

HE WILL COMFORT US

When Methuselah had lived 187 years, he became the father of Lamech. And after he became the father of Lamech, Methuselah lived 782 years and had other sons and daughters. Altogether, Methuselah lived 969 years, and then he died (Gen. 5:25-27).



During our life there are times when we need to lean on someone for support. Not just times when we need a friend or confidante, but when change occurs, and the assistance of a doctor or lawyer or minister is needed. There are also numerous everyday situations when we find it necessary to lean on someone for our general well-being. We don't give much thought to the fact that we're leaning on a pilot, conductor or bus driver to get us safely to our destinations.

If given some thought there are many occasions that require us to rely on the expertise of another. Well this is why I share God's Word of Truth. If you are like me there is a need to know. So when confronted with the choice of Truth or deception of course we would want to be in possession of what's accurate, honest, trustworthy, dependable and reliable.

However, in many instances sadly, we experience just the opposite dishonesty, lying, fraud, half-truth, duplicity when invented, speaks to a false idea or belief. You may remember, the spiritual did not come first, but the natural (1 Cor. 15:46). As a result, our reality is affected by what is true (accurate, real, positive) and what is deceptive (bent, confounded, wrong).



This subject relating to neuroscience, “How Much Do We Really Know About the Human Brain?” was addressed in an article on the website World Economic Forum:

<https://www.weforum.org/agenda/2015/05/how-much-do-we-really-know-about-the-human-brain/>

The interest and research into this subject, of course, is immense. So I’ve only highlighted a couple points:

Of all the physical components of the human body, the one we most associate with our “self” and our consciousness is the brain.

That fantastically complex organ is the main focus of several massive scientific research projects right now, including the more than \$300 million Brain Initiative and the EU's Human Brain Project.

What most people may not realize is how much of this research is truly delving into the unknown. As central as the brain is to our existence, we understand very little about how it actually works. I can't tell you – nor can anyone else – how the brain functions as an information processing organ.

What is meaning, how is it stored, where does it exist, what does it look like in the brain? Researchers want to understand and be able to treat both psychiatric illness and disorders like Alzheimer's and dementia that we know are associated with deterioration of the brain.

If we can understand the brain well enough to do that, we could also perhaps unlock the keys to hacking our intelligence, memory and other mental skills.

Perhaps we'll understand what consciousness is, what we are. Insel explained that for that, you need “a way of looking at activity in real time, essentially at the speed of thought, so you're able to capture

what's activated when and how that's connected in a way that's sufficient for behavior."

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As inquisitive beings, we are constantly questioning and quantifying the speed of various things. With a fair degree of accuracy, scientists have quantified the speed of light, the speed of sound, the speed at which the earth revolves around the sun, the speed at which hummingbirds beat their wings, the average speed of the continental drift....These values are all well-characterized, but what about the speed of thought?

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Many scientists consider the best proxy measure of the speed or efficiency of thought processes to be reaction time – the time from the onset of a specific signal to the moment an action is initiated. This approach makes sense because thoughts are ultimately expressed through overt actions.

Reaction time provides an index of how efficiently someone receives and interprets sensory information, decides what to do based on that information, and plans and initiates an action based on that decision.

The summation of this article What Is The Speed Of Thought written by Tim Welsh states, although quantifying a single “speed of thought” may never be possible, analyzing the time it takes to plan and complete actions provides important insights into how efficiently the nervous system completes these processes, and how changes associated with movement and cognitive disorders affect the efficiency of these mental activities.

<https://earthsky.org/human-world/what-is-the-speed-of-thought/>



By reading just a few passages from these articles it is easy to determine we are fearfully and wonderfully made (Ps. 139:14) a Psalm written by David, “A man after God’s own heart.” Yes, the Lord God formed man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living a being (Gen. 2:7). And as you do not know the path of the wind, or how the body is formed in a mother’s womb, so you cannot understand the work of God, the Maker of all things (Eccl. 11:5). And though everyone marveled at all Jesus did, He said to His disciples:

“Listen carefully to what I am about to tell you. The Son of Man is going to be betrayed into the hands of men.”

They did not understand what this meant. It was hidden from them, so they did not grasp it, and they were afraid to ask Him about it (Luke 9:43-45).



Betrayal – the act of violating the trust and confidence of another (disloyalty, unfaithfulness, deception). Deception - the inclination or practice of misleading others through lies or trickery; the act of causing someone to accept as true or valid what is false or invalid. It would be very disturbing if we discovered someone we knew was behaving this way toward us. Yet, as Solomon wrote, “This only have I found, God made mankind upright, but they have gone in search of many schemes,” Eccl. 7:29.

Why? Satisfied desire is sweet to a person; therefore, it is hateful and exceedingly offensive to those who are self-confidently foolish to give up evil upon which they have set their hearts (Prov. 13:19 AMP). The foolish who are bent on evil despise matters of soul (Prov. 13:19

Message). And hearts that are bent on evil, on rebellion will waste away in their sin (Ps. 106:43).

How devious is the way of the guilty (Prov. 21:8). They follow their hearts and thrive (Prov. 13:19 Message) because it is so pleasant to see plans develop. That is why the foolish refuse to give them up even when they are wrong (Prov. 13:19).



No thought is given to what is true and valid, or how seriously they are being deceived. A person can work and scheme to gain the whole world; at what cost, if they forfeit their life in the Kingdom of God, where then is the profit?

Those whose hearts remain bent by deception cannot understand that like Jesus they too are being betrayed by flesh and blood, and most likely their own. The Word of Truth is hidden because a veil is covering their heart causing their minds to be made dull (2 Cor. 3:15). They are unable to grasp what the Son of Man is saying:

“What can a person give as an exchange for their blessed life in the Kingdom of God?”

“The Son of Man is going to come in the glory, majesty and the splendor of His Father with His angels, and then He will render account and reward everyone in accordance with what they have done.”

Matt. 16:26-27 AMP

This natural, temporary life as we well know comes first, and then the spiritual will surely follow, regardless of what anyone may think. For man is destined to die once, and after that to face judgment (Heb. 9:27)! God breathed life into those forms of clay; however, experience was lacking and so too sense, for discernment was not in them. If only they were wise and would've understood this, and discerned what their end would be (Deut. 32:28-29)! The creature betrayed and deceived them, but they betrayed their Creator.

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“They would not listen to Me! They would not submit to My Word! So I gave them over to their stubborn hearts to follow their own devices. Yes, the fear of the Lord is where godly knowledge begins. But they behaved as fools who despise My wisdom and discipline!”

“My people are destroyed from lack of knowledge! Fools who do not know Me! Senseless, undiscerning children that have no understanding! How skilled they are at doing evil, they know not how to do good.”

“They are ever hearing, but never understanding! They are ever seeing, but never perceiving! The hearts of the people have become calloused. They hardly hear with their ears, and they’ve closed their eyes. Otherwise they might see and hear and understand with their heart, then turn and I would heal them.”

“Instead, they continue to come near Me with their mouth, to honor Me with their lips, but their hearts are far from Me. Their worship of Me is made up of only rules taught by men. Once more I will astound these people with wonder upon wonder! The wisdom of the wise will perish! The intelligence of the intelligent will vanish!”

“Woe and such great sorrow to those who go to great lengths and depths to hide their plans from the Lord, who

do their work in darkness thinking, 'Who can see? Who will know? They turn things upside down!'"

"Surely, those that are wise in their own eyes will be put shame. They will be dismayed and trapped for rejecting the Word of the Lord. I ask you: What kind of wisdom do they have?"

Ps. 81:11-12, Prov. 1:7, Hos. 4:6, Jer. 4:22, Matt. 13:14-15, Isa. 29:13-16, Jer. 8:9



Though it is naturally accepted that our heart sends us in search of many schemes, if we stop to listen carefully the Word God bestows may rouse a slumbering soul, but it's the breath of Holy Spirit that revives our spiritual being with everlasting Life:

"Do you understand the present time? It is all the more urgent, for time is running out. Wake up, for the night is almost gone, the Day of salvation will soon be here. So remove your dark deeds like dirty clothes, and don the armor of Light, the armor of right living. If you choose to belong to the Day, you must live decent lives for all to see."

“Anyone who intends to come to Me must let the Spirit guide. You’re not in the driver’s seat; I am. Don’t run from suffering; embrace it. Follow Me and I’ll show you how. Self-help is no help at all. Self-sacrifice is the way, My way, to finding yourself, your true self. What kind of wisdom is it to get everything you want, but lose yourself?”

“The Counselor, Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I’ve told you. When the Counselor comes, the Spirit of Truth Who goes out from the Father, He will testify about Me. You too must testify. Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

“Trust in God; trust also in Me; for God has not given you a spirit of fear (anxiety, worry, or despair), but of power (strength, authority, and privilege) and of love (value, respect, and favor), a sound mind to comprehend, discern, and gain insight.”

Rom. 13:11-13, Matt. 16:24-26 Message, John 14:26, John 15:26-27, John 14:27. John 14:1, 2 Tim. 1:17

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Jesus went forth like a mighty man, the Lord roused up His zeal like a warrior; The Lion of the tribe of Judah loudly roared:

“Yes!”

And has done mightily against His enemies (Isa. 42:13 AMP).

If we stir up our inner zeal and seek out the Truth, we won't be fooled by those who try to excuse the worthless deeds of evil and darkness. It is shameful to even talk about the things they do in secret. Their evil intentions will be exposed when heaven's Light shines on them, for the Light makes everything visible (Eph. 5:6-13 NLT).

There are only two choices, and the Lord chooses to make you the head, not the tail when you pay attention (Deut. 28:13). Those who practice evil hate the Light, and do not come to heaven's Light, lest their deeds should be exposed. But those who heed (follow, comply with, conform to) God's Word of Truth come to the Light, so their deeds may be clearly seen because we've chosen to do them in God, *and for His glory* (John 3:20-21 NKJV). This is why it is said:

Wake up, O sleeper,
Rise from the dead,
And Christ will shine on you."

Eph. 5:14



Wake up, O sleeper: That you would come to your senses and escape from the trap of the devil, who has taken many captive to do his will (2 Tim. 2:26). Choose not to be like others who are asleep; instead, come, belong to the Day being alert and self-controlled. Putting on faith and love as a breastplate, and hope of salvation as a helmet.

God does not want to appoint anyone to suffer wrath, but to receive salvation through His Son, Christ Jesus, Who died so we may live together with Him (1 Thess. 5:6-10). So come back to your senses ask for discernment as you ought, and stop sinning, don't be ignorant of God (1 Cor. 15:34) of His Word and His love for you.

Rise from the dead: Because of His great love for us, God, Who is rich in mercy made us alive with Christ even when we were (and

may still remain) dead in transgressions – it is by grace we are saved (Eph. 2:4-5). This grace was given us in Christ Jesus before the beginning of time, but it has been revealed through the appearing of the Lord, Who has destroyed death and has brought life and immortality to light through the Gospel (2 Tim. 1:9-10).

And Christ will shine on you: God said:

“Let there be Light in the darkness!”

Making this light shine in our heart so we could know and understand that it is the brightness of His glory that is seen in the face of Jesus Christ! But this precious treasure – this light and power that shine within us – is held in a perishable container, that is, in our weak bodies. Everyone can see the glorious power within must be from God and is not our own.

Yes, we are pressed on every side by troubles, but not crushed and broken. We are perplexed because we don't know why things happen as they do, but we don't give up and quit. We are persecuted, but God never abandons us. We get knocked down, but we get up again and keep on going. Let it be clear to all that it is only the living Christ

within, Who keeps us safe (2 Cor. 4:6-10 TLB) from Evil's eternal intent.



Yes, if you are stirred up this inner power, the Spirit of Truth, you will never be afraid to tell others about our Lord. You will even be ready to suffer for He will give you strength. It is God Who saves us and chose us for His holy work not because we deserve it, but because that was His plan long before the world began – to show His love and kindness to us through His Son.

God has made all of this plain to us by the coming of our Savior Jesus Christ, Who broke the power of death to show us the intent of our Good Father, Who reveals the Truth and the Way to everlasting Life by not only believing; but, by completely trusting His Son.

