

## IN THE LIKENESS OF GOD

This is the written account of Adam's line. When God created man, he made him in the likeness of God. He created them male and female and blessed them. And when they were created, he called them "man." When Adam had lived 130 years, he had a son in his own likeness, in his own image; and he named him Seth. After Seth was born, Adam lived 800 years and had other sons and daughters. Altogether, Adam lived 930 years, and then he died.

When Seth had lived 105 years, he became the father of Enosh. And after he became the father of Enosh, Seth lived 807 years and had other sons and daughters. Altogether, Seth lived 912 years, and then he died. When Enosh had lived 90 years, he became the father of Kenan. And after he became the father of Kenan, Enosh lived 815 years and had other sons and daughters. Altogether, Enosh lived 905 years, and then he died (Gen. 5:1-11).

Before we look deeper into the meaning of these names, I would be remiss not mentioning the entire written account of Jesus' lineage as recorded in Luke 3:24-38, which began, "Now Jesus Himself was about

thirty years old when He began His ministry. He was the son, so it was thought, of Joseph, who was the son of Heli, who was the son of Matthat, who was the son of Levi, who was the son of Melkie...and concludes with Kenan the son of Enosh, Enosh the son of Seth, Seth the son of Adam, and Adam the son of God.



Yes, God named the first man Adam which means “Man.” Adam named his third son Seth, which means “to place, appoint, bring, mark, let alone, make, regard, put on, take.” Seth named his son Enosh, which means “A mortal.” And Enosh named his son Kenan, which means “A chamber, dwelling, to erect, build or occupy.”

In 1 Cor. 2:6-10 Paul wrote, “I speak a message of Wisdom among the mature. Not the wisdom of this age or of the rulers of this age, who are coming to nothing. No, I speak of God’s secret Wisdom, a Wisdom that has been hidden and that God destined for our glory before time began. None of the rulers of this age understood it, for if they had, they would not have crucified the Lord of Glory. However, as it is written:

No eye has seen, no ear has heard,  
No mind has conceived

What God has prepared for those who love Him

But God has revealed it to us by His Spirit, Who searches all things, even the deep things of God.

Now we will look at how the Gospel of peace with God through His Son, Christ Jesus, was hidden throughout the pages of the Old Testament starting from the very beginning with the men who are among those recorded in the genealogy of Jesus.



ADAM

(Man)

“Man” – God made the first man from out of the earth, made of dust (earthly-minded); the second Man is the Lord God sent from out heaven. Now those who are made of the dust are like him who was first made of dust (earthly-minded); and as is the Man from heaven, so also are those who are of heaven (heavenly-minded).

Just as we have borne the image of the man of dust, so shall we also bear the image of the Man of heaven. Flesh and blood cannot become

partakers of eternal salvation and inherit or share in the kingdom of God.

I tell you a mystery, an event decreed by the hidden purpose or counsel of God. We shall not all fall asleep in death; instead, we shall be transformed in a moment, in the twinkling of an eye, at the sound of the last trumpet call. For a trumpet will sound, and the dead in Christ will be raised imperishable and we shall be changed (1 Cor. 15:47-53 AMP).

Thus it is written: The first man Adam became a living being (an individual personality); the last Adam (Christ) became a life-giving Spirit (restoring the dead to life). But it is not the spiritual life which came first, but the physical and then the spiritual (1 Cor. 15:45-46 AMP).

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SETH

(To Place, Appoint, Bring, Mark, Let Alone,  
Make, Regard, Put On, Take)

“To Place” – In the Messiah, in Christ, God purposed He would lead those who follow Jesus from place **to place** in one perpetual victory parade. Through us, He brings knowledge of Christ. Everywhere we go, people breathe in the exquisite fragrance. Because of Christ, we give off a sweet scent rising to God, which is recognized by those on the way of salvation – an aroma redolent with Life. But those on the way to destruction treat us more like a foul stench (2 Cor. 2:14-16 Message).

“Appoint” – God’s incomparably great power was determined to be exerted in Christ when Holy Spirit raised Jesus from the dead and seated Him at God’s right hand in the heavenly realms, far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come. God had decided to place all things under the authority of Jesus and **appoint** Him to be Head over everything for the Church, which is His body. The Church is made full and complete by Jesus, Who fills everything in every way (Eph. 1:19-23 NIV/NLT).

“Bring” – God destined Christ to die for sins once for all, the righteous for the unrighteous, to **bring** you to Himself. Jesus was put to death in the body, but made alive by the Spirit (1 Peter 3:18 NIV).

“Mark” – The Life (an aspect of Christ’s being) was to be revealed (made manifest, demonstrated), was to be seen, testified and declared to you. The Life, the eternal Life (in Jesus) Who already existed with the Father and Who (actually) was made visible (was revealed) to His followers. What we have seen and heard, we are telling you, so that you too may realize and enjoy fellowship as partners and partakers in this fellowship that we have (which is a distinguishing mark of Christians) with the Father and with His Son Jesus Christ (the Messiah) (1 John 1:2-3 AMP).

“Let Alone” – God said to Jesus, “Let them know that You, Whose name is the Lord – that You alone are the Most High over all the earth,” Ps. 83:18 NIV.

FYI, in the synagogue there was a man who was possessed by the foul spirit of a demon; and he cried out with a loud cry, “Ah, let us alone! What have You to do with us (what have we in common), Jesus of Nazareth? Have You come to destroy us? I know Who You are – the Holy One of God (Luke 4:33-34 AMP). You believe that there is one God. Good! Even the demons believe that – and shudder (James 2:19).

“Make” – Jesus had to be made like His brothers in every way, in order that He might become a merciful and faithful High Priest in service to God, and that He might make atonement for the sins of the people. Because He Himself suffered when He was tempted, He is able to help those who are being tempted (Heb. 2:17-18 NIV).

“Regard” – The Counselor (Holy Spirit) would not come to you: however, Jesus said, “If I go, I will send Him to you. When He comes, He will convict the world of guilt in regard to sin and righteousness and judgment. In regard to sin, because men do not believe in Me; in regard to righteousness, because I am going to the Father, where you can see Me any longer; and in regard to judgment, because the prince of this world now stands condemned,” John 16:7-11 NIV.

“Put On” – In Christ those who believe would all become as sons of God through faith. For as many of you as are baptized into Christ (into a spiritual union and communion with Jesus, the Anointed One, the Messiah) have put on (clothed yourselves with) Christ (Gal. 3:26-27 AMP).

“Take” – Jesus was to appear so that He might **take** away our sins. And in Him is no sin. No one who lives in Christ keeps on sinning (1 John 3:5-6 NIV).



ENOSH  
(A Mortal)

“A Mortal” – God’s plan was to place Christ in you, and although your body is dead because of sin, God would make your spirit alive because of the righteousness of Jesus. And if the Spirit of God Who raised Jesus from the dead is living in you, God Who raised Christ from the dead will also give Life to your **mortal** bodies through His Spirit, Who lives in you (Rom. 8:10-11 NIV).

Can a **mortal** man be just before God, or be more right than He is? Can a man be pure before his Master, or be more cleansed than He is (Job 4:17 AMP)?

God selected (deliberately chose) what in the world is foolish to put the wise to shame, and what the world calls weak to put the strong to shame. God also selected (deliberately chose) what in the world is



lowborn and insignificant and branded and treated with contempt, even the things that are nothing, that He might depose and bring to nothing the things that are, so that no mortal man should (have pretense for glorying and) boast in His presence (1 Cor. 1:17-19 AMP).



