

HE WILL BRING US RELIEF

When Lamech had lived 182 years, he had a son. He named him Noah and said, "He will comfort us in the labor and painful toil of our hands caused by the ground the Lord has cursed." After Noah was born, Lamech lived 595 years and had other sons and daughters. Altogether, Lamech lived 777 years, and then he died (Gen 5:28-31).

Everyone makes mistakes. No one is able to control the whole body because they are imperfectly perfect. However, a bit can be placed in the mouth of a horse and we can guide their whole bodies. Consider a ship though it is so great and is driven by strong winds, it is guided by a very small rudder at the will of the pilot. So too our tongue is a little member and boasts of great things! How great a forest is set ablaze by a small fire!

And the tongue is a fire-setter. The tongue is an unrighteous world among our members, staining the whole body, setting on fire the cycle of nature, and set on fire by hell. People can tame all kinds of creatures, but no one can tame the tongue. Sometimes it

praises our Lord and Father, and sometimes it curses those who have been made in His image.

Blessing and cursing come pouring out of the same mouth. Surely, this is not right (James 3:1-12 NLT). So don't speak evil against each other! Criticizing and being judgmental if you do, you will be fighting against God's commandment to love (appreciate, honor, respect) one another, declaring it is wrong! Your job is not to decide whether God's Word is right or wrong, but to just obey the Lord. Only God, Who has given us His Word, Who Himself is God (John 1:1), can rightly judge among us. He alone decides to save us or send us to hell (James 4:11-12 TLB).



Dearly beloved, the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and good deeds. It shows no favoritism and is always sincere. And, those who are peacemakers will plant seeds of peace and reap a harvest of righteousness (James 3:17-18 NLT).

So consider what is causing quarrels and fights amongst you? Don't they come from the evil desires that war within you? A person wants what they don't have, so they scheme and kill to get it. They are jealous of what others have, so they fight and wage war to take it away from someone else. They don't have what they want because they are not asking God for it. And even when they do ask, they don't get it because their motives are all wrong – they want only what will give them pleasure (James 4:1-3 NLT).

They don't realize that friendship with the world makes them an enemy of God. They are committing spiritual adultery. A person who wants to be a friend of the world, following its dictates and immoralities, make themselves an enemy of God. But know, God gives us even more and more grace to stand against the evil desires of our heart (James 4:4-6 NLT).



Don't be misled, my dear brothers and sisters. Whatever is good and perfect comes down to us from God our Father (James 1:16-17 NLT). So don't just listen to God's Word. You must do what the Lord says. Otherwise, you are only fooling yourselves (James 1:22 NLT).

Actually, when you choose to ignore or reject what the Lord says then you nullify the Word of God (Mark 7:3) making the power of God's Truth and Grace of none effect (Mark 7:3 KJV). You scratch out God's Word and scrawl a whim in its place (Mark 7:10 Message).

What must be understood, soon God's enemies and yours will be destroyed! So why try to find out the future by consulting witches and mediums? Don't listen to their whisperings and mutterings. Can the living find out the future from the dead? Why not ask God, Who has said:

“Check their words against the Word of God! If their messages are different than Mine, it is because I have not sent them, for they have no Light or Truth in them. My people will be led away captive, stumbling, weary and hungry. And because of their plight, they will rave and shake their fists at heaven and curse their King and their God. Wherever they look there will be trouble and anguish and dark despair. And they will be thrust out into utter darkness.”

Isa. 8:18-22 TLB



Anyone claiming to be a Christian, but isn't working to control their sharp-biting tongue are fooling themselves (James 1:26 TLB). Pure and genuine religion in the sight of God the Father means caring for orphans and widows in their distress and refusing to let the world corrupt them (James 1:27 NLT).

Those who profess to be Christians should be humbling themselves before God. They should be resisting the evil ploys of the devil, so he will flee from us. We should be coming close to God, for this is where He desires to be close to us. We need to allow Holy Spirit to guide us into all Truth (John 16:13) so we can truly wash sin from our hands, and purify our heart; no longer struggling because our loyalty is divided between God and the world.

Let there be tears for what we have done against God and others and ourselves. Let there be sorrow and deep grief for allowing our heart to yield to sinfulness. Let there be sadness instead of laughter for our compromise, denial and deceptive ways. Let us humble ourselves

before the ever gracious Lord so He can lift us up in honor (James 4:7-11)

Dear brothers and sisters, be patient as you wait for the Lord's return. Consider the farmers who patiently wait for the rains in the fall and in the spring. They eagerly look for the valuable harvest to ripen. You too, must be patient. Take courage, for the coming of the Lord is near (James 5:7-8 NLT).



If any are suffering hardships – pray; if any are happy – sing praises; if any are sick – call the elders to anoint you with oil in the name of Jesus. Such a prayer offered in faith will heal the sick, and the Lord will make you well. If any sins have been committed, God will forgive you.

Yes, confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results (James 5:13-16 NLT).

Since we have the same spirit of faith, according to what is written, “I believed and therefore I spoke,” we also believe and therefore speak,

knowing that God Who raised up the Lord Jesus will also raise us up with Him. For all things are for our sake, that grace, having spread through the many, may cause thanksgiving to abound to the glory of God (2 Cor. 4:13-15 NKJV).



Our Lord God has said:

“My grace is sufficient for you, for My power is made perfect in weakness.”

Therefore most gladly boast in your infirmities, so the power of Christ may rest upon you. Think differently - take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses the world throws at you. Don't let them pull you down; instead, remember to continue looking up, for Christ's sake. For when we are weak, then are we strong (2 Cor. 12:9-10 NKJV).

What good is it, dearly beloved, if you say you have faith, but don't show it by your actions? Can that kind of faith save anyone (James 2:14 NLT)? This is why it is so important for us to be quick to listen, slow to

speaking and slow to get angry. Human anger does not produce the righteousness God desires. We must be rid of all the filth and evil in our lives, and humbly accept the Word God has planted in our heart, for it does have the power to save our souls (James 1:19-21 NLT).



So if you do need wisdom, ask our generous God, and He will give it to you. He will not be upset and rebuke you for asking. But, when you do ask Him, be sure that your faith is in Him alone. Do not waver with divided loyalty for then you will be as unsettled as a wave of the sea, tossed and blown about by the winds of the “whethers” (James 1:2-6 NLT) confused and uncertain.

Know believers who are poor in spirit, humble and contrite, have something to boast about, for God honors them. And, those who are rich should be boasting about how God has humbled them (James 1:9-10 NLT). But if someone among you wanders away from the Truth and is brought back, you can be sure that whoever brings them back will save that person from death and bring about the forgiveness of many sins (James 5:19-20 NLT).



Remember, we aren't saved from sin's grasp by knowing the commandments of God because we can't and don't keep them very well. BUT GOD, He put into effect a different plan to save us. He sent His own Son in a human body like ours so sin's control over us could be destroyed. Now we can obey God's command to love (honor, respect, appreciate) His sincere love for us. Sending His Son as a sacrifice for our sins, and sending His Holy Spirit so we can follow after Him and no longer obey the old evil nature within us (Rom. 8:1-4 TLB).

The Lord tells His disciples:

"I have much more to say to you, more than you can probably now bear. But when He, the Spirit of Truth, comes He will guide you into all Truth. Work to be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the Word of Truth. Shun profane and idle babblings, for they will increase to more ungodliness, and their messages spread death like a cancer."

John 16:12, 2 Tim. 2:15-17 NKJV

I pray, that your love may abound still more and more in knowledge and all insight and discernment, that you may approve the things that are excellent, that you may be sincere and without offense till the day of Christ, being filled with the fruits of righteousness which are by Christ Jesus, to the glory and praise of God (Phil. 1:9-11).

Now to Him Who is able to do exceedingly, abundantly above all that we ask or think or imagine, according to the power that works in us, to Him be glory in the Church by Jesus to all generations forever and ever. Amen (Eph. 3:20-21).



We have been moving forward on this spiritual journey taking steps toward renewal and recovery. Paul wrote: See then that you walk circumspectly (carefully, thoughtfully, deliberately) not as fools but as wise, redeeming the time, because the days are evil (Eph. 5:16).

Redeeming the time! Not wasting time as we have done spending it on whatever looks or feels or sounds good. Sadly, our own way

of thinking, when strengthened by how we may be feeling, causes us to say and do such foolish things.

Redeeming the time requires purchasing opportunities to invest our time to say and do whatever Good sets before us. What interest in self accrues – ways and means that may offer a fleeting satisfaction! God’s Word explains:

“What is seen is temporary; however, what is unseen is eternal. Those who are not with Me, siding and believing with Me, are against Me! Those who do not gather with Me, who do not engage in My interest, scatter.”

2 Cor. 4:18a, Luke 11:23 AMP



Heavenly rewards are accrued, when faith is in what’s eternal since living a godly life is beneficial in every way, It holds promise for our present life and also for the life to come (1 Tim. 4:8). God is Spirit (John 4:24). Those who are investing their time in opportunities that give honor and glory to the Lord, have

determined, when our focus is on the unseen interest from the very Best is received.