Oh, I've heard a thousand stories of what they think You're like
But I've heard the tender whisper of Love in the dead of night
And You tell me that You're pleased and that I'm never alone

You're a good, good Father
It's who You are, it's who You are, it's who You are

And I'm loved by You

It's who I am, it's who I am, it's who I am

Oh, and I've seen many searching for answers far and wide
But I know we're all searching for answers only You provide
'Cause You know just what we need before we say a word

You're a good, good Father

It's who You are, it's who You are, it's who You are

And I'm loved by You

It's who I am, it's who I am, it's who I am

Because You are perfect in all of Your ways

You are perfect in all of Your ways

You are perfect in all of Your ways to us

Oh, it's love so undeniable

I, I can hardly speak

Peace so unexplainable

I, I can hardly think

As You call me deeper still

As You call me deeper still

As You call me deeper still into love, love, love

You're a good, good Father
It's who You are, it's who You are, it's who You are
And I'm loved by You
It's who I am, it's who I am, it's who I am

And You're a good, good Father
It's who You are, it's who You are, it's who You are
And I'm loved by You
It's who I am, it's who I am, it's who I am

You are perfect in all of Your ways
(it's who You are, it's who You are, it's who You are)
(And I'm loved by You)

You are perfect in all of Your ways
(it's who You are, it's who You are, it's who You are)
(And I'm loved by You)

GOOD, GOOD FATHER

Sung by Chris Tomlin



Yes, Jesus is able to safely guard all that we give Him until the day of His return. So hold tightly to the pattern of Truth you have been

taught, especially concerning the faith and love Christ Jesus offers you (2 Tim. 1:8-13 TLB). For He is the Way, the Truth, the Life (John 14:6) God's Word:

"The One Who breaks open the way will go up before them! They will break through the gate, and go out by it. Their King will pass through before them, the LORD as their Leader."

"Remain faithful even if facing death and I will give you the Crown of Life - an unending, glorious future. For those who have an ear, let them hear what the Spirit says: Those who overcome will not be hurt at all by the second death. The fiery lake of burning sulfur, for this is the second death."

Mic. 2:13 BSB, Rev. 2:10-11, Rev. 21:8



Surely, no one can redeem the life of another or give to God a ransom for them - the ransom for a life is costly, no payment is ever enough. So why should I fear when evil days come, when wicked deceivers surround me - those who trust in their wealth and boast of their great riches (Ps. 49:5-7)?

For God has sent a Messenger from heaven to intercede for us as a Friend, and declare that we are upright – He has been gracious and said:

“Rescue them from the grave,
for I have found a ransom for their lives.”

When they pray to God, they will be accepted. And God will receive them with joy and restore to them good standing.

They will declare to their friends, “I sinned and twisted the Truth, but it was not worth it. God rescued me from the grave, and now my life is filled with heaven’s Light,” the Word, Who says:

“Yes, God does this again and again for people everywhere. He rescues them from the grave so they may enjoy the Light of Life. Mark this well. Listen to Me, to all I have to say for I am anxious to see you justified. Listen to Me and I will teach you wisdom!”

Job 33:23-33 NLT

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Yes, Jesus became God's Message of hope and peace, salvation and forgiveness of sin and also grace so we could know how great the love the Father lavishes on us, inviting us to become His children (1 John 3:1).

The day of God's judgment is yet to come. Today we are called to be discerning so knowledge can be acquired and wisdom gained (Prov. 18:15). For God has chosen us to be saved through the sanctifying work of His Holy Spirit and through belief in His Word of Truth. He calls us to this through His ever-living Message, so that we could share in the glory of His Son (2 Thess. 2:13-14)

The One Who is coming again, and those who believe and trust in Jesus will be gathered to meet Him. That day will not come until two things happen: first, there will be a time of great rebellion against God, and then the man of rebellion will come - the son of hell.

He will defy every god there is, and tear down every other object of adoration and worship. He will go in and sit as God in the temple of God, claiming that he himself is God. He can only come when his time is ready.



As for the work this man of rebellion and hell will do when he comes, it is already going on, but he himself will not come until the one who is holding him back steps out of the way. Then this wicked one will appear who the Lord Jesus will burn up with the breath of His mouth and destroy by His presence when He returns.

This man of sin will come as Satan's tool, full of satanic power, and will trick everyone with strange demonstrations, and will do great miracles. He will completely fool those who are on their way to hell because they have said no, refusing to seek the Way and the Truth; therefore, the Life God sends is not received.

They have refused to believe God's Word and love Him and let Him save them, so God will allow them to believe the lies with all their heart. All of them will be justly judged for trusting the liar, denying the Truth and enjoying their sins.

With all these things in mind, stand firm and keep a strong grip on the Truth that you have been taught. May the Lord Jesus Christ Himself and God our Father, Who has loved us and given us what we don't

deserve, comfort our heart with all comfort so we won't be carried away and deceived regardless of what others may say (2 Thess. 2:1-16) because we know what lies in the heart of God – love and not deception:

“Do I take any pleasure in the death of the wicked? Rather, am I not pleased when they turn from their futile ways and live?”
Ezek. 18:23



Think how powerfully deception works against us. Adam and Eve lived in paradise that is until they ate the fruit of deception causing them to plant wickedness, which led to evil being reaped, and the harvesting of sin. Why? They were in fear and depended on their own strength (Hos. 10:13) and not on God's Word of Truth. They didn't trust in the Lord with all their heart; instead, they chose to lean on their own understanding. They didn't cling to the Life from heaven so God couldn't show them the best Way to take (Prov. 3:5-6).

They didn't know that it was fear causing them to be weak and afraid and to lose their courage. Today we can know by opening God's book that fear can and will grip us like the pains of a woman in childbirth

(Isa. 13:7 ERV). Causing those who are determined to continue in the wilderness - *a land without the Bread of Life* - a land of deep darkness like a way without Light, where delusions are feed, and God's Word is dishonored:

“Why do My people say: ‘We have broken loose. We are free and will roam at large. We will come no more to You.’ Have I been a wilderness to them?”

“Do you not know who made the world a wilderness and overthrew its cities, and would not permit his prisoners to return home? The light-bringer and daystar, son of the morning who fell from heaven; how he was cut down to the ground, the one who weakened and laid low the nations. Who said in his heart:

I will ascend to heaven

I will exalt my throne above the stars of God

I will sit upon the mount of assembly in the uttermost north

I will ascend above the heights of the clouds

I will make myself like the Most High.

“The one whose heart craved God’s glory; yet, he will be brought down to Sheol, to the innermost recesses of the pit. Those who see him will gaze at him and consider him, saying: “Is this the man who made the earth tremble, who shook kingdoms – who made the world like a wilderness?”

Jer. 2:31 AMP. Isa. 14:12-17 AMP



Jesus demonstrated to the world how not to live in fear, in sin and in deception for He lived in loyalty and faithfulness to His Father (Prov. 3:3 RSV).

The source from which deception flows is the heart of Satan. However, he wasn’t the one who sent the Lord into the wilderness that was Holy Spirit. The father of liars (John 8:44 TLB) has been revealed, and he did what he always does, practiced his sorcery with words to manipulate and twist, to tempt Jesus to sin (Matt. 4:1).

Satan’s refusals to not only acknowledge God’s Word, but to continually distort the Truth: That faith would remain in self-sufficiency, instead of in the Lord. Jesus is the only One Who ensures a

life of amity (selflessness, tolerance and charity) not enmity (discord, hostility and estrangement), for God is Love (1 John 4:8).



Everyone who confesses that Jesus is God's Son they too will participate continuously in an intimate relationship with their heavenly Father. Those who come from God and belong to God have already won a big victory over false teachers, for the Spirit God bestows in us is far stronger than anything in the world.

Those people who belong to the Truth-denying world (1 John 4:15&4-5a Message) they are the children of their father the devil. They love to do the evil things he does – kill, steal and destroy.

Satan was a murderer from the beginning and a hater of Truth – there is not an iota of Truth in him. When he lies, it is perfectly normal; for he is the father of liars. So when they are told the Truth, they just naturally don't believe (John 8:44-45 TLB). Instead, they have chosen to talk the world's language, and live *in drought and wilderness being spiritually parched and malnourished because they eat up whatever the world says.*

Again, those who come to God, belong to God! They understand when Truth has spoken, and they listen (1 John 4:5-6 Message). Those who keep God's Word of Truth and continue to obey His instructions will abide in His love and live on in it, just as Jesus obeyed His Father's instructions and lives on in God's love (John 15:9-10 AMP). Truth has Power, Holy Spirit resurrection power, to revive and transform depressed (dejected, heartsick, low-spirited) lives with the glorious brilliance of God's love:

“I have loved you, just as the Father has loved Me; abide in My love – and continue in God's love with Me.”



The Spirit of Truth, the Word, and the fullness of Grace is given to us by our heavenly Father so our heart can find rest in His peace. With this hope in mind, we can enter God's rest (Heb. 4:8) when we know, that we know with all certainty that in every situation God's Word provides wisdom and discernment, strength and courage, for we have come to know, believe and trust the Lord is fighting for us.

The Lord is always willing to work in our behalf helping us to recognize and overcome those harmful tendencies, self-destructive

behaviors and character deficits that we've accrued during the time we spent in enmity with God.

Sadly, there are those who formerly had the Gospel preached to them, but they failed to enter God's rest because of their distrust and disobedience. Therefore, God again set a certain day, calling it TODAY, when a long time ago He spoke through David:

Today, if you hear God's voice, do not harden your hearts! (Heb. 4:6-7)



However, those with the Word of God dwelling and prospering within their heart will discover that neither fear nor death can prevent us from coming together in complete unity, and point to the Way, the Truth and the Life God sent to us from heaven because a choice has been made to be the kind of people we ought to be.

People who through willingness invite the Word of God to dwell and prosper in us - teaching and guiding - us to live holy (holistically with concern for the welfare of body, soul and spirit); to live godly lives! (The Amplified Bible offers this description - upright, just, righteous

deeds and conduct, and right standing with God - as saints - God's holy people) looking forward to the Day of God, and speed its coming (2 Peter 3:11-12).

People who not only know but believe with all their heart that through faith Christ actually will dwell (settle down, abide, make His permanent home) in our heart rooting us deeply in Love so we will always be founded securely in Love (Eph. 3:17 AMP).



My beloved friends, everyone who chooses Love (kindness, goodness, patience, humility...) are born of God and will experience a richly rewarding relationship with Him. Those who refuse to choose Love so to be (faithful, peaceful and self-controlled) don't know the first thing about God, because God is Love (1 John 4:16).

This is how God showed His love for us: He sent His only Son into the world so we might live through Jesus. This is the kind of love we are talking about - not that we once upon a time loved God, but that He loved us and sent His Son as a sacrifice to clear away our sins and the damage they've done to our relationship with Him.



My dear, dear friends, if God loved us like this, we certainly ought to love (respect, appreciate, value) each other. No one has seen God, but if we have love for one another, God dwells deeply within us, and His love becomes complete in us – perfect Love!

This is how we know we're living steadily and deeply in Him, and He in us. He's given us life from His life, from His very own Spirit. When we choose to do as Jesus modeled for us, and take up a permanent residence in a life of love, we live in God and God lives in us. This way, Love has the run of the house. God's love becomes at home and matures in us, so that we're free of worry on Judgment Day – our standing in the world is being made to be identical with Christ's.

There is no room in Love for fear. When Love is well-formed within us fear will be banished. Since fear is crippling, a fearful life – fear of death, fear of judgment, fear of man – is one not yet fully formed in Love. We, though, by following God's Word of Truth, are going to love – love and be loved.

First we were loved, now we love. God loved us first. If anyone boasts “I love God,” and goes right on hating his family members, thinking nothing of it, they are a liar. If they won’t choose to love the people they can see, how can they love God when He can’t be seen? The command we have from Christ is blunt:

“Loving God includes loving people!”

1 John 6-21 Message



I am doing what I can to spread the Good News and share in its blessings (1 Cor. 9:23 NLT), since nothing is perfect except God’s words (Ps. 119:96 TLB). But thank God! He has made us His captives and continues to lead us along in Christ’s triumphal procession. Now He uses us to spread the knowledge of Christ everywhere, like a sweet perfume. Our lives are a Christ-like fragrance rising up to God. However, this fragrance is perceived differently by those who are being saved and by those who are perishing (2 Cor. 2:14-15 NLT) because of sin and deception.