## KENAN

(A Chamber, Dwelling, To Erect, Build, Occupy)

“A Chamber” – We grow in trust for what God has said, “You who dwell in the dust, awake and sing for joy! For the dew of the Lord is a dew of sparkling light; and the earth shall cast forth the dead (to life again; for on the land of the shades of the dead You will let Your dew fall). Come, My people, enter your chambers and shut your doors behind you; hide yourselves for a little while until the Lord’s wrath is past. For behold, the Lord is coming out of His place to punish the inhabitants of the earth for their iniquity, the earth also will disclose the blood shed upon her and will no longer cover her slain and conceal her guilt (Isa. 26:19-21 AMP).

“Dwelling” – God’s plan included sending Jesus to reveal His love, “In My Father’s home there are many dwelling places (homes). If it were

not so, I would have told you; I am going away to prepare a place for you. And when I go and make ready a place for you, I will come back again and will take you to Myself that where I am you may be also. And (to the place) where I am going, you know the way (John 14:2-4 AMP).

“To Erect” – Now the main point of what God wanted to be said: He has given us the greatest High Priest One Who is seated at the right hand of the majestic God in heaven. Yes, God determined Jesus to be the officiating Priest, a Minister in the holy places and in the true tabernacle which is **erected** not by man but by the Lord (Heb. 8:1-2 AMP).

“Build” – The world is unprincipled. It’s dog-eat-dog out there! The world doesn’t fight fair. But those who trust in Jesus won’t live or fight our battles that way. The tools of our trade aren’t for marketing or manipulation, but they are for demolishing that entire massively corrupt culture. We use our powerful God-tools for smashing warped philosophies, tearing down barriers **erected** against the Truth of God, fitting every loose thought and emotion and impulse into the structure of Life - shaped by Christ. Our tools are ready at hand for clearing the

ground of every obstacle and **building** lives of obedience into maturity (2 Cor. 10:3-6 Message).

And I tell you, you Peter (stone) on this Rock I will **build** My Church, and the gates of Hades (the powers of the infernal region) shall not overpower it – the powers of hell shall not prevail against it (Matt. 16:18 AMP/TLB).

As it is written, Behold I am laying in Zion a Stone that will make men stumble, a **Rock** that will make them fall; but those who believe in Jesus (who adhere to, trust in and rely on Him) shall not be put to shame nor be disappointed in their expectations (Rom. 9:33 AMP).

“Occupy” - Little children, keep yourselves from idols (false gods) – [from anything and everything that would **occupy** the place in your heart due to God, from any sort of substitute for Him that would take first place in your life]. Amen (so let it be) (1 John 5:21 AMP).

Nor give importance to or **occupy** yourselves with legends (fables, myths) and endless genealogies, which foster and promote useless speculations and questionings rather than acceptance in faith of God's

administration and the divine training that is in faith (in that leaning of the entire human personality on God in absolute trust and confidence); whereas, God determined the object and purpose of our instruction and charge is to be Love, which springs from a pure heart and a good (clear) conscience and sincere (unfeigned) faith. (1 Tim. 1:4-5 AMP).

God predestined His Son to be the Head of [His] body, the Church; Jesus was to be the Beginning, the Firstborn from among the dead, so that He alone in everything and in every respect might occupy the chief place [stand first and be preeminent]. For it has pleased [the Father] that all the divine fullness (the sum total of the divine perfection, powers, and attributes) should dwell in Jesus permanently. And God purposed that through (by the service, the intervention of) Christ Jesus [the Son] all things should be completely reconciled back to Himself (Col. 1:18-20 AMP).



As we read earlier, Jesus was about thirty years old when He began His ministry. The number thirty signifies in a higher degree the perfection of Divine order, as marking the right moment (taken from Number in Scripture: Its Supernatural Design and Spiritual Significance).

Number thirty is considered to be a number of maturity, loyalty and true dedication to a certain sphere or action. In the Bible, Aaronic priests started their service when they turned 30, because they were considered to be mature and fully understood their actions, responsibilities, consequences and were able to be responsible for them.

John the Baptist fully understood his purpose and started his ministry at 30. When Jesus turned 30, He began to proclaim the Good News of the Gospel. Joseph and King David became rulers when they were 30 years old. Number thirty is also associated with sacrifice, as there were 30 coins that tempted Judas to sell Jesus out. It resulted in the greatest sacrifice in the world, when Jesus took away all the sins of humanity with His death. This number is also connected to grief as the dead were mourned for thirty days.

[http://numerology.center/biblical\\_numbers\\_number\\_30.php#:~:text=Number%2030%20ison sidered%20to,to%20certain%20sphere%20or%20action](http://numerology.center/biblical_numbers_number_30.php#:~:text=Number%2030%20ison sidered%20to,to%20certain%20sphere%20or%20action)



When we consider the word “Likeness” we learn that God said, “Let Us (Father, Son and Holy Spirit) make mankind in Our image, after

Our likeness, and let them have complete authority over all the earth (Gen. 1:26 AMP). Here are a few words related to likeness:

representation, resemblance, photograph, carbon copy, mirror image, replica, companion, sameness, accordance, congruity, compatibility, conformity, similarity...

As believers, we are being transformed into Christ's likeness with ever-increasing glory, which comes from the Lord, Who is the Spirit. And since we have such a hope, we can be very bold. Not like Moses, who put a veil over his face to keep the people from gazing at it while the radiance was fading away.

Even now when the Scripture is read it seems as though many hearts and minds are veiled and blinded too. They cannot see and understand the real meaning of the Scriptures. That's because this veil of misunderstanding can be removed only by believing in Jesus.

However, whenever someone turns to the Lord from their sins, the veil is taken away. Jesus is the Spirit Who gives them life, and where He is there is freedom from trying to be saved by doing what seems right in our own eyes (2 Cor. 3:14-18 TLB). By the Spirit of the Lord we are being transformed into Christ's image from glory to glory (2 Cor. 3:18).



There was a time when God's people had no king in Israel, and everyone did what was right in their own eyes (Judges 21:25). They didn't know Him whose name is KING OF KINGS AND LORD OF LORDS (Rev. 19:16). Though they sang "Great and marvelous are Your deeds, Lord God Almighty. Just and true are Your ways, King of the Ages." They didn't know this would become known as the Song of the Lamb (Rev. 15:3-4).

The Lamb of God, Who takes away the sin of the world (John 1:29); God paid a ransom to save us from the impossible road to heaven that so many try to take. This ransom He paid was not mere gold or silver, but He paid for us with the precious lifeblood of Jesus, the sinless, spotless Lamb. God chose Him for this purpose long before the world began, but brought Him into public view in these last days as a blessing to us.

Because of this, our trust can be in God Who raised Christ from the dead and gave Him great glory. Now our faith and hope can rest in Jesus alone so you can know and have real love (1 Peter 1:18-22 TLB).

Knowing, believing Jesus is the exact likeness of the unseen God (the visible representation of the invisible); He is the Firstborn of all creation (Col. 1:15 AMP). That at the age of 30 Jesus started His ministry and when all the people were being baptized, Jesus was baptized too. And as He was praying, heaven was opened and Holy Spirit descended on Him in bodily form like a dove. And a voice came from heaven:

“You are My Son, Whom I love, with You I am well pleased!”

