

Hedonism

Definition: 1- the pursuit of pleasure; sensual self-indulgence. 2 - Philosophy the theory that pleasure (in the sense of the satisfaction of desires) is the highest good and proper aim of human life.

The pleasures pursued could be those of the flesh (physical), of the eyes (mental) or of pride (ego). All of these are contrary to godliness, and all of them will pass away - 1 John 2:15-16.

Physical

Food - Matthew 4:4 cf. Deut. 8:3;

Matthew 4:4 *But He answered and said, "It is written, 'MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT PROCEEDS OUT OF THE MOUTH OF GOD.'* "

Deuteronomy 8:3 *"He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD.*

Gluttony - habitual greed or excess in eating. Satisfaction is sought in excessive eating.

Proverbs 23:20-21; Proverbs 28:7; Titus 1:12

Proverbs 23:20-21 ²⁰ *Do not be with heavy drinkers of wine, Or with gluttonous eaters of meat; ²¹ For the heavy drinker and the glutton will come to poverty, And drowsiness will clothe one with rags.*

Proverbs 28:7 *He who keeps the law is a discerning son, But he who is a companion of gluttons humiliates his father.*

Titus 1:12 *One of themselves, a prophet of their own, said, "Cretans are always liars, evil beasts, lazy gluttons."*

(Feasting is proper - Gen. 19:3; Exod. 12:14; Leviticus 23 - the Feasts of Israel)

Genesis 19:3 *Yet he urged them strongly, so they turned aside to him and entered his house; and he prepared a feast for them, and baked unleavened bread, and they ate. (Abraham feeding the Angel of the LORD & two other angels*

Exodus 12:14 *'Now this day will be a memorial to you, and you shall celebrate it as a feast to the LORD; throughout your generations you are to celebrate it as a permanent ordinance. (Passover - a yearly feast to be perpetually celebrated)*

Leviticus 23 - the various appointed yearly Feasts of Israel - Passover; Unleavened Bread; Pentecost; First Fruits; Trumpets; Booths

Epicurean - pursuit of pleasure in fancy foods, gourmet, etc. The pursuit here is the quality, not the quantity of food. It can also be related to trying to appear wealthy.

Proverbs 23:1-5, 6-8; Psalm 141:4; Daniel 1:8-10;

Proverbs 23:1-5 ¹ *When you sit down to dine with a ruler, Consider carefully what is before you, ² And put a knife to your throat If you are a man of great appetite. ³ Do not desire his delicacies, For it is deceptive food. ⁴ Do not weary yourself to gain wealth, Cease from your consideration of it. ⁵ When you set your eyes on it, it is gone. For wealth certainly makes itself wings Like an eagle that flies toward the heavens.*

Proverbs 23:6-8 ⁶ *Do not eat the bread of a selfish man, Or desire his delicacies; ⁷ For as he thinks within himself, so he is. He says to you, "Eat and drink!" But his heart is not with you. ⁸ You will vomit up the morsel you have eaten, And waste your compliments.*

Psalm 141:4 *Do not incline my heart to any evil thing, To practice deeds of wickedness With men who do iniquity; And do not let me eat of their delicacies.*

Daniel 1:8–10⁸ But Daniel made up his mind that he would not defile himself with the king's choice food or with the wine which he drank; so he sought permission from the commander of the officials that he might not defile himself.⁹ Now God granted Daniel favor and compassion in the sight of the commander of the officials,¹⁰ and the commander of the officials said to Daniel, "I am afraid of my lord the king, who has appointed your food and your drink; for why should he see your faces looking more haggard than the youths who are your own age? Then you would make me forfeit my head to the king."

Eating Disorders - Eating habits become dangerous in the pursuit of something else.

Bulimia nervosa - purging after eating in order to not gain the weight. A form of gluttony compounded with vanity. Leads to serious gastro-intestinal problems.

Anorexia - A vanity disorder (irrational belief they are fat) resulting in insufficient and incorrect food intake usually coupled with over exercising. Can result in death.