Deception is defined as the inclination or practice of misleading others through lies or trickery; the act of causing someone to accept as true or

valid what is false or invalid. John 8:44 tells us the father of lies and deception is Satan. He has always been against the Truth. And those who do what is sinful are of the devil, because he has been sinning from the beginning. The reason the Son of God appeared was to destroy the devil's work (1 John 3:8).

Everything God made was allowed to become like something that cannot fulfill its purpose. That was not its choice, but God made it happen with this hope in view: That the creation would be made free from ruin. Yes, everything that God made is waiting with excitement for the time when He will show the world who His children are. The whole world wants very much for that to happen (Rom. 8:19-23 ERV).



God has made the way of faith in Christ available to all. So why should we continue to deceive ourselves by trusting in what is worthless, for we will get nothing in return for all our effort (Job 15:31). Jesus said:

“Not everyone who says to Me, ‘Lord, Lord,’ will enter the Kingdom of Heaven, but only those who do the will of My Father Who is in heaven. Many will say to Me on that day, ‘Lord, Lord, did we not prophesy in Your name, and in Your

name drive out demons and perform miracles? Then I will tell them plainly, I never knew you. Away from Me, you evildoers!”

“Everyone who hears these words of Mine and puts them into practice is like a wise man who built his house on the Rock. The rain will come down, streams will rise, and winds will blow and beat against that house; yet it does not fall, because it has its foundation on the Rock. But, those who hear these words of Mine and does not put them into practice are like a foolish man who built his house on sand. The rain will come down, the streams will rise, and the winds will blow and beat against that house, and it shall fall with a great crash,” Matthew 7:21-27



This is the will of God, our sanctification; that is, that we abstain from sexual immorality. That each of us knows how to possess our own vessel in sanctification and honor, not in lustful passion, like those who do not know God. That no one transgresses and defrauds another in this matter because the Lord is the Avenger in all these things. God has not called us for the purpose of impurity, but sanctification.

Consequently, those who reject this are not rejecting a person but God, Who gives His Holy Spirit to us (1 Thess. 4:3-8 NASB).

So don't throw away your confidence, which has a great reward. For you have need of endurance, so that when you have done the will of God, you may receive what was promised. For yet in a very little while, He Who is coming will come, and will not delay. God's righteous one shall live by faith; if they should shrink back, God will have no pleasure in them (Heb. 10:35-38 NASB).



Those who do the work of God believing in the One He sent (John 6:29) will not continue to sin because God's Seed remains in them – they have been born of God. This is how we can know who the children of God are and who the children of the devil are: Anyone who does not do what is right is not a child of God; nor is anyone who does not love (appreciate, honor, respect) others (1 John 3:9-10).

Therefore, be careful – watch out for attacks from Satan, who is our great enemy. He prowls around like a roaring lion, looking for some victim to tear apart. Stand firm when he attacks. Trust the Lord, and

remember all around the world, those who believe in the Son of God, are going through sufferings also (1 Peter 5:8-9 TLB).

However, we can take comfort and be encouraged and confidently and boldly profess, 'The Lord is my Helper; I will not be seized with alarm. What can man do to me,' (Heb. 13:6 AMP)? By believing the Son of Man, Christ Jesus, is the Messiah, we will have life in Him (John 20:31 TLB).

Yes, our God, Who is full of kindness through Christ, will give us His eternal glory. He personally will come and restore us (1 Peter 5:10 TLB). He will complete and make us what we ought to be, establishing and grounding us securely (1 Peter 5:10 AMP).



Yes, though God has seen our ways, He will heal us, and guide us and restore comfort to us (Isa. 57:18). He will restore us and make His face shine upon us that we may be saved (Ps. 80:3).

"I will bring health and healing to My people, and let them enjoy abundant peace and security. I will bring them back from captivity, and will rebuild them as they were before. I

will cleanse them from all the sin they have committed against Me, and will forgive their sins of rebellion against Me,” Jer. 33:6-8

Those whose faith and actions are working together (James 2:22) of this they can be certain: God Who began His good work within us will keep right on helping us grow in His grace until His task within us is finally complete on that day when Jesus Christ returns (Phil. 1:6).

Our actions make our faith complete. Like Abraham, he believed God, and God counted him as righteous because of his faith. Abraham was even called a friend of God. So you see, we are shown to be right with God by what we do, not by faith alone (James 2:22-24 NLT).

Someone may say, “You have faith; I have deeds.” Show me your faith without deeds, and I will show you my faith by what I do. You believe that there is one God. Good! Even the demons believe that – and shudder (James 3:17-19). John chapter 17 shares with us the prayer the Lord prayed before His crucifixion. This is a very small portion:

“Father, I pray for those who have and those who will believe in Me through the message of Your Gospels, that all

of them may be one, Father, just as You are in Me and I am in You. May they also be in Us so the world may believe that You have sent Me. May they be brought to complete unity to let the world know that You sent Me, and have loved them even as You have loved Me," John 17:20-23.



God will make us what we ought to be because we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand in the hope that we would walk in them (Eph. 2:10). These are works done, not in our own strength and for our own benefit, but by the grace of God and in obedience to Him – as we are being led by Holy Spirit, for God’s glory.

There are many with practiced tongues that fool and defraud one another; they weary themselves out with all their sinning. They pile lie upon lie because they live in the midst of deception, and in their deceit they continue to refuse to acknowledge God (Jer. 9:5-6 NLT). May Paul’s prayer not only be heard, but embraced with all our heart:

Now may the God of peace – Who brought up from the dead our Lord Jesus, the great Shepherd of the sheep, and ratified (validated,

finalized, blessed) an eternal covenant with His blood – may He equip you with all you need for doing His will. May God produce in you, through the power of Jesus Christ, every good thing that is pleasing to Him! All glory to Him forever and ever! Amen (Heb. 13:20-21 NLT).



Though grace is shown to the wicked, they do not learn righteousness; even in a land of uprightness they go on doing evil and regard not the majesty of the Lord. O Lord, Your hand is lifted high, but they do not see it. Let them see Your zeal for Your people and be put to shame, so the fire reserved for Your enemies does not consume them (Isa. 26:10).

This is my heart's desire and my prayer to God that they may be saved. Many are zealous for God, but their zeal is misdirected, it is not based on knowledge. There are some who don't understand that Christ has died to make them right with God. And there are others who are trying to make themselves good enough to gain God's favor by their deeds and by keeping customs and traditions, but this is not God's way of salvation.

They don't understand that Christ gives to those who trust in Him for everything they are trying to get through by their own efforts. Jesus ends all that for those who believe (Rom. 10:1-4 TLB)



God is able to establish us by His Gospel and the proclamation of His Son, Jesus Christ (Rom. 16:25). This is the making of a covenant, not a one-sided relationship seeking to receive all that God gives, but once again not obeying the one thing He asks of us, and truly live with faith heeding His Word, Christ Jesus.

Sadly, there are so many people who are not truly (in truth, in deed, undoubtedly, unquestionably) living with faith in God's Word, Christ Jesus. Instead, they encourage each other in evil plans. They talk about hiding their snares saying, 'Who will see them?'

They plot injustice saying, 'We devised a perfect plan!' Surely, the mind and heart of man are cunning.

But God, He will shoot them with arrows! Suddenly they will be struck down. He will turn their own tongues against them, and bring

them to ruin. All who see them will shake their head and flee away (Ps. 64:5-10).



If only they would rouse themselves, and set their mind and heart to seek the Truth, for God's Word would surely help them look upon their plight. For the Lord God Almighty, the God of Israel is going to rouse Himself to punish all the nations. No mercy will be shown to wicked traitors (Ps. 59:4-5).

Not some but all mankind will fear! The works of God will be proclaimed! The people will ponder what He has done (Ps. 64:9). But why continue walking toward that day the Lord will visit to punish the host of high ones, those celestial beings in the heavens, and those residing on the earth (Isa. 24:21 AMP)?

Though no regard is given to their spiritual well-being, know the God of Hosts looks down from heaven and sees. So we beseech them to visit the One Who has great regard for our souls (Prov. 2:1). If only the call of Holy Spirit would be answered, and they would turn to the Lord for it's the righteous who will be rejoicing in the Lord, in the One

Whom they've taken refuge. Yes, all the upright in heart will be found praising Him (Ps. 64:10)!



Praise God, Who sends His Word and His Holy Spirit so Truth can be known. For those who set their mind and heart to seek the Lord regard His teachings and commandments to be treasured up within them. We have made our ears attentive to skillful and godly Wisdom. We've inclined and directed our heart and mind to Understanding applying all our WILL power to the quest for it.

Yes, if a person cries out for insight and raises their voice for understanding, if they seek Wisdom as for silver and search for skillful and godly Wisdom as for hidden treasures, then they will understand the reverent and worshipful Fear of the Lord, and find the knowledge of our omniscient - all knowing - God! For the Lord, the Word of Life, gives skillful and godly Wisdom; from His mouth come knowledge and understanding (Prov. 2:1-6 AMP)!



Yes, by one sacrifice Jesus makes spiritually perfect forever those who are willing to be made holy (Heb. 10:14). In his message, "Leviticus: The Way to Wholeness," Pastor Ray Stedman had this to say:

Perhaps you were turned off right away by the word "holy." I don't know what you think "holy" means, but you probably read into it things from your past experience which make it unpalatable to you. Most of us associate it with some kind of grimness. We think "holy" people are those who look as if they've been steeped in vinegar or soaked in embalming fluid. I used to think of the Word that way, and holiness was not attractive to me at all. It repelled me. But I ran across a verse in Scripture which spoke of "the beauty of holiness," (Psalm 29:2, KJV) and I asked myself, "What in the world is beautiful about holiness?" When I found out, I had to agree that holiness is indeed a beautiful thing.

But most of us react initially to this word as did the little girl who happened to see a mule looking over the fence at her. She had never seen a mule before, and she said to it, "I don't know what you are, but you must be a Christian -- you look just like Grandpa." Others associate it with strangeness, apartness, as though holy people are

weird, peculiar individuals who live out in the desert somewhere, remote from the rest of us. They are "different."



However, the Bible itself suggests none of these ideas concerning holiness. If you want to get at the meaning of this word, you must go back to its original root. This word is derived from the same root, from which a very attractive English word comes. This word is wholeness.

So holiness means wholeness, being complete. And if you read wholeness in place of holiness everywhere you find it in the Bible, you will be much closer to what the writers meant. We all know what wholeness is. It is to have together all the parts which were intended to be there, and to have them functioning as they were intended to function.

That is what God is talking about. He says to this people:

"You shall be whole, because I am whole."

God is complete; He is perfect. There is no blemish in God; He lives in harmony with Himself. He is a beautiful person. He is absolutely what

a person ought to be. He is filled with joy and love and peace. He lives in wholeness. And He looks at us in our brokenness and says to us:

"You too, shall be whole."



That word wholeness has power to awaken desire within us. We long to be whole people. Don't you? Don't you want to be what God made you to be, with all the ingredients of your personality expressed in balance? That is what the book of Leviticus is all about. In fact, so is the whole Bible.

We are so aware of our own brokenness, of our lack of wholeness. We know how much we hurt ourselves and each other. We are aware of our inability to cope with life. We sometimes put up a big facade and try to bluff our way through as though we are able to handle anything.

But inside, half the time, we are running scared. That is a mark of our lack of wholeness. We also know our diabolical power to irritate, to enrage, and to inflame others -- and ourselves. But this great statement in Leviticus 20:26 declares that God knows all about human brokenness and hurt. He knows that we are that way. He sees this in

sharp contrast to His own wholeness. And His love reaches out and says to us:

"You shall be whole; for I am whole. That is My purpose,"



Man has lost his way. He was made in the image and likeness of God. When man first came from the hand of God, he was whole. Adam functioned as God intended man to function. He was functioning in the image and the likeness of God. But now we have lost that likeness. We still have the image, but the likeness is gone.

T.S. Eliot says: All our knowledge brings us only closer to our ignorance and our ignorance brings us closer to death. But, closeness to death does not bring us closer to God.

And then he asks this question: Where is the life we have lost in living?

Isn't that the question so many millions are asking today? Where is the life I have lost in trying to live? Why don't I know the way out? How come I am so up-tight, so hurting, so broken?



