



## HotSeat Model #4

# The Enemy

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3-30-25

Hotseat is also called Table of Decision; what I love about it and am grateful for is that it helps me to step into the Gospel in practical ways in my daily life.

This is a good time to talk about the Hotseat Rules of Thumb: the point of these (and the Hot Seat) is that we believe if we listen to each and Jesus, healing happens. These guidelines are all towards **becoming better listeners**. My goal is to ask you something that will get you talking and allow me to listen:

## Hot Seat Guidelines

### Things to Practice

- Open-ended questions
- Reflective listening
  - “It sounds like...”
  - “I hear you saying...”
- Questions about emotions
  - “How did you feel when...”
- Questions about underlying beliefs
  - “What belief is this rooted in?”

### Things to Avoid

- “Why” questions
- “Yes or No” questions
- Stories about yourself
- Advice
- Answering for the person

We want to ask open-ended questions that explore underlying beliefs so we can hear more.

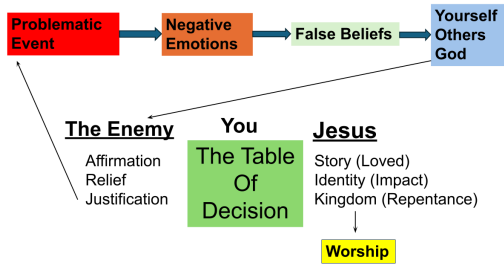
We want to avoid NOT LISTENING: this includes WHY questions which have the tendency to shut down the conversation and be received as judging (“Why did you do that?”...most often, they probably don’t know why they did it!). Every once in a while a “Why?” question can clarify information (ex: Why were you in that part of town today?). Also, Yes/No questions tend to shut down conversation. Stories about yourself do the same: these aren’t bad but they often make us miss opportunities to listen because we are busy telling our stories. Not listening also happens when we give advice or answer for a person. A person’s understanding of their story and their longings aren’t shut down.

Hotseat Overview:

A brief personal example of a hotseat: I will start with an event: it was a text from a family member inviting me to do something fun. But my emotion was feeling trapped, fearful, and surprised; I didn’t expect this text and I was afraid of negative consequences if I didn’t do the event. This was based on false

beliefs: belief about myself: I must come through for others; belief about others: they ask me to do things I can't do; and my belief about God: He left the room.

This brings me to a Table of Decision: We often bypass an awareness that we are sitting at Jesus's table. Often our experience is that we go from false beliefs to listening to the enemy. We have quickly gone through a loop, following the enemy in our choices and failing to see our options.



The placement of the arrow shows what usually happens. This perpetuates the cycle and makes it stronger because our false beliefs feel even more true.

But if we follow Jesus, we enter the path to worship which gives us intimacy with Jesus: the false beliefs lose power and our beliefs in truth grow stronger.



Neo (in the matrix) is getting shot at: he can slow down time to actually see the bullets. That is what the hotseat does for us: we can slow it down and see our other choices

## *Who is the enemy (the devil)?*

### **-The Liar**

#### **Who is the enemy?**

**The Liar:** John 8:44b (NIV) – He [the devil] was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for **he is a liar** and **the father of lies**.

This is an important question. Not only is Satan the enemy, he is The Liar. Every message you get from the enemy is a lie, even if it has kernels of truth that make it more plausible.

## -The Accuser

The accuser's ultimate end is to be thrown down because Jesus has gained the victory already. But even though he accuses us to each other all the time, us to God, and God to us and us to ourselves. When you hear accusations, you know whose voice that is!

## Who is the enemy?

**The Accuser:** Revelation 12:10 (NIV) – Then I heard a loud voice in heaven say: “Now have come the salvation and the power and the kingdom of our God, and the authority of his Messiah. For **the accuser of our brothers and sisters, who accuses them before our God day and night, has been hurled down**

## -Evil

The devil was a specific created being but he is not omnipresent and cannot read your thoughts. The devil is not always the one talking to you. There is actually a network of evil in the world. There are rulers, authorities, and spiritual forces. When we talk about the “enemy side” of the table, it's not just us interacting with one created being, it's an evil force that is all around us. However, Jesus says we can take our stand against the devil's schemes.

## Who is the enemy?

**Evil:** Ephesians 6:11 (NIV) – Put on the full armor of God, so that you can take your stand against the devil's **schemes**. For our struggle is not against flesh and blood, but against **the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil** in the heavenly realms

## Welcome to the Battle

1 Peter 5:8-9 (NIV) – Be alert and of sober mind. Your enemy the devil prowls around like a **roaring lion** looking for someone to devour. **Resist him**, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

We are in a battle: what happens in our daily lives, the enemy is already prowling around looking for someone to devour: when we have a problematic event with negative emotions, those emotions become the battlefield and the enemy stops prowling and attacks as he builds up schemes and invites us into them. H



## Your emotions are the battlefield

However, emotions are not all bad. As you know, there are primary emotions and these are good things God gives us that can keep us safe. But because they are often connected to false beliefs, they become the battlefield of the enemy.

