

THE SPIRIT OF GOD IS HOVERING

In Genesis 1:2 we are told the earth was formless (chaotic, ethereal) and empty (insatiable, insignificant), darkness (ambiguity, difficulty, mystery) was over the surface of the deep (remote, shrouded, occult).

I'm sure by now it's apparent I enjoy word-play, examining the meaning of words along with the correlating synonyms, words that have the same or nearly the same meaning. Using formless and empty, darkness and deep as examples, when they are read an image emerges. However, like brushstrokes of color add detail to a painting, the use of synonyms enhances thought and imagery.

And, just as the use of synonyms can cause what is being read to become a bit more meaningful, so too the experiences of daily-living cause our lives to become more meaningful. Thought and feeling add very unique brushstrokes to the details of interpretation and reasoning by addressing unspoken questions such as - What meaning does this have for me?

Of course, for the question of meaning to be given a literal answer a dictionary would be needed. The following definition gives clarity and description to the word meaning (1) a statement of meaning for a word or word group or a sign or symbol.

The Merriam-Webster Dictionary also states this in reference to the word definition:

1. A statement expressing the essential nature of something
2. A product of defining
3. The action or process of stating the meaning of a word or word group.
4. The action or the power of describing, explaining, or making definite and clear

However, thoughts are subjective, and the meaning (significance, intention) of a statement can drastically vary from total agreement to totally unsubstantiated (foolish, invalid, wrong) as a result of individual perception (opinion, assumption, belief). In other words, a personal perspective (mind-set, feeling, persuasion) could be guilty of twisting a definite (valid, true, precise) statement into one that is basically (more-or-less, somewhat) true.

And though the objective of a definition is (1) To bring depth and meaning (2) To explain, determine and identify; very often unfortunate developments occur as a result of a statement being subjectively interpreted. Why? We are inclined (likely, willing) to receive meaning (implication) from words at the very personal depth of thought and feeling.

When words are given such regard (attention, consideration) their substance (nature, essence) is felt, ingested. A misconstrued statement when ingested can cause the heart to burn. When internalized, words can begin consuming (gnawing, lowering, draining) when they are used to explain, determine and identify self-interest.

Mark 7:13 tells us what Jesus said about this:

“Thus you nullify the Word of God! Great skill is shown in avoiding the directives of God so personal beliefs and opinions and traditions can be followed. How is it that you think it is more important to follow self-interest instead of what God says?”

Mark 7:9013 ERV

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I know I definitely made the Word of God ineffectual. For me, words were a means of determining acceptance and approval, validation and love. I learned at a very young age doing for others could bring happiness to everyone. Needless to say, this gives evidence to a very immature thought process; however, the desire to please became for me a way of life.

When taken personally, words just naturally have the power to confuse, excuse, ridicule, shame, condemn, demean....Although I was oblivious to the fact that God's Word, when taken personally, has an extraordinary power to clarify and enlighten, so those words that were meant to shame, ridicule, condemn or demean are nullified, simply losing the significant meaning they once held.

When I began reading God's Word, the Lord in His loving-kindness started leading me on a very unique and personalized journey to the heart of God. I had no idea when I opened the Bible I was embarking on a spiritual journey, but this wasn't a surprise to God. He knew each and every destination, and when I would arrive.

At each stop along the way, God's Word provides what is really needed - Truth, Compassion, Grace, Strength and Encouragement.

Though it took me years of going through, I made the most amazing discovery, I had always been right there in God's heart. So I write about God and His Word so you too will discover - you have always been right there in God's heart.



The information offered has been compiled over the past 25-30 years. Though my academic achievement is a BSN as a registered nurse, life automatically enrolls each person in the uncharted courses the school of hard-knocks provides. And no matter the lessons learned or how unique the testimony - difficulty, upset (at times quite traumatic) and heartache are the common threads of which we're all familiar.

Of course, it is of tremendous benefit to talk about the problems we encounter, but the best gift is not always received - just listen; instead we are offered so many suggestions. How God wishes we would just listen, so this process of Renewal and Recovery would be seriously considered for surely then the voice of Love would be heard.

Love so perfect fear is driven out (1 John 4:18). No matter what fear produces, for God is Love (1 John 4:16), and fear prevents us from being vulnerable, transparent and authentic with everyone.

But of this you can be certain, no matter the thought pattern, emotional circuitry or difficult circumstances, gratitude reminds us, with faith the prayers of a righteous person are effective (James 5:6). When faith grows into complete trust in God and His Word, the power of Holy Spirit will move those mountains we've been going around.



So I ask why remain puffed up with pride (1 Tim. 6:4) depending on your own strength (Hos. 10:13) an ingenuity. Possibly believing your ways are better and hidden from the Lord, your cause disregarded by God. Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth.

He will not grow tired or weary, and His understanding no one can fathom. He gives strength to the weary, and increases the power of the weak. Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint (Isa. 40: 25-31).

Beloved, don't be deceived, the Lord is well aware of our pride, conceit and arrogance, the haughtiness of heart and the insolence how futile, while boasting accomplishes absolutely nothing (Jer. 48:29-30).



Each and every person has been guilty of such foolishness. Obstinate and disobedient, deceived and misled by all sorts of cravings and pleasures that potentially could consume us. BUT GOD, when His kindness and love appeared, He saved us extending His mercy, well aware of the malice and envy, anger and hatred for one another that we live in (Titus 3:3-5).

So I write to give glory to God and Christ Jesus and Holy Spirit, Who fills our parched soul with the refreshing water that flows from the Rock, the Source of Truth and Grace. Indeed, the water Jesus gives is richly fortified, and becomes in us a spring of water welling up to eternal life (John 4:14).



Jesus modeled for us a victorious lifestyle, one in which He was completely free from any entanglement with sin. Sadly, many view the life and death of the Lord as foolishness, they are unable to recognize

God's power (1 Cor. 1:18) is released through Holy Spirit, Who doesn't pressure or intimidate or manipulate, and certainly without unavailing boasts of power. Instead, with conviction (assurance, sureness, certainty) that reveals our guilt, not to condemn for sin is what condemns us.

God extends an invitation that should be given careful consideration for salvation, deliverance and inner healing are surely in our own best interest.

We are not compelled to attend Holy Spirit's Institute of Higher Learning; however, with God's Word in hand a wealth of godly instruction is bestowed. And there is so much Holy Spirit has to offer if we're willing to accept God's Word as Truth.

Christ purchased our freedom redeeming us from the curse, the doom, of the Law and its condemnation by becoming a curse for us Himself, for it is written in the Scriptures: Cursed is everyone who hangs on a tree, who is crucified (Gal. 3:13 AMP).



Yes, there is much to learn; and, if you are willing to embark on this spiritual journey, you too will hear Jesus say:

“Your faith has saved you; go enter into peace.”

In freedom from all the distresses that are experienced as the result of sin (Luke 7:50 AMP).

If you have an inkling of an interest to enroll in the personalized courses God has designed so His miraculous can occur, like this one: Ask, Seek and Knock. Come along, for everyone who asks receives; and those who seek will find; and to those who knock, the door will be opened (Luke 11:10) so Truth and wisdom, insight and discernment into the ways, the will and the glorious Fear of God can become personally known.

Through the resurrection power of Holy Spirit we are made spiritually alive (1 Cor. 2:15a) receiving the fullness of life in Christ, Who fills us with the Godhead – Father, Son and Holy Spirit (Col. 2:10). We are given this most precious gift of life, which enables (empowers, qualifies, equips) us to commune openly and honestly with God (1 Cor. 2:14).

With Jesus in our lives the miraculous never ceases though it may not readily be seen. For you see, God’s Word of Truth performs a spiritual

circumcision in the putting off the body our old sinful nature. A circumcision performed by Christ and not by human hands (Col. 2:11 BSB).

We don't have to rely on the guesses and opinions of the world (1 Cor. 2:13 Message). We don't have to conform any longer to the pattern of this world copying its behaviors and customs. Holy Spirit works within to transform our lives with a fresh newness in the way we think and feel so the things we do (Rom. 12:2 TLB) are done for God's glory instead of self-interest.



We don't have to let anyone spoil our faith and joy with their philosophies, their wrong and shallow answers built on human thoughts and ideas, instead of what Christ has said. In Christ there is all of God in a human body; so you have everything when you have Christ, and you are filled with God through your union with the Lord. He is the highest Ruler, with authority over every other power (Col. 2:8-10 TLB).

When we come to Christ, He sets us free from our evil desires, not by a bodily operation of circumcision, but by a spiritual operation, the baptism of our souls. In baptism we see how our old, evil nature died

with Jesus and was buried with Him; and then we come up out of death with Him into a new life because we trusted the Word of Almighty God, Who raised Christ from the dead (Col. 2:11-12 TLB).

Focusing on Jesus, resisting temptation, and remembering in our struggle against sin, we have not yet resisted to the point of shedding our blood. Let us not forget God's Word of encouragement that addresses us as sons:

“My son, do not make light of the Lord's discipline, and do not lose heart when He rebukes you, because the Lord disciplines those He loves, and He punishes everyone He accepts as a son.”

Heb. 12:4-6

Paul continued to explain, he and the apostles used the very words given them by Holy Spirit, not words that you and I might choose. They used Holy Spirit's words, which explain the thoughts of God; to teach and give a full report on the gifts of life and salvation that God bestows when His invitation is accepted (1 Cor. 2:12-13 TLB).



Let's take a moment to consider, throughout life no matter our age we have chosen words, and made decisions to step out to do what is

desired. However, there are decisions, impulses and suggestions that lead us into trouble. Was the trouble of our own making? Well I suppose that's not a question easily answered, since trouble just naturally seems to find us.

But, there's also this natural tendency to hide behind tall tales that cast shadows of doubt and confusion to avert (shirk, stave off, elude) the consequence that accompanies accountability – sadly its benefits are then negated.

Here are a few synonyms of consequence: sequence, product, effect, by-product, fruit..: as in importance - substance, essentiality, weight, gravity, dominion: as in arrogance - disdain, self-importance, vanity, pretense, condescension: as in inference – judgment, assumption, ruling, verdict, resolution, deliverance....

What can be surmised from this, consequence discloses what lies within a heart, both good and evil; consequence makes known the presence of authority and power; consequence exposes the smugness, conceit, and those things attached to “self” – centeredness, opinion and assertion; consequence points to the need for law and order. And God's Word of Truth asserts:

“God is not a God of disorder but of peace. So whatever you have learned or received or heard about His Word – put it into practice, and the God of peace will be with you. He will sanctify you through and through, for the One Who calls you is faithful and He will do it. He will soon crush Satan under your feet.”

“Yes, the God of peace, Who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, He will equip you with everything good for doing His will, for He works in us what is pleasing to Him through His Word, Christ Jesus, to Whom be glory forever and ever.”

1 Cor. 14:33, Phi. 4:9, 1 Thess. 5:23-24, Rom. 16:20, Heb. 13:20-21



The rippling effects of consequence are far reaching. As far reaching as the heavens for even God is aware of the complaints and anger and accusation that is flung about, even in His direction.

At one time the consequence of Good, the life of abundance, filled the earth, that is until conjecture (assume, suppose, suspicion) exhaled more than just hot air - enmity, misery and the carnage of Evil.

People have not changed. Doubt and disbelief and conjecture are like geysers spewing throughout the earth. How could a reasonably smart person dare to question where God is, or how could He let so much bad happen when the only good a heart desires is what feels good to me, myself and I.

When room is not made for the Source of Good there should be no wondering why the world is pulled under by enmity (hatred, malignancy, cruelty), misery and carnage.



Sadly, there are many for whom tears have been shed because they choose to live as enemies of the cross of Christ (Phil. 3:18). They can't understand and can't accept God's way of thinking, which Holy Spirit teaches. It sounds foolish to them because only those who have Holy Spirit within them can understand what He means. Unbelievers just can't take it in. Those who are spiritual have insight into everything,

and that bothers and baffles the people of the world, who can't understand them at all.

How could they? For certainly they have never been one to know the Lord's thoughts, or to discuss them with Him, or to move the hands of God by prayer. But, strange as it may seem everyone who has Holy Spirit within them, have a portion of the very thoughts and mind of Christ (1 Cor. 2:14-16 TLB).