God determines to heal man's brokenness and to make man whole again. And He knows how to do it -- He says so:

"I have separated you from the peoples!"

Leviticus 20:24

It is a process of separation.

The reason we are so broken is that we are involved in a broken race. Our attitudes are wrong. Our vision of life is twisted and distorted. We believe illusions, take them to be facts, and act upon them.

We are following phantoms and fantasies and delusions. So God must separate us. He has to break us loose from conformity to the thought patterns and attitudes and reactions of those around us. He has to deliver us from all that, straighten out our thinking, set our minds and hearts aright, and correct our tangled, fouled relationships.

This is a process (*one of renewal and recovery*), which takes infinite patience and love, because it is voluntary -- God never forces us into it.

It can occur only to those who trust God enough to respond to His love.



When I was a boy in my early teens, I once tried to entice a female deer out of a thicket into a little clearing to get her to take an apple from my hand and eat it. She was a wild doe, and very much afraid. She saw the apple and obviously wanted to come and take it. She would venture a few steps toward me, but then would become frightened and retreat into the woods. Then she would come out again, stand still and look around for a minute, then start grazing as though indifferent. I stood perfectly still, holding out that apple. She would come a bit closer -- then a twig would snap and she would disappear back into the bushes.

Now, it was perfectly possible for her all along, if only she had known it, simply to walk right up and grab the apple and start eating it. I would not have hurt her at all. I wouldn't have tried to capture her nor do anything else to her. But she didn't know that. I was there a long time, at least half an hour, trying to get her to come out of the woods. Finally, she came about halfway toward me and stood there with her neck stretched out, trying to muster the courage to reach for that apple.

Just as I thought she was going to do it, a car passed nearby and she was gone. I had to eat the apple myself. That strikes me as such an apt picture of what God contends with in reaching out toward man. It takes infinite patience and love to impart the necessary understanding to fearful, hurting men and women like us.



That is why God gave us His book. He starts in kindergarten with us. He starts with pictures and shadows, with visual aids, in order to show us what He is going to do some day. All the ceremonies and offerings of the Old Testament are shadows and pictures of Jesus Christ. So Christ is here in the book of Leviticus. God shows us, through His people Israel, His way of healing human hurt. This is God's way to wholeness.

"Well," someone might say, "I thought Jesus Christ was God's way to wholeness." That is exactly true. He is. But His availability is not limited to us, you see. Men and women before the cross were also hurting and broken and fragmented, just as we are. They needed Christ also and He was available to them.

The way they saw Him was through these pictures. Thus, as they understood what these pictures depict, and laid hold of that, they came to the same joy and peace that we have.

If you do not believe that, read the Psalms and see how much David understood of the presence and the grace of God in his life. He was a man who was healed by God. He came to understand that God was his strength and his very life, and that God could meet every need of his heart and work out all the tangled relationships in his family and in his personal life. All this is reflected in the Psalms he wrote.



Leviticus, then, is full of Christ. All the sacrifices, the rituals, and the ceremonies pictorially describe Jesus Christ and His work, and how He was available to men and women then. And as we read this book from our vantage on this side of the cross, we will learn a great deal about how Jesus Christ can meet our needs now. Therefore, this is not just a historical book. It isn't just for "news." It is a tremendously practical manual on how to live as a Christian.

But there is even more: When you read the book of Leviticus and understand what it is saying, it will help you to understand yourself. You see, in Jesus Christ God took upon Himself the form of man.

Jesus came to this earth, God in the flesh, and dwelt among us as man - Man as God intends man to be. He came to where we are. And everything that He was and did as Man is what we also are or can be. So, as you read this book, you will understand more about yourself, and about what your great, crying needs are, and about how you operate.

We are a mystery to ourselves. We don't even understand how we think. We are baffled by our own experience. Don't you feel that way? Remember the way Paul expresses this in Romans: The good things that I want to do I cannot do; and the evil things that I don't want to do are what I do (Romans. 7:19. This is a picture of life!

It is a very penetrating, probing analysis of what is going on in your life and mine. This is what the book of Leviticus shows us -- the reasons why, the understanding of ourselves. It is designed to meet the hurt of man, just where we are. And as we learn how to accept the healing of God, it will show us what we can be.



Because that is true the book falls into two basic divisions: The first part speaks to man's need. It reveals where we are as people, and sets forth God's answer to that need. The second part reveals what God expects from us in response. First comes God's provision, and then the performance which results from that provision.

In the first sixteen chapters, there are four elements which set forth man's need and reveal what we are like. The first is a series of five offerings. I am sure that God gave us five fingers on each hand so that we can remember the five offerings. First is the burnt offering, then the meal offering, the peace offering, the sin offering, and finally the trespass offering.

1. Burnt offering
2. Meal offering
3. Peace offering
4. Sin offering
5. Trespass offering



1. The Burnt Offering: **The Need to Belong:**

There were three sacrifices that were said to be pleasing odors to God, delights to God. The first of these is this burnt offering. God says that there is something about man which, when he recognizes his right to rule and gives himself wholly to it, is pleasing to God. God is thereby teaching us that man was meant to be his, wholly, totally. The whole man -- body, soul, and spirit -- is to be the dwelling place of God. Only this enables man to rule, and rule adequately.

This is recognition of the most basic hunger of man. It is a reflection of our need to belong, to be accepted, to be loved, to have an identity, a relationship, a cause to live or die for. Man is forever restless if he does not have this sense of belonging. And we will never find fulfillment in our humanity, in expressing ourselves, until we find it in committing ourselves totally to God.

You and I are searching for someone to love us. That is the most primitive and basic hunger of our life. Because, you see, man is not God. We like to think we are, sometimes. We try to act like God. We try to run the universe and have everything revolve around us. You know the poem which goes:

Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul!

In the fell clutch of circumstance
I have not winced nor cried aloud,
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the horror of the shade,
And yet the menace of the years
Find, and shall find me, unafraid.

It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate:
I am the captain of my soul.

It is a satanic lie that man is master of his fate. God could flick off a few little switches inside your body and you would be gone -- right now!

And you'd have nothing to say about it. No man runs his own life or controls what happens to himself. Because man is not God! Man was not made to exist by himself. He was made to be a possession, to be owned by another, to belong to someone else.



This is what the burnt offering is saying. Only through the death of Christ, and only through the relationship with the living God, which that death enables, can this hunger be stilled, can this basic desire to belong be met. That is what accounts for the sense of joy and relief upon becoming a Christian. Do you remember that? "Now I belong! God is my Father! I'm in a family. I'll never be alone again! God will never forsake me nor abandon me! I belong to God!"

If you want to solve any other problem of life you have to begin there. "I belong to the Father, I am one of His family. I'm a child of God. I know Him as my heavenly Father. I have been accepted by Him. He loves me."

If you do start there you have a basis upon which all the other relationships of life can all be worked out, for there, you see, this deep

and clamant cry of the human heart is met. Jesus Christ meets us in that place. This is the burnt offering -- the need to belong.

Thank you, our heavenly Father, for this marvelous provision, this graphic way of teaching us through these instructive offerings what is true about ourselves. Each one of us knows that this is true, knows how restless we are, how unsatisfied, how unhappy we are if we do not have a full sense of identity. But thank you, Father, that You have made provision for this most basic of all needs to be met in Jesus Christ our Lord, Who died for us that we might have it. Teach us then to rejoice in our relationship with You and to understand that it lies at the base of everything. May we never forsake it or turn away from it but rejoice forever in this relationship which can never be broken. We will never be abandoned again, never be forsaken, never be lost, never again have no identity. We belong to You, O God, through Jesus Christ. We thank you in His name, Amen.

<https://www.raystedman.org/old-testament/leviticus/the-need-to-belong#:~:text=He%20loves%20me.%22%20If%20you,%2D%2D%20the%20need%20to%20belong.>



2. The Meal Offering: The Need to Respond:

The meal offering is always offered in connection with the burnt offering.

That is very instructive, because it is telling us something significant about the meaning of this meal offering. The burnt offering, remember, was the need to be loved -- the need to be accepted and to belong. But if God reaches out to you and says, "You are mine," then that lays a demand upon you, doesn't it? You need to do something. You need to say something back to God. You need to respond to His love. You need to open up your life toward Him. He has reached out toward you; you need to reach back toward Him.

That is what the meal offering is all about. It exemplifies this basic, inherent quality of humanity: It cannot develop, it can never go anywhere, it can never fulfill itself until it is ready to respond to the love which reaches out to it.

Heavenly Father, we thank You for the love which is everlastingly reaching out toward us, and which never seems to stop. Even though we've said "No" so many times, Your love keeps pursuing us. Lord, we thank You for that everlasting quality which never says "No" to us, which never seems to give up but keeps pleading and waiting for that

response of our heart. Now may we in this moment respond to You, our Father -- respond in grateful appreciation and thanks and love for all You want to do in us. Take us this day, Lord, and be our God, and live through us, so that we might give ourselves again tomorrow and all through the days of this week and for the rest of our lives, and that everything You are, we may be. We ask it in Jesus' name, Amen.

<https://www.raystedman.org/old-testament/leviticus/the-need-to-respond>



3. Peace Offering: **The Need for Peace of Heart and Mind:**

Now we come to the fellowship offering, which is better rendered the peace offering. In the peace offering we are recognizing another basic, fundamental need of the human heart. No proper life is possible without peace.

I am not referring here to the peace of forgiveness. That will come in the next two offerings: the sin and the trespass offerings. It is not peace with God; it is the peace of God we are talking about here. It is peace not in the sense of hostility ceased but in the sense of emotional stability, of an untroubled heart and mind. That is what we need — a sense of security, of well-being, of confidence that things are under

control and that it is all going to work out. That is the kind of peace this offering represents.

We all are familiar with the physical difficulties which can come with such an absence of peace. It is an excellent way to build a good case of ulcers. It can create all kinds of disturbances in the body – tics, nervous twitches, indigestion, stuttering, and various other maladies. Even emotional breakdown and nervous collapse can follow. So it is very evident that we are dealing here with a fundamental need. If you do not think the Bible is practical you have not even begun to understand this Book. It deals with human life as it really is.

Thank You, Father, for these eloquent truths taught through these Old Testament sacrifices. Give me an open and responsive heart so that I will recognize that in the dying of the Lord Jesus, and in His living again, I have all that it takes to bring me through my troubles and bring me peace.

<https://www.raystedman.org/daily-devotions/leviticus/the-need-for-peace>



4. Sin Offering: **The Need to Confess:**

In the book of Leviticus, the five great offerings specified there set forth for us so clearly and helpfully the basic needs of our humanity, needs which God has built into every one of us, and how these needs can be met -- the only way in which they can be met.

We come to the fourth of these offerings, the sin offering. Here we come face to face with a question which is evident everywhere in the world, which very few people ever seem to attempt to answer. The question is: Why does man fear and avoid God?

I do not think that I need to produce much evidence to convince you that it is a fact that everywhere man avoids, if he can, the person -- and even the thought -- of God. Have you ever noticed how difficult it is to interject into a conversation any reference to God? -- unless of course you do it in blasphemy, then you can get by without any trouble. But if you try to suggest something nice about God, then a stillness falls upon the group, a restlessness occurs. People do not want to talk about God.

Now, why is that? Why is this such a painful subject to so many?

In the sin offering we are coming to the way God deals with that problem. As a part of the introduction I would like to point out again the order of the offerings is very significant. This fourth offering comes only after the first three, which have dealt, as we have seen, with the basic needs of men for love (the burnt offering), joy (the meal offering, representing the response to love), and peace (the peace offering).

Love, joy, and peace! Those are the basic needs of human life. Without them you cannot function properly as a human being. You know that. You have searched desperately for these things yourself. And as we pointed out last week, it is no accident that in the listing of the fruit of the Spirit in Galatians 5:22-23, the very first three provisions made by the Spirit of God are love, joy, and peace, in that order.

Only after these, does God begin to talk about sin and trespass, the next two offerings. Here He is dealing with another basic requirement of humanity. We need not only the positive virtues of love, joy, and peace, but, having them, we then need to begin to act as responsible individuals, to deal in a responsible way with life around us. That is what we learn in the guilt and the trespass offerings. We are now called upon to act responsibly toward God, toward life, and toward the world around us -- our fellow man.

