

## *Moods and Mental Blocks*

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*All Scripture quotations, unless otherwise noted, are from the King James Version. Italics for emphasis are ours.*

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## INTRODUCTION

I love the way certain Christians manifest Christ. They live as if they will meet Jesus Christ at any moment. They worship with that thought in their minds, their faces glowing with the evidence of an intimate relationship with Christ.

In everything, we need to learn to worship God with all of our hearts. Satan, however, works to hinder us from developing that kind of life. He does it through his promotion of concepts, moods, and mental blocks. The devil harasses Christians in attempts to prevent them from making positive decisions toward the Word and to distract them until they become detached from growing in grace.

As this booklet will show, overcoming old concepts and the moods and mental blocks they produce is not only possible—it can happen instantly. Christ died for us that He might live in us; He desires to have fellowship with us and to reveal Himself through us. In this relationship

established in God's thoughts by pure faith, we will grow as we are conformed to His image.

“For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end. Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you. And ye shall seek me, and find me, when ye shall search for me with all your heart” (Jeremiah 29:11-13).

## *Chapter One*

# DON'T LEAN ON YOUR OWN UNDERSTANDING

“Wherefore my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling;

“For it is God which worketh in you both to will and to do of his good pleasure.

“Do all things without murmurings and disputings:

“That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world;

“Holding forth the word of life, that I may rejoice in the day of Christ, that I have not run in vain, neither laboured in vain” (Philippians 2:12-16).

Receiving the Word of God with meekness is a supernatural work of grace. Meekness is re-

vealed in the condition of the soil of the soul (Jeremiah 4:3; Matthew 13:8), the positive faith attitude of the heart toward the Word of God, which lives forever and is forever settled in heaven (Psalm 119:89). By exercising faith, a believer who is meek allows the Holy Spirit to transfer the Word supernaturally through the Cross, to the human spirit, into the soul (which includes the memory and the conscience), and into the streams of consciousness.

Without meekness, people can only have a conceptual understanding of the Bible. Their faith is “conceptual” but not practical: They know that what the Bible says is true, but their actions do not reveal it.

For many Christians, moods and mental blocks are a result of having only a conceptual understanding of the Word of God. That is when what a person believes is detached from faith, obedience, and grace. For example, Christians who are habitually negative behave that way because of moods and mental blocks. If they continue in patterns of negativity, they will develop habits that become established response patterns through chemical impulses in the brain, which affects the physical body.\*



## *Negative Energy*

Moody people are influenced by negative energy from a heart that has degenerated in its pure relationship with God and is operating against and overruling the positive energy of God available in the soul. Moods are usually revealed and triggered by adverse circumstances, by entertaining a traumatic experience from the past, by a series of wrong decisions, or by accepting concepts about life that disregard absolute faith obedience to the Word of God.

The norms and standards for our souls are established in the area of the soul called the conscience. For some it is a conscience of grace; for others it is lawlessness and carelessness. Even after hearing an uplifting message from the Bible, if the hearer received the Word according to his own understanding and not with meekness, what began as a mood could quickly become a mental block.

A mental block is a negative image in the conscience that can distract us from the truth. It is influenced by the past and will affect the present, and even the future, as it relates to the negative energy of a mood. A mental block hinders and nullifies what we know about Jesus Christ

in an area of life. Without objective truth, our will is prohibited from making good decisions, which are made only through proper alignment of the emotions with the initiation of the Word of God in our conscience and memory.

Ultimately, mental blocks produce reactions, rebellion, stubbornness and a heart that grows hard. Some people who live in rebellion get married because of a mental block. Later, they may be unfaithful to their partner. In fact, when that happens, the same mental block that kept them from being led by God into the right marriage is recurring in their present emotional state. An image in their conscience takes the place of a godly image. As a result, their volition can no longer operate under the divine spirit of God's mind and thinking. They make choices based on what "feels" right at the time, and not according to the Word and the Spirit.

Most people disregard a mood the way we brush away a fly—treating it as a minor distraction having no considerable effect. We often fail to see that it is part of a demonic scheme designed to undermine the testimony of a Christian and to blind the eyes of the lost to the light of the glorious gospel of grace.

*\*For more about the effects of negative and positive impulses and the chemical functions of the brain, read The War against the Mind, by Pastor Carl H. Stevens, Grace Publications, 1998.*

*Chapter Two*

## HOW THE HEART BECOMES HARDENED

Satan operates through these three things: concepts, moods, and mental blocks. Wrong concepts cause us to be detached from the living experience of faith obedience. As a result, we become subject to moods—negative energy that dominates the emotions through a part of the heart that has degenerated. Moods are usually revealed on a person's countenance (Isaiah 3:9a; Proverbs 15:13; 17:22). When a mood reoccurs frequently through adverse circumstances and wrong decisions, the negative energy produces a mental block—an image in the conscience that fuels reactions, rebellion, stubbornness, and ultimately, a hardened heart (Mark 8:16-17).

