

Natural Instincts



“Be perfect, therefore, as your
heavenly Father is perfect.

– Christ

To know God, you
must first **know**
yourself.



Know Yourself

- What are natural instincts?
- Why do you have them?
- Why you must live above them.
- How you can live above them.

1

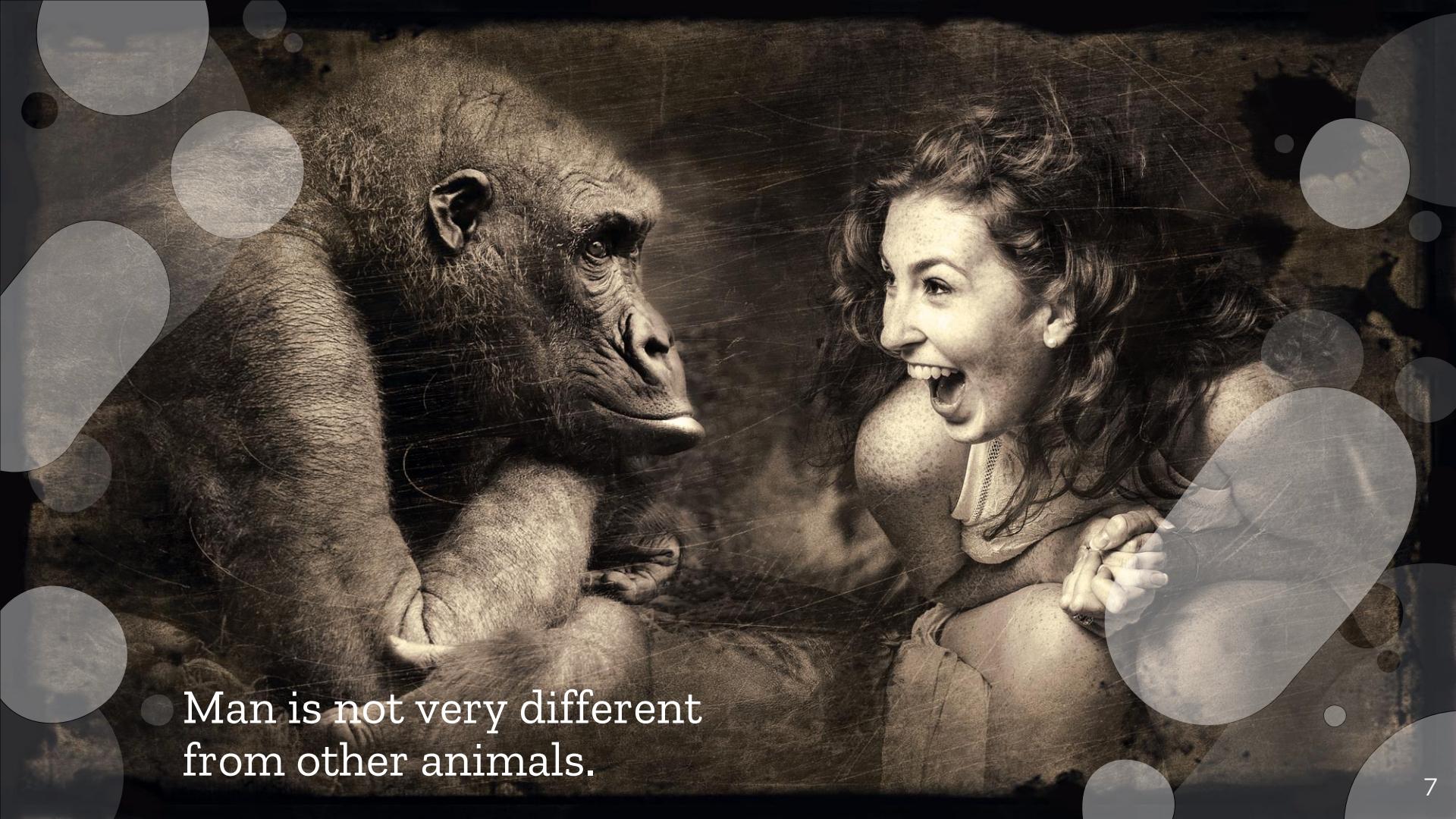
Know yourself

Natural instincts



Instincts

a way of behaving, thinking, or feeling
that is not learned.