The great truth of the sin offering is that God has dealt with our nature of evil. We are no longer linked to it. We are no longer what we once were. Therefore, as persons in Jesus Christ, we stand basically and fundamentally accepted before God, absolutely favored in His sight.

St. Augustine was a great reprobate before he became a Christian. He lived a rather wild and dissolute life. When he became a Christian things became different. One day he was walking down the street of the city and one of his old girl friends spotted him. She knew who he was and called out his name, "Gustine!" He turned and saw who was calling him. And gathering his robes around him he began to run. She yelled to him, "Gustine! Gustine! Why do you run? It is only I!" And he stopped in his flight long enough to turn around and say, "I run because it is no longer I!"

That is what the sin offering is telling us. In Christ we are no longer what we once were!

Thank you, our Father, for this marvelous truth taught in both Old and New Testaments alike, that there is a way out of our guilt, a way out of our alienation, that we no longer need to be far off from You. We need

not fear You. You are not a severe God; You are our heavenly Father, loving us, receiving us, and because we are sons, sending forth the Spirit of your Son into our hearts. But help us to be honest, Lord, about our guilt, and not try to avoid it but to know that there is no way out unless we acknowledge it. We must acknowledge it, but then we are free from it. We thank you for that, in Jesus' name, Amen.

<https://www.raystedman.org/old-testament/leviticus/the-need-to-confess>

5. The Trespass Offering: **The Need to Restore:**

This offering is the final one of this series of five because it deals with the relationship of man with man, with how to maintain a workable relationship with our neighbor, whether they are a member of our family or any other human being with whom we come in contact. This is the offering which teaches us how to restore harmony to broken human relationships. Therefore we have much to learn from it.

It is instructive for us to note that this comes last in God's order of business. All the other offerings come before this one. They are the need: for love to belong, expressed by the burnt offering; for joy, expressed by the meal offering – the need to respond; the peace offering – the need for peace of heart and mind; and for forgiveness – the need to confess - to remove our sense of guilt before God, expressed in the sin offering.

Finally, after all that, God gets around to talking about how we can get along with each other, with our neighbors and our friends.

And so this trespass offering is provided for us, fulfilled in Jesus Christ, that we might heal all the broken relationships of the past. This is essential to a clear conscience.

In Matt 22:36-40 Jesus said:

“The greatest command is this – Love the Lord you God with your whole heart, your whole soul and your whole mind. There is a second like it – Love your neighbor as you do yourself. These two commands sum up the whole of the Law and prophets.”

Goodspeed

If you want to have a clear conscience before God some of you may have to go back and heal some broken relationships. You may have to make some restitution. You may have to admit some errors. But once you do, those relationships will be healed before God, and will be a glory and a blessing to you for the rest of your life.

God knows us and He understands us. He knows that we can't live with this kind of broken relationship for very long. It will begin to trouble us in all kinds of ways. But as we bring it to Jesus Christ, bring the whole situation to Him, He will work even in the other person's life, to make them willing to listen, if necessary, or He will do whatever needs to be done in order to not only heal our broken relationships, but restore our soul with His inner healing, and cure the problem of human hurt.

Our Father, how thoroughly You understand us! How thoroughly You know what can lurk in our life, hidden away, and keep us from living together comfortably with one another. And how wonderfully and wisely You have made provision for us in Your Word so that we can live, love, and enjoy life with each other without constant strain and tension. Lord, if any of us are trying to live with a broken relationship, trying to forget it, or ignore it, we pray that You will lead us to do something about it. That we will end the severance and the alienation, and come back again into a delightful relationship with You and with one another, so that we may indeed honor You, Father, by doing as You say - love our neighbor as ourselves. We ask in Jesus' name, Amen.



Yes, these are all pictures of what Jesus Christ does for us, but they are also pictures of the fundamental needs of human life. They speak of the two essentials for human existence -- love and responsibility.

We can never be complete individuals if we are not loved, nor if we do not love. Love is an absolutely essential ingredient of life. Nothing harms or distorts or disfigures or blasts a person more than to deny them love. But there is another essential, too. In order to be whole, in order to have self-respect and a feeling of worth, we must have a sense of responsibility. We must be able to accomplish what is worthwhile. So, we need both: love and responsibility.



Which brings us to the second element in these chapters - a priesthood. This priesthood is provided to help us handle the emotional and intellectual problems we face in trying to work out the relationships involving love and responsibility.

We constantly run into emotional and intellectual problems; we get upset, turned off, or turned on, excited or depressed -- we have all

kinds of emotional problems. And we get puzzled and bewildered, baffled and uncertain as to what to do -- all kinds of intellectual problems.

So, a priesthood is provided to help us with these problems. In the Old Testament this priesthood was the sons of Levi. That is where Leviticus got its name. But for us, the priesthood is not only Jesus Christ, our Lord and High Priest to Whom we can freely come, but it is also each other.

In the body of Christ we are all made priests, one to another (1 Peter 2:5). That is why we need each other. Basically and fundamentally we cannot get along without each other, because we have these problems with which we must have help.



The third element is the revelation of a standard by which we can tell the difference between the true and the false, the phony and the real, the helpful and the hurtful -- between death and life. Isn't it strange that man in his natural condition cannot tell the difference? That is why there are thousands and thousands of people who are doing

things which they think are helpful but end up to be very hurtful -- and they do not understand why!

When the consequences begin to come in they cry out, "What happened, what has gone wrong? Why am I in a mess like this?" It is because they could not tell the difference. So, a God of love tells us the difference. He sets forth a standard by which we can distinguish between that which is essentially hurtful and that which will actually help us.



Finally in this first section there is an opportunity to respond -- voluntarily. We need that, too. God never imposes his will upon any of us. We constantly need help. We need to be brought to a place where we can recognize this. Then we have to answer in some way; we must give a response.

This opportunity was provided in the Day of Atonement. If, when we thoroughly understand our need and God's provision to meet it, we then say "No" to Him He will let us do so. We might never return to that point again. But God always gives us a long period of preparation

(time and opportunities) in which He leads us into a full understanding before our rejection of Him can become final.



The second section of the book, chapters seventeen through twenty-seven, describes the performance which is possible on the basis of the provision God has made. And, the kind of a life that can be lived on this basis!

But notice the order! God never mentions performance to us until He has fully discussed provision. He never speaks about our behavior until He has made clear the power by which we are to act.

I must admit that we in the church often get this backwards. And a great deal of damage has been done to people by insisting that they act according to a certain behavior pattern without giving them any understanding of the power by which to do so.

There are times when, in all sincerity and because the Scriptures are not understood very well, people are taught that they must live up to a certain standard before God will accept them; that they must produce, come through, or God won't love them. That is totally wrong! That is

the lie of Satan! That is deadly legalism! Yet, we have all had our part in it.



But, that is what God is here to correct. He never does that. He always helps us first, and once we understand the basis upon which to act, then He sets forth for us the pattern, the standard of performance.

Here again there are four elements. First, there is a need to understand the basis for wholeness. This basis is blood. Anyone who has read the Old Testament knows that it is full of blood. There are all these strange sacrifices, thousands of them offered every year -- bulls and calves and goats and sheep and birds of all kinds, offered up all the time -- a veritable river of blood flowing through the Old Testament.

Many people, looking at this, say, "Christianity is nothing but a slaughterhouse religion."

Why all this bloodshed? Because, by this means God is trying to impress us with a fundamental fact! He is telling us that the issues of our life run very deep, that they can be solved only by a death, the

basis for wholeness is a life given up. We will never make it merely on the basis of our natural life.

We must somehow discover a new kind of life. And we have to give up the old before we can have the new! That is what God is telling us. We can't have both! The struggle of the Christian life is that we keep trying to hang on to the old way of life and refuse to accept the new. This is what the blood speaks of.



The second element is the practice of love in all the relationships of life! The Bible is intensely practical. It is not nearly so concerned about what you do in the temple as about what you do in the home as a result of having been to the temple.

So this book goes into the relationships within the family, among friends, and with society in general. It shows us exactly the kind of love relationship that God makes possible for us in all these areas.

The third element in this last section is the enjoyment of the presence and power of God -- man in relationship to God, worshipping God, and turned on by a living, exciting God! We can learn here what the

temple portrays about our relationship to God and about how to think of Him. The most important thing in life is to know the living God Who is behind all things!



The last element is an awareness of the issues at stake and their importance! Of how our entire life stands in the balance at this very point and a decision is expected of us.

There is a choice that we can make. And God brings us finally to that very place and helps us to see that in the final analysis it is entirely up to us to choose. God never says, "I'm going to make you leave your misery." Rather, He says, "It's optional! If you prefer being broken and don't want to be healed, you can stay right where you are. But, if you want Life, then this is what is ahead."

God never forces His will upon us. But He sets the choice before us, makes it very clear, and then expects a response on the basis that He has given.



In closing, we should return to our key verse:

"You shall be whole because I am whole, and therefore I am separating you from the peoples in order that you should be Mine."

Lev. 20:26

Finally, this is what God is aiming at. He wants us to be His. Here the verb tense becomes very interesting. In our English text, this is in the future tense: "you shall be mine." But the Hebrew has a strange usage, very different from English. You can put all three tenses in one word, and that is what we have here. God is saying:

"You were mine, you are mine, you shall be mine."

"Mine," He says, that's all: "Mine!"

It includes all the tenses of life -- the past, the present, and the future.

If you pursue this idea through the Bible, you can see how true it is. Many of you know from your own experience that after you became a Christian, became God's, you realized that there was a sense in which you had belonged to Him all along.

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Paul, the apostle, says: He [God] set me apart before I was born (Galatians 1:15). And yet, Paul was a blustering, threatening enemy of Christianity until his experience on the road to Damascus. But, looking back, he knew that he had been God's all along. God says:

"You are mine. Even though you are an enemy, even though you are against Me, hostile to Me, and fighting Me, you are MINE!"

Then, in the present tense, God looks at us in our brokenness, our hurting condition, our fragmented, flawed, imperfect state, and He puts His hand upon us and says:

"You are Mine, right now, just the way you are.
You belong to Me!"



A friend of mine told a story recently of a true incident which I think is so illustrative of this. He told of a children's service at a rescue mission in a Midwestern city a few years ago. Children were putting on the program, and one little boy was given something to recite. He was

only about five or six years old and he had a deformity; he was humpbacked.

As he walked across the stage to recite the part he was given, it was evident that he was very shy and afraid, and very much aware of his condition. In fact, it was the first time that he had ever tried anything like this and it was a great struggle for him.

Two older fellows had come into the back of the room intending to ridicule the service. One of them called out to this boy as he walked across the stage, "Hey, bud, where are you going with that pack on your back?" The little boy was completely demoralized, and he just stood there and sobbed.

A man got up out of the audience and came up to the platform. He knelt down by the little boy and put his arm around him. He said to the audience, "It must take a very callous and cruel person to say something like that to a little boy like this. He is suffering from something that is not his fault at all."

"In spite of this deformity, he was trying for the first time to venture out and say something in public. This remark has cut him deeply. But I

want you to know that I love him just the way he is; this little boy is mine, he belongs to me, and I'm proud of him." And he led the boy off the platform. That is what God is really saying to us. He sees our hurt and our heartache and our longing and our brokenness, and He says:

"You're MINE!"



But that isn't all. Because of His power and wisdom, God says, with that wonderful hopefulness of a loving Father:

"You shall be Mine -- healed, made whole, with all your blemishes and deformities corrected, all your faults straightened out, all your iniquities set aside, all your tangled relationships unsnarled. You shall be whole, for I am whole."

That is what this book is about, that is what the Bible is about, and that is what Jesus Christ is about.



Not long ago, I had the encouraging experience of talking with three people who I would have said were absolutely hopeless two years ago.

They were hostile and rebellious and so torn up inside that they could not get along with themselves nor anybody else. No one could even talk to them much less reach them with the Truth.

They were ruined, literally ruined. But now the healing has begun. It is very evident that they are on their way to wholeness. God is correcting the problems of their lives. And that is what He is doing here with us. And I don't know anything more suggestive of this activity for us than the Lord's table. This event tells us of how God, in love, began the process of healing. It portrays for us how He began to reach out to us in the cross, in the suffering of Jesus, and how He broke the power of darkness and began to set us free.



