

CALL ON THE NAME OF THE LORD

Adam lay with his wife again, and she gave birth to a son and named him Seth, saying, "God has granted me another child in place of Abel, since Cain killed him." Seth also had a son, and he named him Enosh. At that time men began to call on the name of the Lord. Gen 4:25-26

You can be sure of this: The Lord set apart and has given distinction to the redeemed. The Lord listens and heeds when they call to Him (Ps. 4:3 AMP).

Yes, the Lord is good, and ready to forgive our trespasses, sending them away, letting them go completely and forever; the Lord is abundant in mercy and loving-kindness to all those who call upon Him (Ps. 86:5 AMP).

I will praise the Lord, for those who call upon the name of Jesus shall be saved from their enemies (Ps. 18:3 AMP).

How comforting to know the Lord is near to all who call upon Him, to all who call upon Him sincerely and in truth. He will fulfill the desires

of those who reverently and worshipfully fear Him; He will hear their cry and will save them (Ps. 145:18).



How essential to understand Jesus is Lord over all, and He generously bestows His riches upon all who call upon Him in faith. For everyone who calls upon the name of the Lord (believing Him to be their Lord and Savior) will be saved. But how are people to call upon Him Whom they have not believed, in Whom they have no faith, on Whom they have no reliance? And how are they to believe in Him adhere to, trust in and rely upon Him of Whom they have never heard? And how are they to hear without someone sharing?

As it is written: How beautiful the feet of those who bring Glad Tidings! How welcome is the coming of those who share the Good News of the good things about Christ Jesus (Rom. 10:12 AMP).

I share the Word of God because faith comes by hearing what is told, and what is heard comes by the spreading of the message that came from the lips of Christ the Messiah Himself (Rom. 10:17), Who has become for us Wisdom from God. Yes, Jesus is our righteousness, our sanctification and our redemption (1 Cor. 1:30 NKJV).

And age does not matter, what does matter is being useful as a counselor so as to discern between good and evil (2 Sam. 19:35 AMP). An ability one receives by rightly dividing the Word of Truth (2 Tim. 2:15 NKJV). Not trying to get anyone to believe the Bible teaches what it doesn't. When the Word of Truth is told, those who speak are standing in the presence of God (2 Cor. 4:2 TLB), letting their glory be in the Lord (1 Cor. 1:31 NKJV).



Teaching the Lord is our Righteousness (Jer. 33:16) provides opportunity for people to learn so they can lay up treasure for themselves as a firm foundation for the coming age, so they may take hold of the Life that is truly life (1 Tim. 6:19).

Life filled with promise and hope, an offer like no other for time and eternity - peace and contentment. To teach the Lord is our Sanctification ensures insight is gained into the One whose heart beats to the perpetual cadence of Love, with mercy and grace flowing gently as a river. So peace would come like a full flowing river. And good things would come again and again like the waves of the sea (Isa. 48:18 ERV).

That Life, Who is the Light of mankind would be seen shining in the darkness and be understood (John 1:4). Therefore, to teach the Lord is our redemption is to disclose Truth. For only through the Word will God's mighty power be experienced working within you, accomplishing more than you might ask or think (Eph. 3:20 NLT).

Nothing is impossible (Luke 1:37) for Him who is able to do exceedingly abundantly above all that we ask or think (Eph. 3:20 KJV) for His love reaches to the heavens and His faithfulness to the skies (Ps. 36:5).



I keep returning to the Garden because obviously just as it is for us now, Adam only knew in part (1 Cor. 13:8). In vs.10 of this same Scripture we're told when our perfection comes, the imperfect disappears. Can you imagine a single misjudgment causing our perfection to disappear and the imperfect to manifest? Vs.11 helps us to better understand Adam's plight - Innocence. Even though Adam walked with God he thought as a child and reasoned as a child.

When it became evident that fear and deception were permitted to stir feelings of doubt and mistrust for God's Word, then so too did the

Way and the Life and the Truth of Perfection become such a poor reflection as in a mirror (1 Cor. 13:12a) because “selfness” was made so apparent.

When we think of innocence, a childhood memory may come to mind. Surely, for many of us our innocence, maybe even our childhood, was robbed; possibly as traumatically as Adam’s innocence was taken from him. Like so many who remain as Adam blinded, but surely not by innocence, unable to see with their heart and be persuaded to look beyond fear and deception. For then, the glory of Perfection could be seen, and time and opportunity would be invested to learn why it is so very important to remain focused on the only One Who is Good.



There are so many reasons uncertainty can disrupt and even destroy Innocence: naivete, ignorance, unawareness, unfamiliarity, inexperience...Simply a lack of know-how. A lack of command and mastery since there is no acquaintance; therefore, no chance of intimacy shared with the Lord. For the background of ignorance has yet to be painted with the vibrancy of understanding and faithfulness and commitment to God’s Word. Sadly, the dark coloring of how we think and feel is applied to the canvas of life as we know it.

There is so much to learn and consider because we really have no idea whatsoever how dark, evil actually is. However, this we know for sure, Satan is building himself a kingdom. From the very beginning he showed himself to be the greatest of schemers, “God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil,” Gen. 3:5. Darkness was in that Garden; however, before betrayal was chosen in God’s light, only Light could be seen (Ps. 36:9b).

However, we must not be discouraged because the Lord’s love toward us is so great that His faithfulness endures forever. All peoples, all you nations have been given time and opportunity to once again praise and extol the Lord (Ps. 117)!

We can find refuge in the shadow of God’s wings (Ps. 36:7b). Yes, that first couple suffered a heart-wrenching discovery that each of us are destined to make. Why? Satan masquerades himself as an angel of light (2 Cor.11:14)! What a deceptive, slimy and slithering snake! A fearfully roaring lion! Looking for someone to devour (1 Peter 5:8)! I’m sure there are many who can attest that when it was least expected, Satan used subtle and ingenious ways to tempt us (1 Cor. 7:5 Message).



However, it must be known and remembered, when someone wants to do wrong it is never God Who is tempting them. God cannot be tempted by evil, nor would He tempt anyone to do what is wrong. Each person is tempted when, by their own evil thoughts and desires, they are dragged away and enticed. After a desire is conceived, it gives birth to sin; and afterwards to the penalty of death – eternal separation from God (James 1:13-15 TLB) and His glory.

Fortunately, just as God did in the Garden He has given us His Word to forewarn of the sorrow that awaits the world. For evil has continued to successfully tempt people to sin by doing what is wrong. Temptations may be inevitable even necessary, but again sorrow awaits the person on whose account or by whom the temptation comes (Matt. 18:7 AMP).

Great sorrow awaits Satan, and anyone with the dark stains of pride and fear and deception that perverts thinking and believing and behavior. For together with that slimy and slithering serpent, they too will be thrown into the lake of burning sulfur to be tormented day and

night forever and ever (Rev. 20:10). Those whose names are not found in God's Book of Life (Rev. 20:15)!