Alcohol / Drug abuse -

Used to celebrate - Psalm 104:15 *And wine which makes man's heart glad, So that he may make his face glisten with oil, And food which sustains man's heart.*

Used to lessen pain - Proverbs 31:6 *Give strong drink to him who is perishing, And wine to him whose life is bitter.*

Wine can be beneficial and a blessing - Proverbs 3:10, *So your barns will be filled with plenty And your vats will overflow with new wine.*

Abuse of it alcohol is foolish - Proverbs 20:1 - *Wine is a mocker, strong drink a brawler, And whoever is intoxicated by it is not wise.* Proverbs 23:20–21 - ²⁰ *Do not be with heavy drinkers of wine, Or with gluttonous eaters of meat;* ²¹ *For the heavy drinker and the glutton will come to poverty, And drowsiness will clothe one with rags.* Proverbs 23:29 Proverbs 23:29–35 - ²⁹ *Who has woe? Who has sorrow? Who has contentions? Who has complaining? Who has wounds without cause? Who has redness of eyes?* ³⁰ *Those who linger long over wine, Those who go to taste mixed wine.* ³¹ *Do not look on the wine when it is red, When it sparkles in the cup, When it goes down smoothly;* ³² *At the last it bites like a serpent And stings like a viper.* ³³ *Your eyes will see strange things And your mind will utter perverse things.* ³⁴ *And you will be like one who lies down in the middle of the sea, Or like one who lies down on the top of a mast.* ³⁵ *"They struck me, but I did not become ill; They beat me, but I did not know it. When shall I awake? I will seek another drink."*

Sexual - God has provided marriage for the proper expression of sexuality

Perversions - Anything harmful or defiling (Love is kind. Marriage is sacred. Hebrews 13:4 - *Marriage is to be held in honor among all, and the marriage bed is to be undefiled; for fornicators and adulterers God will judge.*

Fornication, Adultery & rape -

1 Corinthians 6:9 *Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived; neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor homosexuals,*

Fornication: Sexual activity between unmarried. If consensual, dowry paid and forced marriage according to discretion of girl's father (Exod. 22:16-17). If one is engaged, treated as adultery (Deut. 22:23-24). If rape (a man forces himself on a woman without consent), the man is executed (Deut. 22:25-26).

Adultery: Consensual sexual activity with at least one married. Penalty was death (Deut. 22:22; etc.)

Abominations - anything in the list of Leviticus 18 including incest, consanguinity, homosexuality, bestiality. Penalty was death. Cross dressing is an abomination (Det. 22:5)

Comfort - There is nothing wrong with being comfortable, but the pursuit of that as the source of satisfaction in life is a perversion.

Sensuality - usually associated with immorality:

Romans 13:13–14 ¹³ *Let us behave properly as in the day, not in carousing and drunkenness, not in sexual promiscuity and sensuality, not in strife and jealousy.* ¹⁴ *But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts.*

2 Corinthians 12:21 *I am afraid that when I come again my God may humiliate me before you, and I may mourn over many of those who have sinned in the past and not repented of the impurity, immorality and sensuality which they have practiced.*

Galatians 5:19–21 ¹⁹ *Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality,* ²⁰ *idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions,* ²¹ *envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God.*

The pursuit of comfort (sensuality) leads to other sins -

Ephesians 4:19 *and they, having become callous, have given themselves over to sensuality for the practice of every kind of impurity with greediness.*

2 Peter 2:18 *For speaking out arrogant words of vanity they entice by fleshly desires, by sensuality, those who barely escape from the ones who live in error,*

Visual / Mental

“Eye Candy” & Pornography - Matthew 5:28; Job 31:1

Matthew 5:28 - *but I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart.*

Job 31:1 - *“I have made a covenant with my eyes; How then could I gaze at a virgin?”*

2 Peter 2:14 *having eyes full of adultery that never cease from sin, enticing unstable souls, having a heart trained in greed, accursed children;*

Leviticus 20 - uncovering the nakedness of others (non-spouse)

Esthetics - Similar to sensuality. Having things pleasing to your sight is fine until that quest becomes dominate. This can easily result in materialism (Matthew 6:19-24)