- Man is not very different from other animals.

Natural Instincts

- Man and other animals have **one thing** in common.
- However, **how we use it** is what separates us from them.
- We both have **Natural Instincts**.
- These make us behave in certain ways without any form of training.

A high-contrast, black and white photograph of a human hand, palm facing forward, breaking through a dark, textured surface that resembles shattered or cracked glass. The hand is positioned in the center-right of the frame, with fingers slightly curled. The background is dark, and there are several large, semi-transparent gray circles of varying sizes scattered across the image, some overlapping the hand and the broken surface.

Being **angry** is a natural instinct.



Infatuation with the opposite sex is a natural instinct.



Infatuation

a feeling of foolish or very strong love or admiration for someone or something.

Fear is a natural instinct.

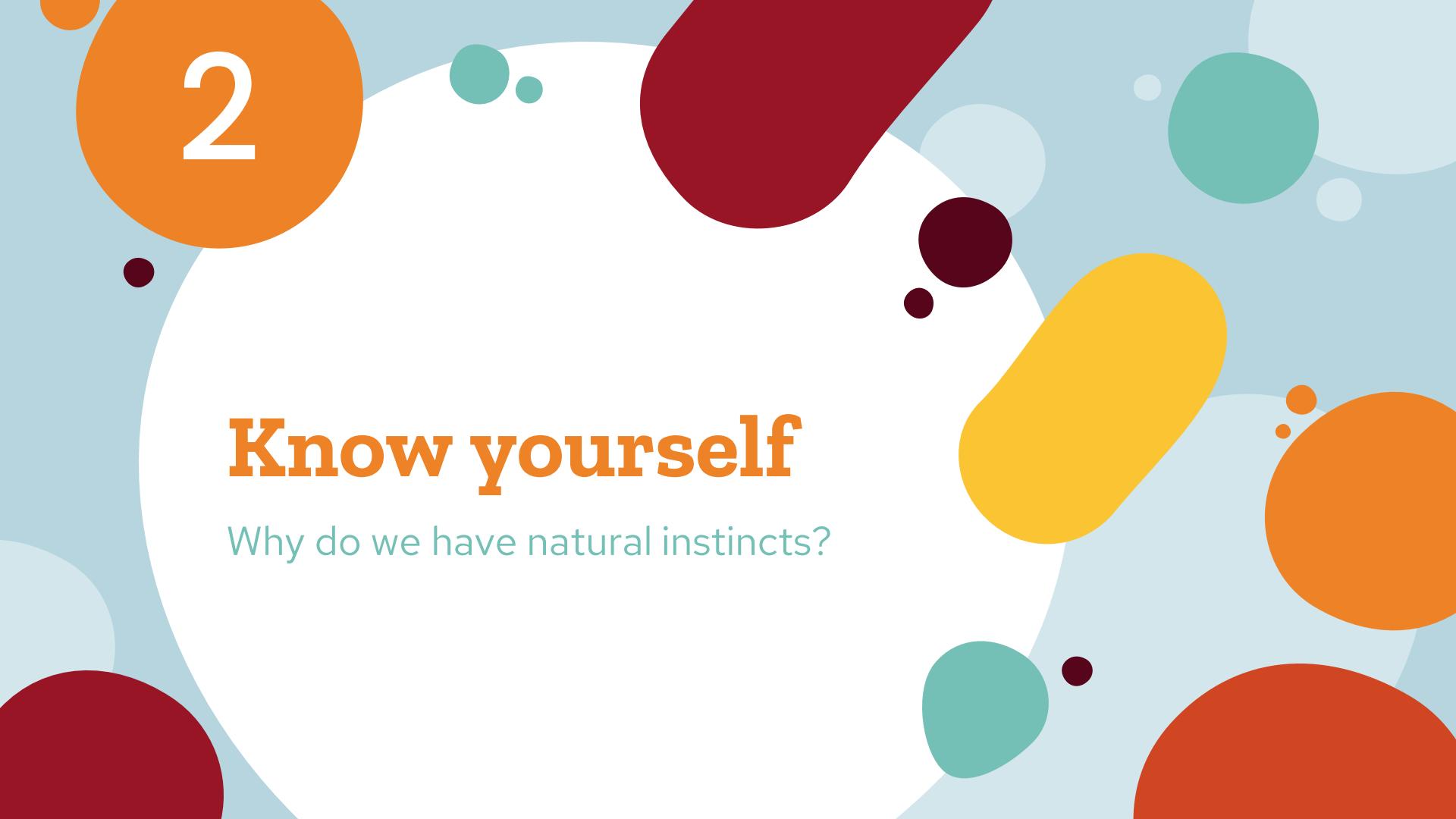




Crying is a natural instinct.

Natural Instincts

- You do not train a person to **cry** when they are not okay.
- You do not train a person to be **fearful** in the presence of danger.
- You do not train a person to **follow their infatuation** with the opposite sex.
- You do not teach a person to be **angry** when they don't like something.



2

Know yourself

Why do we have natural instincts?

Why do we have natural instincts?

- Natural instincts can be abused, or even misused.
- In what ways can they be abused or misused?
- This does not mean that natural instincts are bad in themselves.
- As a matter of fact our natural instincts have been put there by God to help us function, in **the absence of proper spiritual training**.



Natural instincts help us to function, in the **absence** of proper spiritual training.

Children **cry** to alert their parents
that something is not right.



Fear keeps us safe from danger.



Infatuation with the opposite sex makes us procreate.





Procreate

to produce children or offspring.

A woman with long dark hair in a blue button-down shirt is shown from the chest up. She has her left hand raised to her forehead, fingers near her brow, and her right hand held palm-up near her shoulder. She appears to be in a state of distress or anger. The background is white with faint, overlapping circles.

Anger helps you to break
out of bad situations.