# The Enemy

Affirmation

Relief

Justification

The enemy offers us affirmation, relief, and justification. I want to clarify, though, that these are not necessarily bad things. For example, if I tell you something you are good at and you feel encouraged, that is a **good** affirmation. If I do something that was really scary but it was the right thing to do, when I feel relieved afterward, that is **good** relief. Justification can refer to the process of Jesus bringing us through to be lined up with him as we are transformed into his image.

But when we use these words in the hot seat model, we mean the following:

## The Enemy

Affirmation of False Beliefs

Relief from Negative Emotions

Justification of Selfish Behavior

Three ways the enemy tries to devour us: He affirms our false beliefs, he offers us relief from our negative emotions, and he helps us justify our actions.

## **Affirmation of False Beliefs**

- **The enemy tells a story**
- **You've heard it before**
  - **Accusations amplify**
  - **Emotions intensify**

repeated story. The accusations get louder and the emotions get more intense: the feeling in your might be suffocating. We are more likely to seek relief in a way that we shouldn't or don't want to do.

## **Affirmation of False Beliefs: Questions**

- **In what other situation has this happened before?**
- **How long have you struggled with this?**
- **What tapes are playing?**
- **What accusation is running through your mind?**

When the enemy affirms our false beliefs, he is telling us that the thing you believe sure feels true when it's not true. This kind of relief is a relief from negative emotions and the justification is of selfish behavior. These words turn from positive to destructive.

This happens usually when we already have a false belief and its associated emotional response. The enemy tells us a story we have heard before: He will say, "Remember that other time when this happened?" It might not be with the same person but it is a repeated story. The accusations get louder and the emotions get more intense: the feeling in your might be suffocating. We are more likely to seek relief in a way that we shouldn't or don't want to do.

In my hotseat, I was triggered by another time someone else asked me to do something and I either wasn't able to or didn't want to and I refused and they were hurt and things got messy. Therefore, now I believe I have to say YES and my feelings are amplified and I feel trapped.

These questions are helpful to ask to figure out these repeating sentences that run through heads. We are looking for stories and sentences but we don't want to get stuck here; find one and move on.

## Relief from Negative Emotions

- We agree with the enemy's narrative
- The enemy offers us a way out
- We choose destructive emotions and actions

The next ploy of the enemy is to offer us relief from our negative emotions. When we hear the amplification, that is a moment when we could head back to the table. Thus, relief has two stages: there is an opportunity to agree with our false beliefs (people are out to get me and I can't come through for them). Next, he offers us a way out, but he is really bad at forgery because God is already offering us a way out.

**I Cor 10:13** No temptation<sup>[a]</sup> has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted<sup>[b]</sup> beyond what you can bear. But when you are tempted he will also provide a way out so that you can endure it.

God is offering a way out at this moment but the enemy has created a false construct and is inviting us to choose his way out. This is usually some form of increasingly destructive emotions or action.

## Forms of Relief From Negative Emotions

- Ruminates
- Drugs/Drinking
- Binge Netflix
- Social Media
- Yell
- Lie
- Take control and solve it
- Figure it out
- Exercise
- Clean/Garden/Work
- Speak manipulatively
- Come through for people

Emotionally, we could move from fear to contempt or from feeling angry at the other person or despair, hopelessness.

The actions could actually look good to others or look destructive.

For me, my relief is to ruminate about things: How will I say yes even if its not a good time, how will I look good as I say no? For me, this started in childhood when someone was mad at me. I would go to my room and have a long argument in the mirror with someone who wasn't there.

Now I don't even need a mirror: I can have this ruminating kind of conversation anywhere. People don't even know what I'm doing but it's keeping me from loving the people around me.

Some of the relief is in the form of addictions, as you can see from this list above.

Notice all the creative ways we can take! We could manipulate others or look good but the motivation is always relief.

These questions are helpful to know what to ask next?

## Relief from Negative Emotions: Questions

- What did you do next?
- What did you do to feel better?
- What was your gut response?
- How have you been finding relief?

## Justification of Selfish Behavior

- What we say to justify our decision
  - May put down other people
  - May be arrogant or self-protective
  - May be apathetic
  - May be a clear demand

Once we have chosen a relief pathway, we know our motives are not right. The Holy Spirit is convicting us and we create a justification for saying it was OK for me to do the relief.