Luke 3:21-23



Three years later Jesus came to the hour when the Son of Man was to be glorified. And, He continues to ask us to:

“Listen carefully! Unless a grain of wheat is buried in the ground, dead to the world, it is never any more than a grain of wheat. But, if it is buried it sprouts and reproduces itself many times over. In the same way, anyone who holds on to life just as it is destroys that life. However, if you let go of your life as you’ve been living it in this world you’ll have life forever, real and eternal.



“If anyone wants to serve Me, they must follow Me; then, where I am, My servant will also be. My Father will honor and reward anyone who serves Me. Now I am storm-tossed and My heart is troubled, and what shall I say? ‘Father, get Me out of this; save Me from this hour?’ No, this is the very reason I came to this hour. Father, put Your glory on display that Your name is glorified!”

On another occasion a voice came from heaven,

“I have glorified it, and will glorify it again.”

Some of the listening crowd said it was thunder that they heard; others thought it was an angel that spoke to Him. Jesus said,

“The voice didn’t come for My benefit but for yours. At this moment the world is in crisis. Now Satan, the ruler of this world, will be thrown out. And I, as I am lifted up from the earth, will draw everyone to Me and gather them around Me. Jesus put it this way to show how He was going to be put to death.”



Yes, God sent Jesus into the world so our eyes could be opened and He could turn us from darkness to Light, and from the power of Satan to God, so that we might receive forgiveness of sins and a place among those who are sanctified by faith in His Son (Acts 26:17-18).

How essential to understand you were dead in sins when our sinful desires were not yet cut away. However, God gave us a share in the very life of Christ, for He forgave all our sins, and blotted out the charges proved against us, this list of our defiance and rebellion when we had not obeyed. God took this list of our sins and destroyed it by nailing it to Christ's cross. In this way God took away Satan's power to accuse us of sin, and God openly displayed to the whole world Christ's triumph at the cross where our sins were taken away (Col. 2:13-15 TLB).



The prophet Isaiah asks: Who has believed our message and to whom has the arm of the Lord been revealed? He grew up before God like a tender shoot and like a root out of dry ground. He had no beauty or

majesty to attract people to Him, nothing in His appearance that we should desire Him. In fact, He was despised and rejected by men, a Man of sorrows, and familiar with suffering. Like one whom men hide their faces He was despised, and we esteemed Him not.

Surely, He took our infirmities and carried our sorrows, yet we considered Him stricken by God, smitten by Him and afflicted.

However, He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was upon Him, and by His wounds we are healed.

We all like sheep, have gone astray, each of us has turned to our own way; and God has laid on Jesus the iniquity of us all.

He was oppressed and afflicted, yet He did not open His mouth; He was led like a lamb to the slaughter, and as a sheep before her shearers is silent, so He did not open His mouth. By oppression and judgment He was taken away. And who can speak of His descendants? For He was cut off from the land of the living; for the transgressions of people He was stricken. He was assigned a grave with the wicked and with the rich in His death, though He had done no violence nor was any deceit in His mouth.

It was God's will to crush the Lord and cause Him to suffer, and though God makes the Lord's life a guilt offering, He will see His offspring and prolong His days, and the will of the Father will prosper in the hand of the Lord.

After the suffering of His soul, the Lord will see the light of life and be satisfied; by His knowledge God's Righteous Servant will justify many, and He will bear their iniquities. Therefore, God will give Him a portion among the great, and He will divide the spoils with the strong, because Jesus poured out His life unto death, and was numbered with the transgressors; for He bore the sin of many, and made intercession for the transgressors (Isaiah 53:1-12).



See, God's Servant acted wisely, and was raised and lifted up and highly exalted. Just as there were many who were appalled at Him - His appearance was so disfigured beyond that of any man and His form marred beyond human likeness - so will He sprinkle many nations, and kings will shut their mouths because of Him. For what they were not told, they will see; and what they have not heard, they will understand (Isa. 52:13-15).

And God's purpose: To demonstrate and (to continue to) prove at this present time that He Himself is righteous, and He justifies and accepts as righteous those who have faith in Jesus. What becomes of our prideful need for boasting? It must be excluded!

On what principle? (On the premise that human nature is flawed riddled with personality disorders that place more emphasis in pleasing self and others than in glorifying and pleasing God by) doing good deeds? No, on the principle of faith - (being God-dependent by leaning on, trusting in and relying on the Word of Truth to loose us from the core beliefs and feelings that we have misconstrued as being facts).

As I learned about the issues with which we struggle - Codependency, emotional trauma, people-pleasing, NPD....for change to occur in me it became necessary to think differently. So I leaned on Jesus as my Savior, God's Word as Lord, knowing I have been justified and made upright by faith independent of and distinctly apart from good deeds (Rom. 3:28 AMP).

I trusted in and relied on Jesus, the Word of God, believing with all my heart God says what He means and means what He says - Jesus will shield me all day long.



I had definitely arrived at a very important junction, a crossroad in my life. Do I set out on what seems an impossible journey to do the work taking the steps that renewal and recovery require of me? The answer was simple – because I really had no choice but to put one foot in front of the other and move forward. I knew I not only wanted change, but seemingly holding onto the end of my rope it was blatantly obvious change was desperately needed. The problem I wasn't sure how and what to do.

One thing I was learning how helpless one can feel when life and circumstances are removed from our control. I was guilty of not only doing what God's Word warns against by worrying about tomorrow (Matt. 6:34), I got caught up in the web that PTSD can spin by lingering way too long in the anger and regret of the past.

There was so much waiting ahead of me to learn and experience that I was totally unaware of. There was also so much inside me that God

knew about and was able to reveal as I took these steps toward renewal and recovery.

There's a short verse in Scripture when Philip said to Jesus, "Lord, show us the Father, and that will be enough for us," John 14:8. I had spent years reading the Word of God to learn as much as I could about Jesus. However, as many times as I heard these words spoken by the Lord:

"I seek not to please Myself; instead, Him Who sent Me!"

John 5:30

I definitely have been falling short when it comes to decreeing and applying God's Word.

As a matter of fact, before God revealed to me my struggle with PTSD my salvation had been questioned by those who do such things. No matter how bizarre at times my behavior was, what I never doubted my Savior was with me.

There is a story about Daniel's companions Shadrach, Meshach and Abednego when evil was plotted against them. However, the presence

of all that is Good was seen by those evil doers. “Weren’t there three men that we tied up and thrown into the fire? Look I see four men walking around in the fire, unbound and unharmed, and the fourth looks like a son of the gods,” Dan. 3:24-25.



Being refined by fire is not at all pleasant, but amazingly when God’s tough love is experienced the brilliance of gratitude will definitely come shining through. When a door to the furnace of affliction is opened, knowledge of God’s Word becomes as a consuming fire that sears with Truth, to make us a tester of metals that we may determine the quality of the people.

For there are those who are the worst kind of rebel, full of slander; they are as hard as bronze and iron, and they lead others into corruption. The bellows fiercely fan the flames to burn out the corruption; but, it does not purify them, for their wickedness remains. The Lord has labeled them ‘Rejected Silver,’ to be discarded (Jer. 6:27-30 NLT).

How odd it is when life seems manageable we are content with being acquainted with God’s Word, but when life becomes unmanageable fear and anger and complaint prove to be so much more familiar.



What if God, choosing to show His wrath and make His power known, bore with great patience the objects of His wrath – those prepared for destruction?

