Christianity?

Back in 1998, Rick attended a communication and business development seminar taught by Jim Hoyt called "Release Your Brakes." His premise was that people are different and fall into four basic categories of approach to life, or combinations thereof. He used the acronym S.T.A.R. as a way to remember the personality types. This can help us uncover our strengths and weaknesses. Often we try to make Christianity fit into the mold of our lives, when in fact we ought to be making our lives fit into the mold of Christianity.

We will apply these to Christianity:



- *I read, study and absorb the message of the Gospel*
S = Stability
- *I analyze, compare and contrast the hidden details of the Gospel*
T = Theory
- *I observe, emulate and live the examples of the Gospel*
A = Action
- *I follow Jesus and am energized by the love and inclusiveness of the Gospel!*
R = Relationship



Stability: A stability-oriented person must be dependable in our responsibilities and duties. We tend to see things in black and white, trust and value our roots and proven authority, and expect everyone to follow the guidelines, using the past as a guide into the future. Belonging is important to us and we enjoy organization, concrete facts, details and the proven reliability of a track record.

Theory: A theory-oriented person believes knowledge, learning and competence are of paramount importance. We tend to trust logic and reason above all, map out strategies for our growth and resolve conflicts logically and reasonably, avoiding emotionalism. We desire willpower and are precise in our speech and focus on long-term results. We love opportunities to learn, efficiency of communication and new insights to solve complex problems.

Action: Action-oriented people love beauty, variety and choices. We seek freedom to act, to make an impact, and to live with excitement and passion. We tend to recognize opportunity and sometimes in our optimism proceed on blind faith. We don't like to wait; we learn best through hands on experience, will try to find better ways to do things and will take risks to get things done. We like opportunities with concrete examples - not theories.

Relationship: Relationship-oriented people value harmony, morality and personal growth, are very potential oriented, willingly show appreciation and seek deeper meanings than material possessions can show. We need people's interaction, are on a quest for our own spirituality as well as that of others and are enthusiastic and intense. Developing peoples' potential, new ideas, involvement, cooperation, the meaning of life and ideals drive us.

So which category or combination of categories are you? Let's give you a quick example. If four people are going to go on a hike, here is what might happen:

Steve Stability will ask, “What time is it? How long until we get there? How long will the hike be? Do I have the right jacket and shoes?” He will make sure he has “all his ducks in a row.”

Thelma Theory will think, “I wonder what kind of ferns will be alongside the pathway? What will I see during the walk that I can look at and appreciate?”

Action Arnie will be in the car but would have forgotten his jacket and will soon realize he didn't use the restroom before he left. But he is really excited to get up to the top.

Rhonda Relationship just wants to know who else is going!

The Scriptures put this concept into perspective:

Mark 12:28-31: (NASB) ²⁸One of the scribes came and heard them arguing, and recognizing that he had answered them well, asked him, What commandment is the foremost of all? ²⁹Jesus answered, The foremost is, Hear, O Israel! The Lord our God is one Lord; ³⁰and you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength. ³¹The second is this, You shall love your neighbor as yourself. There is no other commandment greater than these.



Look closely. This talks about loving the Lord four different ways: with your heart, with your soul, with your mind, and with your strength.

We are created in God's image, so which "STAR" is closest to the original?

What is the Born Again Experience? Valerie Tarico (psychologist)

- For many Christians, being born again is unlike anything they have ever known. A sense of personal conviction, yielding or release followed by indescribable peace and joy. This is the stuff of spiritual transformation. Once experienced, it is unforgettable, and many people can recall small details years later.
- Listen to these descriptions: I prayed harder and then I felt like everything I was saying was being sucked into a vacuum. When I stood up, I felt like I was in air. I had to brace myself. I felt this energy. It was a kind of ecstasy.

So, is that how we get closer to God?

James 4:8: (NASB) Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.





What are God's four attributes? God is: Justice, wisdom, power and love. Do they help us "see" God more easily?