If I paraphrase this verse, without faith in Jesus people can't understand God's Word of Truth, which Holy Spirit explains so the language of Love can be better understood. For God's language of Love isn't miles away it is in an entirely different realm, three heavens removed from the language of pride this world's spirit uses to manipulate and coerce, bewilder and deceive. But God, He not only wants us to learn how to speak His language but how to share our knowledge with others.



For surely, we overcome our accuser, the one God hurled down to the earth, by the blood of the Lamb, Christ Jesus, and by the word of our testimonies (Rev. 12:10-11)!

The very reason the Son of God appeared was to destroy the work of the devil (1 John 3:8b). Jesus shared in our humanity (Heb. 2:14a). The Word became flesh and blood, and made His dwelling among us (John 1:14a). Living His life in purity, humility, patience and kindness; in Holy Spirit and in sincere love; in truthful speech and in the power of God; with weapons of righteousness in His right hand and in the left (2 Cor. 6:6-7).

That by His death He might destroy him who holds the power of death – that is, the devil – and free those who all their lives are held in slavery by their fears of not only dying but of living a transparent and authentic life (Heb. 2:14-15).

All this the Lord does and so much more, for He speaks the language of Love. Holy Spirit doesn't just translate, He transforms so we can learn to walk in obedience to God's Word, for this is love. And God's instructs us so we can walk in love (2 John 6). This is not a new directive, but simply a repetition of our original and basic charter: That we love one another (2 John 5 Message).



Jesus, God's Word, continues to come so we may have Life, and that we may have life more abundantly (John 10:10b NKJV). Jesus, the Word of God, made the decision to step out with faith in God, so our lives could prosper in every way. We too must step out with faith in God, and make the decision to train ourselves in God's Word, for this is how our soul is kept well and prospers (3 John 2).

For Holy Spirit will ensure we grow in grace and knowledge and understanding of Christ Jesus, our Lord and Savior (2 Pet. 3:18). And, God's language of Love can be properly interpreted and applied because:

I know you're hurting
I can see it in your eyes
So, pull back the curtain
And take off your disguise
Whoever told you
Ain't worth the fight
The cross tells a story
That'll change your mind

Cause there's only love in the heart of God
No room for shame in His open arms

There's beauty from ashes, so come as you are
There's only love in the heart of God

Come, prodigal children
It's never too late
Run home to the Father
Let Him clothe you with grace
And bury your burdens
Break free from the fear
Step out of the shadows
There's no judgment here
There's only love in the heart of God
No room for shame in His open arms
There's beauty from ashes, so come as you are
There's only love in the heart of God

No, He's not sitting there shaking His head
Writing you off, leaving you lost
He's not sitting there shaking His head
He went to that cross, He went to that cross

Cause He loves you so much

There's only love in the heart of God
No room for shame in His open arms
There's beauty for ashes, so come as you are
Cause there's only love in the heart of God

Heart of God

Song by Zach Williams

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



How essential to hear but also to experience, for how many times we've heard it said or maybe even said ourselves, "The devil made me do it." Of course a silly excuse, but one that is offered when we're baffled and a reasonable explanation cannot be given. How many times rude and disrespectful responses occur because of fault found in another.

Within the cycle of addiction, certain things are said and done to provoke a response so blame and guilt can be redirected. Wikipedia states addiction is a neuropsychological disorder characterized by the persistent use of a drug, despite substantial harm and other negative

consequences. Repetitive drug (the addiction of choice whether chemical, physical or material), when used often alters brain function in ways that perpetuate cravings and weakens our ability to control “self.”

Here’s an interesting fact: Self-Control is a fruit that Holy Spirit cultivates within us. Like any other fruit, when it’s removed from the vine or branch it will spoil (break down, decay, disintegrate). John 15:5 tells us what Jesus said:

“I am the Vine, you are the branches. If you remain in Me, and I remain in you, then you will bear much fruit, apart from Me you can do nothing.”

Phil. 4:13 says, I can do everything through Him Who gives me strength. This becomes more than a possibility for us; because, when we come to the Lord, the miraculous occurs for God attaches us to the Vine, to His Messiah, whose name is the Branch (Zech. 6:12 AMP).



Because of the tender mercy of our God, the rising Son has come to us from heaven to shine on those living in darkness and in the shadow of

death, to guide our feet into the path of peace (Luke 1:78-79). Philip told his friend Nathanael, “We have found the one Moses wrote about in the Law, and about whom the prophets also wrote – Jesus of Nazareth, the son of Joseph,” John 1:45.

Zechariah foretold Christ would branch out from His place, and build the temple of the Lord. It is He Who will build the temple of the Lord, and He will be clothed with majesty and will rule as King on His throne. And, He will be a Priest on His throne. And there will be harmony between the two offices, Priest and King (Zech. 6:12-13).

Christ Jesus Himself is the Chief Cornerstone. The Stone the builders rejected, the Lord has become the Capstone (Acts 4:11). What God promised, He has fulfilled for us by raising up Christ Jesus (Acts 13:32-33).



Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved (Acts 4:12).

In Christ the whole building is joined together and rises to become a holy temple in the Lord. And, those who share a covenant relationship

with Him are being built together to become a dwelling in which God lives by His Spirit (Eph. 2:21-22).

Therefore consider, who shall bring any charge against God's elect, when it is God Who justifies (that is, Who puts us in right relationship to Himself)? Who shall come forward and accuse or impeach those whom God has chosen? Will God, Who acquits us?

Who is there to condemn us? Will Christ Jesus, the Messiah, Who died, or rather Who was raised from the dead, Who is at the right hand of God actually pleading as He intercedes for us?

Who shall ever separate us from the love of Him (Rom. 8:33-35 AMP),
Who said:

“It is not the healthy who need a doctor, but the sick”

Luke 5:31



Those who struggle with harmful tendencies and self-destructive behaviors that bind the flesh with addiction - the inability to stop lying, drinking, stealing, eating, shopping, gambling, sex, love,

working, drugs, risk taking, denying, blaming....Any reason given to feel the rush or satisfy a desire regardless of the consequence.

And surely, consequence accompanies any act whether good or bad. Here are a few things the Message Bible says about addiction:

“Are you addicted to thrills? What an empty life
The pursuit of pleasure is never satisfied (Prov. 21:17)
Those who are self-willed and addicted to their rotten
images and obscene idols! I’ll see that they’re paid in full for
what they’ve done,” Ezek. 11:21

“Get rid of all the vile things that you’ve become addicted
to. I alone am God, your God. But so many have rebelled
against Me, wouldn’t listen,” Ezek. 20:7-8

“Woe to those addicted to feeling good – life without pain!
Those obsessed with looking good – life without wrinkles!”
Amos 6:6

“People who are full of lies, bursting with loot, addicted to
violence,” Nah. 3:1

“People who make a practice of doing evil, addicted to denial and illusion,” John 3:20

“People who refused for so long to deal with God, they’ve lost touch with Him. They can’t think straight anymore. They let themselves go in sexual obsession, addicted to every sort of perversion,” Eph. 4:18-19

“People who are self-absorbed, money-hungry, self-promoting, stuck-up, profane, contemptuous, crude, coarse, unbending, slanderers, impulsively wild, cynical, treacherous, ruthless, addicted to lust and allergic to God,” 2 Tim. 3:2-3

“Evil will boomerang on them. They’re so despicable and addicted to pleasure that they indulge themselves. They’re obsessed with adultery, compulsive in sin, seducing the vulnerable. They’ve left the main road and are directionless, having taken the way of the connoisseur of evil.” 2 Peter 2:13-15

“Fatally seduced, they’ve addicted themselves to corruption
- and they are - they’re enslaved,” 2 Peter 2:17



The world is unprincipled. It’s dog-eat-dog out there! The world doesn’t fight fair. We use powerful God-tools not for manipulation, but for demolishing that entire massively corrupt culture (2 Cor. 10:3-5 Message). Manipulation, issues with control and denial, addiction all of which the Word of Truth will counter (oppose, contend with, frustrate and thwart):

“Why quibble about the speck in someone else’s eye - their little fault - when a board is in your own.”

Luke 6:41 TLB

Though one finger may be pointed toward another, there are four that are stipulating there is only one person with whom you are familiar that can change, and that person is you. There are personal factors (traits, characteristics, beliefs, essential building blocks, traumas), and only God can reveal reasons they trigger behaviors that even we deem at times to be irrational and confusing.



Mental illness has made an appearance in the generations of my family. There was a time when the soundness of my own mind was questioned. Holy Spirit speaks to comfort and encourage, to support and strengthen; He assured me when God's Word of Truth is not given prevalence (constancy, frequency, regularity) then deception will twist, distort and pervert anyone's thinking.

On three separate occasions God pointed to the time when I was three and half years old. A time when fear and abandonment and rejection not only came into my focus they became permanent issues of my heart. They were as a leaven diffused within the building blocks of my childhood that gave rise to character deficits, feelings and core beliefs that really were quite faulty.

All that faulty wiring is brought about when we ruminate on thoughts and feelings, manipulating words to get our own way, we go wrong (Matt. 5:37 Message) because this ensures self-protective and self-defensive measures will be acquired and trust for God discarded.

But God, He works to repair all that faulty wiring in our thinking with His Word. As He did for me, pointing to core beliefs, this one in particular – that not because of who I was, but because of what I could do to earn approval, to prove I was worthy of being accepted, of being validated and loved.



You may have heard of conditioning programs. Specialists evaluate athletes and their current level of fitness, strength and endurance, and design the program based on the athlete's specific needs. Conditioning programs also involve cross-training – using sports or exercises to improve overall performance.

The specialist in this world at cultivating evil intention, the devil, has developed a deconditioning program for a very specific purpose to kill, steal and destroy (John 10:10) God's creations. This program was designed to ensure sin would exercise lordship over us, when our heart is exercising its authority.

We are encouraged from a young age to do what is right.

Unfortunately, we inherit a worldly perspective of doing what seems right (Judg. 17:6). How? A pride-filled heart not only motivates us to

set out in wrong directions, the emotion it spews drives us on a course for collision.

You may think my analogies are silly, but I pray they provoke thought. I was three years old when emotion (persuasion, impression, sense) of fear, rejection and abandonment not only affected my thinking but also infected my heart. So many things are unknown to a child, and yet they take on burdens that shouldn't be theirs to carry.

These burdens don't require physical exertion; instead, they cause emotional overload. I don't know about you, I'd rather work hard and sleep well, than be drained emotionally and be sleep deprived.



When we are co-depending on our relationships with others, words can become misconstrued because of what life just naturally generates - mistrust, disloyalty, deception, selfishness... Years into my spiritual journey Truth did what it has a tendency to do cause that uncomfortable doubling-over sensation, a real gut punch.

I discovered the person I thought myself to be unselfish and unprideful was actually not only filled with pride for being someone who likes to do things their own way and attempt to fix things the way I

thought was best for others, but that a lifestyle of people-pleasing is of a selfish design.

Yes, Truth can definitely make us feel uncomfortable when those weaknesses we try to deny or excuse or justify are pointed out. But God, He has given us His Word to teach and equip, to strengthen and edify so the Truth of His Message can be seen in us, for then the darkness is surely passing away and the true Light is already shining (1 John 2:8).

Attending a Christ-based church that teaches the Word of God, and participating in ministries that invite the presence of Holy Spirit are where knowledge and insight, discernment and wisdom from God provides tools and keys for living a well-balanced life.

Prov. 15:22 tells us, without counsel plans go awry; but, in the multitude of counselors they are established. God sends us heaven's Counselor, Holy Spirit, Who establishes us in God's Word of Truth. So having knowledge of God's Word is essential, as is the decision to step out in search of a deeper more intimate relationship with our heavenly Father.



So I invite you to take new steps and climb closer to God by seeking a deeper relationship with Him. I started to put into practice the principles for taking steps toward renewal and recovery so I could learn to 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 – that 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



Sometimes it is very difficult to explain a lightbulb revelation that has the power to convert knowledge into understanding, when personal experience is lacking. Sadly, even our children are not lacking the personal experience of negativity because it's not just prevalent in our homes but in our heart.

