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--Soul Peace.9 - -

Soul Imaginations

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Yes, there really are soul imaginations. These are stories that we make-up as we prepare for something that unsettles or scares us, whether it is a positive or negative event.

For example, you have scheduled a job interview, or made an appointment with another to discuss something important to you. Or, alternatively, you have been hurt by someone. You may find yourself planning how these people will notice you, acknowledge you, support you, agree with you, seek your advice, or honor you. Or apologize to you to make it right, and heal the relationship.

Or you might be concerned that you yourself won't personally measure up in these anxious circumstances. In this case, you might find yourself making up the story of how you measure up in the way you carry yourself, or reply to a question, or save the day, or...

These stories are individual to each person, and seem to reflect what we feel was missing when we were little. It is amazing how those same problems tend to recycle through our lives. If we felt no one took us seriously as a child, we may find ourselves making up stories of how people did take us seriously in current circumstance.

We can actually learn a great deal from the stories that we create. They show us what we really feel is needed at that moment. The stories tend to have the effect of calming the fear, and getting us through the task.

But is making up stories to calm our fears OK? The Bible calls them 'vain imaginations'. We can understand the imagination part, because that is what they are. We made them up. They are not real. But why use the adjective 'vain'?

Connecting the soul (the intellect, will, and emotion) with Biblical Truth and psychological knowledge.
Integrating the soul with body and spirit for peace in all areas of life - -business,
Personal, marriage, family, and relationships.

*"Not by might, nor by power, but by my Spirit, says the Lord of Hosts."
Zechariah 4:6*

Perhaps we hope in vain for some people to recognize our worth. They may never. Perhaps it is vain because we are overlooking the fact that God is the real one who has always actually recognized our worth, and is concerned for our welfare, and has our future in His hands.

God promises to do for us more than we can ever imagine. There is that word 'imagine' again. But this time it is connected to God, who promises to do for us more than we can imagine. Perhaps it is called vain imagination because it is really a waste of our time and energy if we can have something far better from God.

This is a suggestion for the next time you find yourself making up stories with a happy ending. Talk to the Lord Jesus as a dear friend about your fear. Tell Him you recognize the vain imaginations. Apologize for all the time and energy you have spent on them. Then acknowledge that you would rather have His promises that are more fulfilling and happier than any of the stories that you have created up to this point.

Then handle the fear that began the story-time in the first place. Ask the Lord Jesus what fear is behind the vain imaginations. Give that fear to the Lord. Thank Him that He will give you everything you need for the circumstance you are facing.

Ask Him for a deeper faith to trust Him even in this situation. Thank Him for His continual celebration, love, and honor of you as you are right now, despite the weakness and unworthiness that you experience.

Ask Him to help you receive His love and care. Amazingly, the very thing we imagine for ourselves has already been given to us. The Lord Jesus Christ by His sacrificial death for our sins on the cross has made this possible. But we can miss out when we feel unworthy, and/or continue story making.

And how much fun it is to graduate from the made up story to the real promises of God. How special it is to let Him calm our fears and use His powerful love to get us through the task. Why settle for anything less than His heart's desire to flood us with His love and joy and provision? This is a real relationship with a real God that we can have for the asking.

Imaginations are meant to be turned to a better use. God formed our imagination to provide creative solutions for everyday problems. God wants to construct something new through us and for us. He will impress our hearts with the urging to find a solution. He is the Creator, and He loves to share ideas with us. He will reveal the step-by-step way to build the idea, give us the strength and ability to follow through, and then celebrate with us when it is finished. He is the only real God!

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Editor's Note: The Mission Statement of Dr. Mardee Alff, Psy.D is as follows:

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