So I write about this Life which is in Christ Jesus, Who for our benefit became Wisdom from God, revealing knowledge of the divine plan of salvation that once was hidden. Through His Life we are given entrance into a spiritual journey of great personal benefit for it reveals our Righteousness (Jesus, Who puts us in right standing with God), our Consecration (Jesus, Who sets us apart making us pure and holy because of His innocence), and our Redemption (Jesus, Who provides our ransom from sin's eternal penalty) 1 Cor. 1:30 AMP.

It is necessary to think and feel differently about who and what we place our faith and trust. This is essential! The Word of God assures there is no need to fear when times of trouble come, even though you may be surrounded by those who trust in their wealth and boast about how rich they are. Not one of them, though they are as rich as kings, can ransom anyone from the penalty of sin. God's forgiveness (His redemption) does not come that way.

For a soul is far too precious to be ransomed by mere earthly wealth. There is not enough of it in all the earth to buy eternal life for just one soul, to keep it out of hell. And though Death has become the shepherd of all mankind (Ps. 49: 5-14 TLB), Jesus, Who laid down His life, has become for us the Good Shepherd (John 10:11), Who leads God's flock into life in heaven.



Those who listen to His voice and follow Him are given an amazing and awesome privilege to walk right into the very Holy of Holies, where God is, because of the blood Jesus shed. This is a fresh, new, life-giving way that Christ has opened up for us by tearing the curtain - His human body - to let us enter into the holy presence of God.

Jesus rules over God's household as our great High Priest, allowing us to go right into God Himself. Why? When eyes are opened so it can truly be understood just how awe-inspiring what Jesus accomplished on that cross. Having died with respect to our sins! Doing this in order that we might live with respect to His righteousness, by means of the blood that He shed (1 Pet. 2:21 Wuest).

When a heart is willing to believe the sacrifice of the Messiah, His blood poured out on the altar of the cross (Eph. 1:7a Message), we are sprinkled with His blood (Heb. 10:15-22 TLB). We are made a free people – free of penalties and punishments chalked up by all our misdeeds.

And not just barely free, either! But, abundantly free!

God thought of everything, provided everything we could possibly need, letting us in on the plans He took such delight in making. He set it all out before us in Christ. A long-range plan in which everything would be brought together and summed up in Him, everything in deepest heaven, everything on planet earth (Eph. 1:7b-10 Message)



So that we could draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water (Heb. 10:22).

This water symbolizes baptism that now also saves us (from inward questioning and fears) – not the removal of dirt from the body, but the pledge of a good and clear conscience before God. Baptism

demonstrates our belief that God saves us through the resurrection of Jesus Christ, Who has gone into heaven and is at God's right hand – with angels, authorities and powers in submission to Him (1 Peter 3:21-22 AMP).

This is what baptism portrays for us: That we have been saved from death and doom by the resurrection of Christ; not because our bodies are washed clean by the water; but, because in being baptized we are turning to God and asking Him to cleanse our hearts from sin.



Christ suffered and endured pain to accomplish the will of God, and we must decide to have the same attitude being ready to suffer. For remember, when our bodies suffer, sin loses its power. So we won't be spending the rest of our lives chasing after evil desires, but we too will be willing and anxious to do the will of God. Hopefully, you have had enough of the godless things that you've done in the past (1 Peter 3:21-4:3 TLB).

What benefit did you reap at that time from the things you are now ashamed of? Those things that result in death! When a person is set free from sin they become servants to God, and His benefits to us

include Holiness and everlasting Life. For the wages of sin is death; but, the free gift of God is eternal life through Jesus Christ our Lord (Rom. 6:22-23 TLB).



So I speak of Christ's resurrection so you may come to understand how priceless His unfailing love. The Lord preserves the lives of both man and beast because His righteousness is like the mighty mountains, and His justice like the great deep. In the shadow of His wings we find refuge. Through Him we feast on the abundance of God's house; Jesus gives us drink from God's river of delights. For with Him is the fountain of life; in His light we see Light (Ps. 36:5-9).

All the brilliance of the Father's glory is the Lord's (John 16:15). God wanted all of Himself to be in His Son. And through what Jesus did, God has cleared a path for everything to come to Him – all things in heaven and on earth – for Christ's death on the cross has made peace with God for all by His blood. This includes all people! Those who were once so far away from God and those who still are!

Yes, we were God's enemies ignoring, neglecting possibly even hating Him. We were separated from God by our evil thoughts and actions,

yet now Jesus brings back those who truly desire to be His friends. He has done this through death on the cross of His own human body, and now as a result Christ brings us into the very presence of God.

Because of what Jesus has done, we can stand there before God with nothing left against us. The only condition is to fully believe the Truth, standing steadfast and firm, strong in the Lord, convinced of the Good News that Jesus died for you, and never shifting from trusting Him to save you (Col. 1:19-23 TLB).



So I speak with God's elect about the knowledge of Truth that leads to godliness - a faith and knowledge resting on the hope of eternal life, which God promised before the beginning of time. At His appointed season God brought His Word to light (Titus 1:1-3). And through Holy Spirit, the Spirit of Truth, you will be guided into all truth. Holy Spirit will not speak on His own presenting His own ideas. He will be passing on to you what He has heard giving praise and great honor and glory to the Lord by making God's Word known to you (John 16:12-14 TLB).

Holy Spirit testifies to what God has said:

“This is the agreement I will make with the people of Israel, though they broke their first agreement: I will write My laws into their minds so that they will always know My will, and I will put My laws in their hearts so that they will want to obey them. I will never again remember their sins and their lawless deeds.”

Now, when sins have once been forever forgiven and forgotten, there is no need to offer additional sacrifices to get rid of them. Because of the blood of Jesus we can look forward to the salvation God has promised us. There is no longer any room for doubt, and we can tell others that salvation is ours, for there is no question that God will do what He says (Heb. 10:15-17,23 TLB).

Paul wrote: My purpose is that God’s people may be encouraged in heart and united in love by having this rich experience of knowing Christ with real certainty and clear understanding. For God’s secret plan, at last made known, is Christ Himself. For in Jesus all the mighty, untapped divine treasures of wisdom (comprehensive insight into the ways and purposes of God) and (all the riches of spiritual) knowledge and enlightenment are stored up and lie hidden (Col. 2:2-3 AMP).



In these last days God will be pouring out His Spirit upon all mankind, your sons and daughters shall prophesy, your young men shall see visions, and your old men shall dream dreams (Acts 2:17 AMP). Yes, the Lord confides in those who fear Him; He makes His covenant known to them (Ps. 25:14). For each heart knows its own bitterness and no one else can share its joy (Prov. 14:10).

An inexpressible and glorious joy that comes from heaven itself, for though you don't see Jesus now, you believe in Him; and though you have not seen Him, you love Him for giving this knowledge and the confident assurance of receiving a further reward for trusting Him, the goal of your faith, the salvation of your soul (1 Peter 1:8-9).