	<p>God is Just: Order, Rules, Strong Direction Psalms 89:13-14: (KJV) ¹³Thou hast a mighty arm: strong is thy hand, and high is thy right hand. ¹⁴Justice and judgment are the habitation of thy throne: mercy and truth shall go before thy face.</p>	<p>JUSTICE</p>
	<p>God is Wise: Knowledge, Understanding, Prophetic 1 Corinthians 1:19-21: (KJV) ¹⁹For it is written, I will destroy the wisdom of the wise, and will bring to nothing the understanding of the prudent. ²⁰Where is the wise? where is the scribe? where is the disputer of this world? hath not God made foolish the wisdom of this world? ²¹For after that in the wisdom of God the world by wisdom knew not God, it pleased God by the foolishness of preaching to save them that believe.</p>	<p>WISDOM</p>
	<p>God is Powerful: He knows and He does! Psalms 8:3: (KJV) When I consider thy heavens, the work of thy fingers, the moon and the stars, which thou hast ordained;</p>	<p>POWER</p>
	<p>God is Loving: Relationship - Mercy, Compassion, Nurturing 1 John 4:16: (KJV) And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.</p>	<p>LOVE</p>

So, that’s what God is... now how do we “see” Him?

We are to love God four different ways. Could it have something to do with basic human personality traits? Remember, “to love” is not an adjective, it is a verb - it is something we *do*, not something we *feel*.

Mark 12:30: (NASB) *and you shall love the Lord your God with **all your heart**, and with **all your soul**, and with **all your mind**, and with **all your strength**.*

 STABILITY	<p>...all your soul</p> <p><u>Matthew 6:25:</u> (KJV) <i>Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. <u>Is not the life more than meat, and the body than raiment?</u></i></p>	<p>JUSTICE</p>
 THEORY	<p>...all your mind</p> <p><u>Mark 4:11-12:</u> (NASB) ¹¹<i>And he was saying to them, <u>To you has been given the mystery of the kingdom of God, but those who are outside get everything in parables,</u> ¹²so that while seeing, they may see and not perceive, and while hearing, they may hear and not understand, otherwise they might return and be forgiven.</i></p>	<p>WISDOM</p>
 ACTION	<p>...all your strength</p> <p><u>Matthew 6:33-34:</u> (NASB) ³³<i>But seek first His kingdom and His righteousness, and all these things will be added to you. ³⁴So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.</i></p>	<p>POWER</p>
 RELATIONSHIP	<p>...all your heart</p> <p><u>Matthew 5:8:</u> (KJV) <i>Blessed are the pure in heart: for they shall see God.</i></p> <p><u>Matthew 6:21:</u> (KJV) <i>For where your treasure is, there will your heart be also.</i></p>	<p>LOVE</p>

 Only love and its opposite, *The Science of Miracles*, Gregg Branden

- So if we look at the ancient charts of the energy centers in our body, the chakra centers, what we see is the lower three energy centers of our bodies are closely associated with what we call the power of human emotion. The ancients said we are capable of only two primary emotions - we are capable of the emotion of love and whatever we believe the opposite of love really is,



whether we think of it as fear or hate. When we get really deep into the traditions, we find that they are both polarities of the same force.

Is there a New Testament priority as to which "STAR" is most important?

 **Not only Christian, What is the Born Again Experience? Valerie Tarico (psychologist)**

- *This experience, more than any other, creates a sense of certainty about Christian belief and so makes belief impervious to rational argumentation. A believer knows what he or she has experienced.*
- *Evangelical and Pentecostal forms of Christianity that are gaining ground around the world particularly emphasize emotional peace, such as faith healing or speaking in tongues. Worshipers may get caught up in exuberant singing, shouting, dancing, and tears of joy.*
- *What most Christians don't know is that these experiences are not unique to Christianity.*

We need to overlay our experiences onto a scriptural basis.

Romans 12:1-2: (KJV) *¹I beseech you therefore, brethren, **by the mercies of God**, that ye **present your bodies a living sacrifice, holy, acceptable unto God**, which is your reasonable service. ²And be not conformed to this world: but **be ye transformed by the renewing of your mind**, that ye may prove what is that good, and acceptable, and perfect, will of God.*

--by the mercies of God (Relationship)

Mercies: Strongs #3628 oiktirmos (oyk-tir-mos'); pity

Philippians 2:3: (KJV) *Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.*

--holy, acceptable unto God (Relationship)