The wisest man, King Solomon, wrote: A man can do nothing better than to eat and drink and find satisfaction in his work. This too, I see, is from the hand of God, for without Him, who can eat or find enjoyment (Eccl. 2:24-25)?

Without God how would we know good? Why do we continually seek and credit the counterfeit – what merely seems good? For out of God’s fullness, His abundance, each and every person receives one grace after another and spiritual blessing upon spiritual blessing and even favor upon favor and gift heaped upon gift.

Grace (godsend, manna, kindness, mercy, advantage, liberty, privilege) is not given so we feel good (although we definitely will). Grace is given so we honor and respect and appreciate God and ourselves and others. And, so there are no misinterpretations for God has said:

“Grace and Truth come through Christ Jesus”



God can't stop being Who He is – gracious and kind, patient and understanding. Yet, He won't leave the guilty unpunished (Num. 14:18). How we have benefited from His goodness even when we've walked with our backs turned toward Him. If only eyes would be opened to the plight with which we truly struggle – our own human weakness.

Look at how people are clashing with one another. How can we believe our ways are right when so many times we are left wondering “Why.” One very good reason: We are full of bologna!

B: Baffled (Agitated, Deceived, Deluded)

O: Opinionated (Stubborn, Headstrong, Defiant)

L: Liars (Schemers, Betrayers, Gossips)

O: Overindulgent (Self-Absorbed, Self-Obsessed, Carnal)

G: Greedy (Self-Centered, Covetous, Discontent)

N: Negligent (Forgetful, Careless, Reckless)

A: Anxious (Fearful, Doubtful, Worried)

What a challenge it was to list my good and bad qualities with this objective in mind: Keep it balanced. The character deficits I have accumulated were not just a few. Being honest with myself meant stepping out of denial so I could be made aware of and acknowledge how perfectly imperfect I am.



When it's realized how harmful and self-defeating our human nature, it can do what it naturally does cause us to feel bad about ourselves. But God, He always blesses our lives with Truth so we can Be made free (John 8:32):

- I say I'm unlovable; But God, He says I am forever loved
- I say I'm scarred; But God, He says I am healed
- I say I'm weak; But God, He makes me strong
- I acknowledge I'm a sinner; But God, He says I'm forgiven
- I was abandoned; But God, He says I'm adopted
- I was forsaken; But God, He says He will never leave me
- I say I'm broken; But God, He makes me whole
- I've been rejected; But God, He says I'm His
- I say I'm alone; But God, He says He's always with me

- I say I'm hopeless; But God, He says because of Him, I'm hopeful
- I say I'm purposeless; But God, He says I was created with purpose and great potential
- I say I've failed; But God, He says in Christ I'm victorious
- I say I'm lost; But God, He says His Word gives me direction
- I say I'm worried, anxious; But God, He says with Him I'm peace-filled
- I say I'm unhappy; But God, He says I'm joy-filled
- I say I'm afraid; But God, He says He gives me Power (Holy Spirit), a sound mind (His Word of Truth) and Love (Himself)
- I say I'm nothing special; But God, He says I am His masterpiece, fearfully and wonderfully made
- I say I'm worthless; But God, He says my worth is so great He sent His Son for my salvation, deliverance and inner healing

<https://drmichellebengtson.com/who-god-says-you-are-17-scriptures-our-true-identity/>

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It takes a sincere effort to see ourselves differently, and we certainly won't be successful if we aren't co-laboring with the Lord, God's Word of Truth. By co-laboring I mean to apply the faith God has given us to place in Jesus, and stand firm proclaiming God's Word instead of the negative, whatever that may be.

There are little books that list Scriptures to help us allow the Word of Truth to fight for us against those things that oppose: Fear, loneliness, unforgiveness...By doing so, if you find yourself proclaiming the power fear has been given in your life, just flip your focus on God's loving-kindness with what His Word proclaims for us.

For example, God hasn't given me a spirit of fear....(2 Tim. 1:7). Speak God's Word and wait for surely you will experience the Lord guarding your soul as His peace displaces what antagonizes with the Truth.



We believe all kinds of things, but that doesn't make them accurate. When it comes to interpreting the world around us, we need to realize our feelings can trump our expertise. This explains why we buy things we don't really need or fall for the wrong kind of romantic partner.

We often find ways to dismiss evidence that we don't like. And, the opposite is true also: When evidence seems to support our preconceptions, we are less likely to look too closely for flaws. It is not an easy matter to master our emotions while assessing information that matters to us, not least because our emotions can lead us astray in different directions.

We don't need to become emotionless processors of information. Just noticing our emotions and taking them into account may often be enough to improve our judgment. Rather than requiring superhuman control of our emotions, we need simply to develop good habits.

Ask yourself: How does this information make me feel? Do I feel vindicated or smug? Anxious, angry or afraid! Am I in denial, scrambling to find a reason to dismiss the claim?



We are currently living in a world of “alternate facts.” Can someone please define this for me? What is an alternate fact? Isn’t that called an opinion or a perception? I always like to start by defining terms. So let’s start with what is a fact? The Merriam-Webster Dictionary defines fact as:

1. (a) Something that has actual existence
(b) An actual occurrence
2. A piece of information presented as having objective reality

Objective reality is when subjective viewpoints are not interfering. A fact is one that is not open to interpretation. Water freezes at 32 degrees Fahrenheit. Metal is a conductor of electricity. Rubber and plastic are insulators. The sun rises in the east and sets in the west.



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

with factual evidence in order for it to exist and be powerful. We hold beliefs close to our hearts.

Some people sacrifice their lives in order to preserve and promote a belief that they possess. When you learn a belief as a young child, you integrate that belief into your life. When someone presents you with an alternative belief, there can be a visceral experience of that alternate belief as being inherently wrong.

Even if you are being provided with factual evidence that supports their belief, you can easily and blindly state that their facts are incorrect. Your adamancy of their facts being wrong, even flies in the face of your not having any factual evidence that supports your own belief system.

The bottom line is, no matter how much I want to believe something, it will never become a fact just because I want it to be. Beliefs do not need factual evidence to exist. They just need a participant to buy into them despite a lack of evidence.

We can't discuss the concepts of belief and factual evidence without investigating the idea of "gaslighting." The problem with

our current society is that people are participating in this behavior on a regular basis. One of the hallmarks of “gaslighting” is the act of someone trying to convince you of something that has no basis for existence. They are trying to get you to believe what they want you to believe, and when the facts don’t support their message, they lie, blame, project, deflect and confuse you.

The best way to counteract this practice is to educate yourself!
Don’t just take someone’s word for it.

<https://www.theguardian.com/science/2020/sep/10/facts-v-feelings-how-to-stop-emotions-misleading-us>



This is a fact that many dispute: God is Spirit (a spiritual Being), and those who choose to worship Him must worship Him in spirit and in truth (reality) (John 4:24 AMP).

Here’s a big problem: There are so many hurdles that have been set before us. A very big hurdle that I had difficulty maneuvering was what seemed at first to be hypocrisy. Family members with whom I am very familiar would speak of being Christian, Christ-like, but their behavior spoke a very different message.

What I discovered, until our eyes are opened to the Truth about ourselves, it is easy to believe God is okay with our personality deficits and behaviors that are both self- destructive and depleting. God does not define us by our misjudgments! However, He has given us His Word and His Holy Spirit so they are rectified (corrected)!



God loves us so very much that He willingly laid Himself onto that cross so we could discover how much different life in relationship with God could truly be. But God's Word pulls no punches:

“The heart is deceitful above all things and beyond cure. Who can understand it?”

Jer. 17:9

If God condoned evil after it tainted the human heart, then He wouldn't have protected us from receiving what Evil wanted for them: To suffer immediately the penalty for sin - eternal separation from all that is Good. In other words, an eternity of being tormented by all that is Evil.

Can you imagine hearing over and over the terrible things that have been said to us and about us by ourselves and by others. No escape from ridicule, rage, regret, sorrow, sadness, dejection, slander....No hope, no joy, no loving-kindness or compassion, no mercy or peace in that pit of perdition.



We have been given time and ample opportunities to recognize we're on a battlefield where blood flowed and sin was defeated, where Love waits and Evil hates, where Truth reigns and deceit exploits, where Grace abounds and condemnation berates!

Peter wrote: Your enemy the devil prowls around like a roaring lion looking for someone, anyone to devour (1 Pet. 5:8b). So too is our prideful nature always looking for something that seems good to devour! Many times what appeared Good, was too good to be true and we were forced to suffer the back-lashing of evil.

Unfortunately, money is often equated as the good that is needed, and many who have done so, are consumed by carnal desire. And to what end?

If we had continued reading what Solomon once wrote, we would have discovered: Those who desire to please God, investing their time in doing good and not evil, God gives to them wisdom, knowledge and happiness! But, to the sinner He gives the task of gathering and storing up wealth to hand it over to the one who has chosen to please God (Eccl. 2:26).



Of course, it's obvious money is necessary for survival, but so too is food. Maybe obesity provides a better visual; but, how can they not be seen as a reflection of the combined efforts of evil - greed, coveting, lust, gluttony...Instead of controlling or as God's Word has said 'subduing' our heart, we allow our thinking to be guided by how we feel.