3

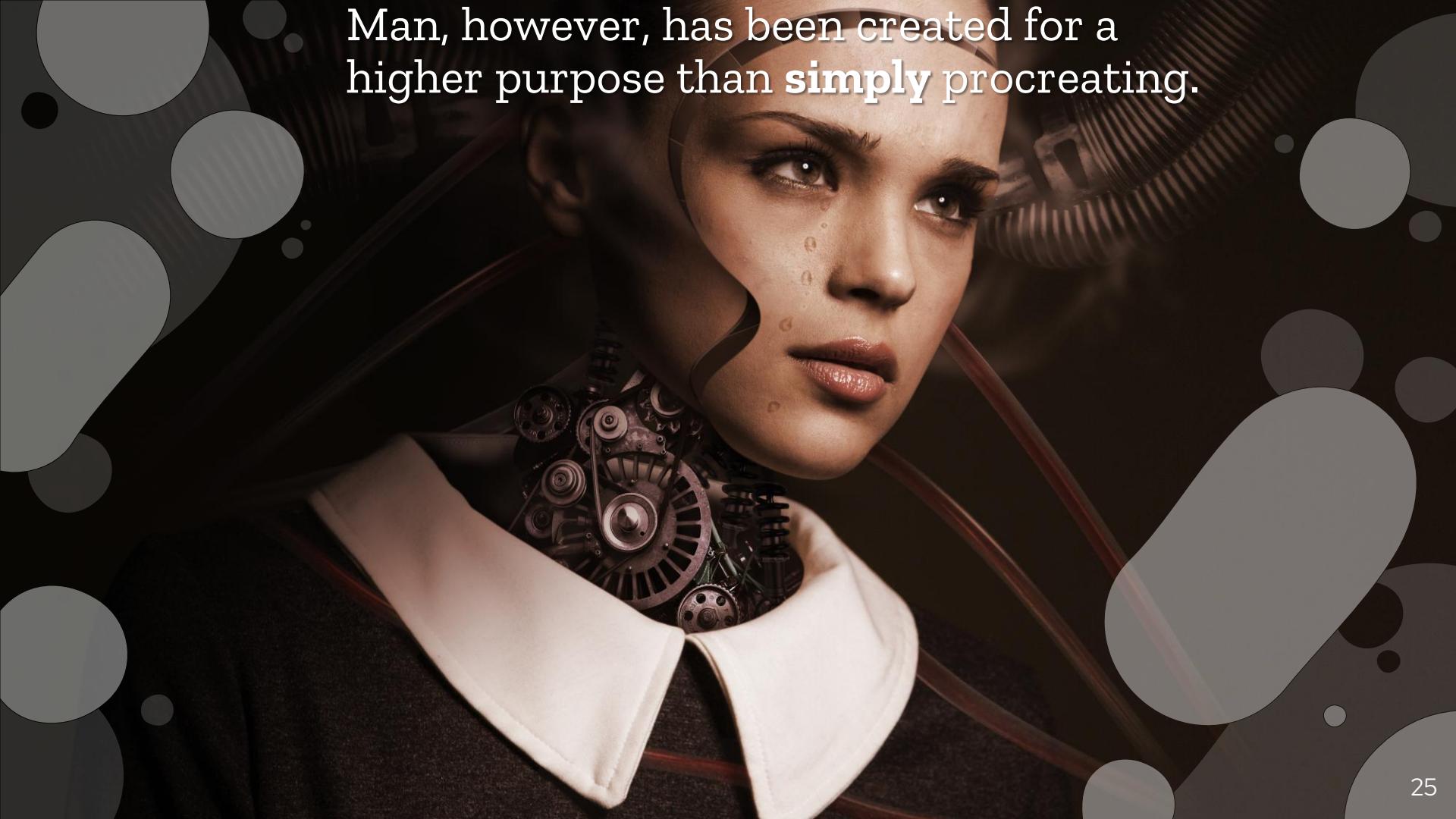
Know yourself

Why you must live above your natural
instincts

Why you must live above them

- When an animal is attracted to another animal, it simply mates with it.
- The animal does not consider that it has acquired sufficient **moral values** which it will be able to pass on to its offspring.
- If animals were not controlled by their natural instinct to procreate, they would have been wiped out from the surface of the earth by now.

Man, however, has been created for a higher purpose than **simply** procreating.



Why you must live above them

- When an animal feels frightened it instantly runs away from danger.
- The animal does not question the **motive** of the source of danger, whether it seeks to offer assistance, or merely cause it harm.
- The animal which is controlled by its natural instincts, is more likely to live longer than if it **were** to live without it.

Man who lives by his natural instincts **only**,
is **no different** from **other animals**.



Why you must live above them

- There is one thing that separates humans from other animals.
- It's our ability to **know** God, **imitate** him, and **become** like him.
- Man is capable of becoming something more than he currently is when he is born, by receiving training from an **Excellent Spirit**.

What **separates** man from other animals?



Why you must live above them

- If man is to become any higher than his animal counterparts, he must learn to live above his natural instincts.
- He must learn to apply **reasoning**, and **higher principles** to the way he lives, rather than merely acting according to his natural instincts.
- Learning the ways of God, civilizes a man.
- It first makes him **human**, then something **more than** human.

Learning the ways of God **civilizes** a man.



4

Know yourself

How you can live above your natural
instincts

How you can live above them

- The more you are advanced by God, and begin to apply Godlike principles in your life, you soon find yourself relying **less** on your natural instincts, and **more** on higher forms of reasoning and moral principles.
- The **more Godlike** you become, the **less animal** you become.

You **overwork** yourself because it will make you more money, or because you are obsessed.



How you can live above them

- An Excellent Spirit teaches you to have a day of rest – you can call this your Sabbath.
- On that day do things that will **take your mind off** work, because your mind is **less productive** when overworked.
- In time, good ideas will come to you that when acted upon can bring more value to you and the people around you, than all your previous days of constant work, put together.



You **act** when you are angry.

How you can live above them

- An Excellent Spirit teaches you to take time to cool off.
- Seek the will of God.
- And then respond out of carefully reasoned thought and insight from God, rather than from your animal instincts.