Our Lord Jesus gave us this event to teach us the meaning of these ancient sacrifices: A life poured out for us, a life given up in order that we might have a new basis of living, in order that we may be His.

Our heavenly Father, each time we come to the Lord's table, (*to receive from Your Word*), we ask you to make it very rich and meaningful to us.

May we, in our mind's eye, see the Lord Jesus as the Lamb of God Who takes away the sin of the world, Who has broken through the sin barrier, broken through the fear barrier, and now reaches out to us in tender, forgiving, accepting, understanding love, and Who offers us everything it takes to straighten out the tangled relationships of our lives, with ourselves, with You Father, and with others.

Lord, help us to understand this and to lay hold of it, to give thanks for it. We know that for many, the healing has begun and is still progressing. For some, it is just beginning. There may be some for whom it has not yet started. We pray that in Your love, Lord Jesus, You will reach them and heal them. We ask it in Your name, Amen.

<https://www.raystedman.org/bible-overview/adventuring/leviticus-the-way-to-wholeness>



So don't receive any judgmental criticism for what you eat or drink, or with regard to a religious festival or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.

Don't let anyone who delights in false humility and the worship of false teachings disqualify you for the prize. Such people go into great detail about what they think and believe, their unspiritual mind puffs

them up with idle notions. They are not connected with the Head, Christ Jesus, to Whom all of us who are His body are joined; for we are joined together by His strong sinews, and we grow only as we get our nourishment and strength from God.



Those who have placed their faith and trust in Jesus have died, as it were, with Christ and this has set them free from following the world's ideas of how to be saved – by doing good and obeying various rules – so why continue to be bound by these? Such rules are mere human teachings. They may seem good, for rules of this kind require strong devotion and are humiliating and hard on the body, but they have no effect when it comes to conquering a person's evil thoughts and desires. They only make people proud.

Since we are to die with Christ to the basic principles of this world, we will also become alive again because Jesus rose from the dead. So we should be setting our sights on the rich treasures and joys of heaven where the Lord sits beside God in the place of honor and authority and power.



We should be allowing heaven to fill our thoughts instead of spending time worrying about things down here. We should have as little desire for this world as a dead person does. Our real life is in heaven with Jesus and with God. And when Christ Who is our real life comes back again, we will shine with Him and share in all His glories.

So away with sinful, earthly things; deaden the evil desires lurking within you; have nothing to do with sexual sin, impurity, lust and shameful desires; don't worship the good things of life, for that is idolatry.

God's anger is upon those who do such things. We all used to do them when our lives were still part of this world, but now is the time to cast off, throw away and be done with all the rotten garments of anger, greed, fear, deception, hatred, unforgiveness....(Col. 2:16-3:8 TLB). Listen for the Counselor, Holy Spirit, explains:

“God did not desire sacrifices and offerings, burnt offerings and sin offerings, nor was He pleased with them. So His Christ said, ‘Here I am, I have come to do Your will.’ God set aside the first testament to establish the second. And by

that will you are made holy, made whole, through the sacrifice of the body of His Son, Jesus, once for all.”

“God has made a covenant of peace with those who come to Him through Jesus; it will be an everlasting covenant. Despite all that they have done. God will be kind to them, and they will know the Lord made atonement for **all** they have done. They will cover their mouth in silence, and

remember – God has forgiven **all** that they have done.”

Heb. 10:8-9, Ezek. 16:62 TLB, Ezek. 16:62 NIV



The Lord will ground us securely. Making us like a tree planted by streams of water, that yields its fruit in season, and whose leaf does not wither. Whatever is done prospers for those who delight in the Word of God and on His Truth they meditate day and night (Ps. 1:2-3) believing what the Lord has said:

“It will be well for the righteous for they will enjoy the fruit of their deeds. For blessed are they who do not walk in the counsel of the wicked or stand in the way of sinners or sit in

the seat of mockers. All evildoers are like chaff that the wind blows away, their words and deeds are against the Lord, defying His glorious presence. The look on their faces testifies against them; they parade their sin like Sodom; they don't hide it."

"Woe to them! They bring disaster upon themselves. Surely they will not stand in the judgment nor in the assembly of the righteous.

Isa. 3:10, Ps. 1:1&4, Isa. 3:8-9, Ps. 1:5



The Spirit of Truth assures us:

"God blesses those who put their trust in the Lord, and have made the Lord their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water. And though your life may be filled full of difficulties and temptations know the testing of your faith gives patience and perseverance a chance to grow."

“The Lord searches the heart and examines the mind for who can really understand how deceitful a heart is. Those who chose to follow Truth are careful to keep God’s Word within their heart. They will be His people, and He will be their God. Surely, they will see the glory of the Lord and the splendor of their God.”

“The Lord blesses them in dry and arid desert times for they are as beautiful as the Garden of Eden. So let joy and gladness, thanksgiving and lovely songs be found in them. Patience and perseverance must finish their work, and when they are finally in full bloom, God’s people will be ready for anything, strong in character, mature and complete, not lacking anything, made whole!”

“So if you want to know what God wants you to do, ask Him, and He will gladly tell you, for He is always ready to give a bountiful supply of wisdom to all who ask Him; He will not resent your request. But, when you ask Him, be sure that you really expect and believe what He tells you, for a doubtful mind will be as unsettled as a wave of the sea that is driven and tossed by the wind.”

“Every decision you then make will be uncertain, as you turn first this way and then that. If you don’t ask with faith and trust and confidence, don’t expect to be grounded securely in the answer that you get.”

“Remember, those whom the Lord redeems display His glory through them. They have entered Zion with singing, and everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away. For God has given them an undivided heart, and put a new spirit in them. Surely, He removes their heart of stone to give them a heart of flesh. But as for those who are devoted to their vile images and detestable idols, God will bring down on their own heads what they have done.”

Jer. 17:7-8 TLB, James 1:2-3 TLB, Jer. 17:9-10, Ezek. 11:20, Isa. 35:2, Isa. 51:3 TLB, Isa. 44:23, Isa. 35:10, Ezek.19&21



Listen to my appeal, aim for Perfection, let your goal be to glorify His Excellence! Be of one mind, live in peace! (2 Cor. 13:11). Once you were alienated from God and were enemies in your minds because of your

choices and behavior. But now He has reconciled you by Christ's physical body through death to present you holy in His sight, without blemish and free from accusation (Col. 1:21).

The love of God is poured out in our heart by Holy Spirit, Who was given us and because of this - hope does not disappoint. When we were still without strength, in due time Christ died for every sinner. So no matter what happens we are able to hold our heads high and know all is well because we are dearly loved by God, and we come to know it.



Yes, when we were utterly helpless, with no way of escape, Christ came at just the right time and died for us sinners who had no use for Him. Even if we were good, we really wouldn't expect anyone to die for us, though, of course, that might be barely possible. But God, He showed His great love for us by sending Christ to die for us while we were dead in our transgressions.

Since by the blood of Jesus God did all this for us, how much more will He do for us now that He has declared us not guilty? The Lord will

save us from all God's wrath, which is to come. When we were His enemies, we were brought back to God by the death of His Son.

What blessings He must have for us now that we are His friends and He is living within us! Now we rejoice in our wonderful new relationship with God - all because of what our Lord Jesus Christ has done in dying for our sins - making us friends of God (Rom. 5:4-11 TLB).



- Relapse in our journey of renewal and recovery can sneak up on us, linger, and become as confusing as our original self-defeating behaviors - or it can be brief
- I tell my grandchildren we were designed to make mistakes to give evidence to the Truth - our need for a Savior
- Mistakes are going to happen just remember it is all about our progress not perfection
- Perfection can only be found in God
- Gratitude will help us remember in times of difficulty when we remember nothing good, nothing worth having, comes easy
- The best things take work and God sees the very best in us and works with us until we are able to see it too

- Remaining accountable for our actions will help us keep our focus on ourselves and God
- We are only responsible for taking care of our side of the street

- Sometimes we may react to other people's craziness, or to ourselves, or even to the years of training we've had in developing our self-destructive tendencies and character deficits, and at times we just react
- We find ourselves using coping behaviors we thought we had outgrown
- We start:
 - Neglecting ourselves
 - Taking care of others
 - Feeling victimized
 - Freezing feelings
 - Overacting
 - Trying to control
 - Feeling dependent and needy
 - Guilty
 - Afraid
 - Obligated
 - Depressed

- Deprived
 - Underserving
 - And trapped
-
- The crazies our old dysfunctional behaviors produced come back, and we may feel neck deep in shame
 - We face the Truth -- addictions -- hijack our lives -- they hold us hostage whether they're to people or substances or fame or food or gambling
 - With hands raised and masking tape glued to our mouths, we are rendered powerless by our addiction of choice
 - You can tell that you are gripped by an addiction if you consistently turn/turned to any substance or process (sex, overeating, work, shopping....) or behavior (people pleasing, seeking approval, using denial, shifting blame, trying to fix someone....)
-
- When you are hooked, you say upsetting things -- things you later regret
 - You do things and afterward shake your head in stunned amazement
 - With tears streaming down your face in embarrassment saying, "I can't believe I really did that"

- Under the influence of an addiction, your personality changes
 - You do things that are thoughtless, careless, reckless
 - You literally become a different person
 - Your values change
 - Your conversation changes
 - Your daily routine changes
 - Your choices change
 - The real you gets stuffed in a closet, and a stranger, your addiction, starts to run every part of your life
 - But, the addiction is never enough
-
- Living with an addiction is like trying to fill a bottomless glass
 - With an addiction, you are handcuffed to your twisted passions -- a place where you don't learn from your mistakes
 - In my people-pleasing and codependency addiction, so many times I would be left wondering why I wasn't good enough - am I unlovable
 - Doing things to please others, to feel as though I was being accepted, only caused an increase in unrealistic expectations -- that is until enough becomes enough

- It is no wonder things I had done seemed not to be remembered or appreciated because my behavior was saying I am doing this to earn your favor, your friendship

Dear Lord, at times my life feels out of control. I take comfort in knowing that I am not alone. I may have an addiction, but I rejoice that Your unconditional love embraces me regardless of the presence or absence of any problem. There are times when my pain has led me down destructive paths, including addictions. I am grateful the antidote to any ailment can be found in Your love and grace. So, it is with courage that I choose To face my trauma with the support of Your love and the caring people You are sending into my life. Amen.

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As I began taking new steps seeking a deeper relationship with God I really started to put into practice the principles for taking steps toward renewal and recovery so I would become more God-dependent instead of being Co-Dependent.

- The first key is to maintain an honest view of reality not only considering particular circumstances and events as substantial, but

recognizing the substance of Truth – the Life, the Alpha and Omega, the heart and the spirit as we work on taking steps of faith remembering:

- God exists and I matter to Him – 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



For when we are co-laboring with the Lord, God will bring all of what our eleventh step represents - Higher Ideals, Invention, Refinement, Congruency, Balance, Fulfillment and Vision into our lives as we grow in knowledge of His Word.

This doesn't require strenuous work, growth just naturally occurs. What is required - faith! To know, to believe every time we turn the pages of the Bible God is working to ground our feet, to erect a shield on all sides and lift our head high (Ps. 3:3-4 Message) that we might see a different aspect of Good, because we know, that we know the light of the Lord's countenance is shining upon us (Ps. 4:6 AMP).

We have thought and believed many things; however, when we enter into the realms of God's glory there is an awareness the miraculous is

working within us. For just as naturally as growth occurs, so too will death. I'm not speaking of the death of our body, but of our flesh. We develop a sense, not a sighting or a feeling, a heart-warming sense that God is doing what He promised bringing us up into His presence (2 Cor. 4:14 AMP).



The first discovery we will make when we have entered the realms of the miraculous, our natural tendencies will not prevail, we will be frustrated, but don't give up on God because there is so much beauty in you that He desires to reveal and release into the world.

We have lived our life trudging along the ways of the mundane, the ordinary, the commonplace – to know and see and experience what becomes normal to our flesh. And there are times when life sends us down a road we'd prefer not travel. Yet, we still have the power of choice. We can set our sights on the crossroads we approach, or we can choose to follow the road that leads us to rest at the foot of Christ's Cross.