Matthew 6:19–24 ¹⁹ *“Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal.* ²⁰ *“But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; ²¹ for where your treasure is, there your heart will be also.* ²² *“The eye is the lamp of the body; so then if your eye is clear, your whole body will be full of light.* ²³ *“But if your eye is bad, your whole body will be full of darkness. If then the light that is in you is darkness, how great is the darkness!” ²⁴ *“No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve God and wealth.**

Pride / Ego We are to subject ourselves to Christ as His slaves, we are to be humble

Proverbs 11:2; *When pride comes, then comes dishonor, But with the humble is wisdom.*

Matthew 18:4; *“Whoever then humbles himself as this child, he is the greatest in the kingdom of heaven.*

Philippians 2:3–7 ³ *Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; ⁴ do not merely look out for your own personal interests, but also for the interests of others. ⁵ Have this attitude in yourselves which was also in Christ Jesus, ⁶ who, although He existed in the form of God, did not regard equality with God a thing to be grasped, ⁷ but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men.*

James 4:6; *But He gives a greater grace. Therefore it says, “GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE.”*

1 Peter 5:5-6 - ⁵ *You younger men, likewise, be subject to your elders; and all of you, clothe yourselves with humility toward one another, for “GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE.” ⁶ Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time,*

Vanity - Beauty is vain for it fades away.

Proverbs 11:22 - *As a ring of gold in a swine’s snout So is a beautiful woman who lacks discretion.*

Proverbs 31:30 - *Charm is deceitful and beauty is vain, But a woman who fears the LORD, she shall be praised.*

1 Peter 1:24 - *For, “ALL FLESH IS LIKE GRASS, AND ALL ITS GLORY LIKE THE FLOWER OF GRASS. THE GRASS WITHERS, AND THE FLOWER FALLS OFF, (Isaiah 40:6-8)*

Fame - It is fleeting, you will not be remembered in the future

Ecclesiastes 1:11 *There is no remembrance of earlier things; And also of the later things which will occur, There will be for them no remembrance Among those who will come later still.*

Ecclesiastes 2:16 *For there is no lasting remembrance of the wise man as with the fool, inasmuch as in the coming days all will be forgotten. And how the wise man and the fool alike die!*

Power - Ultimately, it only comes from God who will hold you responsible for your use of it, and you will be replaced

Daniel 4:34-35; ³⁴ *“But at the end of that period, I, Nebuchadnezzar, raised my eyes toward heaven and my reason returned to me, and I blessed the Most High and praised and honored Him who lives forever; For His dominion is an everlasting dominion, And His kingdom endures from generation to generation. ³⁵ “All the inhabitants of the earth are accounted as nothing, But He does according to His will in the host of heaven And among the inhabitants of earth; And no one can ward off His hand Or say to Him, ‘What have You done?’*

Romans 13:1 - *Every person is to be in subjection to the governing authorities. For there is no authority except from God, and those which exist are established by God.*

Ecclesiastes 4:16 - *There is no end to all the people, to all who were before them, and even the ones who will come later will not be happy with him, for this too is vanity and striving after wind.*

Ecclesiastes 2:18–19 - ¹⁸ *Thus I hated all the fruit of my labor for which I had labored under the sun, for I must leave it to the man who will come after me. ¹⁹ And who knows whether he will be a wise man or a fool? Yet he will have control over all the fruit of my labor for which I have labored by acting wisely under the sun. This too is vanity.*

Hedonism

Case Studies

We will be spending the majority of our time on the case studies below or any that you bring up. Read through all the situations below. Pick one and write out how you would respond to the situation and counsel those involved. Include in your answer what sin may be involved; relevant Bible verses that would expose that sin and encourage them to righteousness; the questions you might ask to uncover what might be going on in their Emotional; Volitional; Rational and Personal circles; and advise you would give them on how to handle the situation they are facing.

In these case studies, be prepared to share the Bible verses you find to help with the situation. Which verses would you have the person memorize. What passages would you want the counselee to read and meditate upon.