Acceptable: Strongs #2101 euairestos (yoo-ar'-es-tos); fully agreeable

2 Corinthians 5:9: (KJV) *Wherefore we labour, that, whether present or absent, we may be **accepted <2101>** of him.*

--present your bodies a living sacrifice (Action)

Philippians 1:21: (KJV) *For to me to live is Christ, and to die is gain.*

--which is your reasonable service (Stability)

Reasonable = rational, logical
Service = worship

1 Peter 2:2: (KJV) *As newborn babes, desire the sincere milk of the word (the Greek here means the logic of the word), that ye may grow thereby:*

--be ye transformed by the renewing of your mind (Theory)

Transformed: Strongs #3339 metamorphoo: to transform (literally or figuratively, "metamorphose")

Mark 9:2: (KJV) *And after six days Jesus taketh with him Peter, and James, and John, and leadeth them up into an high mountain apart by themselves: and he was **transfigured** <3339> before them.*

Renewing: Strong's #342 anakainosis (an-ak-ah'-ee-no-sis); renovation

2 Timothy 2:15: (KJV) *Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.*

We have to continually feed upon the word of the Lord. So, the renewing process comes through our understanding - not purely our emotion - but the remaining items are needed as well!





Our Christianity can start with what and who we are, but it should not end there. We need to continue to mature and develop. This development may not come easily or naturally for many of us. Emotional Christianity is the beginning, not the end. We cannot stop at, “I’m saved;” there is more. Christianity asks, “What can you become?”

Which “STAR” is the Gospel written for?

 **What is the Born Again Experience? Valerie Tarico (psychologist)**

- *How can a Moonie, an encounter group participant and Christians sound so much the same? Because the “born again experience” doesn’t require a specific set of beliefs - it requires a specific social-emotional process and the dogmas or explanations are secondary. Conversion is a process that begins with social influence. As sociologists like to say, our sense of reality is socially constructed.*

Even the Gospels were written to help us in the best way possible...

 STABILITY	<p>The most complete and linear history of Jesus’ life. It has a very organized approach and records many parables not elsewhere recorded. Focuses on Jesus’ prayer life more than the other gospels.</p>	<p>Luke</p>
 THEORY	<p>Written to give many Old Testament proofs of Jesus’ Messiah-ship. Much of this book is chronological and focuses on Jesus as the King of the coming Kingdom.</p>	<p>Matthew</p>
 ACTION	<p>The shortest of the Gospel books. Focuses on Jesus’ supernatural power as shown through his miracles. Mark records Jesus’ actions more than his words, and this book contains graphic details and a rapid pace.</p>	<p>Mark</p>
 RELATIONSHIP	<p>Written with a great deal of compassion so readers would believe that Jesus was the Son of God. John’s focus was on the human touch.</p>	<p>John</p>



So, the Gospel was written for ALL! What a surprise!

Thought plus emotion is feeling, *The Science of Miracles*, Gregg Branden

- You know people who live strictly in their emotions and their lives can be a little chaotic. Emotions need to be focused, and this is where the power of thought or logic comes in. It is associated with the upper energy centers of the body. Thought is what gives focus or direction to the emotions.
- In other words, we have a thought about something, like a cloudy day outside. At the end of that thought, we pump, we fuel the power of the emotion - either our love of that rainy day or our fear of what that rainy day might bring to us. By doing so, when we marry the power of the emotion with the direction of the thought, by virtue of that, we create a feeling. So feeling by definition is the union of emotion and the thought.

Ephesians 4:14-15: (NASB) ¹⁴As a result, we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming; ¹⁵but speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ,

Being tossed to and fro by every wind of doctrine is symptomatic of “heart without head.” We can feel okay but be way off because our thoughts are not truly anchored.

Jesus’ own example of grounded thinking:

Matthew 4:1-11: (KJV) ¹Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. ²And when he had fasted forty days and forty nights, he was afterward an hungered. ³And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. ⁴But he answered and said, **It is written (Theory)**, Man shall not live by bread alone, **but by every word that proceedeth out of the mouth of God. (Stability)** ⁵Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple, ⁶And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone. ⁷Jesus said unto him, It is written again, **Thou shalt not tempt the Lord thy God. (Action)** ⁸Again, the devil taketh him up into an exceeding high mountain, and showeth him all the kingdoms of the world, and the glory of them; ⁹And saith unto him, All these things will I give thee, if thou wilt fall down and worship me. ¹⁰Then saith Jesus unto him, **Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve. (Relationship)** ¹¹Then the devil leaveth him, and, behold, angels came and ministered unto him.