Those difficult and unsettling things that occur have easy access to a natural filtration system with this one intent - to defile not purify. The presence of dysfunction generates disorderly thinking and emotional upheaval to ensure the experience of negativity is quite impactful (touching, meaningful, moving) us away from the very Source of all that is Good - our heavenly Father.

As a result, what develops? A negative, unhealthy point-of-view since the presence of fear and anger and disillusionment (frustration, dejection, oppression) become such familiar spirits.

We end up not only partnering with the source of all negativity, but co-laboring with an enemy who works to contaminate a mind and pierce a heart at tender ages to raise voices of complaint and cursing

instead of gratitude and praise; to lift hands that grasp and violate instead of assist and bless; to exalt a prideful and greedy stance instead remaining upright in faith and discipline of self.



The natural setting of a human's line of vision is that of a survivor's perspective of coping (getting along, contriving, shifting). However, God and His Word have provided us time and opportunity to learn to perceive from a vastly different perspective. Holy Spirit speaks of God's Word, the Lifter of our head (Ps. 3:3 AMP), to help an individual develop the mind-set to overcome (subdue, unseat, eclipse).

The problem is there are things about ourselves that must be revealed; things that have been buried deep within this earthen vessel – our soul – and forgotten; things of which we're unaware. There's a need to recognize, identify and interpret what is beneficial and what is harmful because

OUR SPIRITUAL LIFE MATTERS



Yes, it is necessary for these - things about "self" and the human condition, things about all that is Good and Truth, things about what is

Evil and deception - to be recognized, identified and interpreted. Why? So Truth (candor, honesty, trustworthiness) can be seen and understood. Because, if we knew we have been deceived it wouldn't be deception (insincerity, deviousness, back-stabbing treachery).

Paul wrote, everything is permissible – but not everything is beneficial. Everything is permissible – but not everything is constructive. Nobody should seek their own good, but the good of others (1 Cor. 10:23-24).

The Message Bible translates Paul's message this way: Looking at it one way, you could say, "Anything goes. Because of God's immense generosity and grace, we don't have to dissect and scrutinize every action to see if it will pass muster." But, the point is not to just get by. We want to live well, but our foremost efforts should be to help others live well also (1 Cor. 10:23-24).

It is essential we know the Spirit of Truth, so the desire of God may be understood: That we live well and prosper in every way, even as our soul is kept well and prospers (3 John 2 AMP).

God's Word reveals and sets forth Truth with words not taught by human wisdom; instead, by Holy Spirit so we can learn to recognize, identify and interpret the divine will and purpose of the spiritual

truths of God's Testimony and be instructed (enlightened, informed) so we may be uplifted and encouraged. For He Who is the Source of all Good is not a God of confusion and disorder and deception but of peace and order and solace (1 Cor. 14:31-33 AMP).



I use words – synonyms – not just to convey deeper meaning but so what stems from a word can be recognized, identified and interpreted. There is a saying, “Birds of a feather flock together.” Let's find out what flocks with:

- Confusion so too does embarrassment, discomfort, agitation, distress, mortification, chaos, riot, lawlessness...just to mention a few
- With Disorder so too does dishevelment, free-for-all, complaint, complication, unhealthiness, disease, contagion, epidemic, unsoundness, hell....
- With Deception so too does fraud, underhandedness, unscrupulousness, oiliness, caginess, swindling, secrecy, hypocrisy....

- With Peace so too does amity, harmony, stability, calm, heartsease, serenity, relief, restfulness, friendship, sweetness and Light...
- With Order so too does priority, progression, series, alliance, partnership, cooperation, honor, counsel, commendation, crown...
- With Solace so too does comfort, encouragement, inspiration, assurance, reassurance, empathy, help, interest, delight, joy, compassion, contentment...

God's Word assures and reassures regarding what is and is not beneficial. If a person is willing to be instructed by Holy Spirit, they will surely recognize, identify and be able to interpret God's love and concern for their well-being. Holy Spirit assures no eye has seen, no ear has heard and no mind has imagined what God has prepared for those who Love Him and His Word.

God reveals these things by His Spirit, Who searches out everything and shows us the deep things of God. No one can know another person's thoughts only that person's own spirit, and no one can know God's thoughts except God's own Spirit (1 Cor. 2:9-11 NLT).



When we journey back to the beginning to that Garden, when self-control was abandoned and the Truth self-determined, not only was a lie swallowed so too was our glorious life. Yes, we didn't just surrender to temptation we were captured by deception, and remain captive by indulging our flesh.

However, for those who decide to go hunting for what is right and kind they will find life itself – glorious Life! (Prov. 21:21 Message). This one man, Adam, brought death to many through his sin. But this one Man, Christ Jesus, brought forgiveness to many through God's mercy.

Adam's sin brought the penalty of death to many, while Jesus 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 take God's gift of forgiveness and acquittal are kings of life because of this one Man, Christ Jesus (Rom. 5:15 TLB).

It's in Christ that we, once the Truth is heard and believed (this Message of our salvation), find ourselves home free – signed, sealed and delivered by Holy Spirit. This signet from God is the first

installment on what's coming, a reminder that we'll get everything God has planned for us, a praising and glorious life (Eph. 1:13-14 Message).



I share things about God so at the top of your list this can be written: Get Understanding! Throw your arms around her – believe me, you won't regret it; never let her go – she'll make your life glorious! She'll garland your life with grace, and festoon your days with beauty (Prov. 4:7-9 Message)!

I write about God's Word, Christ Jesus, with this hope: As knowledge of God is acquired so too will understanding. At what point does knowledge provide us understanding? Who can know for sure? However, of this we can be certain: There is a vast difference between gaining physical and spiritual understanding, although they both require experience.

For instance, when food is eaten understanding is readily available. There are certain foods when tasted that are enjoyable; however, they may cause bodily discomfort. Therefore, we are not only gaining

knowledge of the vast array of foods, we gain understanding, for there are those foods that will continually be remembered.



Spiritual understanding is difficult to savor because the taste of Truth may prove unpleasant. And, though the knowledge of God's Word may continually be tasted, it is Understanding that ensures what Christ has done for us is properly digested.

When that piece of fruit was eaten we gained the knowledge that God possessed - good and evil. Unfortunately, this time when God cast evil from His presence out walked a human being.

Many times things happen that are misconstrued as being mean or uncaring, but in this reality we share with the orchestrator of all that is evil if there is a desire to once again enter into God's presence, a heart that wants what its wants must be subdued.



That first couple walked mankind into a world where circumstance can cause what is evil to not only be tasted but consumed. Sadly, as we are well aware, there have been times when we've been forced-fed

what is bad, but what is even sadder many times we are guilty of causing the consumption of evil.

We intimidate and belittle, we offend and abuse not just with words. Yes, we are prone to fight and quarrel when control is given to a willful heart. We are being controlled, manipulated, swayed by desires that battle within. Desires that cause emotional upheaval and anxious and disorderly thinking.

Do you know where your fights and arguments and aggression come from? This is worth repeating, they come from selfish desires wanting things, but we don't get them. So the dictates of an evil heart are followed – steal, destroy, even kill because we're covetous and jealous people.



Arguing and fighting even when what is wanted cannot be had because a willful heart is being followed. But, what self-centered behavior ensures we get – guilt, shame, anger, embarrassment, a damaged reputation, maybe even imprisonment. Then, when we're found in circumstances that humiliate and confound, anger and

complaint is directed against God, instead of simply asking Him for what we want.

When we fail to receive from God, it's because we're asking with wrong intentions, wrong purposes and evil, selfish motives (James 4:1-4). Those things a willful heart generates from within lead many to the Benefactor of all that is Good - God - to be condemned. God's Word has said:

“By your words you will be acquitted, and by your words
you
will be condemned.”

Matt. 12:37

A willful heart presides over life as judge and jury - accusing, condemning and sentencing. Yes, there are other people who may experience our harsh and disrespectful judgments for a time; however, an eternally harsh judgment will be the experience of each and every disrespectful person. So I pray God's Word is heeded:

“Why will you die? I will judge you, each one according to their ways. Repent! Turn away from all your offenses; then

sin will not be your downfall. Rid yourself of all the offenses you have committed, and get a new heart and a new spirit.

I take no pleasure in the death of anyone. Repent and live!”

Ezek. 18:30-32



People who are spiritually adulterous, unfaithful to God:

“As I live, I have no pleasure in the death of the wicked.

Turn back, turn back from your evil ways, for why will you die?”

Ezek. 33:11 AMP

People who love what the world offers to satisfy their flesh:

“If a wicked person turns from all the sins they have committed to follow My Word to do what is just and right, they will surely live; they will not die.”

Ezek. 18:21 BSB

People who hate the Truth:

“What is good and pleases God your Savior, Who wants everyone to be saved and to come to receive knowledge of the Truth so they may live peaceful and quiet lives in all godliness and holiness, wholly committed to following His Word.”

“When a person falls down, do they not get up? When someone turns away, do they not return? Why do people always turn away? They cling to deceit; they refuse to return. I have listened attentively, but they do not say what is right. They refuse to repent of their wickedness. They say, ‘What have I done?’”

“Each pursues their own course like a horse charging into battle. They do not know the requirements of the Lord. How can they say we are wise, for we have the Word of God, when actually My Word is handled falsely? The wise will be put to shame; they will be dismayed and trapped. Since they have rejected the Word of God, what kind of wisdom do they really have?”

1 Tim. 2:2-4, Jer. 8:4-9



It is not an unwilling heart God possesses, but one that is willing to cancel your agreement of compromise with Death and the devil. God's Word says:

"I have put a Rock - a Cornerstone - in the ground in Zion. A very precious Stone! Everything will be built on this very important Rock. Workers use a string and weight to show their work is straight and true. I used justice as the string and goodness as the weight when I laid a foundation with My Word of Truth."

"Your safe places were built on lies and deception. So they will be destroyed and washed away when the troubles come against you like hail storms and floods. You will be trampled into the ground. Again and again that flood will come and carry you off, until at last the unmixed horror of the Truth of My warnings will finally dawn on you."

"Anyone who trusts in that Rock I've set in Zion will not be disappointed because I'll live in them, move into them; I'll be their God and they'll be My people. So leave the corruption and compromise; leave it for Good. Don't link up

with those who will pollute you. I want you all for Myself.
I'll be a Father to you; you'll be sons and daughters to Me."

Isa. 28:16-19 TLB, 2 Cor. 6:16-18 Message



With promises like this to pull us on, dear friends, let's make a clean break with everything that defiles or distracts us, both within and without. Let's make our entire life fit to be a holy (wholly dedicated) temple for the worship of God (2 Cor. 7:1 Message).

It's not just important, it's essential for our well-being to know God and His Word because friendship with the world is the same as hating God even if that is not how you may feel. Anyone who wants to be friends with this world becomes God's enemy. God's Word says:

"The Spirit God made to live in you wants you only for Himself. God is against the unwilling and prideful heart, but He is kind to those with a heart willing to be humble."

The kindness God shows is so great for He gives us more and more grace (James 4:4-6 ERV) so we don't think of ourselves more highly

than we ought; rather, that we speak out of deep gratitude for all that God has given us, living in His grace.

It's important for us not to misinterpret ourselves as people who are bringing goodness to God. No, God brings every good and perfect thing to us. The only accurate way to understand ourselves is by knowing Who God is and what He does for us, not by who we are and what we do for Him (Rom. 12:3 Message).



So I share knowledge of God and His Word and our human condition with this hope: That you will be encouraged and decide to humble your heart, and be transformed by God as you stand against the devil. If you make daily, hourly, minute-by-minute choices to resist what is evil and ultimately harmful, the devil will run away from you.

Come near to God as Holy Spirit guides you through the Word of Truth, for God will most definitely come near to you. We must acknowledge what is true about ourselves we are sinners who need to clean sin out of our lives. It is impossible and really self-harming to try to follow God and the world at the same time.