Yes, long ago, even before God made the world, He predestined us to be His very own through what Christ would do for us; He decided then to make us holy in His eyes, without a single fault - we who stand before Him covered with His love. His unchanging plan has always been to adopt us as sons into His own family by sending Jesus to die for us. And He did this in accordance to His pleasure and will - because He wanted to!



Now all praise to God for His wonderful kindness to us and His glorious grace, which He has freely poured out upon us because we belong to His dearly loved Son. So overflowing is His kindness toward us that He took away all our sins through the blood of His Son, by Whom we are saved. God has lavished down upon us the richness of His grace and wisdom and understanding - for how well He understands us and knows what is best for us at all times.

God has told us His secret reason for sending Christ, a plan He decided on in mercy long ago; and this was His purpose: that when the time is ripe He will gather us all together from wherever we are - in heaven or on earth - to be with Him in Christ forever.

Moreover, because of what Christ has done, we have become gifts to God that He delights in, for as part of God's sovereign plan we were chosen from the beginning to be His, and all things happen just as He decided long ago. God's purpose in this was that we should praise Him, and give glory to Him for doing these mighty things for us.

And because of what Christ did, all who have heard the Good News about how to be saved, and trusted Christ, were marked as belonging to Him by Holy Spirit, who long ago had been promised to all Christians. His presence within us is God's guarantee that He really will give us all that He promised. The Spirit's seal upon us means that God has already purchased us, and that He guarantees to bring us to Himself. This is just one more reason for us to praise our glorious God (Eph. 1:4-14 TLB).



Because of His great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions – it is by grace you have been saved. And God raises us up with Christ and seats us with Him in the heavenly realms in Christ Jesus, in order that in the coming ages He might show the incomparable riches of His grace, expressed in His kindness to us in Christ.

For it is by grace you have been saved, through faith – and this not from yourselves, it is the gift of God – not by works, so that no one can boast. For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do (Eph. 2:4-10).

The grace of God that brings salvation has appeared to all mankind. God's grace teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope - the glorious appearing of our great God and Savior, Jesus Christ, Who gave Himself for us to redeem us from all wickedness, and to purify for Himself a people that are His very own, eager to do what is right and good (Titus 2:11-14).



It is God Who saved us and chose us for His holy work not because we deserved it but because that was His plan long before the world began - to show His love and kindness to us through Christ. And now He has made all of this plain to us by the coming of our Savior, Jesus Christ, Who broke the power of death and showed us the way of everlasting life through trusting Him (2 Tim. 1:9-10 TLB).

Yes, a righteousness from God has been made known. This righteousness comes through faith in Jesus Christ to all who believe. There is no difference, for everyone has sinned and fallen short of the glory of God, and are justified freely by His grace through the redemption that came by Christ Jesus (Rom. 3:21-24).

We have all spent our time unwisely being foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating others; however, when the kindness and love of God our Savior appeared, He saved us, not because of the good things we have done, but because of His mercy.

God saved us through the washing of rebirth and renewal by Holy Spirit, Whom He poured out on us generously through Christ Jesus our Savior, so that, having been justified by His grace, we might become heirs having the hope of eternal life. These things are being stressed so that those who have trusted in God may be careful to devote themselves to doing what is good. Those things received from God are excellent and profitable for everyone (Titus 3:3-8).



So I urge you to accept God's Word, and store up His teachings within you, turning your ear to wisdom and calling out for insight and understanding. Looking for it as for silver and searching for it as for hidden treasure, then you will understand the fear of the Lord and

find the knowledge of God, Who gives wisdom so you can learn the importance of reverence for the Lord and trusting in Him.

Within God's Word is a treasure of knowledge and understanding. He grants good sense and holds victory in store for the upright. He is our shield, protecting us and guarding our pathway. He shows how to distinguish right from wrong, how to find the right decision every time.

For Wisdom and Truth will enter the very center of your being, filling your life with Joy. You will be given discernment to stay away from those who want you to be their partners in crime - people who turn from God's ways to walk down dark and evil paths to exult in doing wrong, for they thoroughly enjoy doing what is crooked and deceitful (Prov. 2:1-11 TLB).



So do not be afraid of them. There is nothing concealed that will not be disclosed, or hidden that will not be made known (Matt. 10:26). Like the fact that Jesus desires to call us friends. He no longer calls those who trust in Him servants, because a servant does not know their

master's business. Everything Jesus learned from His Father He has made known to us (John 15:15).

Do you now believe Jesus came forth from the Father and came into the world, and that He left the world and has gone to the Father? Though He spoke plainly to His disciples not figuratively, He knew they would be scattered, each to their own, and would leave Him alone. He also knew this was all taking place so the writings of the prophets would be fulfilled (Matt. 26:55).

Jesus listened to their reply, "Now we are sure that You know all things and have no need that anyone should question You. We believe that You came forth from God." And He answered:

"Do you now believe? Know these things I have spoken to you, so that in Me you may have peace. Know also I am not alone, because the Father is with Me. In this world you will have tribulation; but be of good cheer, I have overcome the world."

John 16:28-33



Though we know in part, a time is coming when we shall know fully, even as we are fully known. Praise God! Now these three remain: Faith, Hope and Love. But the greatest of these is Love (1 Cor. 13:12-13). The Lord has said:

“Since the days of John the Baptist until now the Kingdom of Heaven suffers violence, and the violent take it by force. For all the prophets and the law prophesied until John, whose voice was heard calling in the desert, ‘Prepare the way for the Lord, make straight paths for Him. Every valley shall be filled in, every mountain and hill made low. The crooked roads shall become straight, the rough ways smooth. And, all mankind will see God’s salvation.’”

Matt. 11:12-13 KJV, Luke 3:4-6

John was preparing people for the entrance of God’s Christ, their Messiah, Who the prophets foretold throughout the years. The Good News of the Kingdom of God is being preached, and everyone presses into it. And, it is easier for heaven and earth to pass, than one tittle of the law to fail (Luke 16:16-17 KJV).

So let us seize and hold fast and retain without wavering the hope we cherish and confess and our acknowledgement of it, for He Who promised is reliable and faithful to His Word (Heb. 10:23 AMP).



Wail, for the day of the Lord is near! It will come like destruction from the Almighty. Because of this, all hands will go limp and every heart will melt. Terror will seize the people, pain and anguish will grip them! They will writhe like a woman in labor. They will look aghast at each other their faces aflame (Isa. 13:7-8).

So let us consider and give attentive, continuous care to watching over one another, studying how we may stir up (stimulate and incite) to love and helpful deeds and noble activities. Not forsaking or neglecting to assemble together (as believers), as is the habit of some people, but admonishing (warning, urging and encouraging one another, and all the more faithfully as the Day is seen approaching (Heb. 10:24-15 AMP).

