

Appendix A

I noticed while reading the Bible, that there were many references to different feelings or emotions. That may be because I already knew about and had been using EFT. On the other hand, I had essentially stopped using EFT while I did my Bible-reading, because I didn't want to try to make EFT fit into a paradigm where it didn't fit.

While doing some word searches in the Bible, I ran across some instances where the 'spirit of' some emotion was mentioned, and ran a search in e-Sword ¹ under 'spirit of' and it turned out most of the references were for 'the Spirit of' God / Yahweh. I had also compiled a list of different emotions I found in my Strong's Concordance ², and to narrow down the list I then did a keyword search for the word 'spirit' and the emotion, selecting the option to search for 'all words'. The result of those searches is the first part of this appendix. I felt it was too many passages to include in the rest of the document, though I've selected a few to include there, also. I think it shows a clear link between the state of our 'spirit' and our feelings or emotions.

Finally, I included a search on the phrase 'fear not' which runs throughout the King James translation of the Bible, and fear is one of the devil's biggest weapons.

Scripture in reference to spirit and emotions

and the spirit of jealousy comes on him, and he is jealous of his wife, and she is defiled: or if the spirit of jealousy comes on him, and he is jealous of his wife, and she is not defiled: (Num 5:14 WEB)

or when the spirit of jealousy comes on a man, and he is jealous of his wife; then he shall set the woman before Yahweh, and the priest shall execute on her all this law. (Num 5:30 WEB)

The Spirit of the Lord Yahweh is on me; because Yahweh has anointed me to preach good news to the humble. He has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and release to those who are bound; (Isa 61:1 WEB)

to appoint to those who mourn in Zion, to give to them a garland for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of Yahweh, that he may be glorified. (Isa 61:3 WEB)

The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to heal the brokenhearted, to proclaim release to the captives, recovering of sight to the blind, to deliver those who are crushed, (Luk 4:18 WEB)

In the synagogue there was a man who had a spirit of an unclean demon, and he cried out with a loud voice, (Luk 4:33 WEB)

¹ From www.e-sword.net © 2007 Rick Meyers

² Strong, James New Strong's Exhaustive Concordance © 1996, 1996 by Thomas Nelson Publishers, Nashville, Tennessee.

Behold, there was a woman who had a spirit of infirmity eighteen years, and she was bent over, and could in no way straighten herself up. (Luk 13:11 WEB)

For you didnt receive the spirit of bondage again to fear, but you received the Spirit of adoption, by whom we cry, Abba! Father! (Rom 8:15 WEB)

According as it is written, God gave them a spirit of stupor, eyes that they should not see, and ears that they should not hear, to this very day. (Rom 11:8 WEB)

For who among men knows the things of a man, except the spirit of the man, which is in him? Even so, no one knows the things of God, except Gods Spirit. (1Co 2:11 WEB)

What do you want? Shall I come to you with a rod, or in love and a spirit of gentleness? (1Co 4:21 WEB)

and that you be renewed in the spirit of your mind, (Eph 4:23 WEB)

For God didnt give us a spirit of fear, but of power, love, and self-control. (2Ti 1:7 WEB)

For the word of God is living, and active, and sharper than any two-edged sword, and piercing even to the dividing of soul and spirit, of both joints and marrow, and is able to discern the thoughts and intentions of the heart. (Heb 4:12 WEB)

And it came to pass in the morning that his spirit was troubled; and he sent and called for all the magicians of Egypt, and all the wise men thereof: and Pharaoh told them his dream; but there was none that could interpret them unto Pharaoh. (Gen 41:8 KJV)

But the Spirit of the LORD departed from Saul, and an evil spirit from the LORD troubled him. (1Sa 16:14 KJV)

And it came to pass, when the evil spirit from God was upon Saul, that David took an harp, and played with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him. (1Sa 16:23 KJV)

But Jezebel his wife came to him, and said unto him, Why is thy spirit so sad, that thou eatest no bread? (1Ki 21:5 KJV)

Therefore I will not refrain my mouth; I will speak in the anguish of my spirit; I will complain in the bitterness of my soul. (Job 7:11 KJV)

As for me, is my complaint to man? and if it were so, why should not my spirit be troubled? (Job 21:4 KJV)

I remembered God, and was troubled: I complained, and my spirit was overwhelmed. Selah. (Psa 77:3 KJV)

He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly. (Pro 14:29 KJV)

A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken. (Pro 15:13 KJV)

