

SoulPain

despair, malice, cruelty, gossip,
revenge, **abuse**, anxiety, whining,
sarcasm, adultery, **addiction**, mocking,
self-pity, pride, **racism**, baiting, isolation,
seduction, **blame**, belittlement, **hurt**, criticism,
backbiting, idolatry, **infidelity**, laziness, heartache,
contempt, rudeness, cheating, **compulsion**, loneliness,
dishonesty, **molestation**, brutality, hurriedness, lewdness,
depression, corruption, flattery, **possessiveness**, oppression,
resentment, **bitterness**, conceit, selfishness, status, negativism,
scapegoating, intimidation, **deceit**, hypocrisy, **coveting**, faultfinding,
hopelessness, excuses, sorcery, stuffing, seduction, **stealing**, despondency,
manipulation, debasement, **dishonesty**, relationships, treachery, emotionalism,
torment, pouting, anxiety, obsession, theft, panic, libel, **codependency**, envy, spite,
control, **hate**, hard feelings, lust, **repression**, jealousy, trickery, **vindictiveness**, fear,
intellectualism, exploitation, **self-righteousness**, greed, **persecution**, judgmentalism,
religion, perfectionism, **disinformation**, arrogance, fornication, luck, lying, **terror**, rage,
slander, **murder**, meanness, omission, politics, superficiality, worry, _____.

Do *i* know someone buried in a mountain of deception?

SoulPain: Truth conquers self-deception
is written by Flint & Bedrock

Sometimes

Am *i* in torment, suffering, or stress? ___

Does deception try to control, and even bury and enslave
me into *SoulPain* WITH worry, debt, anger, lies,
duty, fear, gossip, greed, jealousy, guilt, revenge,
selfishness, treachery, intimidation, obligation,
accusation, criticism, _____? ___

Does deception try to manipulate me? ___

Does deception try to mock or blame me? ___

Does deception try to twist my heart, mind, soul? ___

DO *i* let deception use my imagination? ___

DO *i* give deception my time, energy, and resources? ___

DO *i* rationalize, justify deception, make excuses for it? ___

Always

TRUE FALSE

Deception tries to cover and hide itself.	—	—
Deception tries to sabotage <i>The Love of Truth</i> .	—	—
Deception tries to infect, victimize, and paralyze.	—	—
Deception tries to dumb down and destroy.	—	—
Deception wants to use me to subvert Truth.	—	—
Deception wants me to deny that Truth exists.	—	—
Deception does not want me to tolerate those who Love Truth.	—	—

i can NOT conquer my *SoulPain*.

Addiction or other deception
cannot conquer *SoulPain*.

TRUTH can conquer *SoulPain*.

TRUTH survives all and conquers all deception.

DO *i* want to LOVE TRUTH? —

Hour 2 – In my heart, mind, and soul is

ANY of the following NOT possible?

IF *i* live and believe in *The Love of Truth*,
in Jesus, His Word, full of Grace - Love - and Truth,

John 1:1, 14; 11:26.

i do NOT serve deception.

Jesus says *i* love God, The Holy, The Eternal, The Spirit and The Love of Truth, with all my heart [desire], soul, and mind. Matthew 22:37.

i do good, NOT evil.

Jesus says *i* love my neighbor as myself: expressing Truth in Love, whatever *i* desire others to do, *i* do. Luke 6:35-36 and Matthew 7:12, 22:39.

i will have an Eternal Family.

Jesus says God WILL love me; God and Jesus WILL make their home with me; God WILL give me The Spirit of Truth to be in me. John 14:16, 17, 23.
i WILL never die, see death, or taste of death. John 8:51, 52; 11:26.

Unless noted, in this booklet the red-letter words of Jesus, summing the Bible, His Word of Love and Truth, and other Bible references, are in the *World English Bible*, <http://www.ebible.org/>. In this booklet punctuation is added.

AM I WISE?

Jesus says Everyone ... who hears these words of mine, and DOES them, I will liken him to a WISE man, who built his house on a rock: The rain came down, the floods came, and the winds blew, and beat on that house, that person; and it, he, didn't fall, for it, he, was founded on the rock.