Satan was trying to hit him from all angles, thinking if Jesus were weak in one area...

There are many Scriptures about protecting your heart - doesn't that mean it is the most important?

Proverbs 4:23-27: (NASB) ²³Watch over your heart with all diligence, for from it flow the springs of life. ²⁴Put away from you a deceitful mouth and put devious speech far from you. ²⁵Let your eyes look directly ahead and let your gaze be fixed straight in front of you. ²⁶Watch the path of your feet and all your ways will be established. ²⁷Do not turn to the right nor to the left; turn your foot from evil.

Romans 1:21-25: (NASB) ²¹For even though they knew God, they did not honor Him as God or give thanks, but they became futile in their speculations, and **their foolish heart was darkened.** ²²Professing to be wise, they became fools, ²³and exchanged the glory of the incorruptible God for an image in the form of corruptible man and of birds and four-footed



animals and crawling creatures. ²⁴Therefore God gave them over in the lusts of their hearts to impurity, so that their bodies would be dishonored among them. ²⁵For they exchanged the truth of God for a lie, and worshiped and served the creature rather than the Creator, who is blessed forever. Amen.

God does not control what we think and feel; He allows us to have those things. But wait - we already established that the head is so critically important to build the heart upon. Why then all of the heart focus?

Because it is weaker in its substance but more powerful in its influence! That is why heart and head need to work together!

 **Saved, What is the Born Again Experience? Valerie Tarico (psychologist)**

- *Because of the positive energy created by the group, potential converts become unwitting participants in the influence process, actively seeking to make the group's ideas fit their own life history and knowledge.*
- *Factors that can strengthen the effect include sleep deprivation or isolation from a person's normal social environment. One example would be a late night campfire gathering with an inspirational storyteller and altar call at child evangelisms, Camp Good News.*
- *These powerful social experiences culminate in conversion, a peak experience in which new converts feel a flood of relief.*

If we just seek after the emotionalism, we are not seeking after Christianity but instead just a social/emotional experience. No emotion is greater than what Christ has to offer us.

The heart can be rightly protected and exercised in several important ways:

To be forewarned is to be forearmed!

John 14:25-29: (NASB) ²⁵These things I have spoken to you while abiding with you. ²⁶But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you. ²⁷Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful. ²⁸You heard that I said to you, I go away, and I will come to you. If you loved me, you would have rejoiced because I go to the Father, for the Father is greater than I. ²⁹Now I have told you before it happens, so that when it happens, you may believe.

Promise of spiritual care and protection:

1 Corinthians 10:13: (NASB) *No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.*

Philippians 4:7: (NASB) *And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.*

Prayer's power is verified through understanding:

Hebrews 4:14-16: (NASB) ¹⁴Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. ¹⁵For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. ¹⁶Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.



So, is there a secret to combining these approaches?

The potential dark side, *What is the Born Again Experience?* Valerie Tarico (psychologist)

- *Sensory deprivation, fasting, meditation, rhythmic drumming, or crowd dynamics have all been used systematically to elicit altered states in normal people.*
- *Since we humans are meaning makers to the core, such a powerful experience demands an explanation. But for most of human history, naturalistic explanations simply were unavailable. Down through the ages people have looked beyond this natural world to explain the inexplicable. These phenomena have been interpreted as gifts, revelations and personal communication from supernatural beings.*

We are not saying not to be involved in the emotional aspects of Christianity. We just need to make sure that it is properly balanced with the other half that is there to protect the emotional part. The higher and lower we go emotionally, the more likely we are to be destroyed by the Adversary.

The secret lies in the asking of several broad-based questions:

What is the quality of our words?

Psalms 52:4: (NASB) *You love all words that devour, O deceitful tongue.*

What is the deep emotional source of our words? A “good” man is a balanced man:





Luke 6:45:(NASB) *The good man out of the good treasure of his heart brings forth what is good; and the evil man out of the evil treasure brings forth what is evil; for his mouth speaks from that which fills his heart.*

What is the basis of our prayers? Are they a balance of head and heart?