Pride goeth before destruction, and an haughty spirit before a fall. (Pro 16:18 KJV)

Better it is to be of an humble spirit with the lowly, than to divide the spoil with the proud. (Pro 16:19 KJV)

He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city. (Pro 16:32 KJV)

A merry heart doeth good like a medicine: but a broken spirit drieth the bones. (Pro 17:22 KJV)

The spirit of man is the candle of the LORD, searching all the inward parts of the belly. (Pro 20:27 KJV)

Therefore I hated life; because the work that is wrought under the sun is grievous unto me: for all is vanity and vexation of spirit. (Ecc 2:17 KJV)

For God giveth to a man that is good in his sight wisdom, and knowledge, and joy: but to the sinner he giveth travail, to gather and to heap up, that he may give to him that is good before God. This also is vanity and vexation of spirit. (Ecc 2:26 KJV)

Better is the end of a thing than the beginning thereof: and the patient in spirit is better than the proud in spirit. (Ecc 7:8 KJV)

Behold, my servants shall sing for joy of heart, but ye shall cry for sorrow of heart, and shall howl for vexation of spirit. (Isa 65:14 KJV)

And he put forth the form of an hand, and took me by a lock of mine head; and the spirit lifted me up between the earth and the heaven, and brought me in the visions of God to Jerusalem, to the door of the inner gate that looketh toward the north; where was the seat of the image of jealousy, which provoketh to jealousy. (Eze 8:3 KJV)

And in the second year of the reign of Nebuchadnezzar Nebuchadnezzar dreamed dreams, wherewith his spirit was troubled, and his sleep brake from him. (Dan 2:1 KJV)

And the king said unto them, I have dreamed a dream, and my spirit was troubled to know the dream. (Dan 2:3 KJV)

I Daniel was grieved in my spirit in the midst of my body, and the visions of my head troubled me. (Dan 7:15 KJV)

According to the word that I covenanted with you when ye came out of Egypt, so my spirit remaineth among you: fear ye not. (Hag 2:5 KJV)

In that hour Jesus rejoiced in spirit, and said, I thank thee, O Father, Lord of heaven and earth, that thou hast hid these things from the wise and prudent, and hast revealed them unto babes: even so, Father; for so it seemed good in thy sight. (Luk 10:21 KJV)

When Jesus therefore saw her weeping, and the Jews also weeping which came with her, he groaned in the spirit, and was troubled, (Joh 11:33 KJV)

When Jesus had thus said, he was troubled in spirit, and testified, and said, Verily, verily, I say unto you, that one of you shall betray me. (Joh 13:21 KJV)

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, (Gal 5:22 KJV)

That ye be not soon shaken in mind, or be troubled, neither by spirit, nor by word, nor by letter as from us, as that the day of Christ is at hand. (2Th 2:2 KJV)

'Fear not' passages:

After these things the word of the LORD came unto Abram in a vision, saying, Fear not, Abram: I am thy shield, and thy exceeding great reward. (Gen 15:1 KJV)

And God heard the voice of the lad; and the angel of God called to Hagar out of heaven, and said unto her, What aileth thee, Hagar? fear not; for God hath heard the voice of the lad where he is. (Gen 21:17 KJV)

And the LORD appeared unto him the same night, and said, I am the God of Abraham thy father: fear not, for I am with thee, and will bless thee, and multiply thy seed for my servant Abraham's sake. (Gen 26:24 KJV)

And he said, Peace be to you, fear not: your God, and the God of your father, hath given you treasure in your sacks: I had your money. And he brought Simeon out unto them. (Gen 43:23 KJV)

And he said, I am God, the God of thy father: fear not to go down into Egypt; for I will there make of thee a great nation: (Gen 46:3 KJV)

Behold, the LORD thy God hath set the land before thee: go up and possess it, as the LORD God of thy fathers hath said unto thee; fear not, neither be discouraged. (Deu 1:21 KJV)

And shall say unto them, Hear, O Israel, ye approach this day unto battle against your enemies: let not your hearts faint, fear not, and do not tremble, neither be ye terrified because of them; (Deu 20:3 KJV)

Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee. (Deu 31:6 KJV)

And the LORD, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed. (Deu 31:8 KJV)

And the LORD said unto Joshua, Fear not, neither be thou dismayed: take all the people of war with thee, and arise, go up to Ai: see, I have given into thy hand the king of Ai, and his people, and his city, and his land: (Jos 8:1 KJV)