These things are hindrances that delay spiritual growth, cause tremendous problems in a person's lifestyle, and become a reason why many marriages are ineffective and why the lives

of some Christians have stagnated. How does one honestly and fervently overcome these obstacles?

For the fifth time after His resurrection, the Lord appeared to Peter on the shore of Galilee. The Holy Spirit wrote the story in John 21:1-10: “Jesus shewed himself *again* to the disciples....” Discouraged, Peter had said to the disciples who were there, “I go a fishing.” So they all got into a ship together, “and that night they caught nothing.”

“But when the morning was now come, Jesus stood on the shore; but the disciples knew not that it was Jesus.”

In the fifth verse, the drama of the evening took place. Remember, they were experienced fishermen who had earned a living from those waters. Yet, they could catch nothing as they took turns throwing the nets on the left side and the right.

“Then Jesus saith unto them, Children, have ye any meat? They answered him, No.

“And he said unto them, Cast the net on the right side of the ship, and ye shall find. They cast therefore, and now they were not able to draw it for the multitude of fishes.”

Then John said to Peter, “It is the Lord.”

Peter jumped into the water and swam ashore.

“And the other disciples came in a little ship, (for they were not far from land, but as it were two hundred cubits,) dragging the net with fishes.

“As soon then as they were come to land, they saw a fire of coals there, and fish laid thereon, and bread.

“Jesus saith unto them, Bring of the fish which ye have now caught.” It was time for breakfast, and Jesus was serving (see John 21:1-10).

The point here is that according to these verses, Peter had a mental block, a negative image in his conscience, the norms and standards of his soul, which caused him to run away from God. It began with a concept: Jesus was gone now, so he would have to go back to his old occupation. Furthermore, Peter was plagued by the fact that he had betrayed the One he called Lord (Matthew 26:69-75); he believed that his sin was unforgivable.

Wrong concepts, based on sight and feelings, produced a mood of discouragement and defeat. That negative energy entered Peter's conscience, where he tried to rationalize his rebellion as an acceptable provision for his flesh: “What else could I do? They were going to kill me! Anyway,

He's gone now. And after all, I have to make a living, even if I am miserable." Then Peter's mood turned into a mental block against following Christ.

### *Skewed Standards*

If we are right with God, then grace, love, mercy, and the purity of the Holy Spirit are the norms and standards for our souls. If we are not right, then whatever pleases us determines those norms and standards. For a young person, that may mean staying out until three o'clock in the morning and being irresponsible toward a relationship with God and loved ones, instead of choosing to advance in the spiritual life. For some adults, it may mean becoming overly engrossed in work, missing church, and ignoring the spiritual needs of the family.

Many Christians stubbornly hold on to concepts that prevent faith obedience when they hear the Word of God. Many have difficulty in their jobs because of moods, forcing coworkers to be tolerant and flexible as they try to help. Many others are never free from mental blocks.

Recently, after a fervent message about evangelizing, a person remarked, "I don't believe in soul winning the way you teach it." The prob-

lem is that he doesn't believe in soul winning the way *God* said it! He has a concept that is against soul winning. The commandment to go and make disciples was loud and clear in Matthew 28:18-20, Mark 16:15-16, Luke 24:44-48, John 20:20-22, Acts 1:8. I don't know any other way to witness or to win souls.

Paul went from house to house (see Acts 20). The seventy were sent from house to house, in Luke 10. The twelve went house to house, and Jesus went house to house. Therefore, to say, "I don't believe in soul winning that way" is a concept that becomes a mood when the subject is brought up. It is a concept but not a spiritual concept. The end is a mental block against soul winning.

### *Spiritual Concepts*

A concept is defined as an object conceived by the mind. These verses describe a spiritual concept:

"That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love,

"May be able to comprehend with all saints what is the breadth, and length, and depth, and height;



“And to know the love of Christ which passeth knowledge, that ye might be filled with all the fulness of God.

“Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,

“Unto him be glory in the church by Christ Jesus throughout all ages, world without end. Amen” (Ephesians 3:17-21).

Verse 18 is conceptual, verse 19 is the experiential goal, and verse 20 is its fulfillment.

Often, partners in a marriage will have a wrong concept of the relationship and declare, “I am no longer in love.” Sight and feelings lead them to say, “I am not in love any more,” but that is a concept that is as detached from reality as it can be.