When the choice is made to humble your heart to serve the Lord instead of being self-serving, God will exalt you and make you great (James 4:7-10 ERV). His Word tells us:

“Assuredly, I say to you, among those born of a woman there has not risen one greater than John the Baptist; but those who are least in the Kingdom of Heaven is greater than he. Are you listening to Me? Really listening/”

“No one in history surpasses John the Baptist, but in the kingdom he prepares you for, the lowliest person is ahead of him. How can I account for this generation? The people have been like spoiled children whining to their parents.”

“John came fasting and they called him crazy. I came feasting and they called Me a lush, a friend of the riff-raff. Opinion polls don’t count for much, do they? The proof of the pudding is in the eating. And, from the days of John the Baptist until now the Kingdom of Heaven suffers violence, and the violent take it by force.”



Religious and legalistic individuals who teach and follow the doctrines of religion to DO for appearances rather than to BE a person with a new appearance; why? God's Word of Truth is being rejected or denied, possibly misinterpreted. For there is an image of Jesus that's definitely perceived, but the likeness of Jesus has not been received.

For example, take the image of Christ's body that's been depicted hanging on the cross. What a false portrayal, for Scripture tells us people were appalled at Him - His appearance was so disfigured beyond that of any man, and His form beyond human likeness (Isa. 52:14).

Let's just consider for a moment, if Jesus was depicted on that cross as He really appeared at the very worst experience of His human existence, then just maybe more hearts would know and understand and simply see Him beautiful.



Who has believed our Message, and to whom has the arm of the Lord been revealed (Isa. 53:1)? How beautiful on the mountains are the feet of those who bring Good News, who proclaim peace, who bring Good Tidings, who proclaim salvation, who say “The Lord God reigns!” Isa. 52:7.

Jesus grew up before God like a tender shoot, and like a root out of dry ground. He had no beauty or majesty to attract us to Him, nothing in His appearance that we should desire Him. He was despised and rejected by men, a man of sorrows.

Yet, He was considered stricken by God, smitten by Him and afflicted. But, He was pierced for our transgressions. He was crushed for our iniquities. The punishment that brought us peace with God was upon Him, and by His wounds we are healed.



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

Jesus was oppressed and afflicted, yet He did not open His mouth. He was led like a lamb to the slaughter and as sheep before her shearer's is

silent, so He did not open His mouth. By oppression and judgment He was taken away. Who can speak of His descendants? For He was cut off from the land of the living, for the transgressions of all 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 (Isa. 53:2-9).

Betrayed by one He called a friend, who guided a detachment of soldiers and Sadducees, the chief priests, and Pharisees who were carrying torches, lanterns and weapons (John 18:3).

Violent people, who wanted to gain entrance into heaven their way instead of falling at the feet of Jesus. But God, when the Lord said:

“I am He, Jesus of Nazareth.”

Those who came to seize Him drew back and fell to the ground (John 18:5-6).

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Yet, it was God's will to crush Him and cause Him to suffer, and though the Lord made His life a guilt offering, He will see His offspring and the will of God shall prosper in His hand. Yes, even though Jesus was God's Son, He had to learn from experience what it was like to obey when obeying meant suffering (Heb. 5:8 TLB).

And, after the suffering of His soul, He 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. Jesus poured out His life unto death, and was numbered with the transgressors. He bore the sin of many, and makes intercession for the transgressors (Isa. 53:11-12).

It was after Jesus had proved Himself perfect in His experience of great suffering that He became the Giver of eternal salvation to all those who obey Him. God chose Jesus to be a High Priest with the same rank as Melchizedek (Heb. 5:9-10 TLB).



Melchizedek was the king of Salem. The name Melchizedek means "Righteousness," while Salem means "Peace." Melchizedek had no father or mother and there is no record of any of his ancestors. He was

never born and he never died, his life is like that of the Son of God – a priest forever (Heb. 7:2-3 TLB).

Jesus is the “King of Righteousness,” God’s Word the “King of Peace.” Righteousness and justice are the foundation of His throne: lovingkindness and truth go before His face (Ps. 89:14 ASV).

Melchizedek brought out bread and wine to Abram, and Jesus offers the Bread of Life for mankind to partake, and invites us to be cleansed by the blood He has shed. The precious life-blood of Jesus seals and ratifies God’s New Covenant with man. As High Priest of God Most High, the King of Righteousness and Peace blesses us as He blessed Abraham:

“Blessed be _____ by God Most High, Creator of heaven and earth. And blessed be God Most High, Who delivers your enemies into your hand. The nations shall see your righteousness and vindication – not your own, but God’s ascribed to you, so too shall your salvation and glory be seen.”

“You shall be called by a new name which the mouth of the Lord shall name. You shall be a crown of glory and honor in the hand of the Lord, and a royal diadem in the hand of your God.”

Gen. 14:18-20, Isa. 62:2-3 AMP

So, my dear friends don't get thrown off course. Every desirable and beneficial gift comes out of heaven. These gifts are rivers of light cascading down from the Father of Light. There is nothing deceitful in God, nothing two-faced, nothing fickle. He brought us to Life using His Word of Truth, to show us off as the crown of all His creatures (James 1:16-18 Message).



I remember one Sunday night as I was waiting for sleep to fall upon me the Lord asked, “Kathie, do you trust Me.” Well of course I said, “Yes, Lord I trust You with all my heart.” The next morning events began to unfold into the next decade; circumstances that caused me to have great empathy for Job.

Naturally, this world throws our thinking and emotions off balance so our view starts from a negative perspective. Only God can add His

Super to our natural through the power of His Word of Truth, His Spirit of Grace, and our faith. Our life becomes a symbol and sign of infinity (limitless Potential, boundless Opportunity, everlasting Love), for faith unites us to Father, Son and Holy Spirit.

God has given us His Word so whatever error or deception or delusion that is clouding our judgments can be made apparent, as we travel an eternal course, instead of the world's merry-go-round.

This faith of ours may be as small as a mustard seed (Luke 17:6); but, as the power of Truth and Grace are experienced the trust and hope we gain will ensure the decrease and loss of those negative perceptions.



When the great I AM said:

“Let there be light.”

Heaven's Light appeared to shine out of darkness (2 Cor. 4:6). God makes His light shine in our heart so we can see and understand that man-made agendas brimming with ego, libido and countless plans to boast of achievement, contribute to the negativity (adversity,

contention, evil) that seeks any way or means to disturb (agitate, unhinge, derail) our lives.

I'm sure you've heard it said, 'What goes around comes around.' Well, it's a bit more complicated than that, for there are many who consider themselves to be good people. At one time I was counted among that number. I was so concerned and distracted by what was going on in the world around me, that I gave no thought to the spiritual welfare of my eternal soul.

Though we can do good, what an impossibility to be good, for our heart has been weakened by its prideful nature. And to make matters worse, pride is a heartless master for it will puff us up to do what we believe is good, then berate and belittle for presumptuous behavior. For this is what pride is: arrogant, disdainful, haughty, pretentious, conceited, egotistical, selfish, self-centered....Pride binds us to the whims and desires of me, myself and I.



Thank God, He didn't leave us in this world without knowledge of Himself - Love. God is love (1 John 4:8). Love is: peaceful, joyous, kind, faithful, merciful, forgiving, humble, gracious, just, gentle,

patient, honest, trustworthy...pew, to mention just a few. God is the only One Who is good (Matt. 19:17).

Love makes us feel good, but as evidenced by the abuse in our homes heartfelt-love cannot make us be good. There is something wrong with us, and that something is an evil, prideful heart, which lies and betrays, accuses and maintains it's okay to do what I want.

Then, when shame and guilt and regret won't subside, tendencies are developed to cover our wrong doing - denial, accusation, excusing, minimizing, justifying, blaming....However, the only pattern of deception that would prove beneficial - self-denial (a restraint or limitation of one's own desires) for this will bind us to promise, perseverance and commitment to Father, Son and Holy Spirit.



The prince of this world, Satan, is intent on crisis being our experience. For this is when thoughts of renewal and recovery seem way too far to fetch. And, the sprouting of any thought of new beginnings will just naturally be trampled by emotional upheaval and stinking thinking.

Don't get me wrong, sorrow, grief and pain are inevitable; however, misery is optional. Naturally, there are times when feeling miserable occurs, but unfortunately, it's not that abnormal for a down-trodden heart to shift misery onto others.

Sadly, mankind has been in crisis since we fell in line with sin instead of following, adhering to and relying on God and His Word. Just as certainly as unhealthy food choices are harmful to our physical well-being, when our spiritual nourishment is derived from what we think and feel then the condition of our soul is most definitely in peril.

This is the crisis the world is in: God-light streamed into the world, but people everywhere ran for the darkness. They went for the darkness because they were not interested in pleasing God. Everyone who makes a practice of doing evil, addicted to denial and illusion, hates God-light and won't come near it, fearing painful exposure. But, anyone working and living in Truth and the reality (God's Word offers) welcomes His Light so the work can be seen for the God-work it truly is (John 3:19-23 Message).



God sends the light of His glorious Word to open eyes (Acts 26:18a) to the knowledge of **Grace and Truth** so people would come to their senses and escape from the trap of the devil, who has taken them captive to do his will (2 Tim. 2:25-26).

Yes, God sends Light so we would turn from the darkness (Acts 26:18a) of fear, which is the power of Satan, to receive power from God (Acts 26:18b), His Spirit of **Grace** and His Word of **Truth**. For God's Word is a lamp to guide our footsteps, and a Light to brighten our path (Ps. 119:105) so we can discover the most excellent **Way** (1 Cor. 12:31) to Love.

For it is God Who leads us into repentance so the forgiveness of sins can be received, along with a place among those who are sanctified by their faith in Christ Jesus (Acts 26:17c), Who is not only the power and the wisdom of God (1 Cor. 1:24), Jesus is the Truth and the Life and the only Way to heaven. No one comes to the Father except through Christ (John 14:6).



So I ask can tribulation or distress or persecution or famine or peril or sword separate us from the love of Christ? No! In all of these terrible

things that occur in this world, we can **BE** set free, transformed and develop into more than conquerors through Jesus Who loves us (Rom. 8:35-37 NKJV). When the Lord our God is exalted, the name of Jesus praised, for in perfect faithfulness He has done marvelous things, things planned from long ago.

And know, as a hot, dry land is cooled by clouds, so too will He cool the pride of ruthless nations. On Mount Zion in Jerusalem, the Lord Almighty will spread a wondrous feast for everyone around the world. At that time He will remove the cloud of gloom, the pall of death that hangs over the earth; He will swallow up death, God's last enemy (1 Cor. 15:26).

The Lord God will wipe away all tears, and take away all insults and mockery against His land and people (Isa. 25:1). The Lord has spoken, God has given us His Word, He will surely do it! (Isa. 8-11 TLB)



Let me tell you something, words are powerful; take them seriously. Words can be your salvation. Words can also be your damnation. For there will be a time of Reckoning, when every one of your careless words are going to come back to haunt you. How can anyone suppose

what they say is worth anything when they are so foul-minded? When their minds are like a snake pit! It's your heart, not the dictionary, that gives meaning to your words (Matt. 12:34-37 Message).

Words of opinion spoken over us in regard to decisions or choices that we've made will surely be heard, but should not be woven into the fabric of our being unless they are as from God for your strengthening, encouragement or comfort (1 Cor. 14:3). God's Word tells us not to consider a person's appearance or stature (1 Sam. 16:7a), for charisma and charm can be deceptive and misleading, and beauty is fleeting (Prov. 31:30).

There are those who are masters at making themselves look good in front of others, but God knows what's behind the appearance. What society sees and calls monumental, God sees through and calls monstrous (Luke 16:15 Message).

I once heard someone say, "Truth is whatever I can get a person to believe". The Lord does not look at the things we look at. People look at the outward appearance, but the Lord looks at the heart (1 Sam. 16:7b).



There are an infinite number of descriptive (specific, expressive, explicit) words; however, one when ill-used can trigger action and reaction because it reaches the depth of what matters. And what matters evolves from the process of daily living that includes routine, method, manner, strategy, accomplishment, performance, undertaking, achievement, experience....and so much more.