He says Everyone who hears these words of mine, and DOESN'T DO them, will be like a FOOLISH man, who built his house on the sand. The rain came down, the floods came, and the winds blew, and beat on that house, that person; and it, he, fell - - and great was its, his, fall. Matthew 7:24-27.

Is it FOOLISH to serve or depend upon deception?

Is it WISE to LOVE TRUTH?

Hour 4 – WHAT is The Way of Happiness?

“We are living in a material world, and I’m a material girl.” -Madonna.

TRUE

“You can't buy heaven with money.” -*Maltese Proverb*. —

“If your security is based on something that can be taken away from you - - you will constantly be on a false edge of security.” -Tim Hansel. —

“Money can be used to accomplish some great ends, but when wealth becomes its own reward and its own goal then I think it can be very destructive.” -Tom Osborne. —

Jesus says lay up for yourselves treasures in heaven, in Everlasting Life, where neither moth nor rust consume, and where thieves don't break through and steal; for where your treasure is, there your heart will be also.

Matthew 6:20-21.

Jesus says Keep yourselves from covetousness, for a man's life doesn't consist of the abundance of the things which he possesses. ... The ground of a certain rich man brought forth abundantly. The man reasoned within ... 'What will *i* do, ... *i* don't have room to store *my* crops?' ... 'This is what *i* will do. *i* will pull down *my* barns, and build bigger ones, and there *i* will store all *my* grain and *my* goods. *i* will tell *my* soul, Soul, you have many goods laid up for many years. Take your ease, eat, drink, be merry.'

But God said to him, 'You FOOLISH one,' you deceive yourself, 'tonight your soul is required of you. The things which you have prepared - - whose will they be?' So is he who lays up treasure for himself, and is NOT rich toward God. Luke 12:15-21.

DOES deception have a hold on me? _

Jesus says about His Word, about my desire, and about growing rich towards God: with an HONEST and GOOD HEART, hear and keep My word, hold it tightly, Bear Fruit. Luke 8:15.

Love Truth: absorb, retain, cherish It; let go of deception; let *The Spirit of Truth* work in you, to teach and correct you.

Jesus says "HAPPY" are those who hear God's word, AND keep it!

Luke 11:28. "HAPPY" is used in the Amplified Bible.

Is HAPPINESS important to me?

Is LASTING HAPPINESS
built upon Truth?

To die to deception is to Love Truth

Jesus, Full of Grace - Love - and Truth, says BE HUMBLE,
BE OPEN TO, HEAR, KEEP, REMAIN IN *The Love of Truth,*

John 1:14, Matthew 18:4, and John 15:6.

Jesus says I am the true vine, and my Father is the farmer. Every branch in me that doesn't bear fruit is thrown in the fire, and ... burned. Every branch that bears fruit, he prunes, that it may bear more fruit. As the branch can't bear fruit by itself, unless it REMAINS on the vine, so neither can you, unless you REMAIN in Me. And He says whoever - Loves Truth - drinks of the water that I will give him will never thirst ... the water ... will ... spring ... up to eternal life. John 15:1-2, 4-6 and John 4:14.

Some seek The Water and accept *It, The Love of Truth,* Jesus.
Then, *The Spirit of Truth* works in them, and
teaches and corrects them. *They Bear Fruit.*

instead of *SoulPain* ...

DO *i* want to Bear The Fruit of Love and Truth?

REPENT? To “re-pent” is to get rid of what is stored up.
If *i* do not repent of deception, Truth cannot work in me.

Jesus, *The Love of Truth*, says if *i* love God,
i repent of my transgressions, they are forgiven:
i will NOT perish. Luke 7:47; 13:5.

Is deception stored up in me? ___
DO *i* let go of deception's hold on me? ___
DO *i* repent of the deception stored up in me? ___

GOD, Jesus, *The Love of Truth*,
saves me from my *SoulPain*.

i choose to Love Truth, Jesus,
Your Word, Your Spirit, You God.

Hour 7 – Jesus, *i want The Spirit of Truth* conquering me,
working in me, correcting and teaching me;
i want my hands to do Your Work, my feet to go Your Way,
and my eyes to see as You Do; *i want* to keep Your Word,
to pray as You say in Matthew 6:9-13:

Our Father in heaven with You *i have* Eternal Life and Family;
may Your name, The Love and The Spirit of Truth,
be kept holy inside of me.