See, the day of the Lord is coming – a cruel day, with wrath and fierce anger – to make the land desolate and destroy the sinners within it.

The stars of heaven and their constellations will not show their light. The rising sun will be darkened, and the moon will not give its light.

The world will be punished for its evil, the wicked for their sins. The arrogance of the haughty will be put to an end, and the pride of the ruthless will be humbled. Man will be made scarcer than pure gold! The heavens will tremble, and the earth will shake from its place at the wrath of the Lord Almighty, in the day of His burning anger (Isa. 9-13).



If a person goes on deliberately and willingly sinning after acquiring the knowledge of the Truth, what sacrifice is left to atone for their sins (Heb. 10:16)?

The Lord knows what threatens and fills us with Holy Spirit, Who enables those who serve God to proclaim His Word with great confidence and boldness (Acts 4:29,31). Holy Spirit helps us to know (to understand, to recognize, be conscious of, by observation and by experience) how much God loves us. He helps us to believe (adhere to and put faith in and rely on) the Truth - God loves us dearly.

The Spirit of Truth helps us to know and understand the Law God gave to Moses is spiritual, but we are not. Paul wrote: I am so human. Sin rules me as if I were its slave. I don't understand why I act the way I do. I don't do the good I want to do, and I do the evil I hate. If I don't want to do what I do, that means I agree the Law of Moses is good.

Yes, I know that nothing good lives in me – I mean nothing good lives in the part of me that is not spiritual. I have learned this rule: When I want to do good, evil is there with me. In my mind I am happy with God's law. But I see another law working in my body. That law makes war against the law that my mind accepts.

That other law working in my body is the law of sin, and that law makes me its prisoner. What a miserable person I am! Who will save me from this body that brings me death? I thank God for His salvation through Christ Jesus our Lord!



In my mind I am a slave to God's law, but in my sinful self I am a slave to the law of sin. Praise God, for those who are in Christ Jesus are not judged guilty. In Christ the law of the Spirit that brings Life makes us

free. In Christ the law of the Spirit makes us free from the law that brings sin and death.

The Law of Moses was without this kind of power because it was made weak by our sinful selves. But God, He did what the law could not do: He sent His own Son to earth with the same human life that everyone else uses for sin. God sent Jesus to be an offering to pay for sin. God used a human life to destroy sin. He did this that we could be right just as the Law of Moses said we must be. Now we don't live following our sinful selves. We live following the Spirit of Truth.

People who live deliberately and are willingly following their sinful selves think only about what they want. But those who live following the Spirit are thinking about what the Spirit wants them to do. If your thinking is controlled by your sinful self, there is spiritual death. But, if your thinking is controlled by the Spirit, there is Life and Peace.



Why is this true? Anyone whose thinking is controlled by their sinful self is against God. They refuse to obey God's Word. Without the resurrection power of Holy Spirit they are not able to obey His Word. They cannot please God (Rom. 7:14-8:8 ERV).

This is why I run not with uncertainty (KJV). I run straight to the goal with purpose in every step (TLB). I fight not as one who beats the air (KJV). I fight to win! I'm not just shadow-boxing or playing around. Like an athlete I discipline my body, training it to do what it should, not what it wants to do (1 Cor. 9:26-27).

God is love, and anyone who lives in love is living with God and God is living with them. In this union and communion with Him our love grows more perfect and complete, so we will not be ashamed and embarrassed at the day of judgment; instead, we can face Jesus with confident assurance and joy and boldness because He loves us and we love Him too (1 John 4:16-17 AMP).

Knowing, believing that as He is, so are we in this world. Therefore, we need have no fear of someone who loves us perfectly; God's perfect love for us turns fear out of doors, eliminates all dread and expels every trace of terror. For fear brings with it the thought of punishment, and those who feel afraid, it's from fear of what God might do and shows they are not fully convinced of His great love for them. So you see, our love for God comes as a result of His loving us first (1 John 7:18-19 TLB).



Father God, we join the prayer of Your disciples and ask You to stretch out Your hand to heal and perform miraculous signs and wonders through the name of Your holy Servant Jesus. That lives would be shaken by Your love and mercy and grace so hearts can be filled with Holy Spirit and tongues would be heard speaking of the Word of God, Christ Jesus, boldly (Acts 4:30-31).

Because these steps we are taking during this spiritual journey of renewal and recovery need to be built on and centered in Christ's grace and love for each one of us. So we grow strong and firm in faith believing God's grace is enough for us, and when we feel weak we are trusting His power is made perfect in us. So that we too would be happy to brag about our weaknesses so that Christ's power can live in us.

That for this very reason we can be thankful in all circumstances; in weakness, when insults are hurled at us, in hard times, sufferings and all kinds of troubles for Christ. Because when we are weak, then we are made truly strong (2 Cor. 12:9-10). As we take these steps we realize the need to learn how to model God's grace.

GRACE

God's gift

Received by faith

Accepted by God's love

Christ paid the price

Everlasting gift

- GRACE - is a GIFT
- Grace cannot be bought
- It is freely given by God to you and me
- When we offer (give) our amends, and expect nothing back, that's a gift from us to those whom we have hurt
- Rom. 3:24 tells us, "All need to be made right with God by His grace, which is a free gift. They need to be made free from sin, through Jesus Christ."
- 1 Pet. 1:13 says, "Prepare your minds for service and have self-control. All your hope should be for the gift of grace that will be yours, when Jesus Christ is shown to you."

- If my relationship with God was dependent on my being perfect, I would have trouble relating to God
- Thank God that my relationship with Him is built on His grace and love for me
- God gives me the strength to make the amends, and offer the forgiveness that these steps of renewal and recovery require
- GRACE - is RECEIVED by faith
- No matter how hard we may work, we cannot earn our way into heaven
- Only by professing our faith in Jesus Christ, as our Lord and Savior, can we experience His grace and have eternal life
- Eph. 2:8-9 says, "For it is by grace you have been saved, through faith - and this not from yourselves, it is the gift of God - not by works, so that no one can boast."
- Phil. 3:9 says, "No longer counting on being saved by being good enough or by obeying God's laws, but by trusting Christ to save me; for God's way of making us right with Himself depends on faith - counting on Christ alone."
- You and I tend to be more interested in what we do
- God is more interested in what we are

- Rom. 5:2 says of Jesus, “It is through Him we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God.”
- Our walk needs to match our talk
- Our beliefs and values are seen by others in our actions
- It is through our faith in Christ that we find the strength and courage needed for us to take the action to make our amends, and offer our forgiveness
- GRACE - We are ACCEPTED by God’s love
- Rom. 5:8 reminds us, “God demonstrates His own love for us in this: While we were still sinners, Christ died for us.”
- We can, in turn, love others because God first loved us
- We can also forgive others, because God first forgave us
- Col. 3:13 says, “Be gentle and ready to forgive; never hold grudges. Remember, the Lord forgave you, so you must forgive others.”
- Eph. 2:5 reminds us that, “Though we were spiritually dead because of the things we did against God. He gave us new life with Christ. You have been saved by God’s grace.”
- I know that I do not deserve God’s love; BUT, the Good News is He accepts me, and loves me in spite of myself