Surely, there is much in life that matters; however, the depth and meaning of who we are should never be defined by negative statements, words fueled by anger, hatred or delusion. For who we are encompasses the entirety of our being - thoughts and feelings, beliefs and what we have acquired from life experience. When compiled they provide for us a vast treasure of meaning.

However, we have this treasure in jars of clay (2 Cor. 4:7a), and without what really matters, our spiritual being, the body is dead. The very moment the body and spirit is separated, you end up with a corpse (James 2:26 Message).

It is God Who gives life by forming our spirit within us (Zech. 12:1). He has put eternity in our hearts, except no one can find out the work God does from beginning to end (Eccl. 3:11 NKJV). The wisest people no matter what they claim, cannot discover everything God is doing under the sun (Eccl. 8:17 NLT).

And though there is a natural process to life, its deceptive (corrupt, dishonest, unfair) treatment ensures our lives become processed (man-made, fabricated, faux) an imitation of what God intended. How? By words (messages, proclamations, agreements) that vary greatly from those of which Truth speaks.

Why? The knowledge of God was not retained (Rom. 1:28); instead, castaway, spurned and rejected. Ignoring what truly matters brought wickedness, evil, greed and depravity into our lives. Time spent foolishly (recklessly, thoughtlessly, overconfidently) doing things that should never be done (Rom. 1:28 NLT).



So it is that when people give up on God and won't even acknowledge Him, God lets them run loose to do everything their evil minds can think of. All hell breaks loose when lives become full of every kind of

wickedness and sin, of greed and hatred, envy, murder, fighting, lying, bitterness and gossip.

Life has been made hell on earth by the proud and insolent, backbiters and haters of God, braggarts that are always thinking of new ways of being rebellious. Mean-spirited bullies who continually disobey their parents, they bicker and cheat not caring if they misunderstand.

Instead, what is understood they are senseless, faithless, heartless, ruthless individuals who are fully aware that such behavior deserves death, they not only continue their wrongdoing, they encourage others to join them (Rom. 1:28-32 TLB).

How much time invested into cultivating (absorbing, adopting, nurturing, reaching) what matters? How much energy expended in the development of lifestyles (values, mores), mannerisms (characteristics, attitudes, identities)?

How many lies (misinterpretations, inaccuracies) believed? How many doubts (uncertainties, suspicions) ignored? How many impulses (motives, tendencies) followed? Is fear the driving force? Has anger

embittered? Has lust's thirst not been quenched? What voice is familiar?



How many words have gone into the accrument of motives, considerations, questions, ideas and problems....that bring us to the crux, the heart, the soul and the essence of what matters. And the crux for my sharing knowledge is for your life, your heart and soul because the essence (substance, Alpha and Omega) of what matters is for God's words of Truth to be heard so we can discern and determine and identify our

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There are many reasons why Truth is rarely told. Many of which I was unaware, but gratefully, God knows every detail. And as discussed, a great deal is placed into what matters: time, energy, knowledge, understanding and life experience.

My hope is that steps will be taken that would move us past feelings and core beliefs and into new discoveries, like this one – feelings and core beliefs are not facts.

You may feel like you're not worth anything. You may even feel like you're a failure, and as powerful as that feeling or belief is, that doesn't make either true. <https://elemental.medium.com/my-therapist-says-feelings-arent-facts-d76510013e8e>



My prayer is for new steps to be taken not just for those who are on a dark spiral downward, but for everyone. Like the Message Bible states, those who think they are standing on high ground pointing their fingers at others. Well they need to think again. Judgmental criticism of others is a well-known way of escaping detection of our own crimes and faults and misdemeanors. But God is not so easily diverted. He sees right through all such smoke screens and holds everyone accountable for what they've done (Rom. 2:1-2 Message).

No matter the person, there are things about us that need to change. Certain behaviors, feelings, even core beliefs, which prevent us from receiving all that God wants to give us.

An open invitation is extended to whomsoever to enroll in a God-designed course: ASK, SEEK, KNOCK, for those who ask receive,

those who seek shall find and those who knock the door will be opened to them (Matt. 7:7). I encourage you to accept God's invitation and come - embark on a spiritual journey taking steps toward Renewal and Recovery.



God's Word says:

"I, the Lord, love justice; I hate robbery and iniquity. In My faithfulness I will reward them, and make an everlasting covenant with them. Instead of their shame, My people will receive a double portion, they will rejoice in their eternal inheritance. Instead of disgrace they will receive a double portion in their land, and everlasting joy will be theirs."

Isa 61:7-8

There are new steps to be taken because our

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There is a double portion that God promises to bestow. The first portion speaks to Renewal. To God setting us straight, a spiritual resurgence, to ensure we reach new heights when we're reborn! Not a physical rebirth resulting from human passion or plan – but from the will of God (John 1:13 TLB) to bless us beyond all reason. The second portion speaks to Recovery for in this world in which we've been born much has been stolen or rejected, ignored or deprived. God addresses that need for things to be set straight for us on the earth.

These new steps when taken will guide us into the depths and meaning of Truth and Righteousness and Fair dealing. So the significance, the importance, the content, the goal, the target, the hope and the substance of God's Word of Life will not only be understood, the impact of the Lord's loving-kindness and compassion will be experienced.

Keys and tools and strategies will be received. God given gifts He bestows as these steps toward Renewal and Recovery are taken to help us become more God-Dependent instead of being marginalized by being Co-Dependent.



Whether you have considered or agreed to accept God's free gift of salvation, know it only comes to us through Jesus. Christ is the Word of God and the only Source to turn to if Truth is desired.

There are many reasons for re-gifting certain items we've received. However, Paul has extended us this warning: Don't make any hasty or premature judgments before the time when the Lord comes again, for He will both bring to light the secret things that are now hidden in darkness and disclose and expose the secret aims, motives and purposes of the heart. Then everyone will receive their due commendation from God (1 Cor. 4:4-5 AMP).

Just as a dead seed is planted in the ground, and in secret grows into something vastly different, when our dead bodies are buried in the ground the resurrection body that comes from it will also be dramatically different (1 Cor. 15:38b Message). Well God doesn't wait for our natural death to occur. He is ready to go to work restoring and reconciling and renewing us from the inside out.

Christ, the Messiah Himself, died for sins once for all, the Righteous for the unrighteous, the Just for the unjust, the Innocent for the guilty,

that He might bring us to God. In His human body He was put to death, but He makes us alive in the Spirit (1 Peter 3:18 AMP).



Through baptism we believe we are buried with Christ into death in order that, just as Jesus was raised from the dead through the glory of the Father, we believe we too may live a new life (Rom. 6:3).

God gives gifts that surprise and amaze, like the gift of Holy Spirit He bestows in us (Acts 10:45). Through Jesus, God has washed away the punishment and penalty of sin. Through Holy Spirit, God works in us to wash the guilt and shame from our conscious so we too can see ourselves as He does:

- A new creation (2 Cor. 5:17)
- Chosen, royal and holy (1 Peter 2)
- A child of God (John 1:12)
- A son of God (Gal 3:26)
- The body of Christ (1 Cor. 12:27)
- A friend (John 15:15)
- A temple of Holy Spirit (1 Cor. 6:19)
- An heir of God's (Rom. 8:17)

- More than conquerors (Rom. 8:37)
- Freed from condemnation (Rom. 8:1)
- God's beloved (Col. 3:12)
- Reconciled, Justified and Righteous (2 Cor. 5:17)
- Equipped with all you need (2 Peter 1:3)
- Sanctified and Blameless (Eph. 1:4)
- A gift to God (Eph. 1:6)
- Forgiven and Redeemed (Eph. 1:7)
- Sanctified and Perfect (Heb. 10:14)
- Delivered and walking wisely (Prov. 28:26)



Yes, God gives the most amazing and awe inspiring gifts so we can discover our new identity through His Word.

WHO YOU SAY I AM

https://www.google.com/search?q=who+you+say+i+am+by+hillson+g+lyrics&rlz=1C1VFKB_enUS703US703&oq=WHO+YOU+SAY+I+AM+BY+&aqs=chrome.0.0i20i263i512j46i512j69i57j46i512l2j0i390l2.6472j0j7&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:911776c6,vid:IcC1Bp13n_4

... Who am I that the highest King

Would welcome me?

I was lost but He brought me in

Oh His love for me

Oh His love for me

... Who the Son sets free

Oh is free indeed

I'm a child of God

Yes I am

Free at last

He has ransomed me

His grace runs deep

While I was a slave to sin

Jesus died for me

Yes, He died for me

Who the Son sets free

Oh is free indeed

I'm a child of God

Yes I am

In my Father's house

There's a place for me

I'm a child of God

Yes I am

I am chosen not forsaken

I am who You say I am

You are for me not against me

I am who You say I am

I am chosen not forsaken

I am who You say I am

You are for me not against me

I am who You say I am

I am who You say I am

Who the Son sets free

Oh is free indeed

I'm a child of God

Yes I am

In my Father's house

There's a place for me

I'm a child of God

Yes I am

In my Father's house
There's a place for me
I'm a child of God
Yes I am

Song by Hillsong Worship

We can learn to stand firm in our faith through the Spirit of Truth; so we can die to self-righteousness, and grow an abundance of trust and love and hope in God and in His Word.



God's Spirit offers this opportunity – to embark on a journey of discovery as He shows us the most excellent way (1 Cor. 12:31) where Faith and Hope and Love transform our thoughts, our feelings, our lives; IF, we allow ourselves the luxury of receiving and enjoying the beauty and bounty of God's Word.

DAY ONE

<https://www.youtube.com/watch?v=Qq2Tp3asLU8>

Well, I wish I had a short term memory
Wish the only thing my eyes could see
Was the future burning bright right in front of me
But I can't stop looking back

Yeah, I wish I was a perfect picture of
Somebody who's never not good enough
I try to measure up but I mess it up
And I wish I wasn't like that

I wish I wasn't wishing anymore
Wish I could remember that nobody's keeping score
I'm tired of throwing pennies in a well
I gotta do something
Here goes nothin'

It's day one of the rest of my life
It's day one of the best of my life
I'm marching on to the beat of a brand new drum

Yeah, here I come
The future has begun

Day one

Well, every single day Your grace reminds me
That my best days are not behind me

Wherever my yesterday may find me

Well, I don't have to stay there, no

See my hourglass is upside down

My someday soon is here and now

The clock is tickin'

And I'm so sick and tired of missing out

I wish I wasn't wishing anymore

Wish I could remember that nobody's keeping score

I'm tired of throwing pennies in a well

I gotta do something

Here goes nothin'

It's day one of the rest of my life

It's day one of the best of my life

I'm marching on to the beat of a brand new drum

Yeah, here I come

The future has begun

Day one

It's day one

And here comes the sun, yeah

Every morning, every morning

Every morning, mercy's new

Every morning, every morning
I will fix my eyes on You
Every morning, every morning
Every morning, mercy's new
Every morning, every morning
Sun's coming up, the beginning has begun, yeah

It's day one of the rest of my life
It's day one of the best of my life
I'm marching on to the beat of a brand new drum
Yeah, here I come
The future has begun
Day one

Starting over, I'm starting over
Starting over, I'm starting over, starting now
I'm starting over
I'm starting over, I'm starting over
Starting over, starting now
I'm starting over

Song by Matthew West

~

Surely this discovery will be made: God's Word is a lamp to our feet and a light for our path (Ps. 119:105). Through His Word, the whispers of God's love can be heard:

“My son, keep your heavenly Father's commands, and do not forsake the teachings of His Word. Bind them upon you heart forever. When you walk, they will guide you; when you sleep they will watch over you, when you awake, they will speak to you. For these commands are a lamp, this teaching is a light, and the corrections of discipline are the way to Life.”