Stage 1: Identify presenting problem (The test)

Stage 2: Identify problem emotion (E)

Stage 3: Identify problem behavior (V)

Stage 4: Identify problem thinking (R)

Teach Biblical commands concerning problem areas (Correction of V, R & P)

Stage 5: Clarify Biblical thinking (R)

Stage 6: Secure volitional commitment (V)

Stage 7: Plan and carry out Biblical behavior (V)

Stage 8: Identify Spirit controlled emotions (E)

#1. In a conversation with a young man in your church you find out that he has been struggling with lustful thoughts. Further questioning reveals that he watches a lot of TV, sees questionable movies and recently started viewing pornography on the internet. What can you do to help?

Stage 1: Identify presenting problem (The test)

He is having lustful thoughts

Stage 2: Identify problem emotion (E)

He is "struggling" - so he there is recognition that the lustful thoughts are wrong

Stage 3: Identify problem behavior (V)

He is feeding the lustful thoughts what he allowing to be put into his mind.

Stage 4: Identify problem thinking (R)

It is not uncommon for young men to fail to see the connection between what they are watching and what they are thinking. They are trained in the world's philosophy which promotes sensuality and lust as normal. There are also many Christians that claim "freedom" to view such things saying it does not affect them - which only reveals their own foolishness.

Teach Biblical commands concerning problem areas (Correction of V, R & P)

Volition: He is making choices to do things that are feeding sinful thoughts

Rational: He is not thinking in terms of holiness.

Personal: He may be pursuing a purpose in life related to worldly philosophy instead of God's glory

See Stage five for verses.

Stage 5: Clarify Biblical thinking (R)

Relevant Verses: Matthew 5:28, Job 31:1 (above). Also Proverbs 6:27 - *Can a man take fire in his bosom And his clothes not be burned.* Philippians 4:8-9 - the mind must be trained to think on the right things. Psalm 1 - the godly man avoids the counsel of the ungodly and instead meditates on God's word. 1 Corinthians 15:33 - *Do not be deceived: "Bad company corrupts good morals."* Psalm 119:9-11 - meditation on God's word enables you to avoid sin. He must change his view and understanding of women - they are not sex objects. 1 Timothy 5:2 - Older women are to be treated as mothers and younger women as sisters in all purity. 2 Tim. 2:22 - flee lusts!

Help him clarify how this problem developed, and that he understands the true nature of it as described in the verses above. Determine when / where he is weakest and prone to stumbling and why. Clarify his goals in life and review his use of time.

Stage 6: Secure volitional commitment (V)

Begin with getting his commitment to flee lust and pursue godliness.

Stage 7: Plan and carry out Biblical behavior (V)

Two fold start: A) Cutting out continued practices of viewing materials that incite the lust. B) Replacing with pursuit of godly practices

Stage 8: Identify Spirit controlled emotions (E)

#2. You have developed a good friendship with a woman who is bordering on being morbidly obese. She has a wonderful personality and is fun to be with. You have noticed that when she eats, she can really pile it on. You have also noticed that she talks a lot about food. How can you help her?

Stage 1: Identify presenting problem (The test)

Gluttony resulting in morbid obesity (This is beyond "fat" - which is not sin, for it can be simply the result of being wealthy and being able to eat rich foods. Morbid obesity is detrimental to health)

Gluttony is one of the common "acceptable sins" within Christianity.

Stage 2: Identify problem emotion (E)

Try to find out how she feels about her weight and her emotions related to food.

Stage 3: Identify problem behavior (V)

Over eating to the point of physical harm.

Stage 4: Identify problem thinking (R)

Try to find out her reasons for eating so much? Is she finding security in her food? Is it just a lack of self-control that has resulted in poor dietary habits?

Teach Biblical commands concerning problem areas (Correction of V, R & P)

Volition: She is choosing to eat as much as she is eating

Rational: See stage 4 - What are her reasons for eating so much. Does she recognize it is a problem?