First of all, just saying it reveals that they do not know what love is. They think love is a feeling, when love is an expression of a fact through the will. Love is supernaturally receiving a divine capacity to experience the Holy Spirit’s operation as He sheds abroad a divine manifestation of God’s nature in the heart (Romans 5:5).

God is love. If I am filled with the Spirit, then I am filled with love. If I am filled with the Spirit, my love passes knowledge. I don’t need

knowledge about my spouse to make love happen. Love passes by knowledge because it is a spiritual operation, a divine act of the Holy Spirit.

### *Chapter Three*

## PUTTING THE PAST BEHIND IN THE BLINK OF AN EYE

A well-known pastor said recently that it would take at least five years for a spouse to get over wounds caused in a situation where a partner was unfaithful—and that is after the guilty party repented. This is an unscriptural concept. If allowed to take root, that concept will reproduce a mood that occurred when the infidelity was first discovered. That mood would produce a mental block—an image in the conscience that robs them of a godly image, prohibits the will from receiving grace, and prevents obedience to God through the Holy Spirit.

Do you want to know how long it takes to forgive? Blink your eye. That's how long it takes to forgive. What does it take to forget? Obedience to the Holy Spirit beyond a concept of the flesh. To illustrate it, look at Philippians 3:13:

“Brethren, I count not myself to have appre-

hended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before....”

### *Reaching Forward*

“Forgetting those things which are behind” is, in the original text, a durative present middle participle of *epilanthanomai*. Simply, this word means that something that was in your memory is now gone—forever. It cannot be found. The Greek syntax indicates that though your will produced the action, it was caused by the grace of God working in you.

“Reaching for those things which are before” is a tendential present middle participle—*epeteinomai*. “Tendential” refers to a continual process—something that is happening; though not completed, it is ongoing. The middle voice indicates that the subject produces the action of the verb “reaching” and thereby receives the benefits. The participle reveals that I receive the benefits because of a decision (in this case, a decision to respond to God).

We have before us a phenomenal future with divine goals from the eternal Spirit of the living Word. We can never be blocked from that as long as we continue to advance. We forget the

past, reach forth, advance, and then keep going forward.

An issue of immorality is settled in less than a blink of an eye when an individual repents. It's a choice of obedience in the will. From that comes liberation by the glory of God, with the Holy Spirit manifesting the nature of God through the capacity of a man so that God's divinity controls his humanity in the realm of human responsibility. This releases the eternal will of God and the power of His wisdom, grace, mercy, and love.

I love that "forgetting," in Philippians 3:13, speaks of removing something from the memory. If some failure ever tries to get back in there to accuse us, we can say, "It is gone from God's sight forever, and He is omnipresent. If it is gone forever from the sight of the omnipresent God, then why are you trying to bring it back up to me, Devil?"

Some people are actually entertained by getting counseled about things that were already buried forever by Jesus Christ. Oh, how much do people pay for the kind of counsel that magnifies the past?

## *Leave the Rest Alone*

So much counseling, even among Christians, denies the truth of the whole counsel of God. Would you want Jesus to remember your sins? He can't! "Their sins and their iniquities will I remember no more," He says in Hebrews 8:12 and 10:17. And according to Psalm 103:12, our sins have been removed as far as the east is from the west.

Therefore, if we think with Christ, can we remember anyone's sins? No. So we have to keep thinking with Christ (Philippians 2:5). That is possible because we have the mind of Christ (1 Corinthians 2:16).

Something else we see today is a tendency among Christians to live according to a form of Christianity that is practical and down to earth. The solution, however, to getting rid of moods and mental blocks isn't a process of time; it is a process of *faith*. By faith we choose not to go back to the mental block, to the mood, or to a concept of reality that lacks the supernatural relevant power of grace.

Many cannot understand this because they have a mental block that leaves them stubbornly confused when the truth is presented. They may

sincerely be in need of counseling, but their frame of reference is filled with wrong concepts. I would never recommend a book or even a Christian counselor who does not deal with the supernatural facts of faith revealed in the Bible.

*‘Ye Shall Have Them’*

“...Have faith in God....

“...Whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.

“...What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them” (Mark 11:22-24).

Stop and consider what the Holy Spirit is saying. Receive the life of those verses in the context of the continuity of the thought in the freshness of the moment:

The mountain is gone. One person’s unfaithfulness, an ugly disposition—they are gone. Even if the problems don’t seem to go, as far as the other party is concerned, they are gone from our hearts. Our spiritual health does not depend on the other person’s response. This is how it happens: We work out our own salvation—

which speaks of our human responsibility—with reverence and a godly fear toward the living God (Philippians 2:12).