Stinking thinking is a result of the outpouring of a heart. I'm sure you've heard the saying "Hurting people hurt people!" Well it could also be said "Hurting people hurting themselves."

When what feels good is desperately lacking, then what seems good provides a much needed form of comfort. Can the sheer power of Good and Evil be understood? When needed comfort provides what's truly Good: help, solace, relief, uplifting, reassurance, encouragement...so an internal equilibrium can be restored. Comfort is given so our thoughts and feelings can be balanced by what Good bestows - Truth - so a new way of thinking can emerge.

However, when evil is allowed to deceive with counterfeit forms of comfort, then pleasing self becomes what's good, and the power of Good is nullified. How easy it is to get entangled within that cycle of addiction, when a false perception of what is good is preferred over truly knowing the only One Who is Good (Matt. 19:17).

When God, Who bestows every good and perfect gift and blessing is not acknowledged, appreciated and honored, then the

one who is evil will ensure the self-righteous are laid low by shame and sorrow, heartache and regret.



Problems arise as a result of those images that emerge from beliefs sculpted by opinions that have themselves been crafted by what is personal - thoughts and feelings. We all do it, and sadly the first image to emerge is usually a reflection of what is evil.

I continue to struggle with controlling an initial response. But thankfully, I have chosen to see Good glorified. So, when I say or do something that gives proof to how menacing and harmful our personal opinions, perspectives and philosophies can be, I'm humbled.

Sadly, I can't always control or rectify the consequences when I've done wrong, but I can make the choice to do what is right. However, without Truth that doesn't sway to the demands of the partiality in our thinking, or isn't twisted by the whims of emotion I would not know the power and authority of God's Word.

Truth remains as faithful and consistent as the ticking hands of time. From Truth flows absolute Perfection! God's Word, the same yesterday, today and forever (Heb. 13:8). Doing what only God can truly do - cover a multitude of sins with His loving-kindness (James 5:20).



When known, how can God and His Word not be humbling for a human heart not only uncovers the very evil of sin, it enforces it: ridiculing, condemning, excusing, minimizing, blaming, accusing, manipulating, rationalizing...so we can feel good about the wrong choices we make. But God's Word says:

“Woe to those who call evil good and good evil! Who put darkness for light and light for darkness! Who put bitter for sweet and sweet for bitter!”

“Woe to those who are wise in their own eyes and clever in their own sight!”

“Woe to those who are heroes at drinking wine and champions at mixing drinks! Who acquit the guilty for a bribe, but deny justice to the innocent!”

“As tongues of fire lick up straw, and as dry grass sinks down in the flames, so their roots will decay. They have rejected the teachings of the Lord Almighty, and spurned the Word of the Holy One of Israel.”

“Therefore, the Lord’s anger will burn against those who call Him ‘Lord, Lord,’ yet do not do what He says.”

Isa. 5:20-25, Luke 6:46



Our natural tendency isn’t to be exalted by being good, we exalt opinions, beliefs and philosophies that seem good. We can allow our emotions to take us on a wild rollercoaster ride by stirring up happiness, then plunging us into despair. Sadly this ride has no distinguishable exit.

When we find ourselves doing the same things over and over again; or, attempting to solve problems with self-help solutions, then sanity may be questioned. You're not going crazy...You're just codependent! You have not been truly depending, trusting, relying on God and His Word.

You didn't think, did you, that just by pointing your finger at others you would or could distract God from seeing all your misdoings and from coming down on you hard? Or, did you think that because He's rich in mercy and such a nice God, He'd let you off the hook? Better think this one through from the beginning.

God is kind and compassionate; but, He's not soft. In kindness and love He takes us firmly by the hand, and leads us into a radical life-change!

You're not getting by with anything. Every refusal and avoidance of God adds fuel to the fire. The Day is coming when it's going to blaze hot and high, God's fiery and righteous judgment.

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Make no mistake: In the end you will get what's coming to you – Real Life for those who work on God's side, but to those who insist on their own way and take the path of least resistance, Fire!

If you go against the grain, you get splinters, regardless of which neighborhood you're from, what your parents taught you, what schools you attended. But, if you embrace the way God does things, there are wonderful payoffs, again without regard to where you are from or how you were brought up.

Calling yourself a child of God won't give you an automatic stamp of approval. God pays no attention to what others say or what they may think about you. He makes up His own mind.

If you sin without knowing what you're doing, God takes that into account. But, if you sin knowing full well what you're doing, that's an entirely different story. Merely hearing God's Word is a waste of your time if you don't do what He commands. Doing, not hearing, is what makes the difference with God (Rom. 2:3-13 Message).

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When there is a lack of godly Knowledge, spiritual Awareness and the Word of Truth we wouldn't know God's upset:

“My people are destroyed from lack of knowledge!”

Hos. 4:6

I share knowledge of God and His Word of Truth for the welfare of our beings spirit, soul and body. I share knowledge of codependency, which everyone has struggled for the welfare of our relationships with God and self and others.

Jesus stepped out of eternity into time to live an ordinary life in such a radical way time changed. God has given us the privilege to enjoy life in AD, time spent with the Lord, Who Himself not only makes it possible for us to step into God's eternal embrace, but to also take radical steps with Love as our guide. For then, the power that rests within us, Holy Spirit, can hopefully change time from BC to AD for others by the Word of God and our testimony - what Jesus has done for us (Rev. 1:2).

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I pray people will not be sorry for the wrong they have done because of fear they will be caught or punished, for then Love is not really known. God's love is so perfect it casts out all fear and condemnation (1 John 4:18). So why spend time worrying? Instead, pray for godly sorrow, for then Holy Spirit will lead you into repentance, which leads us to salvation and leaves no regret. Mere worldly sorrow brings a person to Death (2 Cor. 7:10).

Know our enemy, the devil, wants us to continue doing wrong over and over until we can't.

Feeling sorrow may seem a sign of weakness, but in fact there is courage and wisdom to possess such a moral compass "I was wrong" "I made a mistake" "I need help" "I didn't know" the Truth. To repent is acknowledging our misjudgments to God not as an excuse, but to offer Him thanksgiving and praise for bringing to us such awareness.

And we never know exactly how or when God will bless us with insight and awareness. That moral compass of which I shared was brought to my attention while reading the books written by Louise Penny.

Yes, to offer God thanksgiving and praise for giving us time and opportunity to discover what's really, very important: To seek first His kingdom and His righteousness so ALL things can not only be given, but received.



So continue looking up and taking steps in search of a deeper relationship with God. For this is when true meaning will be placed in repent: To think differently, to change your mind, to regret your wrongdoing and seek the Truth, for then Holy Spirit will help you to change your conduct), for the Kingdom of Heaven is at hand (Matt. 3:2 AMP). The Kingdom of God is not a matter of talk but of power (1 Cor. 4:20)!

God has designed a heavenly process for change to be experienced:

ASK! SEEK! KNOCK!

He has given us the power and authority of His Word:

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

Matt. 7:7-8

Therefore, put into practice these principles for taking steps toward renewal and recovery so you too can 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 – it’s all about progress not perfection!

- 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 – nothing is impossible for God



Don't give up on Hope! Don't lose heart and become discouraged! Don't let stinking thinking cause you to quit! There is so much to learn about God and His Word and ourselves! Sharon Martin shared what she has learned about "The Generational Effects of Codependency."

The concept of codependency originated in the 1970s when substance abuse professionals recognized that not only are alcoholics profoundly affected by their addiction, but so are their families.

Over the years, we've realized that codependent traits and relationship patterns extend well beyond families impacted by addiction. Chronic mental or physical illness, spousal and child abuse, and other family dysfunctions can lead to similar family dynamics and codependency.

Before we continue, let's do a quick review of the most common codependent traits. Also keep in mind that codependency exists on a spectrum, so you can have some or all of these traits to varying degrees.

- Focus on other people's problems and needs
- Ignoring your own feelings and needs
- Overly responsible
- Tend to overwork and overschedule yourself
- Perfectionism
- Difficulty trusting

- Weak boundaries (you let people mistreat or take advantage of you)
- Taking care of others
- Afraid to upset or disappoint others (people-pleasing)
- Prone to guilt
- Try to change and control people or situations
- “Stuff” your feelings, especially anger (until you explode)
- Don’t assert your feelings, needs, opinions
- Define yourself in relation to others (I’m Suzy’s mom) and lack a strong sense of self (knowing who you are, what you believe, want, and like)



Not all codependents grew up in a dysfunctional or toxic family. You may have had a “normal” or “good” childhood. Your parents didn’t get drunk and beat you. You didn’t live in fear. You had friends over and could relax and play. By all accounts, your childhood was fairly normal.

Another possibility is that you’ve minimized the painful things that happened in your childhood. This often happens when there was emotional neglect (parents were emotionally distant and

didn't meet your emotional needs) or there was emotional or verbal abuse (threats, name-calling, silent treatment, etc.) that was minimized.

Some parents will deny that their behavior was harmful, claiming that it wasn't abusive because it didn't leave a mark. Or they say things like "We fed and clothed you. You don't have anything to complain about."

Minimizing and avoiding problems is common in codependent families.