Prov. 6:20-23

Like David, you too will discover so many reasons to write love letters or sing songs to God giving praise for how precious the inner healing, deliverance and salvation we receive through His Word:

- The Lord is my rock, my fortress, my deliverer
- My God is my rock in Whom I take refuge
- The Lord is my shield and the horn of my salvation
- The Lord is my stronghold, my refuge, my Savior
- The Lord is worthy of my praise

- He reached down from on high and took hold of me
- He drew me from the deep swirling waters of death
- The Lord rescued me from my powerful enemy
- The Lord rescued me from foes stronger than me
- The Lord is my comfort
- The Lord has brought me into a spacious place
- The Lord rescued me because He delights in me
- God deals with me according to my righteousness in the Lord
- God rewards me for the Lord has cleansed my hands
- Holy Spirit helps me to keep the ways of the Lord
- God's Spirit of Truth helps me not to do evil by turning from God
- The Lord has made me blameless before the Father
- The Lord has made me clean in the sight of my God
- The Lord saves the humble
- God's Word is my lamp
- The Lord turns my darkness into light
- With the help of the Lord I can advance against a troop
- For God's way is perfect
- The Word of the Lord is flawless
- God's Word is a shield for all who take refuge in Him
- God arms me with strength and makes my way perfect

- The Lord has given me His shield of victory
- The Lord stoops down to make me great
- God's Word arms me with strength for the battle
- God's Word equips me for spiritual warfare
- The Lord makes my enemies turn in flight
- The Lord delivers and preserves my life
- The Lord lives!
- Praise be to my Rock
- Exalted be God, the Rock, my Savior
- The Lord is the God Who avenges me
- The Lord is the God Who sets me free from my enemies
- I will sing praises to the name of the Lord
- The Lord gives victory to us His priests and kings
- The Lord shows unfailing love to His anointed ones for all eternity

(2 Sam. 22:1-22)



I pray this spiritual journey is considered to be as awe-inspiring and interesting as it would be for a deep sea diver as treasure hidden on the ocean's bottom is discovered.

That, like an archeologist who unearths priceless relics from the past, you too will unearth precious heavenly nuggets of revelation so the value of those relics buried from your past can be recognized, identified and determined.

Like a gardener we work with God and His Word and Holy Spirit as the soil of our soul is being cultivated. Holy Spirit will work to help us remove those ugly weeds of bitterness, envy, unforgiveness....so the different fruits He plants with the seeds of God's Word can grow and mature and blossom.

And this is my prayer that God will empower you with inner strength by His Spirit from the treasures of His glory (Eph. 3:16a CJB), for God's Way is not a matter of mere talk, it's an empowered life (1 Cor. 4:20 Message).



Paul wrote: God didn't send me out to collect a following for myself, but to preach the Message of what He has done, collecting a following for Him. And, He didn't send me to do it with a lot of fancy rhetoric of my own, lest the powerful action at the center - Christ on the Cross - be trivialized into mere words.

The message that points to Christ on the Cross seems like sheer silliness to those hell-bent on destruction, but for those on the way to salvation it makes perfect sense. This is the way God works, and most powerfully as it turns out (1 Cor. 1:17-18 Message). I pray you are empowered in the Lord and in the strength of His might (Eph. 6:10 BLB).

I pray no unbelief or distrust would make you waver, doubtfully questioning, with concerns about the promise of God; Instead, that like Abraham you too will grow strong and empowered by faith giving praise and glory to God (Rom. 4:20 Amp) for loving us enough to die so He could live within our heart.



I pray that you will be rooted and founded in Love, so that you, with all God's people will be given strength to grasp the breadth, length, height and depth of the Lord's love. Yes, to know God's love through experience, even though it is beyond all knowing, so that you will be filled with all the fullness of Christ Jesus (Eph. 3:16-19 CJB).

I pray you become fully satisfied and assured that God is able and mighty to keep His Word and to do what He has promised, as

Abraham was. This is why his faith was credited to him as righteousness, right standing with God (Rom. 4:20 AMP).

I pray that as you grow in knowledge of God's Word you are made strong in the Lord, empowered through your union with Him; drawing your strength from Him, that strength which His boundless might provides (Eph. 6:10 AMP).



So come, let us return to the Lord. We have made choices that have caused us to be torn, but God will heal us. We cling to feelings and core beliefs that are thought to be true, but actually function as segues (transitions that are made without pause or interruption) that lead to the concocting of notions and schemes that not only work to deceive others but ourselves as well.

The following was taken from an article that was posted on the site for the Center of Trauma, Stress and Anxiety

<https://www.ctsatherapy.com/beliefs-are-not-facts/>

A belief is based on what you have been told and what you personally hold as true. A belief doesn't need to be supported with factual

evidence in order for it to exist and be powerful. We hold beliefs close to our hearts. Some people sacrifice their lives in order to preserve and promote a belief that they possess.

When you learn a belief as a young child, you integrate that belief into your life. When someone presents you with an alternate belief, there can be a visceral experience of that alternate belief as being inherently wrong. Even if that person provides you with factual evidence that supports their belief, you can easily and blindly state that their facts are incorrect. Your adamancy of them being wrong even flies in the face of you not having any factual evidence that supports your own belief system.



When the right elements are applied - willingness, perseverance and determination - educating ourselves provides the promise and potential for new accomplishments to be achieved. Unfortunately, there are deterrents many of which are self-made. And there is only One Who sees our true potential and provides the promise of freedom to soar above those things that inhibit and control - fear, anger, pride, greed, lust....to name a few that feed pride's addictive tendencies.

Without understanding the literal depth and meaning of God's Word of Truth our basic knowledge and life experience could rob us of truly recognizing the intricacies of our humanity, and the words God uses to explain, describe and identify the depth of meaning He has for us:

YOU ARE A LIGHT TO THE WORLD - God shines Truth to give the light of knowledge so we can understand His glory is seen in the face of Jesus (2 Cor. 4:6)

YOU ARE A VICTOR - We are more than conquerors through Him who loves us (Rom. 8:37)

YOU ARE COMPETENT - We can do all things through Christ Who strengthens us (Phil. 4:13)

YOU ARE CONFIDENT - We are assured God works all things together for our good (Rom. 8:28)

YOU ARE FAMILY - We are adopted as God's children (Eph. 1:5)

YOU ARE CHOSEN - God chose us to bear fruit of righteousness so whatever we ask in the name of Jesus He may give to us (John 15:16)

YOU ARE BELOVED – We can rest secure in the Lord for He shields us all day long so we can rest between His shoulders (Deut. 33:12)

YOU ARE FREE – Through Jesus God reconciled the world to Himself not counting our sins against us, giving us the ministry of reconciliation (2 Cor. 5:18)

YOU ARE GOD’S FRIEND – Jesus calls us friends for all that He heard from His Father He made known to us (John 15:15)

YOU ARE A NEW CREATION – Born again of water and the Spirit to see the Kingdom of God (John 3:3)

YOU ARE NO LONGER CONDEMNED – There is no condemnation for those who are in Christ Jesus (Rom. 8:1)



Yes, to define is a means of making distinctions, to detail and to clarify, to distinguish and to characterize. And though our voices may be joined with those in heaven to give glory and honor and thanks to Him Who sits on the throne and lives for ever and ever (Rev. 4:9) there are disloyal hearts, wavering individuals with divided interests (James 4:8)

AMP); who are making choices and displaying behaviors that make evident the foolishness that is bound up in a heart (Prov. 22:15).

God wants the combination of His steady, constant calling and warm, personal counsel of His Word of Truth to come (and make distinctions, to detail and to clarify, to distinguish for us) and to characterize us, keeping us alert for whatever He will do next.

May our dependably steady and warmly personal God develop maturity in us so that we get along with each other as well as Jesus gets along with all of us. Then we'll become a choir – not our voices only, but our very lives singing in harmony in a stunning anthem to the God and Father of our Master (Expert, Maestro, Champion) Christ Jesus (Rom.15:4-6 Message).



God's Word of Truth brings credibility, accuracy and reliability, which cannot be denied for the power of His veracity (integrity, incorruptibility, candor) will not only be heard, the insight and revelation Truth bestows will surely be life changing.

This is why it cannot be over-stated how imperative our need to have knowledge of the veracity (righteousness, honor, trustworthiness) of God's Word, for it is Jesus Who possesses the life-changing power of Wisdom, which makes it possible for us to know God better (Eph. 1:17). Human intellect cannot dispute this fact: Words and emotion produce divided interests causing us to be wavering individuals (James 4:8).

Fissures are caused by jealousy, anger, selfishness, gossip, arrogance and anxiety... (2 Cor. 12:20); making it difficult to fully comprehend God's salvation and the power and the rule and the authority of His Christ (Rev. 12:10). Cracks in faith occur that cause Truth to be ignored, denied, or seemingly debatable is God the King of all the earth, Who reigns over the nations (Ps. 47:7-8)?

Self-obstructing breaches - pride, covetousness, weakness and selfish desire - place limits on perception (appreciation, visualization, comprehension) that God stands (in the midst) of the mighty; they do not know, nor do they understand; they walk about in darkness; not grasping meaning from God's Word, "You are gods, and all of you are children of the Most High. But you shall die like mortals, and fall like one of the princes," Ps. 82:1&5-7 NKJV).



Without proper training and discipline of self, knowledge of God's Word will continue to remain severely lacking. Sadly, people will continue being destroyed for lack of knowledge (Hosea 4:6). What can God do but leave them to their own devices? They are blind guides and teachers. And if the blind are leading the blind they will both fall into a pit (Matt. 15:14 AMP).

Unwilling to know God's Truth - Truth that is life changing - so the most essential gift from God - eternal life - can be received (Titus 1:1 TLB). Unable to discern - Who is God except the Lord! Who but our God is a solid Rock (Ps. 18:31 NLT) giving our feet a firm place to stand (Ps. 40:2).

As a result, every emotional storm, every taste of adversity and drop of sorrow and suffering (Isa. 30:20) will cause people to stagger and be tossed about ruthlessly by the turbulent waves and winds of doubt, denial and disbelief.

Why? Cunning (insincerity, secrecy) and craftiness (two-facedness, hypocrisy) cause reasoning to become unsound, insecure and

unreliable. The quality or state of not being firmly fixed in position is the definition of instability, which causes a person to be unstable in all they do (James 1:6-8 & Eph. 4:14). Willing to call

Good - Evil

Right - Wrong

Truth - Error



There are so many reasons to speak of God's words of Truth. The Father set Jesus apart as His very own and sent His Word into the world. Though you may not believe in Him, the Son of God, Christ Jesus, believe the miracles He did so you may know and understand the Father is in Him and He is in the Father (John 10:36-38). Are you waiting for waters to part so you can enter your land of promise?

Well, for those who are personally called by God Himself, Christ is God's ultimate miracle and wisdom all wrapped up in One (1 Cor. 1:24 Message). Short-cuts may be desired for surely, a speedier result appeals to self-interest; however, not so much thought given to its consequences.

God knows the value we give self-assertion (affirmation, rationalization, reason). His desire is to make us aware of the ramifications for our daily and eternal living. There is much of which we are unaware in regards to life and God and especially our human condition.

There's no need to wait until our final breath to discover accountability can be given to no one else. Only God can reveal how shifty a heart can be at blaming, criticizing and accusing as He did for me.

Today is the day to embrace Truth for there is no one who wants our soul to prosper in all things and be in health more than God (3 John 2 NKJV).

He is intimately acquainted with all our ways and understands our thoughts and works (Ps. 139:2), our motivations, our issues with control and anger and manipulation as a result of codependency, and the effect that trauma has had on our lives. Still, He says:

“Nevertheless, goodness is found in you.”

2 Chron. 19:3a



So I write to encourage because no slight-of-hand, witchcraft or delusion can accomplish the miraculous. A heart prepared to seek God (2 Chron. 19:3) will not be disappointed. If we're looking, God will be found in everything and everyone. A searching heart will be filled with awe and wonder and amazement as the great name and mighty hand and outstretched arm of God (2 Chron. 6:32) is encountered.

A heart that carefully considers what they are doing. Not judging to please people; instead, to please the Lord Who is with them. A soul willing to give a verdict based on God's Word of Truth so the fear of the Lord (awe, reverence, amazement) will rest upon them. A heart that takes care not to pronounce judgment (on themselves or others), for with the Lord our God there is no injustice or partiality or bribery (2 Chron. 19:6-7).