If it is a demand, it will be a justification. For my hotseat example, I would have justified my rumination by saying “I have to figure it out.” Notice this isn’t a good justification; I couldn’t tell you why. It’s just something we hang onto.

These questions can be helpful in helping to Find these justifications.

## Justification of Selfish Behavior: Questions

- What did you tell yourself to make that choice ok?
- Why is it ok to treat people that way?
- How did you justify \_\_\_\_\_?

In the Bible, there are many examples of people having events, feeling emotions, having false beliefs, and heading into the enemy’s plans.

## King Saul on the Hot Seat

The back story: King Saul had recently become king and the Israelites were in a conflict with the warrior-like Philistines. Things were about to happen and Samuel, the priest of God, tells Saul to go to Gilgal and wait 7 days until Samuel can come and offer a sacrifice.

When the Israelites saw that their situation was critical and that their army was hard pressed, they hid in caves and thickets, among the rocks, and in pits and cisterns. Some Hebrews even crossed the Jordan to the land of Gad and Gilead. Saul remained at Gilgal, and all the troops with him were quaking with fear. He waited seven days, the time set by Samuel; but Samuel did not come to Gilgal, and Saul’s men began to scatter. So he said, “Bring me the burnt offering and the fellowship offerings.” And Saul offered up the burnt offering. Just as he finished making the offering, Samuel arrived, and Saul went out to greet him.

“What have you done?” asked Samuel.

Saul is the king but not the priest, whose job it is to offer sacrifices. Saul has stepped out of his role and Samuel knows the results are dire.

**He waited seven days, the time set by Samuel; but Samuel did not come to Gilgal, and Saul's men began to scatter. So he said, "Bring me the burnt offering and the fellowship offerings." And Saul offered up the burnt offering. (1 Samuel 13:8-9)**

1. False Belief About **Self**:  
I have to do everything myself.
2. False Belief About **Others**:  
The Philistines are going to wipe us out.  
Samuel is unreliable.
3. False Belief About **God**:  
God isn't paying attention.

Saul's affirmations: he already found donkeys in the desert and the story was that it was all on him. He did it anyway. He couldn't wait any longer and would feel better.

But let's listen to his own justification in I Sam 13:11b-13a. These justifications can sound really good, even holy! But Samuel knows the outcome is still destructive no matter what.

**Saul replied, "When I saw that the men were scattering, and that you did not come at the set time, and that the Philistines were assembling at Mikdash, I thought, 'Now the Philistines will come down against me at Gilgal, and I have not sought the Lord's favor.' So I felt compelled to offer the burnt offering." "You have done a foolish thing," Samuel said.**

**(1 Samuel 13:11b-13a)**

1. **Affirmation**:  
It's all on me ("Remember the donkeys?")
2. **Relief**:  
Offer the sacrifice myself
3. **Justification**:  
We'll lose the battle if I don't act

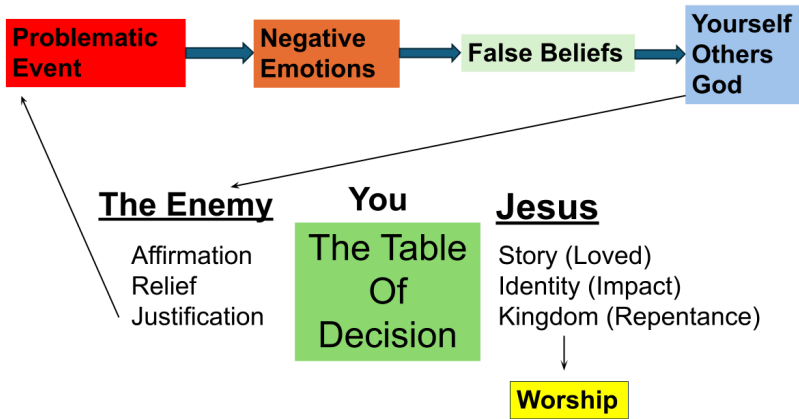


Trust

When we face things that feel like this, God is inviting us into a radical trust that faces the intensity. I will wait on God as long as I have to, even in situations that feels like life and death. We wait and listen to His side of the story before we act.



He also invites us to take hold of our own agency in the places where we have made poor choices over and over. So often this doesn't even feel like a choice but God knows there is a Gospel choice for us. You can come to Jesus's side of the table and walk in the Gospel.



Next week we will hear about Jesus's side of the table. The enemy is not victorious or in control. Our true ID is in Jesus and he welcomes us into his victory.