- God sees all my failures, and loves me anyway – the same goes for you
- Heb. 4:16 tells us, “Let us, then, feel very sure that we can come before God’s throne where there is grace. There we can receive mercy and grace to help us when we need it.”
- GRACE - CHRIST paid the price
- Jesus died on the cross so that all our sins, all our wrongs, could be forgiven
- Jesus paid the price, sacrificed Himself for you and me so that we may be with Him forever
- When we accept Christ’s work on the cross, we are made a new creation
- We can then rely on God’s strength and power to enable us to forgive those who have hurt us
- We can set aside our selfishness, and speak the Truth in Love, with the help of Holy Spirit Who is dwelling in us
- We focus only on our part in making amends or offering our forgiveness
- Eph. 1:7 says, “In Christ we are set free by the blood of His death, and so we have forgiveness of sins. How rich is God’s grace.”

- God's GRACE is an EVERLASTING gift
- Once you have accepted Jesus as your Savior and Lord, God's gift of grace is forever
- This quote is from the Big Book of AA, "Once you have completed Step Nine, you will know a new freedom and a new happiness... you will comprehend the word serenity and know peace... You will suddenly realize that God is doing for you what you could not do for yourself."
- This quote is from the Bible, "And I am sure that God who began this good work within you He will keep right on helping you grow in His grace, until His task within you is finally finished on that day when Jesus Christ returns," Phil. 1:6
- 2 Thess. 2:16 says, "May our Lord Jesus Christ Himself and God our Father, encourage you and strengthen you in every good thing you do and say. God loved us, and through His grace He gave us a good hope and encouragement that continues forever."
- 1 Pet. 2:9-10 reminds us what God's Word says:

"You have been chosen by God Himself – you are priests of the King, you are holy and pure, you are God's very own – all this so that you may show to others how God called you out of darkness into His wonderful light. Once you were less than nothing; now

you are God's own. Once you knew very little of God's kindness; now your very lives have been changed by it."

- Everyone who has let Christ into their lives is a product of God's grace
- As we model this grace, we will be able to do the work these Steps of renewal and recovery require of us
- Col. 1:6 states, "All over the world this Gospel is bearing fruit and growing, just as it has been doing among you since the day you heard it, and understood God's grace in all its truth."

"With this in mind, we constantly pray for you, that our God may count you worthy of His calling, and that by His power He may fulfill every good purpose of yours and every act prompted by your faith. We pray this so that the name of our Lord Jesus may be glorified in you, and you in Him, according to the grace of our God and the Lord Jesus Christ," 2 Thessalonians 1:11-12



Yes, the Word of God shall guide you continually and satisfy you in drought and in dry places and make strong your bones. You shall be

like a watered garden and like a spring of water whose waters fail not (Isa. 58:11 AMP). For it is Holy Spirit Who helps us to delve deep into God's Word for understanding and revelation. So that you will know it is the right thing to do to call Jesus, Teacher and Lord, for that is what He is (John 13:13 AMP).

And though one man, Adam, brought death to many through his sin; this One Man, Jesus Christ, brought forgiveness to many through God's mercy. Adam's one sin brought the penalty of death to many, while Christ freely takes away many sins and gives glorious life instead. The sin of this one man, Adam, caused death to be king over all; but, all who will take God's gift of forgiveness and acquittal are kings of life because of this One Man, Jesus Christ.

Yes, Adam's sin brought punishment to all, but Christ's righteousness makes those who trust in Him right with God, so that they can live in the land of Promise, Hope and Loving-Kindness forever. Adam's disobedience to God caused us to become sinners, and Christ causes those who place their faith in Him to be made acceptable to God because of His obedience (Rom. 5:15-19 TLB).



Yes, in the Gospel a righteousness from God is revealed, a righteousness that is by faith from first to last. For just as it is written: “The righteous will live by faith,” Rom. 1:16-17. And faith comes by hearing and there are many precious nuggets within God’s Word that can be found in the meaning of names.

In the Old Testament names were not only significant but also very meaningful. For instance, the meaning given to the name Seth is to place, apply, bring, regard, set, consider, show...And Enosh to be frail, feeble, desperately wicked, sick, melancholy and woeful.

From these two names we can begin to access understanding in regard to how the decline of the human condition affected Adam and Eve’s immediate family. The only couple who knew absolute freedom from any form of oppression became the first couple to suffer a loss that can never be recovered or recovered from – the loss of a child.

A tragedy such as this makes one realize how frail and feeble our fallen prideful nature. One can not only speculate but experience how God has blessed us with every good thing by giving us His Word. For Jesus came to reveal Good cannot be purchased with money or human

effort and all God's benefits can only be received: Love, Truth, Contentment, Joy, Peace, Hope, Grace...and so very much more.

Like this very small word "Woe" that holds out for us immense meaning for it depicts One crying out after; to wish for, greatly desire, to long for. Sadly, as a consequence of our pride, which exalts self-importance and self-interest and reliance, God's Word is not understood because God is not set in the place of the very highest regard.

How can the voice of God be heard crying out after those whose backs are turned from Him?

"Woe to those who draw (calamity) with cords of iniquity and falsehood, who bring punishment to themselves with a cart rope of wickedness. My people go into captivity to their enemies -f ear, doubt, disbelief, hatred, rage...without knowing it because they have no knowledge for God is Truth, Love, Understanding. And those honorable ones (their glory) is famished, and the common people are parched with thirst," Isa. 5:13,18).



God's will is for people everywhere to be sanctified: That we avoid sexual immorality; that we learn to control our own bodies in a way that is holy and honorable, not in passionate lust as those who don't know Him. The Lord will punish all such sins, for God did not call us to be impure, but to live a holy life. Therefore, this becomes a serious matter because those who reject God's will are not rejecting a person but God, Who gives us His Holy Spirit (1 Thess. 4:3-8).

And God's Spirit helps us in our weaknesses. The Spirit Himself intercedes for us with groans that words cannot express when we don't know what God wants us to do or pray for. God Who knows and searches our hearts knows what the Spirit is saying, for the Spirit pleads for those God has chosen to become like His Son.

And this you should know, God causes everything to work together for the good of those who love Him and are called according to the purpose He has planned for them. Having been chosen, God calls us to come to Him giving us right standing with Himself; those He has justified will also be glorified (Rom. 8:26:31 NLT).



Yes, it is God who justifies. What then shall we say to these things? If God be for us, who can be against us? Consider carefully, for God did not spare His own Son, but delivered Him up for all of us, how shall He not, along with Jesus, also freely and graciously give us all things? Who dares accuse God's elect those whom He has chosen as His own? No one! For God Himself has given us right standing through Christ Jesus!