God's Word offers keys and tools and strategies to unlock link-after-link of words that have bound us to: judgments, opinions, beliefs, feelings, persuasions, assumptions. A vast conception of words that work to bind, enslave and trap us. The Lord provides every necessity so we will not just survive, but overcome through Faith and Hope and Love for the Word God offers us.

From the fullness of God's grace we receive one blessing after another. Grace and Truth come to us through Christ Jesus (John 1:16) and so much more - Wisdom, Knowledge, Revelation - all to ensure our souls and our everyday life will prosper (3 John 2b Message) when we give our heart to God - Father, Son and Holy Spirit.



I share God's words of Truth for many reasons. One is to do as others, set out a banner for all to see and understand

OUR ETERNAL LIFE MATTERS

However, much concern should be given our present life. Scripture clearly states for those who place their trust in Jesus, entrance into eternal life has been settled. However, there is a judgment to be faced based on deeds and there will be weeping. Tears of joy of course; however, could there be a mingling of sorrow?

My hope, when you are facing Jesus these words will not be heard,

“Together we could have accomplished....”

Certainly, I may be wrong. Nevertheless, this I know to be true; I was limited, snared, imprisoned by words that I had spoken that formed beliefs, opinions, choices.... all of which enforces action. It wasn't until I realized these very same words that I myself spoke into existence actually worked to deprive me of godly Wisdom, and prevented me from doing what was the very best for myself and my family.

So I speak to you about God's words of Truth because they empower by filling our mind and heart and spirit with faith and hope and the greatest of all - Love (1 Cor. 13:13). And though God's commandment is to love Him with all our heart and with all our soul and with all our mind and strength (Mark 12:30) know Jesus does this, and gives us all of Himself so the love of and for God can become a reality for us.



My eyes were opened to what God has done for me because He loves me. Heaven's Light broke into the how and what and why I was holding back, not giving my all to my heavenly Father. In Isaiah 42:8 God was recorded as saying,

“I am the Lord; that is My name! I will not give My glory to another or My praise to idols.”

Even while working in ministry my heart, intent on giving God the glory, was usurping a portion for itself.

This is a very sad admission, God had to bring me to the end of myself so I could learn to lean on, depend on and truly trust in Him. How many times I went to bed telling the Lord how much I trusted Him, when actually my trust and my hope were deeply rooted in people and things – idols. You may have heard this statement Christians often proclaim, “When all you have is Jesus you have all you need.”

I can assure you when doors were shut to me this seemed so far from being true. As a matter of fact, I was in such a state of distress Post-Traumatic Stress came upon me. Thankfully, I spent years developing spiritual muscles by studying the Word of God. However, I was to experience the weakness of my flesh.

For two and half years I struggled with symptoms and behavior that seemed bizarre even to me. It was in the grunt warfare of going through that I made discoveries about God, myself and the human condition which we all struggle - Codependency. A social disorder brought about by leaning on, trusting in and depending on the flesh

instead of on God and His Word. You may not be a full-blown codependent as I have been, but there are definitely traits we have all developed.



Codependency is a term we hear often but not everyone truly understands what it means. The term was first used to describe a person who was in a relationship with an alcoholic. However, psychologists now realize that this is much more widespread.

Codependency is different than being interdependent. All living beings are dependent to a certain extent on those around them. We can't do everything alone, nor is it healthy to try... but healthy relationships have a pattern of give and take that transfers from one person to the other, depending on who is in need at any given time. This isn't the case with codependency.

Codependency can be said to occur when you take on the task of fixing someone else's issues that they should be fixing themselves.

Your identity becomes entwined with theirs and you lose a sense of who you are. This is called enmeshment.

You get to the point where you believe your existence doesn't mean much if the other person doesn't need you. In most cases, the codependent person is a hard worker, dependable, and an excellent caretaker... but these things are overshadowed by the unhealthy need to be needed.

Being codependent makes it impossible to set appropriate boundaries or even realize that you deserve to think about yourself.

The person who is experiencing a problem is the focus of the codependent's attention. The codependent person's sense of self-worth comes from validation that they are doing good and helping the person in need.

They do not have a solid concept of who they are unless they are taking care of the other person and meeting that person's needs. Codependency ends up harming both parties involved.

The codependent person eventually loses sense of self. They lose touch with their own emotions and live to make the other person happy. They begin to feel guilty when the other person doesn't change because they feel that if they just did more, the person would be better. In the end, they end up doing more harm than good.

The person who is dysfunctional is not allowed to learn from their mistakes. The codependent person becomes an enabler by not allowing bad behavior to continue without consequences.

If they don't see a reason to change and always know that someone will cover for them or clean up their messes, they do not grow as people. Instead, they continue harmful actions until a point where they end up destroying themselves and the one who thought they were helping.

Codependent people have certain personality traits, some more obvious than others. Today, we'll explore 15 of the most common codependent traits.

1. Feeling responsible for solving others' problems
2. Offering advice even if it isn't asked for
3. Poor communication regarding feelings, wants or needs
4. Difficulty adjusting to change
5. Expecting others to do as you say
6. Difficulty making decisions
7. Chronic anger
8. Feeling used and under-appreciated
9. People-pleasing to be liked or loved

10. Lack of trust in self or others
11. Fearing rejection or being unlovable
12. Feeling like a victim
13. Taking everything personally
14. Lying to self and making excuses for others' bad behavior
15. General sense of helplessness, anxiety or depression

Codependency typically begins in childhood and is considered a generational disorder. Circumstances that can lead to becoming codependent in adulthood include:

- Experiencing physical, emotional, or sexual abuse.
- Having a parent or caregiver that suffers from addiction, a mental disorder, or a debilitating physical illness that creates a situation where parent and child roles are reversed.
- Having a controlling or overprotective parent or one that puts their own needs above that of the child.
- Being abandoned by one or both parents

Information taken from the article, "15 Codependent Personality Traits and Characteristics," written by Sarah Kristenson and posted on the website – Happier Human.

<https://www.happierhuman.com/codependent-traits/>



All that I have discovered cannot be addressed at this time. Even if it were possible, what I learned and how it applied to me may be eye opening, but the opening of the eyes of our heart must be done by the Spirit of Truth for He imparts words of wisdom and revelation (Eph. 1:17) that apply to each of us personally.

It was in the going through that I experienced the support, encouragement and comfort that God's Word of Truth offers. I may have realized God says what He means and means what He says, but it wasn't until I experienced His Word giving proof to how much I mean to God that I made the decision to show God how much He means to me by honoring His Word.

This may sound ludicrous but true, I used to seek advice and guidance from those I knew heard from God; that is, until I was made aware how harm-full the flesh can be. One day I may write about the unusual events that occurred, and though this time was one of pain and sorrow the transformations that occurred were a result of God working good in the mess that was my life. Those very same messes I set before Him.



Our life experiences are what give relevance (the very real substance of importance) when thought and feeling are applied. However, additional significance can be determined when better understanding is acquired.

Much can be learned about God and His Word and ourselves during the difficult and hard times of life. Like the pain of childbirth, the anguish can be forgotten in the presence of joy (John 16:21). Unfortunately, joy is not always present, but what will not depart is the power of our decision making – words.

How many words will be heard and read before the most integral discovery is made? The miraculous power and grace, strength and obedience of Jesus of Nazareth, the Son of God, are clearly demonstrated by His faith and trust in God and His promises.

The faith and confident assurance Jesus of Nazareth, the Son of Man, a human being, had for God is evidenced by His obedience. For those who obey God's commands live in Him, and He in them. And this is how we know the powerful Word of God lives in us: We know it because as God did for Jesus He does for us by sending His Holy Spirit (1 John 3:21).



What's amazing we can receive the same power and grace, strength and deference for God from His Word through the faith and confident assurance we not only place in the promises of God, but by placing ourselves in the humble position of obedience to His commands. And this is God's command: To believe in the name of His Son, Jesus Christ, and to love (respect, appreciate, honor) one another (1 John 3:23).

In Acts 10:38 we are told God anointed Jesus with Holy Spirit and power, and the Lord went around doing good, and healing all who were oppressed by (the power of) the devil, because God was with Him. Jesus purposed that God's love and mercy and goodness would not only be revealed but would also be experienced.

Regrettably, no matter how extraordinary God's presence the average and customary are given power to prevail whenever a new problem arises when God's Word is not proclaimed or exalted.



Words are powerful they provide fuel for the choices that we make. When I realized who was with me, the Word of God, Jesus of

Nazareth, I knew that no matter the circumstances, I too would be given the power and strength and grace to wait for what God would accomplish in me and for me.

Yes, Jesus went about healing all, and the “ALL” included me! Even though upset was occurring all around, God’s Word was working good for me and healing in me. Every circumstance we confront gives Jesus opportunity to ensure God’s love and mercy and goodness will not only be revealed but personally experienced. Having words of knowledge about God and His Word are essential.

There may be many pieces involved in the development of a problem; however, when given the opportunity the Word of God, Jesus Christ, will go through them with you piece-by-piece revealing Truth until God’s love and mercy and goodness comes shining through.

Take for instance the story of the angel Gabriel requesting Mary’s consent for Holy Spirit to impregnate her with God’s Seed. Though conception is a natural occurrence, this one was undeniably miraculous, and was only to happen once; however, the spiritual conception of Jesus, though just as miraculous, is extended to ALL,

and is given to those who consent as Mary did “I am the Lord’s servant. Let it be to me according to your Word,” Luke 1:38.

In the natural, this decision could have brought Mary face-to-face with the most ultimate consequence - Death. However, in the spiritual, having personal knowledge of God’s Word fortifies and strengthens our faith and trust and love for God, so if we were to find ourselves facing this ultimate consequence for having the privilege of Jesus dwelling in us, we too may discover we are willing to face Death.



Raising an arm to invite Jesus as Savior is an easy decision, during our life’s journey the struggle we will face is raising both arms to surrender all of what matters to the Lord of heaven and earth.

Though my intentions seemed good, I’m sure the many times I acted in response to fear or doubt or anger’s prodding rather than waiting for Holy Spirit’s prompting I actually distanced instead of drawing others closer to the Lord.

Instead of trying to be Holy Spirit, I had to start doing what I desired most - trust the Lord, and let my words be as gentle cords of kindness, patience and ties of love (Hos. 11:4) even if they were few in number.



I am still learning and practicing to trust God, and to stop attempting to figure everything out on my own before seeking His advice. I have to trust God is working good in ALL circumstances because I love Him. And this can only be done if I am being assured and reassured by God's Word.

I am still learning to wait and listen for the voice of Holy Spirit even in the smallest detail, and it's amazing because He's absolutely interested. I can't remember the number of times I heard a suggestion spoken, and I chose to go or do or say something differently only to realize later, Lord, Your suggestion was much better. Why am I consistently surprised?

God has made His concern known, there are sly and crafty and deceptive foxes to be caught, and the little foxes can surely ruin the vineyards (SS 2:15).

I have learned the importance of being accountable, confessing sin and making prompt amends, for the prayers of those in right standing with God are powerful and effective (James 5:16). And I may ask for an opinion, but I no longer rely solely on someone else's advice; instead, I have learned to let the last words spoken to be God's.



Holy Spirit will always reveal the Way to minister to and for the Father is to heed His Word for this gives glory to the Life of His Son, Christ Jesus. The Lord brought God glory on earth by completing the work He was given (John 17:4), and He continues to bring our heavenly Father glory from the earth when we trust what His Word is telling us to do.

One of Jesus' parents gave that same instruction, "Do whatever He tells you," this was His mother (John 2:5).

From His birth Mary treasured up everything about Jesus and pondered these things in her heart. Like the time when the shepherds found her and Joseph and the baby lying in the manger, and spread the word concerning what had been told to them by angels about this child. And all who heard it were amazed at what the shepherds said to them (Luke 2:16-18).

We too should treasure up all of what the Lord has said and done, and ponder these things in our heart. Then we too would not only have the faith and trust and love for Jesus, as a child has for their parent, but also the humility to do what He says, and instruct others to trust Him in whatever He tells you to do.