What if God did this to make the riches of His glory known to the objects of His mercy, those whom He prepared in advance for glory – even us, whom He also called, not only from the Jews but also from the Gentiles? As He says in Hosea:

“I will call them ‘My people’ who are not My people; and I will call her ‘My loved one’ who is not My loved one,”

And:

“It will happen that in the very place where it is said to them, ‘You are not My people,’ they will be called ‘sons of the living God.’”

Isaiah cries out concerning Israel: Though the number of the Israelites be like the sand by the sea, only the remnant will be saved; for the Lord will carry out His sentence on earth with speed and finality (Rom. 9:22-23).



During this journey of renewal and recovery God tells of things that are entirely new, things we never heard of before (Isa. 48:8 NLT). For instance, I had never heard of covert incest. During one of our weekly meetings, which were designed to run for 12-18 months, a woman made a single appearance and spoke of covert incest.

What is interesting, most covert incest survivors resist the idea they were sexually abused because they weren't actually touched in a sexual way by their perpetrator. People often think sexual abuse is overt and the trauma experienced is due to "hands-on" sex abuse. In truth, covert sexual abuse - also known as emotional incest or covert incest - occurs just as often as overt sexual abuse, and is equally devastating.

With emotional incest, the child is used by the adult for emotional fulfillment. In other words, the child is forced to support the abusive adult by serving as a trusted confidante or an "emotional spouse."

Sometimes covert incest victims feel special and privileged, but may also feel creeped-out by the attention they are given, and the things

they are hearing. It is the lack of boundaries that creates an incestuous feeling.

Typically, covert incest occurs when a child's parents have distanced themselves from one another physically and emotionally. This is caused when addiction or mental illness has a residence in the home. The distancing causes one of the parents to focus on the child, seeking solace and emotional fulfillment by turning the child into a surrogate spouse.

These relationships are without a doubt sexualized, and the victims learn over time that their value is based not on who they are but on whether they can successfully please/amuse/soothe the abuser.

And yes, this is the exact same life lesson that victims of overt incest learn – my needs don't matter; what you want matters. I am nothing more than an emotional/sexual object for other people to use in whatever way they want.

Unsurprisingly, covert incest survivors typically display the same adult-life symptoms and consequences as victims of overt sexual abuse:

- Difficulty maintaining healthy long-term intimacy
- Deep shame and pervasive feelings of inadequacy
- Codependency
- Dissociation
- Difficulties with self-care (emotional and/or physical)
- Love/hate relationships, especially with the offending parent but also with others
- Inappropriate bonding with their own child
- Addiction

Information taken from the article written by Robert Weiss, PhD, MSW “Emotional Incest: How to Recognize This Form of Covert Sexual Abuse” posted on the website: mbghealth

<https://www.mindbodygreen.com/0-23980/the-insidious-type-of-sexual-abuse-you-might-be-ignoring.html>



God knew this was information I needed to hear. So during one of the twelve to eighteen months of designated Wednesday night meetings,

and with that being the only meeting this person ever attended God made sure I heard about it. This journey of renewal and recovery taught me many new things:

- During these steps, we may discover we spent our lives with punishing people who would use an indiscretion over and over again – sometimes for years and years – nothing was ever let go of – as a result, we too became a punishing individual
- We may have to acknowledge that those who disappointed us, or didn't do what we believed they should have done, we wouldn't just get angry we would hang on to it, and punish and punish and punish – this may have been how we treated ourselves when we did something wrong
- We may need to acknowledge we have kept ourselves away from the love and joy available to us in relationships and life – we didn't know how to accept, forgive and nurture ourselves – we didn't know how or when to accept and forgive others
- We may discover we kept trying to forgive people for their shortcomings and addictions when we were still allowing ourselves to be victimized – we kept substituting forgiveness and denial for acceptance of reality – our concepts were confused



- We learn how to accept, and give apologies, then let things go; this always means dealing with – feelings – our feelings and accepting reality
- We learn that our feelings are an important part of reality
- We learn healthy boundaries to keep relationships safe and sane
- When boundaries are clear, relationships tend to be stable, predictable and reliable
- We learn how to know our limits
- Know where you stand: either on or off, in or out, hot or cold
  
- Unfortunately, trauma-bound relationships are just the opposite
- Relationships that have been marinated in trauma are explosive, like nitroglycerin
- They are frequently unstable, unpredictable and unreliable
- People who have been through a lot of pain often attract relationships that mirror their own painful path
- More often than not, they tend to cultivate relationships that are loaded with drama

- The upside of dramatic relationships is that they can really sweep you off your feet -- they are stimulating
- The downside of dramatic relationships is that they are so intense, so overwhelming and so breathtaking that at the end of the day you ask yourself, "What just happened?"
- The scary part is you usually answer, "I don't know" -- and this is the crux of the problem



- In the "Can't Learn" mode created by trauma, a person finds themselves in relationships that have far more excitement than they need, but they still get caught up in the drama
- Here are some key aspects of "trauma drama" relationship
  1. New relationships take on a whirlwind quality. You go too fast too soon and get deeply involved before you know the person well. You pull back from the relationship and have "buyer's remorse." You may have feelings of guilt and shame.
  2. Established relationships may have a start and stop quality to them. Communication shuts down or becomes explosive.

There are occasions where physical, verbal and emotional abuse cloud and intensify the picture.

3. A third party may enter the picture, which further intensifies the relationship.
4. Conflicts tend to be circular. You have the same arguments repeatedly.
5. Conflicts tend to continue with no end in sight.
6. Conflicts are often avoided.
7. Conflicts include “history lessons” with problems from the past frequently brought in to prove a point
8. You have a hard time learning from your mistakes.
9. Often one or both partners have a history of emotional trauma.

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- The wonderful thing about Scripture is that it is brutally honest about the faults, weaknesses and idiosyncrasies of the people it describes

1. Acknowledge where your trauma background has resurfaced in your current relationships
2. Keep track of your contribution to the problem
3. Remember, the only person you can change is you
4. A good starting point is to ask for what you want and need in your important relationships

Dear Lord, I must confess I have too much drama in my relationships. Arguments seem to take on a life of their own. Communication is spotty. Fellowship with my loved ones is too often broken. My relationships take on an all-or-nothing quality. Help me today to start on the pathway to settling things down. Give me the wisdom to say the right words. Help me to be more patient with my issues and the challenges of others so that

I can learn from my mistakes rather than repeating them. Help me to overcome the problems that have overwhelmed me. Amen.



As I began this life-journey into new discoveries about myself and God, I realized the steps I have been taking toward renewal and recovery have set me on a pathway paved with tried and true principles. I have come to view these principles as spiritual guardrails for me to hold onto as I move forward each day training myself to become more God-dependent instead of Co-Dependent.



While taking new steps on this journey we've embarked on, you will discover how deeply invested God is in you and your well-being. This slogan should cause thought: "Try it for 90 days, and if you don't like it, we'll gladly refund your misery."

Sadly, this is what evil invests in us so that our feelings would bring about thoughts like those that Job had: Why is light given to those in misery, and life to the bitter of soul; to those who long for death that does not come, who search for it more than for hidden treasure, who

are filled with gladness and rejoice when they reach the grave (Job 3:20-22)?

I thought it might be informative to take a few minutes to address Job's question. Light is made from countless trillions of 'photons,' each of which push down into our world, pushing into everything that they touch, reflecting or delivering their energy as they do so.