Codependency develops as a response to trauma, but that trauma didn't necessarily happen to you. It could have been several generations in the past (for example, an alcoholic grandparent or mentally ill great-grandparent).

Codependent behaviors and [codependent thought patterns](#) are learned. If you have codependent traits but didn't grow up with active addiction or mental illness in your household, there's a good chance that one or both of your parents is also codependent.

The unspoken rules of codependent families include, “We don’t talk about our problems” and “We don’t have any problems. Everything’s fine.” So, it’s no surprise that you might not even know about grandpa’s alcoholism or great grandma’s bipolar disorder and how they impacted your parents and grandparents.

Codependent patterns continue even after the addict or mentally ill person gets treatment, leaves the family, or dies. In other words, codependency doesn’t go away when you divorce your husband or when your mother gets sober. Codependency is deeply entrenched and needs its own treatment.



Because codependency is learned, parents unknowingly model and teach their children codependent ways of thinking and acting.

For example, if your mother was repeatedly scolded for crying and praised for watching her siblings and cleaning up after her father’s drunken rages, she will learn to be an overly responsible caregiver who denies her own feelings and needs in order to please others. And because her parents weren’t interested in her feelings, she didn’t learn to notice, value, and express her feelings.

She may unintentionally teach you the same thing when she fails to notice your feelings, never asks your opinion, and has unrealistic expectations of you. Or your mother may have modeled and taught you that you need to be “good,” do as you’re told, do for others even if it hurts you, and keep your problems to yourself.



To avoid passing codependency down to your children, it’s important to seek inner healing. It can be helpful to identify your own codependent traits and think about how you can actively teach your child to think, feel, and act differently. Here are some tips that may be helpful.

1) Educate yourself about codependency. Codependent No More and Beyond Codependency by Melody Beattie, Grandchildren of Alcoholics by Ann Smith, and It Will Never Happen to Me by Claudia Black are all great resources.

2) Take care of yourself! Self-care is crucial for your wellbeing and it shows your children that we all have needs and we deserve to treat ourselves with kindness.

- 3) Set boundaries with your family of origin and others.** Boundaries tell others how they can treat us. Practice standing up for yourself and letting people know what you're willing to do (and say "no" to the rest).
- 4) Ask for help.** You may have a hard time asking for help, but trying to do everything yourself leads to burnout, isolation, and resentment. Help can take many forms.
- 5) Use healthy communication skills.** Be on the lookout for unhealthy patterns such as guilt trips, manipulating, and passive-aggressive behavior. Instead practice healthy communication, such as using "I statements".
- 6) Be authentic and imperfect in your relationships.** Allow others to see the imperfect parts of yourself, your struggles, your true feelings and opinions. When you stop pretending that "everything's fine," you can create deeper relationships and dispel fears of rejection.
- 7) Share your story with trusted people.** Codependency feels shameful for most people, so they keep it a secret. However, secrets tend to breed shame.

Freedom comes when you share your story and receive understanding and empathy. However, it's imperative that you're selective in who you share it with.

8) Parenting support and education. Parenting is hard, hard, hard! It challenges us in ways that nothing else does. If you're raising children, seek out a support system. Again, look for people you can be real with; you need people you feel safe to share your screw-ups and frustrations with.

Enlisting the help of your child's pediatrician, teacher, parenting educator, or therapist can also be very helpful in learning some of the nuances of setting age-appropriate expectations, rules, and consequences.

9) Treat yourself with kindness and compassion. Try to be more kind, accepting, and forgiving of yourself. You aren't perfect and neither is anyone else. By changing self-critical statements like "I'm such an idiot" to "We all make mistakes sometimes", you're teaching your kids that mistakes don't define people and that their value extends beyond their accomplishments.

Sharon Martin live well and love your life!

<https://www.livewellwithsharonmartin.com/generational-effects-of-codependency/>



We've been taking new steps along this spiritual journey of renewal and recovery, and now we are climbing higher, for we have reached the 11th step remembering to invest in our relationship with God, for the interest that's given improves our conscious contact with Him.

If we were reading chapter 11 of Genesis we would discover how men rebelled against God and built the tower of Babel. Here we can better understand the meaning of number 11, and how it can symbolize judgment, disorder and chaos. God passed judgment on their rebellion by confusing their language, which resulted in great disorder and chaos.

<https://www.biblestudy.org/bibleref/meaning-of-numbers-in-bible/11.html>

However, God is not a God of disorder, chaos or confusion but of peace (1 Cor. 14:33). These eleven promises of God found in the Gospel of John, speak of His judgments, His will and His purpose driven hope for His people regarding faith, obedience and His precious gift of eternal life:

1. I know My sheep and give them eternal life

2. When they follow Me, God's Word, they shall never perish
3. My Father, Who has given them to Me, is greater than all, no one can snatch them out of My hand
4. As the Father has loved Me, so I love you
5. Remain in My love by obeying My commands, just I have obeyed My Father's commands and remain in His love
6. You are My friends if you do what I command, everything that I have learned from My Father I've made known to you
7. You will obey my commands if you love Me
8. If anyone loves Me, they will obey My teaching. My Father will love them, and We will come to them and make Our home with them
9. Trust in God, trust also in Me, don't let your heart be troubled. In My Father's house are many rooms, if it were not so I would have told you. I have gone to prepare a place for those who have faith and trust in Me, who follow God's Word
10. I will come back and take all those the Father has given Me to be with Me where I am. You know the way to the place where I am going for I am the Way, the Truth and the Life that God has given to the world. And, whosoever believes will not perish, but have life eternal

11. I am the Resurrection and the Life. Those who believe in me will live, even though they die, and whoever lives and believes in Me will never die. Do you believe this?

John 10:27-30, 15:9-16, 14:23-24, 4:14, 14:6, 3:16, 11:25-26



We are taking steps to experience connectedness or a deeper connection with our Higher Power, Christ Jesus. You are encouraged to journal as a means to help you sharpen your spiritual awareness by acknowledging if and how your knowledge and understanding of the Lord is growing and developing.

For years we have told ourselves and shared with others the negativity that plagues our lives. To be free of the strongholds of fear or anger or....We must believe and proclaim and meditate on God's Word and not only remember but continually tell our heart what the Lord explains:

"I saw Satan fall like lightning from heaven. I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy: Nothing

will harm you. However, do not rejoice that spirits submit to you, rejoice that your name is written in heaven.”

“Praise God! Praise the Holy One Who is enthroned in the praises of His people. Listen! Do not be afraid or discouraged by the enemy’s forces of evil, for the battle is not yours, but God’s.”

“Take up your position of faith, stand firm and see the deliverance God’s Word will give to you. Do not be afraid; do not be discouraged, the Lord of Heaven’s Armies is with you.”

“Do not be fainthearted or afraid, do not be terrified or give way to panic before them. For the Lord your God is the One who goes with you to fight for you against your enemies to give you victory.”

Luke 10:18-20, Ps. 22:3, 2 Chron. 20:15-17, Deut. 20:3-4



So remember if the enemy strikes from the front as a snake, or from behind like the attack of a scorpion, the Lord is with you.

And has given you the authority in His name to overcome the power the enemy uses to defeat us. Even if an attack brought physical death, when we believe and call on the name of Jesus, He will bring us into His eternal glory.

We can take a stand of faith declaring: Because the Lord is my Shepherd I have everything I need! He lets my soul rest (Ps. 23:1-2a TLB). He has given Me His peace, so different from that of the world, so my heart will not be troubled and I won't be afraid. God has given the Counselor, Holy Spirit, to teach me all things, and to remind me of everything God's Word has said (John 14:26-27).

I can receive all that God desires for me to have when I keep my mind from ruminating on the displeasures and complaints of my heart.



Yes, the Lord leads me beside quiet streams even when turbulence surrounds me. He gives me strength. God's Word

helps me to do what honors my heavenly Father, even as I walk through the valley of death.

I will not be afraid, for the Word of Truth is in me, guarding and guiding my steps. God has provided me with food that warms the heart, the Bread of Life, in the presence of my enemies. He has welcomed me as His friend; blessings overflow – His loving-kindness, grace, mercy, truth, faithfulness, patience, hope...yes, even His longsuffering with me.

The glory of His goodness and unfailing loving-kindness shall be with me all the days of my life, and afterward I will live with Him forever in His glorious Kingdom,” Psalm 23 TLB.



The Lord Jesus said:

“I am the Good Shepherd. The Good Shepherd lays down His life for the sheep.”