Let Your Kingdom come. Let Your Will,
The Love and Spirit of Truth, be done,
as in heaven, so on earth.

Give us today our daily bread. [*Jesus, The Love of Truth,*
is the living bread for today and for eternity, John 6:51.]

Forgive us for our transgressions,
as we also forgive others for their transgressions.

Bring us not into temptation, but deliver us from the evil one,
from the deceiver of the world, Revelation 12:9.

For yours is The Kingdom, The Power, and The Glory forever. Amen.

Hour 8 – To Love Truth, forgive

Jesus says forgive, if you have anything against anyone; so that your Father, who is in heaven, may also forgive you your transgressions. Mark 11:25.

TRUE FALSE

Without *The Love of Truth* hurt people grow bitter inside, even hate. Hurt people hurt themselves, and even hurt others. ___

If deception uses my imagination, then in UN-forgiveness, DO i rationalize, justify, and make excuses for hurt, pride, bitterness, blame, resentment, scapegoating, behavior, hate, and violence? ___

Jesus says If your ways cause you to stumble into deception, let go of them. it is more profitable ... that ... your ways should perish, than ... to be cast into GEHENNA: a valley of fires, worms, decay, garbage, death.

Matthew 5:29.

DO my ways include UN-forgiveness for the hurt of rejection, etc. - - and the mountain of bitterness, anger, pride, hate, behavior, etc. - - that builds up in my heart [my desire], mind, and soul? ___

DO *i* ask, seek, and knock to Bear The Fruit of
an HONEST and GOOD HEART? Luke 8:15; 11:9-10.

DO *i* no longer build a MOUNTAIN of UN-forgiveness?

DO *i* allow *The Spirit of Truth*

To conquer *me*, *myself-deception*, *my SoulPain*?

To cease *my* acts, thoughts, emotions of *deception* towards others?

To stop *me* from keeping lists of *my UN-forgiveness* towards others?

To develop within *me* habits of *Truth Expressed in Love*?

To conquer what wars within *me*?

INSIDE Love Truth,
OUTSIDE Express Truth in Love

Jesus says

DAILY • GIVE, and it will be given to you

For with the same measure you measure -- *The Love of Truth* --
it will be measured back to you. Luke 6:38.

DAILY • WHATEVER you desire others to do, DO. Matthew 7:12.

DAILY • LOVE your enemies ... DO GOOD, NOT EVIL.
Luke 6:35-36.

i ADAPT THE TACTICS OF Jesus, *The Love of Truth*,
see The Appendix.

In my walk with TRUTH

TRUTH WILL EXPOSE and CHALLENGE deception,
deceptive OPINIONS, DEPENDENCY UPON deception,
and THE PROBLEMS deception CAUSES.

WITHOUT Truth exposing and challenging self-deception,
self-deception STARTS war, divorce, abuse, etc.

The Spirit of Truth works in me from INSIDE OUT:
with Enemies, IT IS me and them VERSUS deception,
NOT me VERSUS them.

with Enemies, i give thanks for _____.

i do not share, support, maintain, serve, cooperate with, or profit from

_____.

i forgive rejection, hurt, _____.

i work with enemies not to _____.

i encourage _____.

with Friends, i give thanks for _____.

i do not share, support, maintain, serve, cooperate with, or profit from

_____.

i forgive rejection, hurt, _____.

i work with friends not to _____.

i encourage _____.

What does THE ETERNAL FAMILY do?

Smoke, Shadows, Echoes. In a cave live Cave Dwellers. They have never been outside. In the cave they see smoke and moving shadows. They hear echoes. They imagine that smoke, shadows, and echoes are what life is all about. In smoke, shadows, and echoes they justify and rationalize their existence. The cave is their prison. The prison guards are the smoke, shadows, and echoes of deception. -Adapted from Socrates in Plato's *Republic*.

Jesus says

My Family hear the word of God, *The Love of Truth*, and DO IT.

Luke 8:21. Everyone who in heart, mind, and soul has left the ways of deception for my name's sake - *The Love of Truth* - will inherit eternal life. Matthew 19:29.