This is a constant barrage, a stream of energy, energy contained within the colors of the terrestrial spectrum. Each color has a vital impact upon life in its own way. Sunlight splits into seven colors – violet, indigo, blue, green, yellow, orange and red. When we mix all these colors we just get one light – White.



Different colors have been used throughout the Scriptures to symbolize deep spiritual truths. Since God has created them, we can be certain it means they have significance. With the hope of increasing our faith, and receiving personal revelation from God let's take a quick look at how biblically significant these colors are:

**WHITE: Purity, Innocence, Honesty, Cleanliness**

Jesus, Who is Almighty, has done great things for me – and holy is His name to be esteemed, respected and honored in His purity, majesty and glory (Luke 1:49 AMP); All of us who look forward to His Coming stay ready, with the glistening purity of Jesus' life as a model for our own (1 John 3:2 Message); Jesus is the kind of High Priest we need: Holy, innocent, undefiled, separated from sinners and exalted above the heavens (Heb. 7:26 ASP); Jesus has become for us Wisdom from God (1 Cor. 1:30), and this Wisdom is always fair and honest (James 3:17 ERV); Jesus is able and willing to make us clean (Mark 1:40 AMP).

VIOLET: Priesthood, kingship, royalty, mediator, wealth  
Jesus is the High Priest (Heb. 3:1); Jesus is King (John 18:37);  
The Royalty of Jesus: “King of Kings and Lord of Lords” (Rev. 19:16); Jesus is our Mediator (1 Tim. 2:5); Jesus the Source of all riches and wealth (1 Chron. 29:12)

INDIGO – Deep, rich dark blue – power, importance and heavenly grace

Jesus anointed with Holy Spirit and power (Acts 10:38); Jesus reveals the importance of God (Mark 12:29); Grace and Truth come through Jesus (John 1:17)

BLUE - The heavenly realm, the presence of God and Holy Spirit  
Jesus revealed from **heaven** (2 Thess. 1:7); Jesus takes us into the  
**presence of God** (Col. 3:17); Through Jesus God sends us **Holy Spirit** (John 14:15)

GREEN - Growth, new beginnings, health, renewal, harmony,  
hope and peace

Jesus the reason for our spiritual **growth** (John 8:12); Jesus gives  
us a **new beginning** as children of God (John 1:12); His  
compassion and mercies are new every morning (Lam. 3:22);  
Jesus brings **health** and healing (Jer. 33:6); Jesus saved us by the  
washing of new birth and **renewal** of Holy Spirit (Titus 3:5);  
Through Jesus we come into **harmony** with God's will (Rom.  
8:27); Jesus is our living **hope** (1 Peter 1:3); Jesus gives us **peace**  
with God (Acts 10:36)

YELLOW - Fire, sanctification, caution, sunshine, happiness,  
resurrection, wisdom

Jesus tests and refines our faith by **fire** (1 Peter 1:7); Jesus became  
for us **sanctification** from God (1 Cor. 1:30); Jesus **cautions** us to  
avoid sin (John 8:34); Jesus' face is like the **sun shining** in all its  
brilliance (Rev. 1:16); Jesus gives us enviable **happiness** (Matt.

5:8); Jesus was declared with power to be the Son of God through His **resurrection** (Rom. 1:4); Jesus became for us **wisdom** from God (1 Cor. 1:30)

ORANGE – Endurance, strength, flame, fire of God, fiery passion, God's anointing

**Endurance** is inspired by hope in Jesus (1 Thess. 1:3); Jesus gives us **strength** (1 Tim. 1:12); The eyes of Jesus blaze like a **flames** of fire (Rev. 19:12); Jesus showed Himself alive after His **passion** (Acts 1:3); **God's anointing** of Jesus is with Holy Spirit and power (Acts 10:38); Christ, the Anointed One, the Messiah (John 17:3)

RED – Blood of Jesus, life, salvation, courage, redemption, fervent love, sacrifice, war

The **blood of Jesus** purifies us from all sin (1 John 1:7); Jesus gives us the promise of **life** eternal (2 Tim. 1:1); **Salvation** comes through faith in Jesus (2 Tim. 3:10); Jesus gives ordinary people **courage** to be His witnesses (Acts 4:13); Jesus has become our **redemption** from God (1 Cor. 1:30); Through Jesus we can have **fervent love** for one another (1 Peter 4:8); Jesus is the atoning **sacrifice** for our sins (1 John 2:2); They will make **war** against the

Lamb of God, Christ Jesus, and He will overcome them (Rev. 17:14)



Each of these hues can be seen in their dazzling splendor shining from the embodiment of Christ Jesus so the only One Who is Good (Matt. 19:17) can be made known; however, because Jesus and the Father are One (John 10:30); and Jesus knew He had come from God and was returning to God (John 13:3) these hues shine forth as one - White Light - to represent - purity, holiness, innocence, virginity and birth all of which speaks of Jesus.

God Himself will give you a sign: Behold, the virgin shall conceive and bear a Son, and shall call His name Immanuel, "God With Us," Isa. 7:14.

Praise be to the God and Father of our Lord Jesus Christ! In His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade - kept in heaven for you, who through faith are shielded

by God's power until the coming of the salvation that is ready to be revealed in the last time (1 Peter 1:3-6)



Just as the light of the sun splits to reveal the seven colors of the rainbow, which God set in the sky as a reminder of the covenant He made with all living creatures of every kind on the earth (Gen. 9:16), I pray the following verse of Scripture from Ps. 119:105, “Your Word, Father, is a lamp to my feet and Light for my path,” will reveal God has melded the significance and beauty of each of those hues to adorn Jesus with glory and splendor, and clothe Him in honor and majesty to not only shine forth as Light of the World (John 8:12), but to shine forth the brilliance of God’s riches and wisdom and knowledge (Rom. 11:33a NLT) to let ordinary people see the meaning (Ps. 119:130b Message) of His oath, Jesus has become the guarantee of a better covenant (Heb. 7:22).

Yes, the unfolding of God’s Word gives Light (Ps. 119:130a), for God was pleased to have all His fullness dwell in Jesus (Col. 1:19), and for those who fear and revere His name, the Sun of Righteousness will rise with healing in His wings (Mal. 4:2 NLT).





Paul wrote of a journey he had set out on to Damascus with the authority and commission of the chief priests. It was about noon when he saw a light from heaven, brighter than the sun, blazing all around him and his companions. Everyone fell to the ground, and he heard a voice speaking to him in Aramaic:

“Saul, Saul, why do you persecute Me? It is hard for you to kick against the goads.”

Paul asked, “Who are You, Lord?”

“I am Jesus, Whom you are persecuting. Now get up and stand on your feet. I have appeared to you to appoint you as a servant and as a witness of what you have seen of Me and what I will show you.”

“Yes, arise, shine, for your Light has come, and the glory of the Lord rises upon you. See, darkness covers the earth and thick darkness is over the peoples, but the Lord rises upon

you, and His glory appears over you. Nations will come to your Light, and kings to the brightness of your Dawn.”

“Lift up your eyes round about, and see; they all gather together, they come to you; your sons shall come from far, and your daughters shall be carried in the arms. Then you shall see and be radiant, your heart shall thrill and rejoice.”

“I will make peace your Leader and righteousness your Ruler. Violence will disappear from your lands the desolation and destruction of war will end. Salvation will surround you like city walls, and praise will be on the lips of all who enter there.”