John 10:11

Christ Jesus, the Good Shepherd, came that we may have life, and have it to the full (John 10:10). The Good Shepherd, Who laid His life down for God's flock. Remember Him, for there's a depth of meaning that lies within this 23rd Psalm:

THE LORD IS MY SHEPHERD - JEHOVAH ROI

I SHALL NOT WANT

JEHOVAH JIREH - THE LORD SHALL PROVIDE

HE MAKES ME TO LIE DOWN IN GREEN PASTURES

JEHOVAH MACHSI - THE LORD MY REFUGE

HE LEADTH ME BESIDE THE STILL WATERS

JEHOVAH SHALOM - THE LORD (OUR) PEACE

HE RESTORETH MY SOUL

JEHOVAH ROPHE - THE LORD (OUR) HEALER

HE LEADS ME IN THE PATH OF RIGHTEOUSNESS

JEHOVAH TSIDKENU - THE LORD OUR RIGHTEOUSNESS

FOR HIS NAME SAKE
ADONAI JEHOVAH - LORD GOD

YEAH THOUGH I DWELL
JEHOVAH ADON KOL HA-ARETS, THE LORD,
THE LORD OF ALL THE EARTH

IN THE VALLEY
JEHOVAH SALI - THE LORD MY ROCK

OF THE SHADOW OF DEATH
JEHOVAH KEREN-YISHI
THE LORD THE HORN OF MY SALVATION

I SHALL NOT FEAR
JEHOVAH IZUZ WEGIBBOR - THE LORD STRONG & MIGHTY

FOR THY ROD (OF PROTECTION)
JEHOVAH CHEREB - THE LORD...THE SWORD

AND THY STAFF
JEHOVAH MAGINNENU - THE LORD OUR DEFENSE

THEY COMFORT ME
JEHOVAH ORI - THE LORD MY LIGHT
THOU HAS PREPARED A TABLE BEFORE ME
JEHOVAH JIREH - THE LORD SHALL PROVIDE

IN THE PRESENCE OF MY ENEMIES
JEHOVAH MEPHALTI - THE LORD MY DELIVERER

THOU HAS ANOINTED MY HEAD WITH OIL
JEHOVAH MEKADDISHKHEM
THE LORD THAT SANCTIFIES ME

MY CUP RUNNETH OVER
JEHOVAH KABODHI - THE LORD MY GLORY

SURELY GOODNESS
JEHOVAH GOELEKH - THE LORD MY REDEEMER

AND MERCY

JEHOVAH EL EMETH - LORD GOD OF TRUTH

SHALL FOLLOW ME

JEHOVAH ELI - THE LORD MY GOD

ALL THE DAYS OF MY LIFE

JEHOVAH TSURI - THE LORD MY STRENGTH

AND I WILL DWELL

JEHOVAH MAUZZI - THE LORD MY FORTRESS

IN THE HOUSE OF THE LORD

JEHOVAH SHAMMAH - THE LORD IS THERE

FOREVER

JEHOVAH MOSHIEKH - THE LORD MY SAVIOR

JEHOVAH OLAM - MY EVERLASTING GOD

~

Yes, Jesus, Jehovah Goelekh – The Lord Our Redeemer, said,

“I am the Good Shepherd. I know My sheep and My sheep know Me.”

John 10:14

So I encourage steps be taken so you can become strong in the Lord through God’s Word of Truth. Throughout these many centuries God has laid a sure and sturdy foundation with His Word so His Son, Christ Jesus, can help you remain in a position of faith and trust in our heavenly Father and in Him.

Growing strong and confident in the One Who will not allow your foot to slip or to be moved for He neither sleeps nor slumbers on His job as the Keeper of faith and hope and love, and your Protector against doubt and discouragement and fear.



The Lord is your shade on your right side (Ps. 121:3-5 AMP), and with the victory and faith He has given, all the flaming arrows of the evil one can be extinguished (Eph. 6:16). God knows sometimes circumstances can cause us to feel torn apart, torn down, weak and wearied. This is when we really need to lean into the Lord, God’s Word, Who bolsters.

Bolster is the word that came to mind, but there were no good Scriptures to share in reference to bolster so I have chosen a few synonyms that provide the same meaning: Brace, Prop Up, Carry, Support, Sustain, Upheld...I pray God's Word helps to bolster and reinforce your faith and hope and love for all God is and does for us especially in times of distress.

God's Word provides Truth to help us **brace up** our minds, so be sober and morally alert: so you can set your hope wholly and unchangeably on the grace, the divine favor, that is coming to you when Jesus Christ, our Messiah is revealed

1 Peter 1:13 AMP

God's Word of Truth helps people to know how they ought to conduct themselves. For the Church, the body of Christ, is where the living God resides, the pillar and stay, Who **props us up** and supports us with the Truth. And great and important and weighty is the hidden Truth of godliness

1 Tim 3:15-16

God's kingdom is an everlasting kingdom, and His dominion endures throughout all generations. The Lord **upholds** all those of His own who are falling and **raises-up** all those who are bowed down. He opens His hand and satisfies every living thing with favor. The Lord is righteous in all His ways, and gracious and merciful in all His works. The Lord is near to all who call upon Him, to all who call upon Him sincerely and in Truth. He will fulfill the desires of those who reverently and worshipfully fear Him; He hears their cry and will save them. The Lord **preserves** all those who love Him

Ps. 145:13-20 AMP

The Lord holds victory in store for the upright! He is a shield to those whose walk is blameless, for He guards the course of the just and **protects** the way of His faithful ones

Prov. 2:7-8

Surely God is my help; the Lord is the One Who **sustains and supports** me

Ps. 54:4 Fire Bible

The steps of the righteous are directed and established by the Lord when He delights in our way. Though we may fall, we shall not be utterly cast down, for the Lord grasps our hand **in support and upholds** us

Ps. 37:23-24



Yes, the Lord has given you His shield of victory, God's right hand sustains you, His help makes you great (2 Sam. 22:36 NLT). The Lord will keep you from all evil if you trust Him and hold tightly to God's Word. He will keep your life. The Lord will keep your going out and your coming in from this time forth and forevermore (Ps. 121:7-8 AMP).

The Lord will work night and day to keep those who do not want their lives established by wickedness: instead, to be rooted firmly and securely in God's Righteous One so they will not be moved (Prov. 12:3 ASV) by evil forces.

We must be willing to take new steps, and during this eleventh step, we are daily walking in search of, through prayer and meditation to improve our conscious contact with God, praying

only for knowledge of His will for us and the power we need to carry that out.

This step is THE-GO-WITH-THE-FLOW-OF-EACH-DAY-STEP.

The meaning of number eleven is important in that it can symbolize disorder, chaos and judgment. Coming after 10, which represents law and responsibility, 11 represents the opposite, which is the irresponsibility of breaking the commands of God's Word, which brings disorder and judgment.

Jesus told the people:

“Do not think that I came to destroy the Law of the Prophets, I did not come to destroy but to fulfill. For assuredly, I say to you, till heaven and earth pass away, one jot or tittle will be no means pass from the Law till all is fulfilled.”

Matt. 5:17-18 NKJV

~

Jesus took the responsibility for all the irresponsibility of sinful people when He was 33, which is 3 times 11, where 3 means completeness.

Jesus is the atoning sacrifice for our sins, and not only for our sins but also for the sins of the whole world (1 John 2:2). Christ died for SIN:

S: Self-Centeredness

I: Insecurity

N: Negligence

For sin brings about disorder and chaos in our lives, and causes us to face a final judgment.

When the Son of Man comes in His glory, and all the angels with Him, He will sit on His throne in heavenly glory. All the nations will be gathered before Him, and He will separate the people one from another as a shepherd separates the sheep from the goats. He will put the sheep on His right and the goats on His left.

Then the King will say to those on His right:

“Come, you who are blessed by My Father, take your inheritance, the Kingdom prepared for you since the creation of the world. I tell you the truth, whatever you did for the least of these brothers of Mine, you did for me. When you gave the hungry food and water to the thirsty; when a stranger was invited in, and the needy clothed; when the sick was cared for, and prisons were visited.”

Thus He will say to those on His left:

“Depart from Me, you who are cursed, into the eternal fire prepared for the devil and his angels. I tell you the truth, whatever you did not do for one of the least of these, you did not do for Me. Surely, they will go away to eternal punishment, but the righteous to eternal life.”

Matt 25:31-46



Christ died for ALL sin past, present and future once for all, the righteous for the unrighteous, to bring you into relationship with God. Jesus was put to death in the body, but made alive by the

Spirit (1 Peter 3:18). God gave us life first the physical, and after that the spiritual (1 Cor. 15:46).

The choice is now ours believe or disbelieve and behave accordingly. God's judgment, His verdict, has already been rendered: Light has come into the world, but people loved darkness instead as evidenced by their evil deeds. But, whoever believes in Jesus is not condemned (John 3:18:19).

Yes, there is now no condemnation awaiting those who belong to Christ Jesus. For the power of the life-giving Spirit - and this power, God's grace, is given to every believer through the Lord, Who frees us from the vicious circle of sin and death (Rom. 8:1-4).



You know we have all met someone who seems to be more interested in self. They enjoy receiving but are not too eager to give back, and we may feel taken advantage of, but don't react negatively because truth is we've behaved accordingly. I say this because God gives us grace to do as He does for us being patient and gentle and kind!