“For it is God which worketh in you both to will and to do of his good pleasure.

“Do all things without murmurings and disputings:

“That ye may be blameless [without defect] and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world; holding forth the word of life...” (Philippians 2:13-16).

It is a process of victory, not a process of retreating. We are to keep working out what God works within by receiving the Word of God daily under His government of grace, motivated by love, through the power of a divine impartation. We receive the Word with meekness and then, supernaturally, it is transferred to my human spirit. From there it goes into my memory center, conscience, vocabulary, through the streams of consciousness. God’s government can now control my soul and use my body as a servant to reveal God in the whole man.\*

*To the blind man, Jesus said, “According to your faith, be it unto you.” (Matthew 9:29). While the*



*ship Paul was on was being torn apart in a terrible storm (and by every indication, all hope for survival was lost), Acts 27:25 records the apostle Paul's confession: He believed it would be as God had said. Neither Paul nor the blind man entertained moods or mental blocks, and they did not become stuck in concepts that denied the power of God. They believed, received, and went forward in victory.*

*\*Read, Building Walls of Doctrine, by Pastor Carl H. Stevens, Grace Publications, 1999.*

*Chapter Four*

DECIDE TO REVEAL HIS  
TREASURE

“But if our gospel be hid, it is hid to them that are lost.

“In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.

“For we preach not ourselves, but Christ Jesus the Lord; and ourselves your servants for Jesus’ sake.

“For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ.

“But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us.

“We are troubled on every side, yet not dis-

tressed; we are perplexed, but not in despair;

“Persecuted, but not forsaken; cast down, but not destroyed;

“Always bearing about in our body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body” (2 Corinthians 4:3-10).

a His purpose is to keep us from understanding the glorious gospel. But God has commanded the Light to shine out of darkness into our hearts. Then, the knowledge of the glory of God shines unto us, so God can release His treasure in and through us to the world.

We make decisions to go on with God instead of going back into concepts without obedience, moods that bring negative energy to hinder the grace of God from controlling our liberation, or mental blocks that evolve and advance in the soul periodically. Though we have trouble, we are not in despair. We are distressed but not perplexed; persecuted, yet not forsaken; knocked down, but never knocked out.

“All these things may happen to you,” God is saying. But instead of a concept, a mental block, or a mood, we are being delivered unto death that the life of Jesus be manifested in our bodies (2 Corinthians 4:10). This is how we keep

trouble, distresses, perplexities, and persecutions from knocking us down and driving us into insanity.

### *Choices for Victory*

Do you know what it takes for people to get victory over drinking? A decision.

Do you know how long it takes to stop living in sin? As long as it takes to make a decision.

Do you know what it takes for you to be Spirit-filled again? A confession and a decision.

Do you know how long it takes to have the integrity of God flowing freely in your heart? Do you know how long it takes for you to love someone with God's love? It is a matter of a decision. That's how long.

I don't ever want to hear, "I don't love him, I don't love her" in marriage counseling sessions. That is the confession of a heathen, not of a Spirit-filled Christian.

Is your love based upon attraction? Upon sight? Upon behavior? Or, is it based upon the filling of the Spirit in the redemptive, creative work of God that is motivated by a divine enterprise? Take on the new positive nature of Christ, and by your laid-down life impart divine energy to the person who doesn't have it.

I read in my Bible that Jesus laid down His life for us and we ought to lay it down for one another. That is in 1 John 3:16. I have also read that we know that we have passed from death to life because we have divine love for one another (1 John 3:14). These are spiritual concepts based upon godly facts of life.

### *Surrender to the Supernatural*

Thank God that redemption is not conditional. Eternal security is not conditional once you are truly saved. Confession of our sin and the filling of the Holy Spirit is an act of faith. In your prayer life, when you are connected with Calvary's death, burial, and resurrection, you are able to have a supernatural attitude in a supernatural way in the supernatural truth revealed in a supernatural life.

Unfortunately, because of wrong concepts, moods, and mental blocks, we are afraid of the supernatural! As Christians, we have lived in our humanity destitute of the supernatural for so long that we are afraid of the divine impartation of supernatural fellowship with the Lord Jesus Christ.

The Word of God is pure only to those who respond in purity (Titus 1:15a). Every word of

God is an amazing promise—not one of them falls to the ground (see 1 Kings 8:56). We just receive it by faith.