A photograph showing the back of a young man and woman sitting on a long wooden bench in a pine forest. They are facing away from the camera, looking down a path lined with tall, straight pine trees. The sunlight filters through the trees, creating bright highlights on the path and the couple's hair. In the distance, another person is walking on the path. The couple is wearing casual clothing: the man has a grey t-shirt and a red baseball cap, and the woman has a white t-shirt and dark pants.

You wish to follow every
affection that you have for
the opposite sex.

How you can live above them

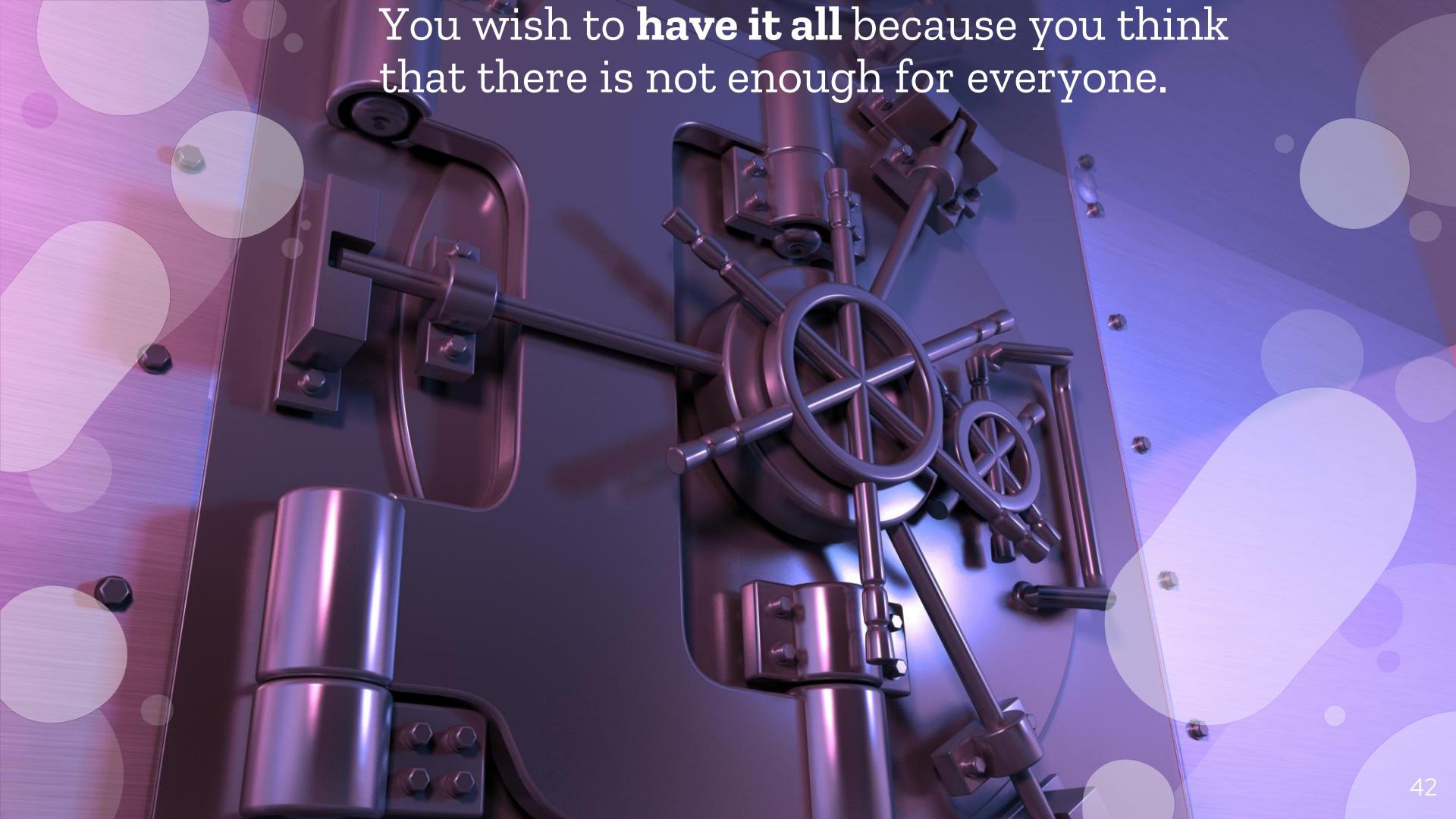
- An Excellent Spirit teaches you that joining together with the opposite sex must be a **deliberate** act where you plan to work together with God to **raise a new spirit in the image and likeness of God.**
- You must have received enough light from God in order to impact to the younger one.
- Nobody builds a factory for the purpose of producing nothing, but for **producing something of greater value.**



You are **fearful**.