You know there's a lot that glows by the front door
Don't forget the keys under the mat
Childhood stars shine, always stay humble and kind
Go to church 'cause your momma says to
Visit grandpa every chance that you can
It won't be a waste of time
Always stay humble and kind

Hold the door say please say thank you
Don't steal, don't cheat, and don't lie
I know you got mountains to climb but
Always stay humble and kind

When the dreams you're dreamin' come to you
When the work you put in is realized
Let yourself feel the pride but
Always stay humble and kind

Don't expect a free ride from no one
Don't hold a grudge or a chip and here's why
Bitterness keeps you from flying
Always stay humble and kind

Know the difference between sleeping with someone

And sleeping with someone you love

I love you ain't no pick up line so

Always stay humble and kind

Hold the door say please say thank you

Don't steal, don't cheat, and don't lie

I know you got mountains to climb but

Always stay humble and kind

When those dreams you're dreamin' come to you

When the work you put in is realized

Let yourself feel the pride but

Always stay humble and kind

When it's hot, eat a root beer, a popsicle

Shut off the AC and roll the windows down

Let that summer sun shine

Always stay humble and kind

Don't take for granted the love this life gives you

When you get where you're goin'

Don't forget turn back around

Help the next one in line
Always stay humble and kind

HUMBLE AND KIND

Song written by Lori McKenna

Sung by Tim McGraw



God's Word teaches us to be humble and gentle and kind. God has forgiven our transgressions against Him! Jesus put our sin, our guilt, our shame, our condemnation to death on that cross so His Father could enjoy relationship with us.

Now there are all kinds of relationships that we share, but not very many where we can be assured that no matter our mistakes or misjudgments we receive unconditional love, yet firm guidance because all that is desired is our faith.

God has given us His Word, and we give our word to Him. A commitment is made! A covenant established to love and honor,

cherish and obey. If we are honest with ourselves there are many troubles that could be avoided if we would just honor our word.



Only God knows if a heart and soul has truly been given, and not just a hand. So remember to be respectful for the hidden things belong to the Lord our God, but the things He reveals belong to us and children forever, so that we may always honor God's Word (Deut. 29:29 APS).

Therefore, don't judge anything prematurely before the Lord comes. For then, He will both bring to light what is hidden in darkness and reveal the intentions of the heart (1 Cor. 4:5 APS).

God knows how easily we can be misdirected by our own heart's desires; but, if we place value and meaning in our word, then how much more has God placed in His Word! Our heavenly Father is greater than our heart! He knows all things! When we keep our focus on the Lord, we won't be condemned by our very own heart (1 John 3:20).

Be strong, be loyal, be encouraged for God's Word holds Promise:

"No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love Him."

"In My Father's house are many rooms, if it were not so, I would have told you. I have gone there to prepare a place just for you. And if I go and prepare a place for you, I will come back and take you to be with Me that you also may be where I am."

1 Cor. 2:9, John 14:2-4



Oh, how great is God's goodness to those who speak of His desire to rescue them. God has stored up great blessings for those who trust and reverence Him. He hides His loved ones in the shelter of His presence, safe beneath His hand, safe from conspiring people.

Blessed is the Lord, for blessings pour forth from God's Word revealing the wonders of Truth: His never-failing love protects us like the walls of a fort! We often speak too hastily when we say,

“The Lord has deserted me,” for He listens to our pleas and answers us. His timing is absolutely perfect so trust and wait on Him.



Oh, love the Lord, all you who are His people; for the Lord protects those who are loyal to Him. So cheer up! Take courage if you are depending on the Lord (Ps. 31:19-24 TLB).

As we live in God’s Word, the Lord lives in us, and our love will grow more perfect and complete, for we will come to know with all certainty how much God loves us. We will feel His love for us in our inner most being, because we believe He loves us dearly.

God is love! Anyone who lives in love of Him is living with God, and He is living in them. We will not be ashamed and embarrassed at the Day of Judgment; instead, we can face Him with confidence and joy because He loves us and we love Him too (1 John 4:16-17 TLB).



So work to be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the Word of Truth (2 Tim. 2:15 NKJV). We urge you and exhort you in the Lord Jesus to abound more and more in how you ought to walk and to please God (1 Thess. 4:1 NKJV).

Yes, the Law entered so the offense might abound. But, where sin abounded, grace abounded more and more, so that as sin reigned in death, even so grace might reign through righteousness to eternal life through Jesus Christ our Lord (Rom. 6:20-21).

The decisions are ours to be made. God gave us free will. He will not interfere with our choices. He will not remove the consequences. What He has done is remove the penalty and punishment of sin through His precious Son, Christ Jesus. How very sad for anyone to bear the pain and suffering of regret for not being willing to receive or even search for, more and more of God's goodness.

~

God's gift is not like the trespass against Him. Many have died by the trespass of one man, how much more did God's grace and the gift of right standing with God that comes by the grace of the one Man, Jesus Christ, overflow to so many!

The gift of God is not like the result of that one man's sin: The judgment followed one sin and brought condemnation. By Adam's trespass, death reigned through that one man, how much more will those who receive God's abundant provision of grace and the gift of righteousness reign in life through the one Man, Jesus Christ (Rom. 5:15-17).

And, since we have now been justified by Christ's blood, how much more shall we be saved from God's wrath through the Lord! For if, when we were living as enemies of God, we were reconciled to Him through the death of His Son, how much MORE, having been reconciled, shall we be saved through His life! So rejoice in God through our Lord Jesus Christ, through Whom we have now received such a precious gift - reconciliation (Rom. 5:9-11).

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In all things we become MORE than conquerors through Him Who loves us. For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord (Rom. 8:37-39 NKJV).

Patricia King shared her thoughts on being more than conquerors in Christ. When a boxer agrees to meet his opponent in a match, he works and trains for months prior to his match, which can go on for round after round after round. At the end of this bout each receives a pay check which is taken home and shared with loved ones. Who themselves are more than conquerors. They didn't have to work and sweat and train and fight, they just had to be willing to receive.



Our heavenly Father's compassion flows freely for all people, but is received and experienced by those who fear and revere Him (Ps. 103:13). God remembers we are but flesh, a passing breeze that does not return (Ps. 78:39). But we too must remember the

dust will return to the ground it came from, but our spirit returns to God Who gave it (Eccl. 12:7).

BUT GOD, He is God of gods and Lord of lords, the great God, mighty and awesome, Who shows no partiality and accepts no bribes (Deut. 10:17). He invites everyone to come in search of Wisdom, Who has built a palace supported on seven pillars, and has prepared a great banquet and mixed the wines.

Wisdom calls from the busiest intersections in the city (Prov. 9:1-3)

TLB:

“Are you confused about life, don’t know what’s going on? Come with me! Oh come, dine with me! Leave your impoverished confusion and live! Walk up the street to a Life with meaning!”

Prov. 9:4-6 Message



I pray that out of His glorious riches God may strengthen you with power through His Spirit in your inner being, so that Christ may dwell in your heart through faith. And I pray that you, being

rooted and established in Love, may have power to grasp how wide and long and high and deep is the love of Christ, and to know that this love surpasses knowledge – that you may be filled to the measure of all the fullness of God.

Now to Him Who is able to do immeasurably more than all we could ask or imagine, according to His power that is at work within us, to Him be the glory (Eph. 3:16-21) for God is faithful, and He will strengthen and protect you from the evil one (2 Thess. 3:3).

God works in us to make us complete and to help us settle our fears and worries and concerns with His Word of Truth. How blessed is God! And what a blessing He is! He's the Father of our Lord, Jesus Christ, and takes us to the high places of blessing in Christ. Long before He laid down the earth's foundations, He had us in mind, had settled on us as the focus of His love, to be made whole and holy by His love.

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Long, long ago before time began, He decided to adopt us into His family through Jesus. (What pleasure He took in planning this!) He wanted us to enter into the celebration of His lavish gift-giving by the hand of His beloved Son. Because of the sacrifice of the Messiah, His blood poured out on the altar of the Cross, we're free people – free of penalties and punishments chalked up by all our misdeeds.

And not just barely free, either, abundantly free! God thought of everything, provided for everything we could possibly need, letting us in on the plans He took such great delight in making. He set it all out before us in Christ, a long-range plan in which everything would be brought together and summed up in Him, everything in deepest heaven everything on planet earth.



It's in Christ that we find out who we are and what we should be living for. Long before we first heard of Jesus and got our hopes up, He had His eye on us, had designs on us for glorious living, part of the overall purpose He is working out in everything and everyone.

It's in Christ that you, once you heard the Truth and believed God's Message of your salvation, found yourselves home free - signed, sealed and delivered by Holy Spirit. This signet from God (Holy Spirit, Who always is revealing what Jesus accomplished for us on that cross) is the first installment on what's coming (living in eternity with Father, Son and Holy Spirit). A reminder that we'll get everything God has planned for us, a praising and glorious life (Eph. 1:3-14 Message).

God sends His Word not just to dwell in our heart, but to revive our spirit:

“Praise God! For He inhabits the praises of His people; true praise is a worthy sacrifice and really honors Him. Those who walk in His paths will surely receive salvation from the Lord.”

“How joyful are those who fear God and trust in Him for they are blessed beyond expression. Yes, happy are they who delight in obeying His commands. For those who are generous, compassionate and righteous when

darkness overtakes them, Light will come bursting in. Good comes to those who lend generously and conduct their business fairly.”

“Such people will not be overcome by evil circumstances. They do not fear bad news, nor live in dread of what may happen. They confidently trust the Lord to care for them. They are confident and fearless and can face their foes triumphantly. Because God’s constant care of them will make a deep impression.”