RIGHT is NOT the ends, means, and might of deception.

RIGHT is NOT the smoke, shadows, and echoes of deception.

RIGHT is NOT self conquering self; RIGHT is NOT conquering others.

RIGHT is Truth conquering self. RIGHT is Loving with Truth.

Living The Love of Truth,

DO *i* encourage Off Roaders, those in Deception's Wilderness,

to choose *The Road of Truth?*

including

Cave Dwellers who rationalize?

Wolves who try to destroy?

Edge Walkers who just observe?

WAS *i* an Off Roader?

NOW,

The Spirit of Truth is working in me, correcting and teaching:

As God's **Lamb**, *i* Love God.

As God's **Light**, *i* share The Love of God, *i* share God's compassion.

As God's **Freedom Walker**, *i* patiently persevere in The Love of God.

As God's **Warrior**, Truth is with me to expose and challenge deception.

Jesus says A ... man ... fell among robbers, who stripped him and beat him another man ... came where he was. he was moved with compassion and helped him. As the man did for the victim of deception, "Go and do likewise." Luke 10:30-37.

Am *i* using time, energy, and resources in *The Love of Truth*?

Am *i* expressing *The Love of Truth* to victims and offenders?

Hour 15 – Jesus LEADS me to JUSTICE, and *It* SHINES through me

Jesus says have the light of life, John 8:12,
let God's passion radiate: shine *It* for others;
keep your lamp filled with My Word. Matthew 5:16, 25:1-13.

Jesus LEADS JUSTICE, *The Love of Truth*, to victory
in those, He says, WHO hunger and thirst after *It*, WHO mourn for *It*,
WHO are poor in spirit for *It*, WHO are gentle, merciful, pure in heart for *It*,
WHO are peacemakers for *It*, WHO are persecuted for *It*. Matthew 5:3-11, 12:20.
Am / all of these?

Adapting the tactics of Jesus,
see The Appendix, Truth shines through me:
Truth exposes and challenges * INJUSTICE.
Truth exposes and challenges * FALSE PEACE.
Truth exposes and challenges * UN-JUST WARS.
* Deceptions, no matter how rationalized, are not TRUTH.

Jesus says

do not wait until it is too late:

KEEP ASKING, ... SEEKING, ... KNOCKING, ...

WHO asks receives. ... WHO seeks finds. ... WHO knocks

IT -- *The Love of Truth* -- will be opened.

Luke 11:9-10, 13:25.

Jesus says My Father, if it is possible, let this cup,

My sacrifice for human transgression of Truth, pass away from me;

nevertheless, not what I desire, but what you desire.

Matthew 26:39.

Comparing the UN-selfish I of Jesus (above)

to the selfish *my*'s and *i*'s versed in Hour 4

DAILY DO *i* ask, seek, and knock for

God's will of Love and Truth in my life?

Hour 17 – Sharing in *The Love of Truth*

Jesus says **the King** - - who is *The Love of Truth*, Jesus, will come again, and - - will tell those who Love Truth 'Come, you blessed of my Father, inherit the Kingdom prepared for you from the foundation of the world: for I was hungry, and you gave me food to eat.

I was thirsty, and you gave me drink.

I was a stranger, and you took me in.

I was naked, and you clothed me.

I was sick, and you visited me.

I was in prison, and you came to me.'

Those Loving Truth will answer him, saying,

'Lord, when did we see you hungry, and feed you; or thirsty, and give you drink? When did we see you a stranger, and take you in; or naked, and clothe you? When did we see you sick, or in prison, and come to you?'

The King will answer them '... Inasmuch as you DID It', Loved Truth and found ways to share It with others, 'you DID It to me.' Matthew 25:34-40.

Is The Love of Truth MY HAPPINESS?

TRUE

“it is in the ... mind and soul of the individual that the battle between good and evil is waged and ultimately won or lost.” -M. Scott Peck. —

The “departure from PRINCIPLE ... becomes a precedent ... till the bulk of the society ... have no sensibilities left but for sin”, for deception, for transgressing Truth. -Adapted from Thomas Jefferson. —

In families, parenting, society, government, etc., “God grant that men of PRINCIPLE shall be our principal men.” -Adapted from Thomas Jefferson. —

The Love of Truth is NOT NEGOTIABLE: TRUTH is TRUTH.