Who then will condemn us? No one! For Jesus died for us and was raised to life for us, and He is sitting in the place of honor at God's right hand making intercession for us. Can anything ever separate us from Christ's love? Does it mean He no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger or threatened with death? No, despite all these things, overwhelming victory is ours through Jesus, who loves us (Rom. 8:31-38).

God chose those living in this fallen world to share in His love and life, but not everyone will choose the God of Truth, Who says:

“The past troubles will be forgotten, and hidden from My eyes.”

Isa. 65:16



Yes, you will be enriched in every way so that you can always be generous. So when you take your gifts to those who need them, they will thank God. And these two things will result from this ministry of service – the needs of those who believe will be met, and they will joyfully express their thanks to God (2 Cor. 9:11-12).

However, when self-interest is being served of these two things you can be certain: Loss will occur and anger will surely rise. Why? We excel at hiding our fears, our guilt and our shame. Selfness has caused us to become proficient at shifting blame. So much so we antagonize, even though our behavior may be abusive, to illicit a response so these two things can occur: Accountability can be denied and responsibility can be shifted.

I didn't view myself as someone who blamed others. As a matter of fact, I would usually feel the full weight of responsibility. It was God Who helped me understand codependent tendencies work to deal out

blame with the same ease as a card dealer, in an attempt to hide because of fear and to cover up because of guilt and shame.

With the knowledge I have gained that heavy weight of responsibility that I took upon myself with all (the fear, the guilt, the shame, the upset and blame) could be removed as I recognized and acknowledged my accountability, and made the appropriate amends for the portion that was my responsibility.



Yes, bad things happen. How often we blame ourselves for things we wouldn't even think of doing. How often we try to fix ourselves and our behavior to fit in, to accommodate and please. Just as often we have made attempts to fix, control and manipulate others to make things better. The question is better for whom?

Change, upset, rejection, turmoil, pain...we try to avoid, but our behavior seems to bring what we fear the most upon us. Why? Codependency! How selfness learns and grows and strives to interact with others. Mistakes are made and problems occur because the natural view for selfness is on me, myself and I.

What we think, how we feel and what we expect from others often brings about offense, resentments and anger simply because of our differences. How long can we accommodate, comply and please before anger, animosity and even violence arises.

Diversity naturally produces controversy, contention and conflict. How long can we abuse and violate before contempt erupts. These behaviors are not only self-destructive they are splitting up our homes and pouring out onto our streets. Why? Social interactions train and brain-wash us to be dormant or demanding, submissive or non-compliant, unassertive or grandiose... all of which is dependent on selfness (our own reasoning, justifications, excuses) and circumstance.



Yes, dissimilarity ensures incompatibility, imbalance and inequality will occur that is until correction, change and transformation replaces what is typical and ordinary with all that is extraordinarily exceptional. There is only one person we have the power to change and that person is ourselves. Here are a few things to encourage and consider:

- Change is hard at first, messy in the middle and gorgeous at the end
- You can't go back and change the beginning, but you can start where you are and change the ending - C. S. Lewis
- Don't be afraid of change because it is leading you to a new beginning - Joyce Meyer
- Some changes look negative on the surface but you will soon realize that space is being created in your life for something new to emerge - Eckhart Tolle
- Yesterday I was clever and wanted to change the world. Today I am wise so I'm changing myself - Rumi
- Sometimes our lives have to be completely shaken up, changed and rearranged to relocate us to the place we are meant to be.
- Change your thoughts and change your world
- I will not stress myself about things I cannot control or change
- Only the wisest and stupidest of men never change - Confucius
- You can't change what's going on around you until you change what's going on within you
- The secret of change is to focus all of your energy not on fighting the old, but on building the new

- Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings - William Arthur Ward



By taking these steps of renewal and recovery we discover this is not a do-it-yourself process, we are learning to trust God, trust His process of change - ASK, SEEK AND KNOCK - and trust ourselves. Trust we will receive the power, help and ability to change - for God' Word promises:

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; those who seek will find; and to those who knock, the door will be opened.”

Matt. 7:7-8

Now our part is becoming ready to let go. We discover that lessons don't go away, they keep repeating until we learn. We realize when it's time to change it becomes harder to stay the same than it does to change.



Along these steps of our spiritual journey we give ourselves permission to relax, trust and become willing. We give ourselves permission to be who we are, and let this process of change happen to us.

Being ready is the letting-go step – the beginning of transformation. This step of making direct amends wherever possible, expect when to do so would injure them or others, begins the process of receiving what we want and need from God.

We become ready to let go of all that stands in our way, of all that bothers, troubles, defeats or perplexes us; of all that we cannot control; all that we don't want any more and what we truly desire.



Mistakes are natural occurrences. Being afraid, wanting to blame, denial, avoidance, shame, guilt, anger...are natural responses. God has given us His Word of Truth so we can flip these ordinary feelings and thoughts into extraordinary developments.

We do not have to cling to fear:

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand.” ~ Isaiah 41:10

“When I am afraid, I put my trust in You.” ~ Psalm 56:3

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

~ Philippians 4:6-7

“Peace is what I leave with you; it is My own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid.” ~ John 14:27

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” ~ 2 Timothy 1:7

“There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.” ~ 1 John 4:18

This is what the Lord says...Fear not, for I have redeemed you; I have summoned you by name; you are Mine.” ~ Isaiah 43:1



We don't have to accuse or blame:

Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? Matthew 7:3

Each person is tempted when he is lured and enticed by their own desire. James 1:14

We are each responsible for our own conduct. Galatians 6:5

It is better to take refuge in the LORD than to trust in man.
Psalm 118:8

Can anyone carry fire next to their chest and their clothes and not be burned? Or can one walk on hot coals and their feet not be scorched? Proverbs 6:27-28

Those people are on a dark spiral downward. But if you think that leaves you on the high ground where you can point your finger at others, think again. Every time you

criticize someone, you condemn yourself. It takes one to know one. Judgmental criticism of others is a well-known way of escaping detection in your own crimes and misdemeanors. But God isn't so easily diverted. He sees right through all such smoke screens and holds you to what you've done. Rom. 2:1-2 Message



We don't need to react in anger:

Refrain from anger and turn from wrath; do not fret — it leads only to evil. Evil men will be cut off, but those who hope in the Lord will inherit the land. Ps. 37:8-9

But you, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness. Turn to me and have mercy on me; grant Your strength to Your servant Ps. 86:15-16

Those who are slow to anger have great understanding, but those who are hasty of spirit exposes and exalts their folly
Prov. 14:29

A gentle answer turns away wrath, but a harsh word stirs up anger Prov. 15:1

A hot-tempered man stirs up dissension, but a patient man calms a quarrel Prov. 15:18

Do not be quickly provoked in your spirit, for anger resides in the lap of fools Eccl. 7:9

Take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires

James 1:19-21

Let the peace of Christ rule in your hearts, you were called to peace and to be thankful. Let the word of Christ dwell in you richly, and let gratitude to God dwell in your hearts.

Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him. Col 3:15-17



We don't have to carry the weight of guilt and shame:

We all make mistakes, and God's Word says we all have sinned. No matter how you came to your situation or how long you've carried that distressing burden of guilt, God is ready with the solution. His arms are outstretched to you. Look at all He will do for you ...

1. "God did not send His Son into the world to condemn the world, but that the world through Him might be saved" (John 3:17). It's not God's purpose to condemn you; it's His desire to take away your sins, to protect you from the harmfulness of sin, and to save you through Jesus Christ.

2. "God made Jesus who knew no sin to be sin for us, that we might become the righteousness of God in Jesus, (2 Cor. 5:21). Jesus not only died for your sins, He took your sins upon Himself so He could give you His righteousness – His right standing with God.

3. "In Jesus we have redemption through His blood, the

forgiveness of sins, according to the riches of His grace”
(Ephesians 1:7). Through the sacrificial death of Christ, you are given forgiveness, and God’s free gift of salvation.

4. **“ ‘Come now, and let us reason together,’ ”** says the Lord, **‘Though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be as wool’ ”** (Isaiah 1:18). God invites you to talk it over with Him, and He promises an outcome of great relief for you!

5. **“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness”**
(1 John 1:9). All you need to do is tell God where you went wrong, that you are sorry, and He will take care of everything else and wash it away – transforming you into a new creation.

6. **“For I will be merciful to their unrighteousness, and their sins and their lawless deeds I will remember no more”** (Hebrews 8:12). In His great mercy, God erases your sin from His memory!

7. **“As far as the east is from the west, so far has He removed our transgressions from us”** (Psalm 103:12). It gives you a wonderful

feeling of freedom to be separated from your sins and joined with God.

8. “There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit” (Romans 8:1). If you follow Jesus and stay true to Him, you don’t have to worry about the judgment; your guilt is a thing of the past.

9. “Therefore, if anyone is in Christ, they are a new creation; old things have passed away; behold, all things have become new” (2 Corinthians 5:17). In addition to cleansing away all of your sins through the blood of the Lamb, God gives you a brand-new life – a new heart that will help keep you from sinning again.

Why not go to God right now and accept His wonderful gift of forgiveness through Jesus Christ? You have nothing to lose and an all of eternity to gain!

Information taken from the website: Amazing Facts

<https://www.amazingfacts.org/news-and-features/news/item/id/13566/t/9-bible-verses-to-help-when-you-re-struggling-with-guilt>

~

And though much time is spent strategizing to appease the ever nagging, gnawing worry of wants and the longings of our heart to be liked, accepted, approved and loved and to succeed. That desire to receive these cannot be fully satisfied because attitudes to appease or antagonize demonstrate a lack of respect for self and others. But more assuredly, it is an exercise of futility to think we can receive what only God can give. And yet we do this very thing, with no regard for the deeds of the Lord, no respect for the work of His hands (Isa. 5:12).

God helped to free me from the errors in my thinking so I could come to know His will (2 Tim. 2:25-26), which I have been doing since I began taking steps to seek a deeper relationship with Him. I really started to put into practice the principles that apply to these steps of renewal and recovery so I would become more God-dependent instead of being Co-Dependent.

- The first key is to maintain an honest view of reality not only considering particular circumstances and events as substantial, but recognizing the substance of Truth – the Life, the Alpha and Omega, the heart and the spirit as we work on taking steps of faith remembering:

- God exists and I matter to Him – to acknowledge God could and would if He were sought
- Admitting I am powerless – if God is your co-pilot, switch seats
- Acknowledging in certain areas my life became unmanageable – Sorrow shared is halved; Joy shared is doubled
- Believing God will restore me with Love, a Sound Mind and Power – Success means getting your BUT out of the way
- Believing God will help me stay committed to this decision to put all of who I am into His possession and safekeeping – There is no magic in this process of renewal and recovery only miracles
- Believing the Word of God will encourage, support and strengthen me as I make a searching and fearless moral inventory of myself – There is pain in this process. Misery is optional
- Because of God’s loving-kindness I have become willing to admit to God, to myself and another person the exact nature of my wrongs – The road to resentment is paved with expectation
- With Truth as my solid foundation I have become entirely ready to have God remove all my defects of character – Courage is faith that has said its prayers

- Having received faith and hope and love for the Surety God has given I humbly ask Him to remove my shortcomings – F.A.I.T.H. = Fantastic Adventure In Trusting Him
- Having gained knowledge and insight and understanding I have become willing to make a list of anyone I have harmed, and to make an amends to them all – Just for today I will try to live through this day only, and not tackle my whole life problems at once
- Having gained confidence and trust in God’s refuge I have become willing to step out with the mindset I am doing this with God and for His glory to make my amends whenever possible unless to do so would cause injury to others - Remembering nothing is going to happen today that you and God can’t handle
- I embrace my covenant relationship with the Father, Son and Holy Spirit by continuing to take a personal moral inventory, and when I am wrong being prompt to admit it – We are not human beings having spiritual experiences; we are spiritual beings having human experiences
- I invest in my relationship with God by communicating through prayer and meditation to improve my conscious

contact with Him seeking knowledge of His will and the power of grace to carry that out – If God seems far away, who moved?

- I seek Revival, Restoration and Reconciliation, a spiritual awakening, as a result of taking steps to carry God's message to others and to practice these principles in all my affairs –
Worry is a conversation you have with yourself about things you cannot change. Prayer is conversation you have with God about things He can change



- These steps of renewal and recovery are about making peace with ourselves and others – this is the purpose of amends
- During this journey, we learn how we used our emotions – anger, shaming and other behaviors we engage in --- to control another person's behavior
- We learn to make amends for our part even to ourselves
- As we work this step of amends, we grow in knowledge of our emotions and our behaviors, and learn how to change – how to talk to whom we need to talk about our issues and the transformation of our attitudes; we set boundaries; we can invite people to be in relationship with us, or choose to discontinue the relationship; because we refuse to go back to the way we were living - in Denial

- These steps of renewal and recovery help us take a major leap forward in establishing boundaries – the difference between us and another person, the difference between our behavior and another’s
- They will also ground us in what will become a new way of life: allowing other people to have their paths and issues, and learning to have our own



- During this journey we will begin to feel good about our conduct in relationships, and work with Holy Spirit to set ourselves free from conduct we feel uncomfortable with
 - We are working with the list or lists with any and every one and thing that we don’t feel good about, including ourselves; denial doesn’t count here; if you have strife or unresolved issues, even if you are denying the feelings, they should be on the list because this is what’s blocking your heart and your ability to love
 - We discuss amends to people who have harmed us, issues that have not been dealt with that have placed discord in our hearts, but not with denial
- Our goal is to forgive each person who has harmed us, but first we must do something very important --- work through and

experience our feelings fully – we must clearly identify, and accept the abuse

- We will work to figure out what our new behaviors and responses to others needs to be, so the abuse or mistreatment doesn't continue, so we can be led into forgiveness – this is a grieving process that is done in stages beginning with Denial and moving us into anger, sadness – many may actually find themselves working through rage
 - We become ready to forgive only after we have worked through our feelings – forgiveness done too soon, done before we have stuck with and ridden out our feelings, will be premature and ineffective, and will require redoing