Ps. 22:3 KJV, Ps. 50:23 TLB, Ps. 112:1-8 NLT/TLB



I write to those who believe in the absolute authority of God’s Word, and have chosen Jesus to be Lord in their life (1 John 5:13a AMP). Those who believe forever God’s Word is settled in heaven that Truth stands as firm as the heavens (Ps. 119:89 AMP).

I write to those who will come to trust in and rely on the name of the Son of God as their Savior so that they may know with settled and absolute knowledge that they already have life, yes, eternal life (1 John 5:13b AMP) because they honor and obey God, which starts with little work: Believe in the One He has sent (John 6:29).

Those who believe God is the Giver of Life, a spiritual rebirth, according to His lovingkindness, so that we may keep the testimony of His mouth (Ps. 119:88 NKJV).

And this is the confidence, the privilege of boldness, which we have in Him, we are sure that if we ask anything according to His will - being in agreement with His own plan - He listens and hears us. And since we know that He listens to us in whatever we ask, we also know with settled and absolute knowledge that we have the requests made of Him in agreement with His Word.

We know positively the Son of God has actually come to this world and gives us understanding and insight to perceive and come to know better and more clearly Him Who is True; and we are in Him Who is True - in His Son Christ Jesus, the Messiah - the true God and Life eternal (1 John 5:19-20 AMP).



So don't think you can manipulate anyone to get your own way, for then you are going wrong (Matt. 5:37a Message). This is why

God's Word teaches us to let our "Yes" be simply "Yes" and our "No" be simply "No," for anything more than that comes from the evil one (Matt. 5:37b AMP).

The world is unprincipled. It's dog-eat-dog out there! Those who follow the world's principles don't fight fair. But those who are adhering to the precepts and standards of God's Word don't live or fight our battles that way. The tools of our trade aren't for marketing or manipulation they're for demolishing that entire massively corrupt culture.



We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the Truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ. Our tools are ready at hand for clearing the ground of every obstruction, while building lives of obedience into maturity (2 Cor.10:3-6 Message).

So we can run a good race not allowing anyone to cut in and influence us and keep us from obeying the Truth. That kind of

persuasion does not come (Eph. 4: 7-8) from the One Who is calling us into His own kingdom and glory (1 Thess. 2:12).

“A little yeast works through the whole batch of dough.”

We can be confident in God’s Word of Truth so no other view will be taken. Those who attempt to throw us into confusion will pay the penalty, whoever they may be (Gal. 5:9-10).

And even though God is not with us in person, He has given us His Word and His Spirit of Truth. To help us judge behaviors for it is sin that is like a little yeast that spreads through the whole batch of dough. So we can celebrate and praise our Passover Lamb, Christ Jesus, not with the old bread of wickedness and deception, but with the new Bread of sincerity and truth (1 Cor. 5:3-8 NLT).

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Though Jesus is the Son of God, He learned obedience by the things He suffered (Heb. 5:8 NKJV). Jesus always aligned His will to His Father's. He came down from heaven not to do His own will, but to do the will of the One Who sent Him (John 6:38) because God's love for the world's so great (John 3:16).

Can you imagine, Jesus died for people born in the wild; for those who bring themselves down with their blasphemies; for people expert in addictive pleasures! Dead souls! Directionless profiteers and connoisseurs of evil! Dried-up fountains, storm-scattered clouds, headed for a black hole in hell (2 Peter 2:12-17 Message). Since not much thought is given the welfare of our spiritual being, this would adequately describe our lives BC - Before Christ.

However for God's delight to be accomplished, the Lord Himself had to die so sin could not condemn. Jesus stepped out of eternity to share time with us on earth, so we could discover and come to value what is timeless. For everything received from God can never be tarnished or affected or infected by the hands of time. However, their eternal significance and splendor and transcendence can be difficult to impossible to perceive through

lenses that cause what is timeless to appear dulled by the cataracts sin causes.



Yet, for those who have heard the songs of God's people, whose heart has become enraptured with words everlasting - gratitude, thanksgiving and praise - as Holy Spirit makes Truth easier to recognize and comprehend:

“Through the prayers of God's people you can hear all about the Lord. You can be filled with awe by His amazing works. In the time of your deep need, He will help you as He has done in years gone by. Times when consideration wasn't given to the greatness of God's mercy and loving-kindness!”

“Desert times when God couldn't be seen at your right side or the Holy One He sent to shake you as a tree so God's beauty and glory could be viewed - His brilliant splendor that fills the heavens or the earth resounding with His praise. The coming of the Lord is as brilliant

as the sunrise, rays of light flash from His hands where His awesome power is hidden.”

“Arise then and shine, for the Lord has called you into righteousness! He will take hold of your hand and keep you and make you to be among His covenant people. For He opens eyes that have been blinded, He frees captives enslaved to sin, and releases those who sit in darkness.”

“Yes, arise and shine, for your Light has come, and the glory of the Lord rises upon you. Darkness covers the earth, and thick darkness is over the peoples, but the Lord rises upon you and His glory appears over you. Lift your eyes and look about you.”

“You men and women of God flee from foolishness and the harmful desires that plunge people into ruin and destruction. Pursue righteousness. Fight the good fight of faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of witnesses. “

“God, the blessed and only Ruler, the King of Kings and Lord of Lords, Who alone is immortal and Who lives in unapproachable light, Whom no one has seen or can see, give to Him all honor and glory.”

“Don’t be arrogant and put your hope in wealth, which is so uncertain; instead, put your hope in God, Who provides you with everything for your enjoyment – for contentment is great gain. Do good! Be rich in good deeds! Be generous and willing to share. Lay-up treasure for yourself in heaven so that you can take hold of the Life that is truly life.”

“The prince of the power of the air and all his traffickers of evil have multiplied like grasshoppers in the hedges in the cold, but all of them will flee away and disappear, like locusts when the Sun comes up and warms the earth.”

“The ruler of this world, Satan, shall be cast out for there is no healing for his wound. His wickedness is far

too deep to cure. All who hear his fate will clap their hands for joy, for where can one be found who has not suffered from his constant cruelty.”

“Consider who can endure the day of the Lord’s coming? Who can stand when He appears? He will be like a refiner’s fire or a launderer’s soap. God sits as a refiner and purifier of silver. He will purify and refine His chosen people, His royal priesthood, His holy nation, those belonging to Him.”

“God will refine them and make them as clear and translucent as pure gold so His wonderful Light can be seen. Come near to Him for judgment. The Lord does not change. Throughout time His people have turned away from His decrees and have not kept them. Return to Him, and He will return to you.”

“God’s compassion is aroused! He will not carry out His fierce anger, for He is God and not man – the Holy One among you. He will not come in wrath. His people

will follow the Lord, He will roar like a lion, and His children will come trembling from their strongholds.”

“God gave His one and only Son. The Lord lives! Praise be to your Rock! Exalted be God your Savior! He is the God Who avenges you, Who saves you from your enemies. Sing praises to His name for He gives His people great victories. He shows His unfailing love and kindness to His anointed ones.”

“God did not send His Son to condemn the world, so that no one need be destroyed by believing in His Christ. Anyone can have a whole and lasting life now.”

“Your heavenly Father didn’t go to all the trouble of sending His Son merely to point an accusing finger, telling the world how bad it was. He knows evil dwells in the chambers of each heart.”

“Jesus came to help, to not only put the world right but your life when you invite God’s Light into your world. You can escape from the slum of sin by experiencing Jesus as your Lord and Savior. Remembering that once

you were not God's people; but now, you are counted among the people of God. Once you had not received mercy, but now you have received mercy."

"God allures (He intrigues, woos, and draws) you with His Word. He will lead you into desert times so you can hear Him speaking tenderly to you. So you will sing and call Him "my Husband" and no longer think of Him as "my Master."

"Yes, Praise God, Who is able to save completely those who come to Him through Jesus. The Lord intercedes for them. He does not consider a person's appearance or their height. The Lord doesn't look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."

"God's day of wrath is yet to come upon those with a stubborn and unrepentant heart. Sadly, they are storing up wrath against themselves for God will give to each person according to their deeds. His righteous judgment will be revealed."

“Neither their silver nor their gold will be able to save them on the day of the Lord’s wrath. In the fire of His jealousy, His zeal, His passion the whole world will be consumed. He will make a sudden end of all who live in the earth.”

“Know, as surely as God lives, He takes no pleasure in the death of the wicked, but rather that they turn from their ways and live. Turn! Turn from your evil ways! Why will you die?”

Hab 3:1-4 NLT, Isa 60:1-2-4, Isa. 42:5-7, Eph. 2:2, 1 Tim. 6:6-19 TLB, Nah. 3:17-19 NLT, John 12:31 AMP, Mal. 3:2-7, 1 Peter 2:9-10, Hos. 11:8-11, Ps. 18:43-50, John 3:16 Message, Hos. 2:14-16, 2 Peter 2:8-20 Message, Heb. 7:25, 1 Sam. 16:7, Rom. 2:5 TLB, Zeph. 1:18, Ezek. 33:11



Those who thirst for righteousness are blessed by God (Matt. 5:6). He gives water from the spiritual Rock! (Neh. 9:15), for the Rock is Christ Jesus! (1 Cor. 10:3). Whoever drinks the crystal clear water Truth offers, will become in Him, God’s Word, a spring of water welling up to eternal life (John 4:14).

