

JUST AS GOD COMMANDED

Noah was a righteous man, blameless among the people of his time, and he walked with God. Noah had three sons: Shem, Ham and Japheth.

Now the earth was corrupt in God's sight and was full of violence. God saw how corrupt the earth had become, for all the people on earth had corrupted their ways. So God said to Noah, "I am going to put an end to all people, for the earth is filled with violence because of them. I am surely going to destroy both them and the earth. So make yourself an Ark of cypress wood; make rooms in it and coat it with pitch inside and out.

This is how you are to build it: The ark is to be 450 feet long, 75 feet wide and 45 feet high. Make a roof for it and finish the ark to within eighteen inches of the top. Put a door in the side of the ark and make lower, middle and upper decks. I am going to bring floodwaters on the earth to destroy all life under the heavens, every creature that has the breath of life in it. Everything on earth will perish. But, I will establish

My covenant with you, and you will enter the ark — you and your sons and your wife and your sons' wives with you.

You are to bring into the ark two of all living creatures, male and female, to keep them alive with you. Two of every kind of bird, of every kind of animal and of every kind of creature that moves along the ground will come to you to be kept alive. You are to take every kind of food that is to be eaten and store it away as food for you and for them."

Noah did everything just as God commanded him (Gen 6:9-22).



God gave mankind the very best when He placed them in His garden. Giving them the things that money could never buy – peace and joy, glory and freedom and love. But, deception robbed them of contentment!

What happened? Evil spread perversion – immorality, corruption and destruction not only on the earth, but within these earthen vessels. In so many ways we prostitute ourselves to achieve financial gain, and

commit spiritual adultery so prestige (importance, fame, power) can be achieved. Why?

When peace was perverted by fear, warfare broke out on the earth and erupted within our homes. When joy was contaminated by wrath, hell was to be experienced right now, right here on earth, and become an eternal destination. When the glory of our very substance was corroded by condemnation, our nature was contaminated by pride. When freedom became captive to the whims of self-governance, the libertine became captivated by sin. When love was dishonored by self-indulgence, this blasphemous decision brought about the onslaught of unhealthy mind-sets (attitudes, beliefs, persuasions).

But God, revealed His covenant relationship of love from the very beginning. Through one man sin entered the world, and death through sin (Rom. 5:12 NKJV), but God made atonement for their soul (Lev. 17:11 KJV). First sin, then death, and no one is exempt from either.

Sin disturbed relationship with God in everything and everyone, but the extent of the disturbance was not clear until God spelled it out in detail to Moses (Rom. 12:13 Message). For the real function of the Law is to make mankind recognize and be conscious of sin. Not a mere

perception, but an acquaintance with sin which works toward repentance, faith and godly character (Rom. 3:20 AMP).



Mankind exists because one man chose to do everything just as God commanded. By faith Noah, when warned about things not yet seen, in holy fear built an ark to save his family (Heb. 11:7a). God waited patiently while that ark was being built. However, only a few people, eight in all, were saved through water (2 Peter 2:19b). The Biblical meaning for number eight is a new beginning. It is a number of hope, new horizons and bright future.

Noah is a type of Christ. The traditional interpretation of a type involves seeing a historical person, place, event or institution as having a future historical fulfillment. The primary person, story, or event is a type, whereas the fulfillment is the antitype. In the New Testament, the Greek word "typos," meaning "example," describes a model or pattern in the Old Testament that is fulfilled in the life and mission of Jesus Christ.

The word “typos” in the King James Version of the Bible is also translated: Pattern, Example, Form, Print, Ensample, Fashion, Figure, Manner.

1. As “Pattern” – Every high priest is appointed to offer both gifts and sacrifices, and so it was necessary for this one also to have something to offer. They serve at a sanctuary that is a copy and shadow of what is in heaven. This is why Moses was warned when he was about to build the tabernacle: “See to it that you make everything according to the “pattern” shown you on the mountain.” But the ministry Jesus has received is as superior to theirs as the covenant of which He is Mediator is superior to the old one (Heb. 8:3-6)
2. As “Example” – In everything set an example by doing what is good being temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance (Titus 2:7&1). Growing in the knowledge of the Truth that leads to godliness – a faith and knowledge resting on the hope of eternal life, which God, who does not lie, promised before the beginning of time, and at His appointed season He brought His Word to light through the preaching of God our Savior, Christ Jesus (Titus 1:1-3)

3. As "Form" – Thanks be to God, though you used to be slaves to sin, you wholeheartedly obeyed the form of teaching to which you were entrusted. You have been set free from sin and have become slaves to righteousness (Rom. 6:17-18). Jesus Himself bore our sins in His body on the tree, so that we might die to sins and live for righteousness: by His wounds you have been healed (1 Peter 2:24-25).