Not a physical rest, but rest for our soul as God makes us spiritually alive because His Good News is believed. God Himself, Christ Jesus,

walked on mundane, ordinary roads with hope of leading us so we can know the exceptional ways of God, so we can experience the extraordinary power of Holy Spirit, and so we can participate in the divine nature of Truth, Who indeed sets us free (John 8:36) from those evil desires that work to corrupt (2 Peter. 1:4).



So is a very small word with a meaning that suggests significant implication because it provides an indication of great extents that can and will be reached and certain results that can and will occur. But there is another small word that sounds the same “sow,” and it also is suggestive of significant implications.

When we lean on our own understanding we are doing a foolish thing, for what we think and say and do is being sown in the wind, and so often trouble is reaped. Words are seeds that can bring to harvest a great whirlwind (Hos. 8:7 ERV) of chaos and emotion.

The Word of God sows seeds of righteousness that will break up the unplowed soil of our soul so the fruit of God’s unfailing love can be reaped. It is time for us to do as God’s Word instructs: Seek the Lord until the day He comes (Hos. 10:12).



God's Word is not meant to be just another book of facts that we read and try to retain, God's Word is meant to also be spiritually tasted and absorbed.

There has been much sown into our lives, which has brought us to where we are today and made us into how we see ourselves: but, thank God because the knowledge of what is Good has been included., and God sees us differently.

How could the oppression of God's great enemy possibly be endured, when the only consequences to be reaped - eternal separation from all that is Good - resulting not from just knowing, but from the doing of whatever's evil (Hos. 8:10 Message)? What a horrible thought! What a horrible sentencing! But, unfortunately this will be what many a hard-hearted soul will reap for all eternity because the Balm of Gilead was not applied.



We don't have to rely on what our flesh says or thinks or believes is so. We have to rely on faith! God, Who is Spirit (John 4:24), is continually

sowing into us through His Word. God gives Life to our spirit. He gives us Holy Spirit to cultivate His garden in the soil of our earthen vessels so we can be heavenly adorned, clothed in Jesus (Rom. 13:14). God Himself takes charge. He takes us on as His personal concern. Even though He finds us roaming in the wilderness in an empty, windswept wasteland, He throws His arms around us, and lavishes us with attention, while guarding us as the apple of His eye (Deut. 32:9-10 Message).

Faith helps us to lean in and rely on and trust God even when circumstances are at their very worst, when numbness may be the only thing that's felt. Just remember our spirit is alive. We can see God in extraordinary and amazing ways through His Word. For God is like an eagle hovering over its nest, overshadowing its young, then spreading its wings, lifting them into the air and teaching them to fly. God alone does this for us (Deut. 32:11-12 Message).

Holy Spirit guides us into all Truth (John 16:13) as He sows God's Word within our mind so the roots of Faith and Hope and Love for God can grow deep within our heart. So we will know, even if we may be sowing with tears; if we are sowing with faith in God and His Word we will reap with songs of joy (Ps. 126:5).



Holy Spirit sows God's Word so the fruit of Light can grow and blossom into all goodness and righteousness and truth (Eph. 5:9).

The breath of God's spoken word fills us with Life. God's Word revives and renews, restores and helps us to reconcile and recover what the prince of the world has worked to kill and destroy and to steal (John 10:10).

With faith and hope in God and in His Word we are sowing to the Spirit, Who will ensure we reap Life (Gal. 6:8) to enjoy throughout time and eternity. Awake! Awake oh my soul! As for me, I plan on looking the Lord full in the face. When my spirit is awakened I will see His full stature, and live heaven on earth (Ps. 17:15 Message).

Holy Spirit makes it possible for us to see the full stature of God's Word, the Lord, Who is the everlasting God, the Creator of the ends of the earth. That we will know the Lord will not grow tired or weary. His understanding no one can fathom. He gives strength to the weary and increases the power of the weak.

We may grow tired and weary. We may even stumble and fall, but 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. 40:28-31)



Those with faith and hope in God and His Word believe no weapon forged against us will prevail, and we will refute every tongue that accuses us. For this is the heritage of the servants of the Lord, and this is our vindication from the Lord (Isa. 54:17); His promise given:

“Those who sow righteousness shall have a sure and permanent and satisfying reward!”

Prov. 11:18

We must not let ourselves be deceived by circumstance or appearance for God is not mocked. Whatever a person sows they will reap. The one who sows to their flesh will reap corruption from the flesh, but the one who sows to the Spirit will reap eternal life from the Spirit. So! We must not get tired of sowing what is good, for surely we will reap at the proper time if we don't give up (Gal. 6:7-9 ASB).

God sows are vastly different from if the so-or-so happens! God has given all (Hos. 2:21 TLB)! We can enjoy the effect of righteousness: Quietness, Peace and confident Contentment forever (Isa. 32:17), when we honor and bring Him all glory through His Word, Christ Jesus.



So let us be eager to co-labor with the Lord. As we consider the passages from Genesis 5:25-32 we can glean additional meaning from each name mentioned. Methuselah has the following meaning: missile of attack, a shoot of growth, put off, sword, weapon. This is one testimony that could be given:

“Who among you fears the Lord and obeys His Servant? If such people walk in darkness, without one ray of light, let them trust the Lord, let them rely upon God. But see here, you who live in your own light and warm yourselves from your own fires and not from God’s, you will live among sorrows.”

“Look to God for He will lift your head high as He works to ground your feet, and erect a shield on all sides. My brethren, take up the shield of faith so you will be able to

quench all the fiery darts of the wicked one with God's Word of Truth."

"Be made strong in the Lord and in the power of His might. Put off falsehood and speak truthfully. Put off your sad countenance, forget your complaints, and be of good cheer. Put on the whole armor of God so you may be able to stand against the wiles of the devil."

"You aren't wrestling against flesh and blood, but against principalities, powers, rulers of darkness and spiritual hosts of wickedness in the heavenly places. Therefore, take up the whole armor of God, so you may be able to withstand in the evil day, and having done all, to continue standing."

"Gird your waist with the belt of Truth, put on the breastplate of righteousness to protect your vital organs, shod your feet in preparation to walk in peace with God.

"Take the helmet of salvation and the sword of the Spirit, God's Word, Christ Jesus, Who Himself is the only Way to

God, the Truth Who sanctifies our soul, the Life – the most valuable of all to possess, His friendship.”

“Don’t give the devil a foothold in your life. God’s commandments are holy and good. Through them the work of sin bringing death is revealed clearly. Yes, the extreme immeasurable sinfulness and malignity of sin, is made plainly apparent.”

“So heed God’s Word, and growth in Wisdom will come as you reverence God. You will be prepared. You’re up against far more than you can handle on your own. Take all the help you can get, every weapon God has issued, so that when it’s all over but the shouting you’ll be still on your feet.”

“Truth, righteousness, peace, faith and salvation are more than words. Learn how to apply them. You’ll need them throughout your life. God’s Word is an indispensable weapon. In the same way, prayer is essential in this ongoing warfare. Keep your eyes open. Keep each other’s spirits up so that no one falls behind or drops out.”

Isa 50:10-11 TLB, Ps. 3:3-4 Message, Eph. 4:25, Job 9:27 RSV, Eph 6:10-17, Rom.

7:12-13 AMP, Eph. 4:27, Ps. 111:10 TLB, Eph. 6:13-18 Message

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The name Lamech holds this meaning: poor, made low. Though Lamech lived before the flood of Noah, we too must be prepared for Holy Spirit speaks of a flood yet to come:

“From the west people will fear the name of the Lord, and from the rising of the sun, they will revere His glory. He will come like a pent-up flood that the breath of the Lord drives along.”

“His own arm worked salvation for Him, and His own righteousness sustained Him. He put on righteousness as His breastplate, and the helmet of salvation on His head; He put on the garments of vengeance, and wrapped Himself in zeal as a cloak. He will repay wrath to His enemies and retribution to His foes.”

“This is what the high and lofty One says, He Who lives forever, Whose name is holy, ‘I live in a high and holy place, but also with those who are contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite.’”

“Everyone who exalts themselves will be humbled, and those who humble themselves will be exalted. The poor and humble in spirit will see and be glad, all those who seek God, for the Lord hears the needy. He raises the poor from the dust, and lifts the needy from the ash heap.”

“The Lord is exalted over all the nations, His glory above the heavens. Who is like the Lord, the One Who sits enthroned on high, Who stoops down to look on the heavens and the earth? Who blesses the poor in spirit saying ‘Theirs is the Kingdom of Heaven.’”

“Humble yourselves before the Lord, and He will lift you up. He’s made straight in the wilderness a highway for God. Every valley shall be raised up, every mountain and hill made low, the rough ground shall become level, the rugged a plain. The glory of the Lord will be revealed, and all mankind together will see it!”

“For the Father loves the Son and has placed everything in His hands. The One Whom God sent speaks the words of God, for God gives Him the Spirit without limit. The One Who comes from above is above all; those from earth belong to the earth, and speak as though they are from the earth.

Anyone who accepts the testimony of the Lord certifies that God is truthful.”

“Those who believe the Son was sent to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of God, to comfort all who mourn and provide for those who grieve in Zion.”

“Yes, for those who believe God will bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair; they will be called oaks of righteousness, a planting of the Lord for the display of His splendor for they have Life eternal.”

Isa 59:15-21, Isa 57:15, Luke 18:14, Ps 69:32-33, Ps 113:4-8, Matt 5:3-4, “James 4:10, Isa 40:3-5, John 3:31-36, Isa 61:1-3



There is so much to learn from the story of Noah. The meaning of his name is: rest, quiet, to dwell, stay, let fall, place, let alone withdraw, give comfort...Noah was a preacher of righteousness, and he would do today what he had done over 100 years give voice to God’s Message.

I too am the Lord's ambassador, and God makes His appeal through me. I implore you on Christ's behalf be reconciled to God, and the Spirit of Truth says:

"In Jesus, God was reconciling and restoring the world to Himself, no longer counting sin against mankind; instead, blotting them out. This is the wonderful Message He has given us to share with others."

"For then you would know in repentance and rest is your salvation; in quietness and trust is your strength. Receive the love of God that Jesus offers you. God took His sinless Christ, and poured into Him our sins. Then, in exchange, Jesus pours God's goodness into us. So why contend against God? He doesn't give account for any of His actions. He has revealed His will that you repent. Change your views and purpose to do His work, and believe in the One He has sent."

"If you long to dwell in His tent forever, and take refuge in the shelter of His wings, If you want God's Word to do what only He can do - turn your mourning into joy, and give you comfort and joy for your sorrow, be baptized in the name of Jesus Christ for the forgiveness of and release from your

sins, and you shall receive the gift of Holy Spirit. Don't work for food that spoils, but for food that endures to eternal life, which the Son of Man gives you. On Him God the Father has placed His seal of approval."

God's Word, Christ Jesus, tells us,

"Just as the living Father sent Me and I live in the Father, whoever continues to feed on the Word of Truth shall live through and because of His Son. When a person believes in Me, they do not believe in Me only. When they look at Me, they see the One Who sent Me. I have come into the world as heaven's Light, so that no one who believes in me would stay in darkness."

"I am the Bread Who came down from heaven. Not like the manna your forefathers ate, and yet died, those who take this Bread for their food shall live forever."

"God's people have gone into captivity for lack of understanding; they die of hunger and are parched with thirst. They do not know the gift of God, and Who asks them to take this Bread and eat, for this is My body. Take this cup and drink from it, this My blood of the covenant, which is poured out for many for the forgiveness of sins. This is for

you, whenever you eat or drink of this cup, do it in remembrance of Me.”

“For surely, the arm of the Lord is not too short to save, nor His ear to dull to hear! But your iniquities have separated you from God. Your sins have hidden His face from you so that He does not hear those whose hands are stained with blood, their fingers with guilt. Whose lips speak lies, and their tongue mutters wicked things.”

“Justice is not called for, and without integrity they plead their case. They rely on empty arguments, and speak lies to conceive trouble and give birth to evil. Ruin and destruction mark their ways. The Way of Peace they do not know. Nor do they understand if God were to withdraw His Spirit, all life would disappear and mankind would turn again to dust.”

“There is no dark place, no deep shadow, where evildoers can hide. Therefore the grave enlarges its appetite and opens its mouth without limit for those who did not ask to eat of this Bread for their food, for surely Jesus would have given them living water and spiritual nourishment that lives forever.”