How you can live above them

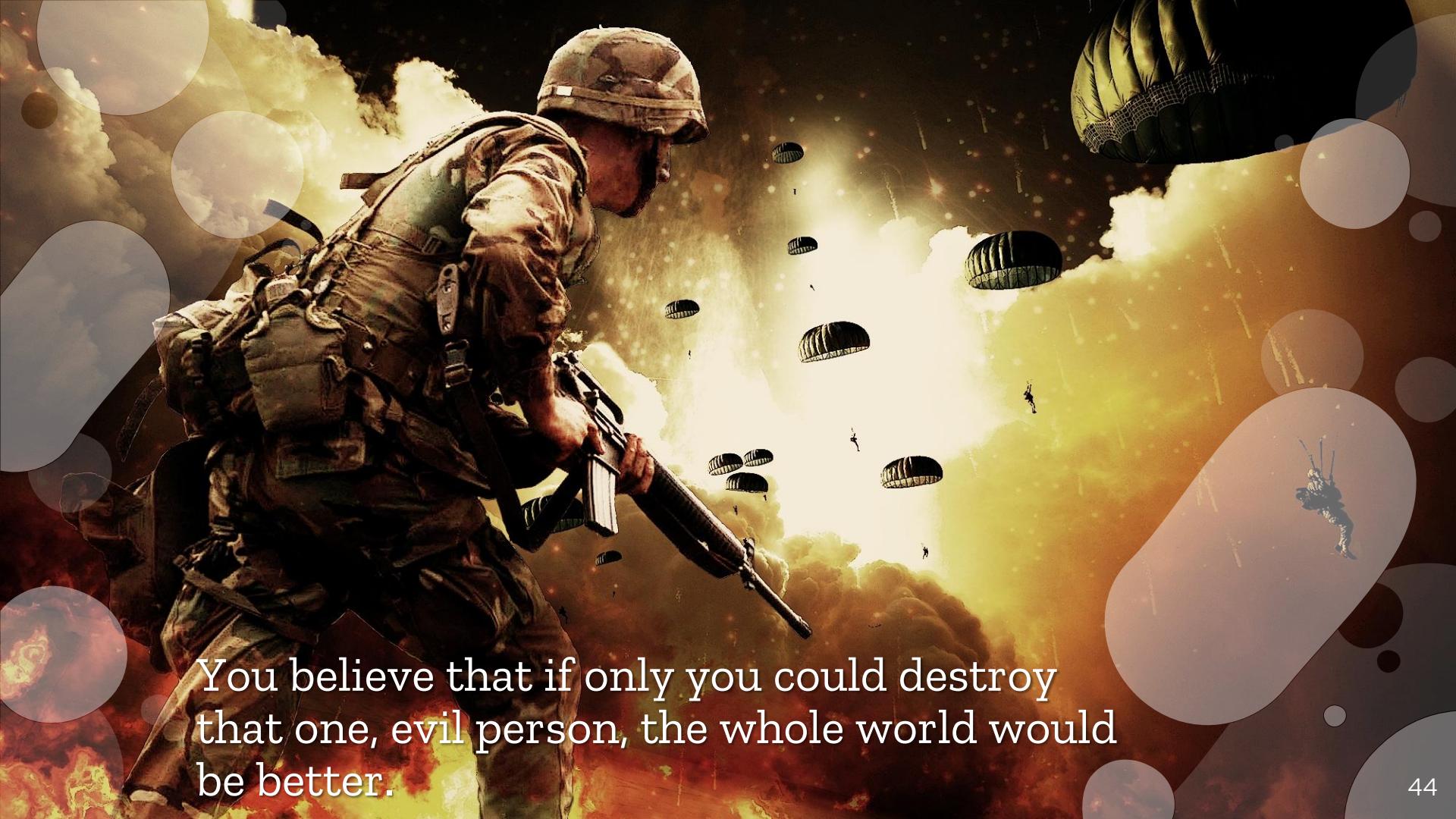
- Fear, at its peak can cause **death**.
- Civilized man does not need fear in order to **function properly**.
- An Excellent Spirit teaches you to **confess your confidence** in God in times of fear.