And Joshua said unto them, Fear not, nor be dismayed, be strong and of good courage: for thus shall the LORD do to all your enemies against whom ye fight. (Jos 10:25 KJV)

And I said unto you, I am the LORD your God; fear not the gods of the Amorites, in whose land ye dwell: but ye have not obeyed my voice. (Jdg 6:10 KJV)

And the LORD said unto him, Peace be unto thee; fear not: thou shalt not die. (Jdg 6:23 KJV)

And now, my daughter, fear not; I will do to thee all that thou requirest: for all the city of my people doth know that thou art a virtuous woman. (Rth 3:11 KJV)

And David said unto him, Fear not: for I will surely shew thee kindness for Jonathan thy father's sake, and will restore thee all the land of Saul thy father; and thou shalt eat bread at my table continually. (2Sa 9:7 KJV)

And Elijah said unto her, Fear not; go and do as thou hast said: but make me thereof a little cake first, and bring it unto me, and after make for thee and for thy son. (1Ki 17:13 KJV)

And he answered, Fear not: for they that be with us are more than they that be with them. (2Ki 6:16 KJV)

And David said to Solomon his son, Be strong and of good courage, and do it: fear not, nor be dismayed: for the LORD God, even my God, will be with thee; he will not fail thee, nor forsake thee, until thou hast finished all the work for the service of the house of the LORD. (1Ch 28:20 KJV)

Say to them that are of a fearful heart, Be strong, fear not: behold, your God will come with vengeance, even God with a recompence; he will come and save you. (Isa 35:4 KJV)

For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee. (Isa 41:13 KJV)

But now thus saith the LORD that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine. (Isa 43:1 KJV)

Fear not: for I am with thee: I will bring thy seed from the east, and gather thee from the west; (Isa 43:5 KJV)

Fear not; for thou shalt not be ashamed: neither be thou confounded; for thou shalt not be put to shame: for thou shalt forget the shame of thy youth, and shalt not remember the reproach of thy widowhood any more. (Isa 54:4 KJV)

But fear not thou, O my servant Jacob, and be not dismayed, O Israel: for, behold, I will save thee from afar off, and thy seed from the land of their captivity; and Jacob shall return, and be in rest and at ease, and none shall make him afraid. (Jer 46:27 KJV)

Thou drewest near in the day that I called upon thee: thou saidst, Fear not. (Lam 3:57 KJV)

Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words. (Dan 10:12 KJV)

And said, O man greatly beloved, fear not: peace be unto thee, be strong, yea, be strong. And when he had spoken unto me, I was strengthened, and said, Let my lord speak; for thou hast strengthened me. (Dan 10:19 KJV)

Fear not, O land; be glad and rejoice: for the LORD will do great things. (Joe 2:21 KJV)

And it shall come to pass, that as ye were a curse among the heathen, O house of Judah, and house of Israel; so will I save you, and ye shall be a blessing: fear not, but let your hands be strong. (Zec 8:13 KJV)

But while he thought on these things, behold, the angel of the Lord appeared unto him in a dream, saying, Joseph, thou son of David, fear not to take unto thee Mary thy wife: for that which is conceived in her is of the Holy Ghost. (Mat 1:20 KJV)

And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell. (Mat 10:28 KJV)

And the angel answered and said unto the women, Fear not ye: for I know that ye seek Jesus, which was crucified. (Mat 28:5 KJV)

But the angel said unto him, Fear not, Zacharias: for thy prayer is heard; and thy wife Elisabeth shall bear thee a son, and thou shalt call his name John. (Luk 1:13 KJV)

And the angel said unto her, Fear not, Mary: for thou hast found favour with God. (Luk 1:30 KJV)

And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. (Luk 2:10 KJV)

And so was also James, and John, the sons of Zebedee, which were partners with Simon. And Jesus said unto Simon, Fear not; from henceforth thou shalt catch men. (Luk 5:10 KJV)

But when Jesus heard it, he answered him, saying, Fear not: believe only, and she shall be made whole. (Luk 8:50 KJV)

But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows. (Luk 12:7 KJV)

Fear not, little flock; for it is your Father's good pleasure to give you the kingdom. (Luk 12:32 KJV)

Saying, Fear not, Paul; thou must be brought before Caesar: and, lo, God hath given thee all them that sail with thee. (Act 27:24 KJV)

And when I saw him, I fell at his feet as dead. And he laid his right hand upon me, saying unto me, Fear not; I am the first and the last: (Rev 1:17 KJV)