“No longer will you need the sun to shine by day, nor the moon to give its light by night, for the Lord your God will be your everlasting light, and your God will be your glory. Your sun will never set; your moon will not go down. For the Lord will be your everlasting light. Your days of mourning will come to an end. All your people will be righteous. They will possess their land forever, for I will

plant them there with My own hands in order to bring God all glory.”

“I will keep you safe from your own people and from the non-Jewish people, the ones I am sending you to. You will cause them to understand the Truth. They will turn away from darkness to the Light. They will turn away from the power of Satan, and they will turn to God. Then their sins can be forgiven, and they can be given a place among God’s people – those who have been made holy by believing in Me.”

Acts 26:12-16, Isa 60:1-3 NIV, Isa. 60:4-5 RSV, Isa 60:17-21 NLT, Acts 26:17-18 ERV



We have the Word God gave to His prophets, which has been made much more certain, and you will do well to pay attention to His Word of Truth, as to a Light shining in a dark place, until the Day dawns and the Morning Star rises in your heart (2 Peter 1:19).

For Jesus was transfigured on that high mountain before Peter, James and John. His face shone like the sun, and His clothes became as white as light (Matt. 17:1-2).

Then there was John, who reported what He saw: Seven golden lampstands, and among them was one “like the Son of Man,” dressed in a robe reaching down to His feet and with a golden sash around His chest. His head and hair were white like wool, as white as snow, and His eyes like blazing fire. His feet were like bronze glowing in a furnace, and His voice was the sound of rushing waters (Rev. 1:12-15):

“Those who overcome will be dressed in white. I will never blot out their name from the Book of Life, but will acknowledge their name before My Father and His angels,”

Rev. 3:5

Under the altar I saw the souls of those who had been slain because of the Word of God and the testimony they had maintained. They called out in a loud voice, “How long, Sovereign Lord, holy and true, until You judge the inhabitants of the earth and avenge our blood?” Then each of them was given a white robe, and they were told to wait a little

longer, until the number of their fellow servants and brethren who were to be killed, as they had been, was completed (Rev. 6:9-11)

Thrones were set in place, and the Ancient of Days took His seat. His clothing was as white as snow; the hair of His head was white like wool. His throne was aflame with fire, and its wheels were all ablaze. A river of fire was flowing, coming out from before Him. Thousands upon thousands attended Him; ten thousand times ten thousand stood before Him. The court was seated, and the books were opened (Dan. 7:9-10)

I looked and there before me was a great multitude no one could count, from every nation, tribe, people and language, standing before the throne and in front of the Lamb. They were wearing white robes and were holding palm branches in their hands while crying out in a loud voice: "Salvation belongs to our God, Who sits on the throne and to the Lamb," Rev. 7:9-10



I saw heaven standing open and there before me was a white horse, whose Rider is called Faithful and True. With justice He judges and makes war. His eyes are like blazing fire, and on His head are many

crowns. He has a name written on Him that no one knows but He Himself. He is dressed in a robe dipped in blood, and His name is the Word of God.

The armies of heaven were following Him, riding on white horses and dressed in fine linen, white and clean. Out of His mouth comes a sharp sword with which to strike down the nations.

“He will rule them with an iron scepter.”

He treads the winepress of the fury of the wrath of God Almighty. On His robe and on His thigh He has this name written: KING OF KINGS AND LORD OF LORDS (Rev. 19:11-16).

Then I saw a great white throne and Him Who was seated on it. Earth and sky fled from His presence, and there was no place for them. And I saw the dead, great and small, standing before the throne, and books were opened.

Another book was opened, which is the Book of Life. The dead were judged according to what they had done as recorded in the books. The sea gave up the dead that were in it, and death and Hades gave up the

dead that were in them, and each person was judged according to what they had done. Then death and Hades were thrown into the lake of fire. The lake of fire is the second death. If anyone's name was not found written in the Book of Life, they were thrown into the lake of fire (Rev. 20:11-15)



God says:

“Come now let us reason together. Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool. Your past has been full of darkness, but now you can be full of the Light of the Lord.”

“My Word will keep your lamp burning, for the Lord your God turns your darkness into Light. So you can live like children who belong to the Light. The Light of Life produces every kind of goodness, right living and truth.”

“Whoever follows Jesus will never walk in darkness, for they work to learn what pleases the Lord. They discipline

themselves to have no part in the things that people do in darkness, which produce nothing good.”

“Everything is made clear by the Light of Life. So wake up, you who are sleeping! Rise from death, and Christ will shine on you.”

Isa. 1:18, Eph. 5:8-14 ERV, Ps. 18:28, John 8:12



Yes, how great are God’s riches and wisdom and knowledge! Everything comes from Him and exists by His power and is intended for His glory (Rom. 11:33,36 NLT). Whoever chooses to live by His Word of Truth comes into the Light, so that it may be plainly seen that what they have done has been done through God (John 3:21); Who caused all the fullness of the Deity to dwell in bodily form in Christ Jesus, and those who dwell in the Light of God, have been given fullness in Christ, Who is the Head over every power and authority (Col. 2:9-10).

So the next time you gaze upon those seven perfect colors of God’s rainbow, I pray you have placed your faith in the One from Whom their rays shine, and if not I pray you consider doing so for surely you



will discover God has blended their hues to reveal the illuminating Light of the Gospel of the glory of Christ, the Messiah, Who is the Image and Likeness of God (2 Cor. 4:4). Jesus said:

“Did I not tell you that if you believed, you would see the glory of God?”

John 11:40



God calls us out of the black darkness of death, fear and ruin into His wonderful Light of Life, Renewal and Recovery. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy. You are a chosen people, a royal priesthood, a holy nation, a people belonging to God, to Whom you may declare your praises (1 Peter 2:9-10)

Yes, God has rescued us by sending Jesus to open our eyes and turn us from darkness to light, and from the power of Satan to God, so that we may receive forgiveness of sins and a place among those who are sanctified by faith in His Son (Acts 26:17-18).

It does not depend on a person's desires or efforts, but on God's mercy (Rom. 9:16)



God makes His brilliant white light shine in our hearts to give us the Light of the knowledge of the glory of God in the face of Christ (2 Cor. 4:6)

And all of this is for your benefit, so that His grace, which is reaching more and more people, may cause thanksgiving to overflow to the glory of God. And therefore, we do not lose heart (2 Cor. 4:15-16)

Yes, God rescued us from the dominion of darkness and brought us into the kingdom of the Son He loves, in Whom we have redemption, the forgiveness of sins. Jesus is the image of the invisible God, the Firstborn over all creation. By Him all things were created (Col. 1:13-15)

So 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 Jesus (Col. 3:17)

Let those who share in God's heavenly calling fix our thoughts on the Lord (Heb. 3:1)



Realizing as you come to Him, the living Stone – rejected by men but chosen by God and precious to Him – you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ. For in Scripture it records God saying:

“See, I lay a Stone in Zion, a chosen and precious Cornerstone, and the one who trusts in Him will never be put to shame.”

1 Peter 2:4-6

For the Lord's divine power has given us everything we need for life and godliness through our ever increasing knowledge of God, Who called us by His own glory and goodness. God has given us His very great and precious promises, so that through them we may participate in the divine nature and escape the corruption in the world caused by evil desires (2 Peter 1:3-4)

Therefore, dearly beloved, I urge you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice – the kind He will find acceptable. This is truly the way to worship Him.