Matthew 6:5-8: (NASB) ⁵*When you pray, you are not to be like the hypocrites; for they love to stand and pray in the synagogues and on the street corners so that they may be seen by men. Truly I say to you, they have their reward in full.* ⁶*But you, when you pray, go into your inner room, close your door and pray to your Father who is in secret, and your Father who sees what is done in secret will reward you.* ⁷*And when you are praying, do not use meaningless repetition as the Gentiles do, for they suppose that they will be heard for their many words.* ⁸*So do not be like them; for your Father knows what you need before you ask Him.*

Reading and repeating, reading and repeating, reading and repeating
...symptomatic of head without heart.

Even Jesus’ favorite Apostles are known for having different primary personality traits:

 STABILITY	Stayed in Jerusalem. Kept all in order.	James
 THEORY	Was a lawyer; took enlightened understanding and preached it.	Paul
 ACTION	Impulsive! Jumped out of the boat to meet Jesus.	Peter
 RELATIONSHIP	Focused on the weight of the compassion of Jesus.	John

Do we follow someone because of what they say or how they say it?

Colossians 2:1-4: (NRSV) ¹For I want you to know how much I am struggling for you, and for those in Laodicea, and for all who have not seen me face to face. ²I want their hearts to be encouraged and united in love, so that they may have all the riches of assured understanding and have the knowledge of God’s mystery, that is, Christ himself, ³in whom are hidden all the treasures of wisdom and knowledge. ⁴I am saying this so that no one may deceive you with plausible arguments.

Do we adhere to a teaching because it is what we desire to hear or because it rings true regardless of how we “feel” about it?

2 Timothy 2:14-16: (NASB) ¹⁴Remind them of these things, and solemnly charge them in the presence of God not to wrangle about words, which is useless and leads to the ruin of the hearers. ¹⁵Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth. ¹⁶But avoid worldly and empty chatter, for it will lead to further ungodliness...

Try the spirits!

1 John 4:1: (NASB) Beloved, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world.

The God of Justice, Wisdom, Power and Love searches our hearts and tests our minds!

Jeremiah 17:9-10: (NASB) ⁹The heart is more deceitful than all else and is desperately sick; Who can understand it? ¹⁰I, the LORD, search the heart, I test the mind, even to give to each man according to his ways, according to the results of his deeds.



If your heart and mind are not both engaged in your Christianity, you are not following through on what Christianity requires of you. Regardless of our personality, we should wrap our hearts around it and run with it with all of our energy.

*So should Christianity be an emotional experience...?
For Jonathan and Rick and Christian Questions...
Think about it...!*

*And now even more to think about...
only in the **Full Edition** of CQ Rewind!*



God is love, yet the foundation of His throne is justice. Therefore God's love is founded in God's justice, just as the Old Testament Law is the foundation for the Gospel.

	JUSTICE	Luke	Soul	Head
	WISDOM	Matthew	Mind	Head
	POWER	Mark	Strength	Heart
	LOVE	John	Heart	Heart



The following is a more detailed “STAR” explanation *adapted from* the Jim Hoyt seminar. We could not find any information on Mr. Hoyt or his seminar online and assume that the original “Release Your Brakes” material is out of print.

This approach to eternal life is based on **Stability**. We must be dependable in our responsibilities and duties within the structure of the Christian group or denomination to which we belong and by doing so, our Christian life takes on a measure of predictability. We tend to see things in black and white, trust and value our roots and proven authority, and expect everyone to follow the guidelines, using the past as a guide into the future. Belonging is important to us and we enjoy organization, concrete facts, details and the proven reliability of a track record.

Some of our areas of difficulty are: Our lack of feedback to those who make small contributions to the cause, being overly cautious, taking on an ever increasing load of responsibility. We need patience with those who work in spurts, we need to be more open to change, take more risks, hear others’ points of view and show our concern for our brothers and sisters in Christ.

This approach to eternal life is based on **Theory**. Knowledge, learning and competence are of paramount importance as we strive for self-mastery and look to absorb the concepts and understanding of universal truths. We tend to trust logic and reason above all, map out strategies for our growth and resolve conflicts logically and reasonably, avoiding emotionalism. We desire willpower, are precise in our speech and focus on long-term results. We love opportunities to learn, efficiency of communication and new insights to solve complex problems.