- Our goal is acceptance, including acceptance of our feelings – it is not to perpetuate Denial
- We gain an understanding that we are on the way to healing, and on the way to forgiveness and acceptance by allowing ourselves to feel our feelings
- We will also gain understanding that a very important part of this process is figuring out what we need to do to take care of

ourselves in the future with anyone who would inflict abuse or mistreatment on us

- We acknowledge that we cannot avoid all the loss or all the mistreatment – but we can discover an important lesson that lies within these experiences
- We may discover the lessons we must learn require us to practice how to take care of ourselves with people – establishing boundaries; saying no; learning to respect and trust our feelings, wants and needs; sometimes the lesson may not be clear, and all we can do is accept the fact --- the incident occurred

CODEPENDENCY IS MANY THINGS:

- Dependency on people
- On their moods, behaviors, sickness or well-being, and their love
- It is a paradoxical (absurd, self-contradicting) dependency
- Codependents appear to be depended upon, but they are dependent
- They look strong, but feel helpless
- They appear controlling, but in reality are controlled by themselves, sometimes by an illness like alcoholism

- Recovering from codependency and its grueling traits is exciting, liberating – it lets us be who we are
- It helps us to own our God-given power to think, feel and act
- It brings peace
- It enables us to respect ourselves and others
- It allows us to receive love
- It provides an optimum environment for the people around us to get and stay healthy
- These steps of renewal and recovery help stop the unbearable pain many of us have been living with
- This process of renewal and recovery is not always easy, but it is simple
- It is based on a premise many of us have forgotten or never learned: **Each person is responsible for him or herself**
- It involves learning one new behavior that we will devote ourselves to -- taking care of ourselves

DETACHMENT:

- Is not detaching from the person whom we care about, but from the agony of involvement
- Detachment is the goal of this process of renewal and recovery

- It is something we must begin to work on ourselves, to live our own lives, feel our own feelings and solve our own problems until we have detached from the object of our obsession
- Practicing detachment lessens our destructive reactions to the world around us
- However, procrastination is perilous for those of us surviving emotional trauma
- Time is the one resource that you can't get more of in life
- When time is wasted, it is gone forever
- Although the problem of procrastination seems like an innocent enough issue, it is actually a major problem to conquer on the pathway of renewal and recovery from psychological trauma
- Procrastination is another one of those issues that keep you stuck and off the track of your life purpose
- People who consistently procrastinate also defer their potential, defray their hopes and postpone their dreams



- Healing from the quicksand that is procrastination requires an inner fire -- a passion for action that drives you forward
- You need to get in touch with a higher calling

- Being on a “Mission” is what it takes to break the yoke of procrastination
- Some of the core issues at the heart of procrastination are fear of failure and fear of success
- Many when struggling with the fear of failure, are functioning well below their potential
- The fear of failing is covered up by their not trying
- This way the focus is on lack of effort and not their ability
- On the other hand, fear of success results in not wanting to succeed
- This fear is all about the extra responsibility and scrutiny that success brings
- Success can be quite scary
- With fear of success a person is petrified that if people look more closely at them, they will discover they are a flawed imposter
- When bound by the fear of success, that person is consistently sabotaging their success
- At the core they don’t believe that accomplishment and its responsibilities belong to them
- To keep the fear of failure and success in check, things are continued to be put off
- That is -- until you realize Procrastination is a thief

Thank you, Lord, for Your strong hand that leads me in the pathways of righteousness. I know that waiting on You is a part of the master plan. I know that waiting on You strengthens my character, and helps me to be more patient and consistent and wise. But there is never a time when You need to wait on me. Help me to put aside the heavy weight of procrastination that causes me to neglect one of my most precious resource -Time. Help me to take action when it is required. This way I can avoid the unnecessary trap of becoming stagnant in my life. Help me to care so much and to cultivate so much passion for what You want me to do, that it becomes increasingly natural to gravitate toward the mission You have set before me. Give me the passion of Nehemiah so that I can rebuild the walls of my life. Amen.



- Remember, each time we exercise our right to choose how we want to act, think, feel, and behave we feel better and stronger
- Some of what we react to is other people's reactions to us
- Being removed from someone else's control takes away their power over us

- Our reactions may help others to justify certain behaviors, and reactions that ours provoke
- We often react to symptoms of problems because our vision has been narrowed by judgmental and critical attitudes

WHOLE HEART (HOLD ME NOW)

<https://www.youtube.com/watch?v=8Jfyn1rntco>

Hold me now

In the hands that created the heavens

Find me now

Where the grace runs as deep as your scars

You pulled me from the clay

You set me on the rock

Called me by your name

And made my heart whole again

Lifted up

And my knees know it's all for your glory

That I might stand

With more reasons to sing than to fear

You pulled me from the clay
You set me on the rock
Called me by your name
And made my heart whole again
So here i stand, high in surrender
I need you now
Hold my heart, now and forever
My soul cries out
Once i was broken
But you loved my whole heart through
Sin has no hold on me
Because your grace holds me now
And that grace
Owns the ground where the grave did
Where all my shame remains
Left for dead in your wake
You crashed those age-old gates
You left no stone unturned

You stepped out of that grave
And shouldered me all the way
So here i stand, high in surrender
I need you now
Hold my heart, now and forever
My soul cries out
Once I was broken
But you loved my whole heart through
Sin has no hold on me
Because your grace holds me now
Healed and forgiven
Look where my chains are now
Death has no hold on me
Because your grace holds that ground
And your grace holds me now
Your grace holds me now
Your grace holds me now
Your grace holds me now

Your grace holds me now

Your grace holds me now

So here I stand, high in surrender

I need you now

Hold my heart, now and forever

My soul cries out

So here I stand, high in surrender

I need you now

Hold my heart, now and forever

My soul cries out

So here I stand, high in surrender

I need you now

Hold my heart, now and forever

My soul cries out

So here I stand, high in surrender

I need you now

Hold my heart, now and forever

My soul cries out

Once I was broken
But you loved my whole heart through

Sin has no hold on me
Because your grace holds me now

Healed and forgiven
Look where my chains are now

Death has no hold on me
Because your grace holds that ground

And your grace holds me now

Your grace holds me now

Your grace holds me now

Your grace holds me now

Healed and forgiven
Look where my chains are now

Death has no hold on me
'Cause your grace holds that ground

And your grace holds me now

(Your grace holds me now)

Song by Hillsong United