Don't copy the behaviors and customs of this world, but let God transform you from the inside out into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect (Rom. 12:1-2 NLT)



John continued: I saw the souls of those who had been beheaded because of their testimony for Jesus and because of the Word of God. They had not worshiped the beast or had not received his mark on their foreheads or their hands. They came to life and reigned with Christ a thousand years. The rest of the dead did not come to life until the thousand years were ended. This is the first resurrection. Blessed and holy are those who have part in the first resurrection. The second death has no power over them, but they will be priests of God and of Christ and will reign with Him for a thousand years (Rev. 20:4-6)

Light is energy and fuel, pure and simple. And, Jesus said,

“I am the Light of the World. Whoever follows Me will never walk in darkness, but will have the Light of Life.”

John 8:12

God’s Light impacts and sustains our world and everything in it. If we can grasp what His Light actually does in us and for us, trying our best to understand, we will start to realize just how important this Light is for all mankind. The Light of the World really is a Force, Who does not force anyone to understand and honor Him.



- During our journey of renewal and recovery we are taking steps to better understand and honor God, ourselves and others.
- God will shine His Light to help us recognize and learn to understand and reconcile the hurt or anger, so we can ask Him to forgive everyone involved
- Working these steps will help us recognize our emotional flare-ups are signals flashing this is a perfect opportunity for God to teach us
- God is always trying to get our attention because there is so much to glean from life’s lessons – setting boundaries, owning our power, or learning something about ourselves and our relationships

- Working these steps will help us understand our feelings are not incidentals – they are an important part of us, our life and what we need to be paying attention to
- Our feelings are to be fully experienced before we move forward
  - God will often put us in similar circumstances that are designed to provoke a certain emotion – we may believe that not feeling the emotion is what is expected of us – but we are learning to surrender with more ease and dignity to the emotion as a necessary and important part of the experience



- We discover a different area of our life that also requires prompt admission of wrongdoing, and that is toward ourselves:
  - Not acknowledging and feeling our feelings
  - Not setting the boundaries we need to set
  - Not paying attention to ourselves
  - Not trusting ourselves
  - Not respecting ourselves
  - Not listening to ourselves
  - Being angry at ourselves, and punishing ourselves

- Self-neglect is wrong
- While working these steps we become vigilant about those problem areas that have become habitual behaviors
  - Shutting down our emotions
  - Getting hooked into caretaking
  - Focusing on another
  - Neglecting our own emotions and needs
  - Trying to control the course of our relationships
  - Not being emotionally honest about our needs and wants with ourselves and others
  - Forgetting or neglecting to treat ourselves with a nurturing attitude
  - Being harsh, demanding, critical and shaming of ourselves
  - Anticipating rejection when it is not forthcoming
  - Falling into the trap of our old beliefs – we are unlovable, incompetent, and undeserving
  - Falling into our fears
  - Looking to others rather than God's Word and ourselves, to take care of, to protect
  - Falling back into a deprived and martyred way of living
  - Allowing others to control us or our lives

- Are we worrying
- Are we once again trying to control what we cannot
- Are our reactions to people fear-based or shame-based
- Are we allowing ourselves to get into a power play with someone, reacting and trying to force our hand
- Are we holding on too tightly
  
- We are controllers
  - We nag --- Lecture --- Scream --- Holler --- Cry --- Beg
  - Bribe --- Coerce --- Hover over --- Protect --- Accuse
  - Chase after --- Run away from --- Try to talk into
  - Try to talk out of --- Attempt to induce guilt in --- Seduce
  - Entrap --- Check on
  - Demonstrate how much we've been hurt
  - Hurt people in return, so they'll know how it feels
  
- Our tendencies may be to:
  - Threaten to hurt ourselves --- Whip power plays on
  - Deliver ultimatums to --- Do things for
  - Refuse to do things for --- Stomp out on --- Get even with
  - Whine --- Vent fury on --- Act helpless



- Suffer in loud silence --- Try to please --- Lie
- Do sneaky little things --- Do sneaky big things
- Clutch at our hearts and threaten to die
- Grab our heads and threaten to go crazy
- Beat our chests --- Threaten to kill
- Enlist the aid of supporters
- Gauge our words carefully --- Sleep with
- Refuse to sleep with --- Have children with
- Bargain with --- Drag to counseling
- Drag out of counseling --- Talk mean about
- Talk mean to --- Insult --- Condemn
- Pray for miracles --- Pay for miracles
- Go to places we don't want to go --- Stay nearby
- Supervise --- Dictate --- Command --- Complain
- Write letters about --- Write letters to
- Stay home and wait for --- Go out and look for
- Call all over looking for
- Drive down dark alleys at night hoping to see
- Chase down dark alleys at night hoping to catch
- Run down alleys at night to get away from
- Bring home --- Keep home --- Lock out

- Move away from --- Move with --- Scold
  - Impress upon --- Advise --- Teach lessons to
  - Set straight --- Insist --- Give in to ---Placate
  - Provoke --- Try to make jealous
  - Try to make afraid --- Remind --- Inquire
  - Hint --- Look through pockets --- Peek in wallets
  - Search dresser drawers --- Dig through glove boxes
  - Look in the toilet tank --- Try to look into the future
  - Search through the past --- Call relatives about
  - Reason with --- Settle issues once and for all
  - Settle them again --- Punish --- Reward
  - Almost give up on
  - Then try even harder
- Codependents aren't people who "Make things happen" - we consistently, and with a great deal of effort and energy, try to force things to happen
    - We control in the name of love
    - We do it because we're "Only trying to help"
    - We do it because we know best how things should go, and how people should behave

- We do it because we're right and they're wrong
  - We control because we're afraid not to do it
  - We do it because we don't know what else to do
  - We do it to stop the pain
  - We control because we think we have to
  - We control because we don't think
  - We control because controlling is all we can think about
  - We may control because that is the way we have always done things
- 
- Despite the tactics, the goals remain the same:
    - Make other people do what you want them to
    - Make them believe as you think they should
    - Don't let them behave in ways you think they shouldn't, but probably would, without your "Assistance"
    - Force life's events to unravel and unfold in the manner and at such times as you have designated
    - Do not let what's happening, or what might happen, occur
    - Hold on tightly, and don't let go

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- When we attempt to control people and things that we have no business controlling, we are controlled
- We forfeit our power to think, feel and act in accordance with our best interests --- We frequently lose control of ourselves
- Realize --- troubled people are expert controllers
- Realize --- you don't cause it; you can't control it; and you can't cure it
- It is utterly frustrating to try to do the impossible
- Usually we prevent the possible from happening by clutching tightly to a person or thing, or forcing our will on any given situation because we eliminate the possibility of God doing anything constructive about that situation, person or us



- Our controlling behaviors block:
  - God's power
  - Other people's ability to grow
  - Stops events from happening naturally
  - Prevents us from enjoying people or events
- Controlling is an illusion

- We cannot (and have no business to) control anyone's emotions, mind or choices
  
- People ultimately
  - Do what they want to do
  - Feel how they want to feel
  - Think what they want to think
  - Do the things they believe they need to do
  - They will change only when they are ready to change
  - If their wrong or right it doesn't matter
  - It doesn't matter if they are hurting themselves
  - It doesn't matter that we could help them if they'd listen to, and cooperate with us
  - It doesn't matter
  