You wish to **have it all** because you think
that there is not enough for everyone.

How you can live above them

- God has put enough minerals and resources in the earth to help his sons live meaningful lives and do the things that really matter.
- Few men will be able to **cultivate themselves** properly if they had to struggle for every single thing in life.
- An Excellent Spirit teaches you that the earth's resources are sufficient for all, that there is greatness in **every** man – the **only difference** is those who believe, and those who don't.



You believe that if only you could destroy
that one, evil person, the whole world would
be better.

How you can live above them

- Evil can spring out of anywhere as long as there is no one willing to offer a hand to teach – if you did not **create life**, you have no right to take it.
- An Excellent Spirit teaches you that if only you could sow a **seed of love** in the heart of one man, **a day**, your seed will grow to fill all the earth with love.
- The people who practice evil, do so out of **ignorance** of the good they stand to gain, if they should do things **God's way**.

Crying is good for girls, and **bad for boys**.



How you can live above them

- Crying helps you to go through painful situations in life.
- An Excellent Spirit teaches you that it is not only okay for girls to cry, but that it is also alright for boys to cry when something troubles them.
- There is nothing shameful about crying as long as you are not using it to mislead others.

You play games of chance, because you
think that you can get something **for**
nothing.



How you can live above them

- The **idea** that you can get something for nothing, is a **sickness of the mind**, robbing the sons of God from cultivating themselves to their full potential.
- An Excellent Spirit teaches you that hard work pays, not only in this life but also the next.
- Your treasures in this life are **within you**, not without, and they are obtained by **acting** on every word that comes from the mouth of God.

You are tempted to **expose**
yourself when you dress.



How you can live above them

- God clothed every living thing that he made, including the **grass of the fields**.
- An Excellent Spirit teaches you to dress to **represent God**, not a broken home.
- Your Heavenly Father is not a naked God.

When you have a dream you do **anything**
(bad and good) to achieve your dream.



How you can live above them

- God created man to aspire for **greater things**.
- An Excellent Spirit teaches you that it is good to have a dream, but you **must not become a slave** to your dreams.
- Your life on earth is only the beginning of a great adventure.
- Let nothing take away the **smile** on your face, the **humor** in your eyes, the urge to lend a **helping hand**.

Let nothing take away the smile on your face,
the humor in your eyes, the urge to lend a
helping hand.



In Conclusion...

- What do Men and other animals have in common?
- Why do we have natural instincts?
- What separates men from other animals?
- Why must you live above your natural instincts?
- In what ways can you live above your natural instincts?



Thanks!

Vocabularies

motive

a reason for doing something.

admire

to feel respect or approval for.

abuse

to treat (a person or animal) in a harsh or harmful way.

mate

of animals : to have sexual activity in order to produce young.

imitate

to do the same thing as (someone).

aspire

to want to have or achieve something.

Vocabularies

counterpart

someone or something that has the same job or purpose as another.

principle

a moral rule or belief that helps you know what is right and wrong and that influences your actions.

sufficient

having or providing as much as is needed.

civilize

to make (something) more gentle, fair, reasonable, etc.

reason

a fact, condition, or situation that makes it proper or appropriate to do something, feel something, etc..

obsess

to be the only person or thing that someone thinks or talks about.

Vocabularies

productive

doing or achieving a lot : working hard and getting good results.

humor

the ability to be funny or to be amused by things that are funny.

insight

the ability to understand people and situations in a very clear way.

adventure

an exciting or dangerous experience.

urge

to ask people to do or support (something) in a way that shows that you believe it is very important.

cultivate

to improve or develop (something) by careful attention, training, or study.