

Questions and Answers Regarding Areas of Acute Vulnerability

1. QUESTION: In what areas of my personal life am I highly vulnerable?

ANSWER: There seem to be four areas of our personal life that appear to be involved

in all of the good and bad that come into our life. Perhaps these four are what could be called "Areas of Acute Vulnerability."

2. QUESTION: What are these four and why are we so vulnerable in these areas?

ANSWER: The four are: our mind, our will, our emotions, and what we think about ourselves.

We are so vulnerable in the areas of our mind, will, and emotions because these **personal functions** relate to **all** that we do. And, these three functions were highly damaged in the Fall, and also by our own sinfulness. If we have not been taught how to understand our functions, take charge of them, and live with personal self-control, in regard to these functions, they may be very weak and like open doors to the enemies of the old nature, the world, the demonic, as well as being manipulated and controlled to some degree by other people.

While "what we think about ourselves" is not a function like our mind, will, and emotions, in most people it is like a big grid or sieve through which they evaluate and interpret **almost everything** that is said to them and that happens to them. It is imperative, therefore, that we understand our self-image Biblically, or as it has been called our "self-worth." Most Christians believe profound and powerful errors about themselves, **unconsciously**, and therefore tend to **misinterpret** almost everything in life, particularly their relationship with God. The effect for most of us is simply a self-destructive way of life, spiritually, and that produces confusion, frustration, disappointment, anger, and severe spiritual limitations.

3. QUESTION: How do we misuse these four areas so they make us vulnerable?

ANSWER: In regard to the functions of our mind, will, and emotions, "misuse" is a good description. We must learn to recognize such misuse and how to "function" properly.

In regard to our **mind**: We must "take charge" of our mind and teach ourselves to think properly on what is truthful.

In regard to our **will**: We must "take charge" of our will and make sure we choose, aggressively, to do what is truthful and right.

In regard to our **emotions**: We must "take charge" of our emotions and evaluate how we feel on the basis of the truth.

(See the handout **Taking Charge of Our Thinking**. The information there deals with the function of our mind, and the principles can then be applied to the will and the emotions).

In regard to **self-worth**: we tend to accept a great deal of error from our childhood, simply because as a child we could not evaluate correctly our relationship to our parents, other people, our circumstances, and life itself. These errors often are held as truths, **unconsciously**, and form the basis for serious misinterpretation of life.

(See the handout **The Christian and His Self-Worth**).

4. QUESTION: This looks like a big job -- where and how do we start?

ANSWER: We must start with prayer -- asking the Lord to open our spiritual understanding, help us to become aware of our functions, and what we think about ourselves. We must also ask Him to help us to be honest and willing to be humbled and helped. We cannot do this ourselves. We need His help and usually the help of other people to teach us and to pray with us. We have all been wounded in these four areas.

A study of the handouts mentioned above would be a good second step. And once we have understood those truths, learn how to monitor how we think, choose, feel, interpret life, and then test all of those areas Biblically.

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