- We cannot change people
- Any attempts to control them are a delusion, as well as an illusion
- People will either resist our efforts or redouble their efforts to prove we can't control them
- People will punish us for making them do something they don't want to do, or be something they don't want to be
- No amount of control will effect a permanent or desirable change in another person

- The only person that we can now and ever change is ourselves
- When you have done all that you can do, it is time to detach, deal with your feelings, face your fears about losing control
- Gain control of yourself and your responsibilities
- Free others to be who they are; in doing so, you will set yourself free



We can find freedom as we practice these principles for taking steps toward renewal and recovery to become more God-dependent not 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
  - God exists and I matter to Him
  - We admit we are powerless
  - We admit in certain areas our lives have become unmanageable
  - We believe God will restore us with Love, a Sound Mind and Power

- We believe He will help us stay committed to this decision to put all of who we are into His possession and safekeeping
- We believe the Word of God will encourage, support and strengthen us as we make a searching and fearless moral inventory of ourselves
- Because of God's loving-kindness we are willing to admit to God, to ourselves and another person the exact nature of our wrongs
- With Truth as our solid foundation we are entirely ready to have God remove all our defects of character
- Having received faith and hope and love for the Surety God has given we humbly ask Him to remove our shortcomings
- Having gained knowledge and insight and understanding we make a list of anyone we have harmed, and become willing to make an amends to them all
- Having gained confidence and trust in God's refuge we step out with the mindset we are doing this with God and for His glory to make those amends whenever possible unless to do so would cause injury to others
- We embrace our covenant relationship with the Father, Son and Holy Spirit by continuing to take a personal moral inventory, and when we are wrong being prompt to admit it

- We invest in our relationship with God by communicating through prayer and meditation to improve our conscious contact with Him seeking knowledge of His will and the power of grace to carry that out
- We 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 our affairs



- And as we approach the different crossroads life bring us to, we will see three key parts to remember
  1. The WHAT: "We continue to take personal inventory..."
  2. The WHY: ".....And when we were wrong..."
  3. The THEN WHAT: "...Promptly admitted it
- We are asked to:

Take time to do a daily inventory

Evaluate the good and the bad

Need to admit our wrongs promptly





- TAKE time to do a daily inventory
- To inventory something is simply to count it
- We must remember to reserve a daily time with God for self-examination, Bible reading and prayer
- This gives us quiet time to count the good and bad things we did during a particular period of time
- Lam. 3:40 encourages us to “Examine our ways and test them, and....return to the LORD.”
- We need to ask ourselves the following questions
  - What good did I do today?
  - In what areas did I blow it today?
  - Did I do or say anything that hurt anyone today?
  - Do I owe anyone amends?
  - What did I learn from my actions today?
- Our daily inventories need to be balanced
- We need to look at the things we did right, as well as, the areas in which we missed the mark, and blew it

- We actually can begin to do a lot of things right
- But, if we are not careful, we can slowly slip back into our old codependent habits and dysfunctions, so we need to take regular, ongoing inventories
- EVALUATE the good and the bad
- This step doesn't say, "...If we're wrong."
- This step says when I'm wrong
- This step forces us to admit on a daily basis, I'm going to be wrong, and I'm going to make mistakes
- This may be a struggle, but this sign I saw may encourage you also, "Would you rather be right...or well?"
- 1 John 1:8-10 says, "If we say we have no sin, we are only fooling ourselves, and refusing to accept the Truth. But if we confess our sins to Him, He can be depended on to forgive us, and to cleanse us from every wrong. (And it is perfectly proper for God to do this for us because Christ died to wash away our sins). If we claim we have not sinned, we are lying and calling God a liar, for He says we have sinned."

~

- In John 3:21 Jesus tells us:

“Whoever lives by the Truth comes into the Light.”

- These steps bring us, on a daily basis, into the Light
- Once we see the Light, we have a choice
- We can ignore it, or we can act on it
- If we act, we are living the last part of step, and answer the “Then what” question
  
- We NEED to admit our wrongs promptly
- In this step you will discover that you have to own your mistakes, and take responsibility for your actions
- Taking time daily to allow God to show you where you miss the mark will ensure you can do what this step requires
  
- In Matt. 5:23-24, Jesus tells us:

“This is how I want you to conduct yourself in these matters. If you enter your place of worship and are about to make an offering, and you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go

to this friend and make things right. Then, and only then, come back, and work things out with God.”

- In other words, admit your wrongs...promptly
- Keeping a journal will help you keep track of your good and bad behavior
- Look for negative patterns, issues that you are continually writing down and having to promptly make amends for – again and again
- Share them with someone you trust, and set up an action plan with God’s help to overcome them
- Start out by writing down one thing that you are thankful for from each day’s experiences, this will help get you writing
- I encourage you to make journaling a daily part of your journey



“So rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, 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 4:4-7

For you are the light of the world, a city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before people, that they may see your good deeds and praise your Father in heaven (Matt. 5:14-16)

Then you too can be heard saying, "Lord, You are all I have, and You give me all I need; my future is in Your hands. How wonderful are Your gifts to me; how good they are! I praise You Lord, because You, Father, have given me Your Word, to guide me, and in the night my conscience warns me.

I am always aware of Your presence; You are near, and nothing can shake me. And so I am thankful and glad, and feel completely secure, because You protect me from the power of death and darkness. I desire to serve you faithfully, and I know You will not abandon me to the world of the dead. You will show me the path that leads to

Life; Your presence fills me with joy and brings me pleasure  
forever more (Ps. 16:5-11 GNT)

## IN YOUR PRESENCE

<https://www.youtube.com/watch?v=uag979ObpBc>

When Your Spirit rushes in  
And a holy hush falls on us again  
It is so far beyond a song  
It's heaven on earth  
With our hearts surrendered here  
Come and breathe on us and change the atmosphere  
We are in awe of who You are  
You're heaven on earth  
In Your presence  
Mountains sink into the ocean  
And we stand amazed  
In Your glory  
Chains and prison doors are broken  
Where Your freedom reigns  
In Your presence

In the whisper, I can hear  
That You love me and there's nothing left to fear  
No greater love is found within  
All heaven and earth  
Heaven and earth  
In Your presence  
Mountains sink into the ocean  
And we stand amazed  
In Your glory  
Chains and prison doors are broken  
Where Your freedom reigns  
In Your presence  
This room is alive in Your majesty  
Our sin it revived in Your mercy  
Your Son glorified, our arms open wide  
Singing, 'Worthy! You are worthy!'  
This room is alive in Your majesty  
Our sin it revived in Your mercy  
Your Son glorified, our arms open wide  
Singing, 'Worthy! You are worthy!' In Your presence  
Mountains sink into the ocean  
And we stand amazed

In Your glory  
Chains and prison doors are broken  
Where Your freedom reigns  
In Your presence  
Come Fill this room with Jesus  
Come fill this room with your presence  
We make room for you  
Come fill this room  
Fill it up  
Every space Every space  
We lay down every burden every prayer  
We lay it down every distraction  
We lay down  
Holy spirit  
In Your presence  
Mountains sink into the ocean  
And we stand amazed  
In Your glory  
Chains and prison doors are broken  
Where Your freedom reigns  
In Your presence  
In Your presence



Mountains sink into the ocean  
And we stand amazed  
In Your glory  
Chains and prison doors are broken  
Where Your freedom reigns  
In Your presence

Song by Jesus Culture ft. Kim Walker-Smith