### *Touching God*

In Luke 8, the woman who was nearly dead, ostracized and divorced from her partner (she had to be); the woman who was excommunicated from the synagogue and who couldn't buy groceries except through a courier—that woman got the idea that she could be healed if she could just touch the hem of Jesus' garment.

Where did that idea come from? People don't have those ideas nowadays. She wasn't supposed to appear in public, but she came and touched the hem of His garment. She was healed in a moment.

“Somebody has touched me,” Jesus said.

“We have all been touching You,” Peter said.  
“No one special touched You.”

“Yes, someone special has touched Me, for virtue has gone out of Me.”

Then, the woman came trembling to Him because she knew that He knew her and she fell at His feet.

“And he said unto her, Daughter, be of good comfort: thy faith hath made thee whole; go in

peace” (Luke 8:48).

This woman had already confessed that she had been healed immediately. She believed that she could literally be healed through touching Jesus by faith. She had never seen Him, but she touched Him, and she was healed.

Healing is available. It is done in love, by grace, and by mercy. Healing is done through a dogmatic, dynamic faith that confesses it. Healing is a scriptural, spiritual concept, and that woman dared to believe it. As a result, she reaped the benefits.

### *Believe and Receive*

“Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them” (Mark 11:24).

Why do we have to confess it? Because Mark 11:24 says we have to. Whatever things you desire, pray and believe that you receive them and you shall have them.

Let’s be bold in our faith when we pray. Some people like to protect themselves in case what they ask for doesn’t happen. They keep adding the phrase “according to his will” (1 John 5:14) onto their prayers. But we need to be bold and believe in His many promises, like Matthew

21:22: “And all things, whatsoever ye shall ask in prayer, believing, ye shall receive,” and John 14:13-14: “And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. If ye shall ask anything in my name, I will do it.”

### *Trust Him*

If we would walk in the power of prayer, the power of faith, the power of love, the power of God’s glory, the power of God’s grace, the power of divine activity, the power of God’s will, the power of obedience, the power of just believing God’s promises, then supernatural things could happen. The supernatural ways of God through supernatural truth, with supernatural life—this is the way to go!

God *can* be trusted. No good thing will He withhold from them that walk in His upper righteousness (see Psalm 84:11). To the preacher who is telling folks that it is going to take five years to forget an unfaithful wife’s sins, I would read Galatians 5:16: “Walk in the Spirit, and ye shall not fulfil the lust of the flesh.”

Furthermore, if we put on the Lord Jesus Christ, we won’t make a provision for the flesh. We will forget the things that are behind. We



will reach forth to the things that are before us, and we will receive the action of the truth in what God has promised.

I read in the Word of God that I can think with God, walk with God, love with God, have joy with God, and continue growing in God. I have read it. I know it is in the Book.

Many well-intentioned Christians have had their minds blinded through concepts, moods, and mental blocks. The glorious gospel of the light of Christ, who is the expressed image of God, cannot shine through their hearts. Therefore, His treasure cannot come out and shine forth to others because it is buried by moods, mental blocks, and concepts that are detached from God's truth.

Thank God His counsel is both true and absolutely free! If you don't have a capacity to live as one who has been set free, it may take time to build a capacity. Just receive the Word, and keep on receiving it. But if you have a supernatural faith, it takes only Jesus. Go ahead; touch the hem of His garment. He is waiting to be gracious to you.

## CONCLUSION

Our times are in God's hands. Our lives are in the nail-scarred hands of Jesus (Psalm 31:15). What does God do? He redeems our times. He puts redemption in time and performs divine reversals—providentially and supernaturally, buying back what seemed to be lost opportunities.

There is much being taught about salvation today, and we thank God for that. But there isn't enough being said about the supernatural activity of God in any man who is willing to cooperate with God's will toward his soul.

“Awake thou that sleepest! Arise from the dead, and Christ shall give thee light! Don't walk as fools, but as wise, redeeming the time because the days are evil.... Be filled with the Spirit...and make melodies in your heart!” (see Ephesians 5:14-19).

If you have setbacks, stay there only for a moment. The righteous man falls seven times in

a day, but he keeps getting up (Proverbs 24:16). Just go to God and get up. Don't get into a mood. Get up! Don't fall into a mental block. Get up. Don't become stubborn just because that's the way it has always been. Get rid of your old earthly concepts and get up. Get right up, and let God help you.

Let God heal your body, your soul, and your mind. Be healed in your attitude, no matter what God is allowing in your life through His sovereignty. Have victory, power, peace, capacity, hope, and faith in God only.

*Dear Lord, may we have the joy of faith in the reality of life and not live in the discouragement of sight and circumstances. In the name of the Father, the Son, and the Holy Spirit, Amen.*