Personal: How do her eating habits fit with her understanding of her purpose in life. Life is about glorifying God and serving Him, not personal pleasure

Stage 5: Clarify Biblical thinking (R)

There are verses related to gluttony (Proverbs 23:20-21; 28:7, but the problem at its root is one about the relationship of food with the purposes of life. Celebrating with food can be proper, but morbid obesity demonstrates a wrong relationship with food. Usually it is either a lack of self-control, i.e. you enjoy eating so you keep eating past the point of satiation . Or, it is related to a wrong view of food - it brings comfort, it satisfies when life is hard, it is the reward, life is about food, fear of going hungry, etc.

Identify the reasons for the excess eating in order to deal with the underlying problem, otherwise dieting will not work. Surgery may help with the obesity, but that will not deal with the spiritual problem underlying the gluttony. There is also a stewardship aspect since money spent on food could be spent on other things - including providing food for those who are actually in need.

Direct memorization of Scriptures that will deal with the underlying issues - Man does not live by bread alone, but by every word that proceeds from the mouth of God! (Matthew 4:4)

Stage 6: Secure volitional commitment (V)

This can only begin if the person will admit that there is a problem. Begin with the area in which they recognize the problem. Diet and exercise will be part of this for someone that is repentant. Studying the scriptures and learning about the holiness of God and purpose of life will be the starting point with someone that does not recognize their obesity as a problem.

Stage 7: Plan and carry out Biblical behavior (V)

This will include identifying problem habits and replacing them with good habits such as taking smaller helpings, not serving "family style" in which the food remains in front of them, replacing high calorie foods with those that will be more healthy (celery instead of potato chips, etc.). It must also include directed Bible study in the pursuit of holiness. Secure how accountability will be handled

Stage 8: Identify Spirit controlled emotions (E)

Praise for old habits broken, new habits gained and goals met. (Best not to reward with food - but cutting off all celebrations that include food is not good either - the celebration will use either smaller amounts or different foods - or both.

#3. You have been called by a friend to help deal with their spouse who has been getting drunk every weekend for the last few months. They deny having a drinking problem and claim that since Jesus turned the water into wine that it must be okay to enjoy it. How can you help?

Stage 1: Identify presenting problem (The test)

Drunkness and ignorant pride

Stage 2: Identify problem emotion (E)

Defensiveness

Stage 3: Identify problem behavior (V)

Drinking to excess

Stage 4: Identify problem thinking (R)

Belief that 1) Biblical allowance for a little wine justifies excessive drinking, 2) That they are not drinking to excess.

Teach Biblical commands concerning problem areas (Correction of V, R & P)

Volition: They are choosing to drink to excess which is sin - Being drunk is dissipation (Eph. 5:18)

Rational: They are wrong to justify their getting drunk - it is contrary to godliness - 1 Tim. 3:2, 8

Personal: Explore why they want to drink to excess. How does getting drunk help them in their pursuit of their purpose in life. Why are they lacking hope? What pain are they trying to quell (Prov. 31).

Stage 5: Clarify Biblical thinking (R)

Seek to find out what they believe about the gospel and how it should affect the life of a believer. It is extremely difficult to help a drunk that does not want help. You may be able to force some issues - but the natural consequences are often not avoidable. That may include medical issues, loss of job, family, etc. Help them to see the difference between the two paths before them.

Stage 6: Secure volitional commitment (V)

If they are willing to accept the help - press for them to make decisions to pursue a different path.

Stage 7: Plan and carry out Biblical behavior (V)

Secure a plan to get rid of the excess drinking (they may not be able to handle alcohol at all and may need to abstain. If they agree they have a problem - have them pour out all their alcohol and put the spouse in charge of anything they get in the future.

Stage 8: Identify Spirit controlled emotions (E)

Praise them for remaining sober.

#4. As you walk by the men's bathroom at church you hear agitated voices. You stop to find out what is going on and discover one man is asking the other to continue a homosexual relationship. The other indicates he thinks it is wrong, but the first man continues to plead for one more episode. What will you do?

Stage 1: Identify presenting problem (The test)

Perverted sexual relationship aggravated by aggressive partner. You must intervene and confront.

