

**DR. MARDEE ALFF, PSY.D.**

Clinical Psychologist

Phone: 412-831-9183  
Fax: 412-831-2700  
Email: DrAlff@DrAlff.com  
Website: <http://www.DrAlff.com>

Building Two, Ste 8  
6348 Library Road  
South Park, PA 15129

--Soul Peace.4 --

Soul Protection

By Dr. Mardee Alff, Psy.D.

Clinical Psychologist

For Jubilee June/July 2008

Copyright 2008, by Dr. Mardee Alff, Psy.D. All Rights Reserved

In the last issue we spoke about God's character being a wall of protection around us. Now let's look at how that is possible.

As an example, let's use the construction of a house. A secure foundation is laid that is able to support the structure to be built upon it. The taller the building, the greater the requirement for a deeper and stronger foundation.

Then the concrete block basement walls are constructed so as to be strong enough to support the floors and the roof. This block must be laid so that the walls are straight. One way to check alignment is to hang a line, with a weight on the end, against the wall. This plumb line will show where the wall is out of alignment.

Now, let's apply this example to the way God protects us by continuously constructing our soul into His likeness. The Lord makes a very sure foundation, the deepest and strongest in the universe. This foundation is His character of love that cannot change.

To make sure that the way to fellowship with God was totally finished forever, Jesus took all of our sin on His body to die as a sinless sacrifice for the whole world on the cross. That also meant that the sins of the will, intellect, and emotion were totally paid for, including shame and guilt. A sound foundation indeed!

But how does He make sure the walls of our soul are plumb? Does God hang a plumb line against our soul to make sure it is growing straight into His plan? Yes!

The standard God uses as a plumb line for our soul is His Word. We rebuild the wall of our soul by believing and following His Word. It is important to read the Bible and use His Word about His character to change negative thoughts. But we can't stop there. It is also important to continually know the Living Word, the Lord Jesus Christ, and Father God daily in a deeper way. Soul Peace comes when we are able to live in His love and trust Him.

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***

That we have been given the authority and responsibility to participate with the living God to build up our own very selves, is marvelous. We are created to live in love. And that means living with God Almighty, who alone is love. And to live with God means to follow the way He made us.

God is a jealous God. He is jealous of anything that interferes with our welfare. It is our relationship with Him that provides our safety, joy, freedom, and maturing into His plan. Our welfare only comes through agreement with Him about who He is, His way of working, and about who we really are.

God has made us in His image. From before the foundation of the world, God has planned for us, and created us for a purpose. We are each one-of-a-kind, not a duplicate. He rejoices over us and celebrates us.

When we live in agreement with God, our soul foundation is deep and strong, and our soul walls are strong and plumb. So God is ever watching and jealous of anything or anyone that we allow to break through our wall of protection by interfering with our relationship and agreement with Him.

But what about those times when we see ourselves just the opposite? When we are worried, ashamed, embarrassed, and putting ourselves down? We know this is not God's plan for us. [And we may be surprised to find that we have peace / agreement with the Lord within our spirit at the same time as we are experiencing the negatives.]

We know that thoughts and feelings are in the soul. So that is where we look to manage these negative problems. It takes the agreement of the intellect and emotions to engage the will. The intellect and emotions are in negative agreement. So the body will feel anxious, depressed, ashamed, embarrassed, and of no worth; or destroying another's value.

Our soul is out of agreement with the Lord's view of us, and of our own spirit's view of us. We need to focus on building up our soul foundation and walls. This is an ongoing process. We will make mistakes; that is how we learn.

To get agreement, we need to allow ourselves to forgive and love ourselves, as we are loved by God. We settle what needs settled; finish what needs finished; reconcile what needs reconciled, as well as take responsibility for our own actions and thoughts. Where we have to wait, we ask the Lord for patience to wait in hope, but to point out any other areas where we should be going forward. We rebuild the wall of protection with the Lord, when we agree with who He is, and who He says we are.

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

*Connecting the soul (the intellect, will, and emotion) with Biblical truths and psychological knowledge.*

*Integrating the soul with body and spirit for peace in all areas of life—business,*

*personal, marriage, family, and relationships.*

*Zechariah 4:6*