Some of our areas of difficulty are: We may be seen as critical and cold, we dislike repetition and have little patience with those who can't connect with abstract thinking. We need to show praise to others, recognize people's feelings and avoid becoming so absorbed in learning that we don't take action.

This approach is based on **Action**. We love beauty, variety and choices. We seek freedom to act, to make an impact, and to live with excitement and passion. We tend to recognize opportunity and sometimes in our optimism proceed on blind faith. We don't like to wait, learn best through hands on experience, will try to find better ways to do things and will take risks to get things done. We like opportunities with concrete examples - not theories, a chance to jump in, to learn to do things fast and truly appreciate the bottom line and rewards.

Some of our areas of difficulty are: Avoiding making plans and commitments, getting too absorbed in activities to remember the long range objective and having a blind spot for danger because of our need for excitement. We need to learn to look beyond the quick fix, take time to listen to others and to recognize the importance of concepts and ideas as a solid foundation for our actions.

This approach to eternal life is based on **Relationships**. We look to establish an identity through authentic, empathetic involvement, based on ideals, ethics



and cooperation. We value harmony, morality and personal growth, are very potential oriented, willingly show appreciation and seek deeper meanings than material possessions can show. We need people interaction, are on a quest for our own spirituality as well as that of others and are enthusiastic and intense. Developing people's potential, new ideas, involvement, cooperation, the meaning of life and ideals drive us.

Some areas of difficulty are: We ignore conflicts as long as possible, get emotionally caught up in everyone's problems and failures and tend to ignore our own health and needs while focusing on others. We also personalize conflicts, often see the big picture and miss the details, and tend to prefer dreams to action. We usually find some good in every negative situation and as a result tend to get shocked by reality.

A more detailed look at "STAR" in Romans 12

Romans 12:1-2: (KJV) *¹I beseech you therefore, brethren, **by the mercies of God**, that ye **present your bodies a living sacrifice, holy, acceptable unto God**, which is your **reasonable service**. ²And be not conformed to this world: but **be ye transformed by the renewing of your mind**, that ye may prove what is that good, and acceptable, and perfect, will of God.*

--by the mercies of God (Relationship)

Mercies: Strongs #3628 oiktirmos (oyk-tir-mos'); pity
KJV - mercy

Philippians 2:1-3: (KJV) *¹If there be therefore any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any bowels and mercies, ²Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind. ³Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.*

--holy, acceptable unto God (Relationship)

Acceptable: Strongs #2101 euairetos (yoo-ar'-es-tos); fully agreeable
KJV- acceptable (-ted), well pleasing.

2 Corinthians 5:9: (KJV) *Wherefore we labour, that, whether present or absent, we may be **accepted <2101>** of him.*

--present your bodies a living sacrifice (Action)

Living: Strongs #2198 zao (dzah'-o); a primary verb; to live (literally or figuratively)
KJV- life (-time), (a-) live (-ly), quick.

Sacrifice: Strongs #2378 thusia (thoo-see'-ah); sacrifice (the act or the victim, literally or figuratively)
KJV-sacrifice.

Philippians 1:21: (KJV) *For to me to live is Christ, and to die is gain.*

--which is your reasonable service (Stability)

Reasonable = rational, logical
Service = worship



Reasonable: Strongs #3050 *logikos* (log-ik-os'); rational ("logical")
KJV- reasonable, of the word.

Service: Strongs #2999 *latreia* (lat-ri'-ah) ministration or God, i.e. worship
KJV-(divine) service.

1 Peter 2:2: (KJV) *As newborn babes, desire the sincere milk of the word (the Greek here means the logic of the word), that ye may grow thereby:*

--be ye transformed by the renewing of your mind (Theory)

Transformed: Strongs #3339 *metamorphoo*: to transform
(literally or figuratively, "metamorphose")
KJV-change, transfigure, transform.

Mark 9:2: (KJV) *And after six days Jesus taketh with him Peter, and James, and John, and leadeth them up into an high mountain apart by themselves: and he was transfigured before them.*

Renewing: Strongs #342 *anakainosis* (an-ak-ah'-ee-no-sis); renovation
KJV- renewing

2 Timothy 2:15: (KJV) *Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.*