God sent Jesus to proclaim Truth:

“I AM the Light of the World. Whoever follows me will never walk in darkness, but will have the light of Life.”

John 8:12

Heaven’s Light shines forth knowledge of the glory of God, which can only be seen in the face of Christ Jesus (2 Cor. 4:6b).



God expressed His kindness to us in Jesus. By His grace we are saved, through faith – this is not from ourselves it is a gift of God – not by works, so that no one can boast. We are God’s workmanship, created in Christ Jesus to do good works (Eph. 2:7-10). But not only that, we can do everything God asks of us because of the trust and confidence we have in the Lord, Who actually gives us the strength (Phil. 4:13) and energy and desire so that God is glorified through Him (1 Peter 4:11).

You see, God was pleased to have all His fullness dwell in Jesus, and through Him reconcile to Himself all things by making peace

through the blood Christ shed (Col. 1:19). I pray your heart is flooded with Light so you can understand the confident hope God has given to His people who are His rich and glorious inheritance.

I also pray you will understand the incredible greatness of God's power for those who believe and trust in Him. It is the same mighty power that raised Christ from the dead, and seated Him in the heavenly realms.

Jesus is far above any ruler or authority or power. God has put **all** things under the authority of Christ, and has made Him Head over **all** things for the benefit of the Church, which is His body and is being made full and complete by Christ, Who fills **all things** everywhere with Himself (Eph. 1:18-23 NLT).



When Judas left to betray the Lord, Jesus said:

“Now is the Son of Man glorified and God is glorified in Him. The moment God is seen in Him, God's glory

will be on display. In glorifying the Son of Man, God Himself is glorified!”

John 13:31-32 Message

All praise and glory to God, the Father of our Lord Jesus Christ, for He has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ. Even before He made the world, God loved us and chose us to be holy and without fault in His eyes by placing us in Jesus.

God decided in advance to adopt us into His family by bringing us to Himself through His Christ. This was His plan, what He wanted to do, and it gave Him great pleasure.

So we praise God for the glorious grace He has poured out on us who belong to His dear Son. God is so rich in kindness and grace that He purchased our freedom with the blood of His Son and forgave our sins. He has showered His kindness on us, along with all wisdom and understanding (Eph. 1:3-8 NLT).



So we can heed His Word of Truth:

“I am the Lord, that is My name! I will not give My glory to anyone else! Nor share My praise with carved idols! Everything I prophesied has come true, and now I will prophesy again, I will tell you the future before it happens.”

“I am making all things new! Write this down, for what I tell you is trustworthy and true. It is finished! I am the Alpha and Omega, the Beginning and the End! I will give to the thirsty the springs of the Water of Life, as a gift! Everyone who overcomes will inherit all the blessings of heaven, and I will be their God, and they will be My son.”

“Those who are unfaithful refusing to follow Me, their doom is the Lake that burns with fire and sulfur. This

meeting with the Second Death gives entrance into all things spawned by evil.”

Isa. 42:8-9 NLT, Rev. 21:5-8 TLB



With understanding of God's Word of Truth we can know with all certainty His grace is sufficient for us, for His strength is made perfect in weakness (2 Cor. 12:9a).

When you know the instructions given you are by the authority of the Lord Jesus (2 Thess. 4:2), you are taking the Lord's yoke upon yourself and learning from Him, Who is gentle and humble in heart, and you will find rest for your soul – heart and mind. Since His yoke is easy and His burden is light! (Matt. 11:29-30)

You too have been given time and opportunity to gain the secret of being content in any and every situation you confront (Phil. 4:12), even in and despite of your infirmities, because the power of Christ rests with you (2 Cor. 12:9b). So don't grieve, for the joy of the Lord is your strength (Neh. 8:10).

The Lord's joy, His great delight is you! He will quiet your fears with His love! He rejoices over you with singing! The Lord your

God is with you! His is mighty to save and deliver and heal you!
Zeph. 3:17



This joy is Christ's - the only Source of eternal salvation - which He bestows to those who respect His authority, and seek His guidance (Heb. 5:9). Jesus endured the cross, scorning its shame, and is sitting at the right hand of the throne of God. So let us fix our eyes on God's Word, for Jesus is the Author and Perfecter of our faith.

Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Therefore, let us consider Him, Who endured such opposition from sinful people, so that you and I will not grow weary and lose heart (Heb. 12:1-3).

Yes, the Lord gives strength to the weary and increases the power of the weak. Those who place their hope in Him 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. 40:29).



It is difficult to appreciate what God can and will do in our lives, when we want something to be done not just right away, but the way we would like it done. This is where God's economy is exchanged: In faith we get the strength to stand firm trusting the Lord's guidance, so we can receive what the world does not want us to have – peace and joy and true contentment – knowing who we are and who we belong to.

As a matter of fact, the enemy works desperately to rob us of what is rightfully ours – Truth of all the goodness of God's heavenly blessings.

The one thing that I always try to remember, Lucifer coveted all of God's goodness.

No matter what we face, no matter the many, many variables and variations, there are only ever two choices, two directions in which to choose. It took me almost 40 years before I chose to consider really looking up for direction. Why?

I had followed my own plans and agendas making wrong turns, following strangers who like myself were spiritually blind. I traveled a path I thought would bring what love promises: trust and faithfulness and commitment. But what a bust that was!



I entered parenthood placing all that I could give into the precious gifts I was given, only to discover what not being enough even inadequate was. The many paths I traveled with so many good intentions, led to shame and guilt, confusion and anger, upset and into a very dark alley of loneliness, though people were all around.

I chose to think the worst right away. So naturally the worst is what came upon me fear, rejection, betrayal, bitterness, unforgiveness...I didn't know God's Word would work to remove such ugliness from me.

For so many years I made the choice that God and His Word weren't enough. So much time was invested, and the interest in

self just accrued as did disappointment, loss, so very much loss and discontentment with people, myself and this world that I traveled.



But God, He came when I asked, and continues to travel on life's journey with me. I remember lying on the floor one evening, when the Lord asked me if I wanted to dance. My first reaction wasn't to consider His amazing offer, it was fear I wouldn't know how to follow.

My fears haven't stopped the Lord, for the steps that we've taken have led to salvation, deliverance and inner healing. This dance is a dance of Life. Not life as I know and have known it, but a waltz with Life found in God's Word of Truth, Who not only leads but invites Love and the Spirit of Grace to teach me how to step out in joy and be led into peace and contentment.

God is always delivering Word of His love, and in return I give Him my fears. The Lord is always sharing Truth, and in return I bring Him my doubts and confusion and regrets. While the Spirit

of God fills me with knowledge and insight and hope everlasting, so I can know, that I know that I know I am loved just as I am no pretenses are needed.



But God, He knows all about me, and knows why I hide and mistrust. Slowly but surely we take steps over and under and through each and every tangling effect that a weak worldly condition has woven about and within human flesh:

Codependency, people-pleasing, doing everything that can be done to feel loved and lovable, seeking approval, acceptance and validation from impossible sources, because so many times just the opposite is experienced being disapproved, not accepted and rejected without a word.

Though words can belittle and shame, how much more horrible being devalued by the absence of words. Whether intentional or not this is being done, devaluing ourselves and others when there are no words of explanation to be offered.

So we excuse and minimize. We rationalize and avoid. We lie and accuse. We compare and chalk up. We reject and betray. We defend and protect ourselves from what I ask? When these are the same things we ourselves are doing!



But God, He will step in so we can step out in the confidence and assurance we've found in His Word. For Jesus will come when asked, and join us in this waltz of life. So listen! Love has composed for us an actual heavenly symphony. One that Truth leads so we can step out into this world with faith and hope and joy and peace...So receive encouragement and comfort and uplifting from Father, Son and Holy Spirit:

"You have been told these things so that in Jesus you may find true peace. In this world you will definitely have trouble, BUT take heart and soul to God! For the Lord has overcome the world."

"God has chosen you. So do not fear, He is with you. Do not be dismayed, He is your God. The Lord, your

Redeemer, the Holy One of Israel will strengthen you and help you. So come present your case. Set forth your arguments. Bring in your idols to tell Us what is going to happen.”

“Let them try to tell Us what happened long ago so that We may consider the evidence. Or let them tell Us what the future holds, so We can know what’s going to happen. Yes, tell Us what will occur in the days ahead then We will know they are gods.”

“In fact, do anything – good or bad! Do something that will amaze Us. But no! Your idols are less than nothing and can do nothing at all. Those who choose them pollute themselves.”

“Wake up! Receive what you have heard, repent and heed God’s Word. If you don’t wake up, the Lord of Heaven’s Armies will come like a thief, you will not know at what time He will come.”

John 16:33, Isa. 41:9-13, Isa. 41: 21-24 NLT, Rev. 3:2



- 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 Jesus,” Philemon 4-7!