“Instead, burning coals will fall upon those who are thrown into the fire, into miry pits. Those who refused to believe whoever hears Christ’s ambassadors hear Jesus, those who reject their message are rejecting the Truth, and those who reject the sustenance of God’s Word reject God, Who sent the true Bread, the One Who came down from heaven and gives life to the world.”

“Let fall in showers, you heavens from above, and let the skies rain down righteousness – the pure, spiritual, heaven born possibilities that have their foundation in the holy being of God; let the earth open, and let them sprout forth salvation, and let righteousness germinate and spring up together.”

“Let the people praise and exalt the name of the Lord, for His name alone is exalted and supreme! His glory and majesty are above heaven and earth.”

2 Cor 5:17-21 TLB, John 12:44-46, Isa. 30:15, Jer. 31:13, John 6:29, Isa 59:1-8, Ps. 61:4, Acts 2:38, Job 33:13-14 AMP, John 6:29, John 6:27, John 6:57-59 AMP, Job 34:22, Isa. 5:13-14, Job 34:14, Matt 26:26-29, 1 Cor 11:24, John 4:10, Ps 140:10, Luke 10:16, John :33 NLT, Isa. 45:8 AMP, Ps. 148:14 AMP



Jesus died for sins once for all time, the Righteous for the unrighteous (the Just for the unjust, the Innocent for the guilty), that He might bring us to God (1 Peter 3:18 AMP). Who encourages us to call to Him for He promises to answer and show us great and mighty things we do not know (don't distinguish and recognize, have knowledge of and understand) (Jer. 33:3 AMP) about God and Truth and ourselves and life.

Bible verses such as Deut. 33:12 speak of receiving Life, Christ Jesus, for He has made a Way for us to follow Him into the Truth to free us from fear and doubt and disbelief. We need only believe. We need only be confident - we are the beloved of the Lord. We need only accept God's unconditional love acknowledging our works are meant to glorify God not to prove ourselves worthy of His acceptance, approval and love.

As a matter of fact 1 John 4:19 tells us, we love because God first loved us. Holy Spirit helps us to find the Way, to accept the Truth, so we can receive newness of Life (passion, power, strength) as all worry and confusion is washed away. That the duplicity and disorder in our

thinking, opinions and beliefs can be reconciled as God's Word is given shelter in our heart, and our soul can find rest in God alone (Ps. 62:5).



How do we find the ability to subdue and overcome the deception and fear that have been diligently working to generate disbelief, doubt and confusion within these earthen vessels in which we dwell? There is but one Way - clothe ourselves with the Lord Christ Jesus. Holy Spirit helps us do this from the inside out as He fills us with God's Word.

Don't allow yourself to get so absorbed and exhausted in taking care of all your day-by-day obligations that you lose track of time and doze off, oblivious to God. Don't allow God's Word to be merely monotonous repeating of precept upon precept, precept upon precept, rule upon rule, rule upon rule, here a little - there a little that you may go and fall backward, and be broken and snared and taken.

Instead, cease with complaints and listen to God's teachings for the true rest, the way to true comfort and happiness that you shall give to the weary, this is the true refreshing (Isa. 28:12-13).

As you wake each morning receive God's gift of Today knowing your salvation has drawn nearer. With faith in God's Word of **Truth** for together - Father, Son and Holy Spirit - are putting the finishing touches on the salvation work that began within you when you first believed.



Each and every day God offers us a new beginning. A brand new spot to start our day with the newness of **Life** that wakes us so we can think about what God is doing. We can't afford to waste our gift of time, or squander these precious daylight hours in frivolity and indulgence, in sleeping around and immorality, in bickering and grabbing everything in sight (Rom. 13:11-13 Message).

We can rest all of who we are between the Lord's shoulders knowing He gave His all in this world in which we are familiar. Why? So we can know with all our heart, we are beloved by the Lord, and He invites us to rest securely in Him so He can be our shield all day long (Deut. 33:12 AMP).

Yes, Jesus gave His all here on earth so we could know and receive His all today and forever from a Kingdom in which He is familiar. So don't

copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to recognize and know God's will for you, which is good and pleasing and perfect (Rom. 12:2 NLT). So tell your soul to praise the Lord, with all of your inner most being, praise the holy name of Jesus.

Don't forget; instead, always express your gratitude for all of His benefits – for He forgives all your sins and heals all your diseases (complaints, disorders, unsoundness). He redeems your life from the pit (Ps. 103. 1-4a). God didn't spare the angels who sinned. He threw them into hell, in gloomy pits of darkness, where they are being held until the day of judgement (2 Peter 2:4 NLT).

The Lord works righteousness and justice for all the oppressed. He is compassionate and gracious, slow to anger, abounding in love. He crowns you with love and compassion, and satisfies your desires with good things. The Lord has established His throne in heaven and His kingdom rules over all. That we would be as His mighty ones, His angels, and do His bidding obeying God's Word, and truly be His servants who do His will (Ps. 103:4b-6,19-22).

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Yes, God demonstrates His own love for us: While we were still sinners, Christ died for us. We have now been justified by His blood, how much more shall we be saved from God's wrath through Him! For if, when we were God's enemies, we were reconciled to Him through the death of His Son, how much more, having been reconciled, shall we be saved through His life! Not only is this, but we also rejoice in God through our Lord Jesus Christ (Rom. 5:8-11) through Whom God gives the ministry of reconciliation (accord, acceptance, peace) (2 Cor. 5:18).

The enmity (rancor, vendetta, discord) God placed between His Seed and the seed of the serpent must be reconciled within us. The intimate knowledge of Good and Evil that dwells within our heart must be reconciled (understood, balanced) so we can be united to the One Who in all things causes everything to work together for the good of those who love Him. For those who have answered His call willing to live according to God's purpose for them (Rom. 8:28 NLT).



Yes, God reconciles our fears with His love; our anger with His joy; our shame with His glory; our sin with His righteousness; our guilt with His grace. For God knows all our flaws and faults and

deficiencies, but when His call is heard, and His message is believed we are loved by God the Father and kept by Christ Jesus! An abundance of mercy and peace and love is ours (Jude 1-2).

God freely gives us a sure foundation to build upon, a rich store of salvation and wisdom and knowledge; the Fear of the Lord (awe, reverence, devotion) is the key to this treasure (Isa. 33:6). For Christ empowers us so we have strength for all things. So we are ready for anything and equal to anything through Jesus, Who infuses us with inner strength (Phil. 4:13 AMP).

And though we may plead with the Lord for what we believe is needed, we can trust God's Word:

"My grace is sufficient for you,
For My power is made perfect in weakness!"

2 Cor. 12:9

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God won't brush aside the bruised and the hurt, and He won't disregard the small and insignificant; instead, He'll steadily and firmly set things right. He won't tire out and quit. He won't be stopped until

He's finished His work - to set things right on earth (Isa. 42:3-4 Message).

Just as evil is perpetrated on the earth by human hands, (that have joined forces with the enemy of God striving to manipulate, control, deceive, steal and kill); God works in us to help us know and understand His Word of Truth (when the choice is made to be ever-trusting of the Lord, and be ever-united to God by bonds of faith and hope and love) for it is He, Who gives us the desire and the power to not only listen but follow the Lord's example helping us do what He wants (Phil. 2:13).



We must be willing to enter God's process of change:

ASK - SEEK - KNOCK

For surely those who ask will receive, and those who seek will find and the ones who knock the door will be opened to them!

This spiritual journey of renewal and recovery starts with regeneration the act or an instance of bringing something back to life, public

attention or vigorous activity as defined by the Merriam-Webster Dictionary.

- During this eleventh step as we seek through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will and the power to carry that out - we learn to let go and let God, to go with the flow; trust we are in God, and He is in us
 - We learn to focus on God's will for us so we can know what to do and when to do it
 - We learn our growth and change will occur when it is meant to, as we are ready, and as we ask and desire change
 - We learn our trauma saturated relationships may have become so waterlogged with drama that it feels as if our personal lives would provide an Emmy-award-winning script for our favorite soap opera
 - Or, the course of our trauma may have lassoed us to an addiction
- This step seeking knowledge of God's will can take a person out of addiction

- Unfortunately, our lives may have so many ups and downs it feels like we are in a bull riding contest, complete with a cowboy hat and hee-haws
- Hope enters the picture when the cycle of your trauma is broken by learning from your mistakes
- This process of renewal and recovery helps you to figure it out
- This step seeking more awareness of God's presence in our life gives us all we need to continue in this process and receive our inner healing
- Circular problems never end
- Like a dog chasing its tail, as long as you are in the circle of your pain, you continue to suffer
- Working this step to gain knowledge of God's will leads us from confusion to clarity, from being victimized to being empowered by Holy Spirit
- Working this step, will take us from where we are to where we are going, and it helps us to trust both places
- After identifying a return to our old ways, simply admit "Oops! I'm doing it again"
- This is called acceptance and honesty
- This is called "Surrender"

- We can tell ourselves “It’s okay, I did it again” this is called “Self-Compassion”
- When we stop setting boundaries, quit asking for what we want and need, or stop saying “No” - we can get engulfed by feelings of guilt, insecurity, neediness and resentment
- Trauma survivors tend to be mastered by their stress
- Relapse happens because it’s a normal part of this renewal and recovery process, not because we are deficient or lackadaisical – it can mean a momentary lapse of judgment, which caused us to step back into our old behaviors
- We may tend to make the same mistakes repeatedly
- Our instinctive reaction is usually one of denial, shame and self-neglect – that’s not the way out – that’s the way in more deeply
- With our hand in the Shepherd’s hand, we can approach our lives with an open mind and an open heart
- We can study and ultimately master the lessons we need to learn to dwell in His peace
- We get out of, or through, a relapsing process by practicing acceptance, self-compassion and self-care

- Warning signs of when we're in a relapsing situation
 1. Emotions Shut Down
 - We may go numb, and begin freezing or ignoring feelings
 - We return to the mindset that feelings are unnecessary, inappropriate, unjustified, or unimportant
 - We may think the same about wants and needs
 2. Compulsive Behaviors Return
 - We may begin compulsively eating, caretaking, controlling, working, staying busy, spending money, engaging in sexual behaviors, or anything else we have compulsively done to avoid feeling
 3. Victim Self-Image Returns
 - We may start feeling, thinking, talking and acting like a victim again
 - We may begin focusing on others, or resort to blaming and scapegoating
 - A good clue that we're "In It" is when we hear ourselves whining about how someone is doing this or that to me, or how awful something is

4. Self-Worth Drops

- Our level of self-esteem may drop
- We may get stuck in self-hatred or shame
- We may become overly critical of ourselves and others
- Perfectionism and feelings of not being good enough may return

5. Self-Neglect Starts

- Abandoning our daily routine may be a sign

6. The Crazyies Return

- All the old crud can come back
- Return of anxiety and fear
- Feeling disconnected from people and our Higher Power
- Problems sleeping – too much or too little
- Difficulty thinking clearly
- Feeling angry and resentful
- Feeling guilty because we feel that way
- Feeling desperate, depressed, deprived, undeserving and unloved
- We may get into the “Overs” – overtired, overworked, overcommitted, overextended, overly sensitive

- Or the “Unders” – underpaid, underappreciated, underspent, underfed, and under-the-weather
- A continual physical condition can be a warning sign that something is nagging at our minds and emotions
- A return to martyrdom or the “Endurance Mode” is another warning sign – we can’t enjoy life or have fun today, this week, or this month, life is something to be “Gotten Through”, and maybe next week or next year we can be and do better

7. The Behaviors Return Too

- Any and all coping behaviors may return

8. Trapped

- Believing we have no choices, is a highly suspect attitude

9. Not That Again

- Possibly, we have progressed to the danger zone during relapse
- Symptoms here include chronic physical illness, chemical dependency, chronic depression, or possible fantasies about suicide

- Again, after identifying a return to our old ways, simply admit “Oops! I’m doing it again”
- This is called acceptance and honesty
- This is called “Surrender”
- We can tell ourselves “It’s okay, I did it again” this is called “Self-Compassion”

“I always thank my God as I remember you in my prayers, because I hear about your faith in the Lord Jesus and your love for all the saints. 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,”
Philemon 4-7