Jesus continues to bring glory to the Father by working in the hearts of those willing to lean on, depend on and rely on God's Word:

- For Truth will help us overcome unbelief (Mark 9:24)
- God's Spirit of Truth works in us giving us the desire and the power to do what pleases God (Phil 2:13)
- God's Word of Life sustains us so we are not distanced from the Lord as we do as Jesus did for His Father, honor and obey Him (John 15:10)

Yes, we are to lean on God and depend on His Word and rely on His Spirit of Truth:

- So the joy of the Lord may be in us and our joy may be complete (John 15:10:11)
- So perseverance can finish its work that we may be mature and complete, not lacking anything (James 1:4)
- So we can learn to use God's mighty weapons to knock down the devil's strongholds (2 Cor. 10:4)
- So we can be equipped with the full armor of God and stand firm in our faith (Eph. 6:13)
- So we can be self-controlled so faith and love can be worn as a breast-plate, and the hope of salvation as a helmet (1 Thess. 5:8)
- So our words and our actions would work together, while our faith is being made complete (James 2:22)
- So we will be continually encouraged to put our trust in God's love for us (1 John 4:16)
- So Truth will be revealed, and God's love would truly be made complete in us as we proclaim and follow and exalt His Word (1 John 2:5)



Certainly, there are many things that have meaning, and we have countless reasons to self-protect with denial, avoidance, projection,

acting-out... However, there is only One Who is familiar with every detail of our lives.

God has numbered the very hairs on our head (Matt. 10:30). He heals the broken-hearted (Ps. 147:3) bringing our soul out of the prison of fear or depression or addiction...so we would praise (Ps. 142:7) and give glory to Him and for His Word.

Of this you can be confident, there is vast meaning to be discovered, and infinite reasons for making the Lord your hiding place; He will protect you from a troubled heart, and surround you with songs of deliverance (Ps. 32:7). There is but one reason to accept this invitation to come closer to Jesus – for your own personal well-being, soundness, health and eternal security all this and so much more.



BUT God! He breathes life into His Word so the miraculous can work in us and for us and through us so the unfavorable, adverse and negative effects of fear and bitterness and unforgiveness that trouble the waters of our soul can be countered (confronted, opposed, frustrated) and overcome.

Come closer and you will see the Word of God not only reveals the works of God, but how God's Word of Truth works to save, to deliver and to heal. God makes wars cease to the ends of the earth (Ps. 46:8,9a). Revealing Himself as "ELOHIM" your mighty and strong Preserver Who will go to the ends of the earth to make the inner-wars with which you struggle cease.

God breaks the bow that you may know Him as JEHOVAH EL ELYON "The Lord God of Truth" Who provides the message of Peace that will set you free (John 8:32); He shatters the spear as EL SHADDAI "God Almighty, the All Sufficient One" Who fights the influences of evil in your behalf. His divine power brings us to repentance so any and every evil stronghold can be destroyed (2 Cor.10:4 ESV); God's Word of Life leads to salvation and no regrets (2 Cor.7:10).



God burns our prideful shields with fire (Ps 46:9) as EL KANNA "Jealous God." His fiery passion is as bolts of lightning that burn away the defensive and self-protective mechanisms we use as coverings against all that is birthed by fear (dread, panic, phobia, disquiet, dismay, worry, cowardice, agitation, stress, tension, discomposure,

upset, doubt, foreboding, misgiving, trouble, despair, obsession, compulsion...).

DABAR ELOHIYM “The Word of God” encourages us to remind our soul to praise the Lord and not to forget all His benefits –

For He forgives all our sins
And heals all our diseases
He redeems our life from the pit
And crowns us with love and compassion
He satisfies our desires with good things

The Lord works righteousness
He works justice for all the oppressed
He makes known His ways and deeds
The Lord is compassionate and gracious
He is slow to anger, abounding in love
He does not treat us as our sins deserve
He does not repay us according to our iniquities
As high as the heavens are above the earth
So great is His love for those who fear Him
As far as the east is from the west

So far has He removed our transgressions from us
The Lord has established His throne in heaven
And His kingdom rules over all

So remind your soul to praise the Lord

Psalm 103



When Jesus is recognized as ELOHE TISHUATHI “God of My Salvation,” He will also be acknowledged as ADONAI JEHOVAH “Lord God,” the One that we should honor and obey. A decision like no other, for JEHOVAH ROI “The Lord My Shepherd” leads throughout this journey.

A journey like no other, for no matter our daily travels, JEHOVAH-JIREH “The Lord Shall Provide” all that’s needed to not just survive but to overcome as we grow in Truth and Grace. For then our faith and hope and love will become rooted in ELOHENU OLAM “Our Everlasting God,” “The Living God” EL HAY.



For though there seems sturdiness to life - home, family, friends...
When a life is built on (Col. 2:6-7) JEVOHVAH SALI "The Lord My
Rock" nothing - not adversity, emotion, illness, disaster - will be able
to shake you from JEHOVAH TSURI "The Lord My Strength" because
(Ps. 16:8) your heart will surely come to know JEHOVAH IMMEKA
"The Lord is With You."

Yes, ELOHIM OZER LI "God My Helper" will not only walk with you
throughout your ordinary days, DABAR ELOHIYM "The Word of
God" will reveal the extraordinary way JEHOVAH BORE "The Lord
Creator" walked throughout the decades, centuries and eras of time to
reveal all of Who He is to and for you and me.

Yes, there are many reasons to become better acquainted with
HASHEM "The Name" that is above every name; for God has exalted
JEHOVAH ELYON "The Lord Most High," and every knee will bow
to YESHUA, to "Jesus" in heaven and on the earth and under the
earth.

Every tongue will confess He is JEHOVAH IZUZ WEGIBBOR "The
Lord Strong and Mighty" to the glory of God the Father (Phil. 2:9-11).



But as for you, be strong and do not give up, for your effort will be rewarded (2 Chron. 15:7). So come and you will see the glorious things God has done. How awesome His works in man's behalf (Ps. 66:5) so all error and what has deceived us can be rectified by His Word.

ADONAI JEHOVAH, "The Lord" longs to be gracious to you; He rises to show you compassion, and everyone who waits for Him are blessed (Isa. 30:18). For they have received from JEHOVAH MELECH OLAM "The Lord King Forever" - the most precious, priceless gift - eternal life.

And since there is not enough time to experience all the benefits of JEHOVAH TSIDKENU "The Lord Our Righteousness" and all the goodness of JEHOVAH SHALOM "The Lord (Our) Peace;" Elohim - God, "The Strong Creator," has offered eternal opportunities to delve into the depths of DABAR ELOHIYM "The Word of God:"

- Who strengthens His people and blesses them with peace (PS. 29:11)
- Who keeps in perfect peace those whose minds are steadfast because they confidently trust JEHOVAH SHAMMAH "The Lord is There" (Isa. 26:3)

- They can go out in joy and be lead forth in peace believing JEHOVAH GOELEKH is “The Lord Thy Redeemer” (Isa. 55:12), and gives to them His peace, which is different from what the world gives.
- They need not be afraid or let their hearts be troubled because EL EMUNAH is “The Faithful God” (John 14:27)
- Who gives the weary and burdened rest to receive from JEHOVAH MEPHALTI “The Lord My Deliverer” (Matt 11:28)
- Who teaches you these things so that in JEHOVAH ROPHE “The Lord (Our) Healer” you may have peace in this troubled world (John 16:33)
- And EL TIKVAH “The God of Hope” may fill you with all joy and peace as you trust in Him (Rom. 15:13)
- So don't become anxious about anything for the peace of EL MAROM “God Most High” transcends all understanding, and will guard your heart and mind in JEHOVAH MACHSI “The Lord My Refuge” Christ Jesus (Phil. 4:6-7)
- For JEHOVAH MEKADDISHKHEM “The Lord that Sanctifies You” gives His Spirit of Truth to fill you with new

life for that old sinful nature within you is against God and leads to Death (Rom. 8:5-7 TLB)

- How amazing EL NEKAMOTH “God that Avenges” calls you to peace (Col. 3:15)
- So you can lie down and sleep peacefully for JEHOVAH MAGINNENU “The Lord Our Defense” makes you dwell in safety (Ps. 4:8)
- And JEHOVAH HEREN-YISHI “The Lord the Horn of My Salvation” justifies through faith so you have peace with God and boast in the hope of EL HAKABODH “The God of Glory” Rom. 5:1-2
- When you submit to EL NOSE “God that Forgave” and be at peace with Him prosperity comes as instructions from JEHOVAH ORI “The Lord My Light” are received and His words laid up within your heart (Job 22:21-22)
- For JEHOVAH KABODHI “The Lord My Glory” was pierced for our transgressions and crushed for our iniquities; the punishment that brought us peace with ELOHIM BASHAMAYIM “God in Heaven” was on JEHOVAH MAGEN “The Lord, The Shield”

- And though the mountains are shaken and hills removed the unfailing love of ELOHE CHASEDDI “The God of My Mercy” will not be shaken nor His covenant of Peace removed. Through faith and His compassion you too can come to know EL HAYYAY is “God of My Life” (Isa. 54:10)
- So be still and know (Ps. 46:10) EL SIMCHATH GILI as “God My Exceeding Joy” being confident of this, EL RAI “God Sees Me” and has already begun a good work in you and will carry it on to completion until the day of JEHOVAH HASHOPET “The Lord the Judge” (Phil. 1:6)



The Spirit of Truth continues to hover over the earth, but He makes a home in the heart of those who are following God’s command to believe in the One He has sent. Holy Spirit places the seeds of God’s Word of Truth within us so His fruit can grow and multiple filling us with Life. God created us in His image, but Holy Spirit recreates us in the image and likeness of the Son of Man.

Naturally, I raised my arm to receive Jesus as Savior for this would give me entrance into heaven. However, it was while going through

great difficulties that I entered into a depth of meaning to see God's Word as Lord.

I fought for control as Jesus walked with me, but just as He is working good from every circumstance, I am working to remember co-laboring with the Lord, in the Word, brings faith and hope and good especially during those times when they're most needed.

I have come to realize the very goodness of God, His Word and His Spirit of Truth always walks with me. The Word of Life, Christ Jesus, is always working to make God and Himself known, and how miraculously the Spirit of Grace works in every detail making it so very evident

OUR ETERNAL LIFE MATTERS



MY JESUS

<https://www.youtube.com/watch?v=FW5o2uBeMWQ>

Are you past the point of weary?

Is your burden weighin heavy?

Is it too much to carry?

Let me tell you 'bout my Jesus
'Cause shame's done all its stealin'
And you're desperate for some healin'
Let me tell you 'bout my Jesus

He makes a way where there ain't no way
Rises up from an empty grave

Ain't no sinner that He can't save

Let me tell you 'bout my Jesus
His love is strong and His grace is free
And the good news is I know that He
Can do for you what He's done for me

Let me tell you 'bout my Jesus
And let my Jesus change your life

Hallelujah, Hallelujah, Hallelujah, Amen, Amen

Who can wipe away the tears
From broken dreams and wasted years
And tell the past to disappear? Oh
Let me tell you 'bout my Jesus
And all the wrong turns that you would

God and undo if you could
Who can work it all for your good
Let me tell you 'bout my Jesus

He makes a way where there ain't no way

Rises up from an empty grave
Aint no sinner that He can't save

Let me tell you 'bout my Jesus
His love is strong and His grace is free
And the good news is I know that He
Can do for you what He's done for me

Let me tell you 'bout my Jesus
And let my Jesus change your life

Hallelujah, Hallelujah, Hallelujah, Amen, Amen

Who would take my cross to Calvary?
Pay the price for all my guilty?
Who would care that much about me?
Let me tell you 'bout my Jesus

Song by Anne Wilson



SEEK FAVOR IN THE EYES OF THE LORD

- Invest time and faith and hope in God's Word
- Join the angels and climb that ladder to heaven as interest is accrued in Christ Jesus
- Invite the Lord to sit on the throne of our heart instead of prideful ideation

I pray that you may be active in sharing your faith,
So that you will have a full understanding
Of every good thing we have in Christ.
For experiencing His love gives us
Great joy and encouragement
Beloved, God's Word refreshes the heart of the saints
Philem. 6-7