Stage 2: Identify problem emotion (E)

Agitated voices indicate anger at minimum, but also fear in the pleading for one more episode (Homosexuals are typically extremely insecure)

Stage 3: Identify problem behavior (V)

A) The homosexual relationship B) An aggressive sodomite pleading for another episode

Stage 4: Identify problem thinking (R)

The one has recognized it is wrong. The other is not acknowledging it is wrong.

The one is correctly cutting off the sinful relationship. The other is fearful of the future without it - pleading for another episode is an effort to manipulate the other into continuing in what is now acknowledged to be wrong.

The one may be recognizing God's design for human sexuality and repenting. The other has a perverted idea of human sexuality.

Teach Biblical commands concerning problem areas (Correction of V, R & P)

Volition: Each is choosing what they desire - either pursuit of sin or fleeing sin

Rational: Each must recognize their reasons for their desires and changing desires

Personal: Each must come to grips with what they believe the purpose of life to be. Sexual perversion usually has an element in it that sexual activity is required for meaning in life - much like the Greeks - 1 Corinthians 6: 13

Stage 5: Clarify Biblical thinking (R)

Teach God's design for human sexuality including that perversions of it are abominations before God. Emphasize the dangerous consequences of continued pursuit of perverted sex - both physically, emotionally and spiritually.

Stage 6: Secure volitional commitment (V)

This will depend on their reaction to being confronted and their understanding of the gospel and whether they are saved. The one that thinks it is wrong - gain a commitment consistent with true repentance in the pursuit of holiness. That will include abstinence, avoidance of areas of temptation, pursuit of walking with Christ. The second one - if there is no repentance, then it will be banning him from the church property. If there is repentance, then it will be the pursuit of commitments consistent with repentance.

Stage 7: Plan and carry out Biblical behavior (V)

As in Stage 6 - carry out the volitional commitments to flee lust and pursue holiness.

Stage 8: Identify Spirit controlled emotions (E)

#5. A person who has been part of your church for the last year asks you to come over and talk with them. They tell you up front that they are considering finding another church and then proceed to tell you about the things they do not like about the church - they don't really care for the music; find the service a bit too long; list out several things they do not like about the facilities and inform you they wish there would be some candles and liturgy to set a better mood for worship. You ask why they have been coming, and they tell you they are intrigued that the people at church seem to be so joyful about walking with the Lord. They profess to be Christians, but they do not really understand why the people at church could be so happy. You notice they are well dressed and their home is immaculate, and decorated very nicely by someone that obviously knows what they are doing. In answer to your questions you find out their church involvement consists of sporadic attendance at Sunday morning service only and their devotional life consists of following *The Daily Bread*. Favorite past times include concerts, art museums and travel to nice hotels. What will you do to help them how to find joy in Christianity?

Stage 1: Identify presenting problem (The test)

Threat to leave if they do not get what they want from church

Stage 2: Identify problem emotion (E)

Disgruntled

Stage 3: Identify problem behavior (V)

Pursuit of selfish desires with little evidence of desire for actual walk with Christ

Stage 4: Identify problem thinking (R)

Life is about themselves instead of God's glory

Teach Biblical commands concerning problem areas (Correction of V, R & P)

Volition: They are choosing what they do with their time and resources

Rational: They need to recognize why they are not finding joy in Christianity.

Personal: What is their true relationship to the savior

Stage 5: Clarify Biblical thinking (R)

What do they believe the Scripture teaches about the purpose of the Christian life and what that should look like. How do their activities in life match the goals of Christianity? In what ways are they actually pursuing a greater understanding of God and His will? Are they interested in that? Would they be interested and willing to commit to personal discipleship?

Stage 6: Secure volitional commitment (V)

If willing to be discipled - arrange for four week sessions. Then go from there. If not willing, challenge to be more involved with Bible studies / classes / fellowships. If not willing, tell them they are welcome to come, but your church cannot provide them what they are looking for since they want a religion that will make them feel good instead pursuing a walk with God.

Stage 7: Plan and carry out Biblical behavior (V)

See stage 6

Stage 8: Identify Spirit controlled emotions (E)