If TRUTH is compromised by deception, Truth is NOT Truth.

DO I STAND FOR The Liberty to Love Truth?

DO I PROMOTE The Liberty to Love Truth?

DO I SUPPORT The Liberty to Love Truth?

What is it to survive and thrive?

Jesus says “HAPPY” are those who hear God's word, AND keep it!

Luke 11:28. “HAPPY” is used in the Amplified Bible.

TRUE

The Love of Truth SATISFIES

my life, liberty, and happiness. —

What is possible in Loving Truth
that is NOT possible in serving deception?

MORAL CHARACTER is The Love of Truth.

Moral Character is NOT a HALF-FALSE illusion of good or the good life.

“A pretty face and fine clothes do not make character.” -*Congolese Proverb.*

“Ugliness with a good character is better than beauty.” -*Nigerian Proverb.*

TRUE

The Love of Truth DIRECTS

my energy, focus, and attitude, and my imagination and doing. —

Marriage, family, learning, work, business, science, government, discussion, civil disagreement and disobedience, respect, society, etc. are for Loving Truth in my heart, mind, and soul
- - and expressing IT.

Am I LIVING under The Authority of Jesus?

Hour 21 – Sex without *The Love of Truth* is deception

TRUE

“Lying can be a very effective dating tool” - *Blast From The Past*,
“until love runs out of lies to tell” - ‘*til there was you*’.

Trading lies and their unhappiness does not make Love.
Sex is for Love and Truth, not for deception. —

Jesus says God made them male ... and female. ... one flesh
... don't let deception tear them, their marriage, their family apart.

Otherwise be as eunuchs, without sex. Matthew 19:4, 6, 12.

WHAT Kind of Love do *i* want?

Hour 22 – Never Too Old, Never Too Young ...

If grandparents, parents, children serve **deception**, such as

then they are without **Truth**, without honest and good **Love**.

Whatever you desire children and others to do, DO
. . . Love Truth **INSIDE OUT** . . .

What does my life say to others?

Is my life without **deception's** frenzy,
stress, complexity, hurriedness, etc.?

What does my life say about
good communication, good rules, and good listening?

What does my life say about **The Wisdom of Love and
Truth processed through my heart, mind, and soul?**

Jesus says whoever drinks of the water that I will give him will NEVER thirst ... the water ... will spring... up to eternal life.

John 4:14.

i drink in, learn from, *The Word of Truth* and *The Spirit of Truth*.
It cleanses my heart [my desire], mind, and soul of deception.
i am immersed in *The Love of Truth*.

Jesus says disciple, "TEACH", all nations,
baptizing them in the name of the Father and of the son [Jesus]
and of the Holy Spirit [The Spirit of Truth]. Matthew 28:19-20.
"TEACH" is used in the King James Bible.

i share The Love of Truth, Jesus, with everyone, including
those WHO serve deception's lifestyle, religion, politics, etc. ___
those WHO worship world work, beauty, money, stuff, etc. ___
those WHO believe that Truth does NOT exist. ___
those WHO live as if Truth does NOT exist. ___

“Death will be no more; neither will there be ... pain.”

Repenting of my transgressions,
accepting Jesus, The Love of Truth,
The Spirit of Truth works in me.

THE APPENDIX

In my walk with

The Holy, The Eternal, The Spirit and The Love of Truth,
TRUTH will EXPOSE and CHALLENGE deception.

In Matthew 5:39-40,

Jesus says don't resist him who is evil; ... whoever strikes you on your right cheek, TURN to him the other also. Jesus spoke to a culture where 'social superiors' were ONLY allowed to use the back of their right hand to SLAP the right cheek of 'social inferiors'. Fists or open palms were NOT allowed. The slap would graze the right cheek. With the left cheek turned right, the back of the right hand would probably miss the cheek.

Truth shows deception for what it is.
'Social superiority' is a deception.

Jesus says If anyone wrongfully sues you to take away your coat, let him have your cloak also. Jesus spoke to a culture where if you were wearing just an undergarment, people would ask, Who is cheating you?

A truthful answer allows deception to be exposed.
Cheating is a deception.