4. As "Print" – The other disciples therefore said to Thomas, "We have seen the Lord." Thomas said to them, "Unless I see in His hands the print of the nails, and put my finger into the print of the nails, and put my hand into His side, I will not believe." After eight days His disciples were again inside, and Thomas with them. Jesus came, the doors being shut, and stood in the midst, and said:

"Peace to you!"

Then He said to Thomas:

"Reach your finger here, and look at My hands;
And reach your hand here, and put it into My side.

Do not be unbelieving, but believing.”

Thomas answered, “My Lord and my God.” Jesus said to him:

“Thomas, because you have seen Me,

You have believed.

Blessed are those who have not seen

And yet have believed!”

John 20:25-29 NKJV

5. AS “Ensample” – I appeal as a fellow elder, a witness of Christ’s sufferings and one who also will share in the glory to be revealed: be shepherds of God’s flock that is under your care, serving as overseers – not because you must, but because you are willing, as God wants you to be; not greedy for money, but eager to serve; not lording it over those entrusted to you, but being examples to the flock. And when the Chief Shepherd appears, you will receive the crown of glory that will never fade away
(1 Peter 5:1-4)

6. As “Fashion” – We are citizens of the state which is in heaven, and from it also we earnestly and patiently await the coming of the Lord Jesus Christ, Savior, Who will transform and fashion

anew the body of our humiliation to conform to and be like the body of His glory and majesty, by exerting that power which enables Him even to be subject, everything to Himself (Phil. 3:20-21 AMP)

7. As “Figure” – Yet death held sway from Adam to Moses, the lawgiver, even over those who did not themselves transgress as Adam did. Adam was a type, a prefigure, of the One Who was to come (Rom. 5:14 AMP). Because one person disobeyed God, many became sinners. But because One other Person obeyed God, many will be made righteous (Rom. 5:19 NLT). So figure out what will please Christ, and then do it (Eph. 5:10 Message)!

8. As “Manner” – Jesus said to them:

“Most assuredly, I say to you,
The Son can do nothing of Himself,
But what He sees the Father do;
For whatever He does,
The Son also does in like manner.”

John 5:19

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Paul wrote, as you go forward on this journey of renewal and recovery do so in a manner worthy of God, and you will do well. Carefully follow this doctrine from the Lord in manner of life, purpose, faith, longsuffering, love, perseverance, persecutions, afflictions, which will happen as they happened to me. And out of them all, the Lord delivered me.

Yes, all who desire to live godly in Christ Jesus will suffer persecution. Evil men and imposters will grow worse and worse, deceiving and being deceived. But you must continue in the things which you have learned.

The Holy Scriptures are able to make you wise for salvation through faith which is set in Christ Jesus. All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness. By faith we understand the universe was formed at God's command, so that what is seen was not made out of what was visible (2 Tim. 3:10-17)



By saying "Yes" to God, we open our lives to great potential and unlimited possibilities to experience an amazing awakening

spiritually. Can you imagine the shock, the confusion, the embarrassment that first couple experienced when their eyes were opened to the fact that they stood naked before God. I'm not talking about being physically naked, although that was the case. The dishonor they displayed toward God was actually being displayed in their appearance.

Sin had an immediate effect on every aspect of human life. Their physical appearance changed. Soul ties would be made with one another instead of uniting them to God. As a result, the voice of "self" became like a bell being rung with such insistency and assertiveness that God's soft and gentle voice would not be easily heard. They not only lost their home in paradise, they had to learn how to make a living in this world, and how to dwell in the weakness of the flesh, when their spirit was robbed of Life.

BUT GOD, He has made known to us the mystery of His will according to His good pleasure, which He purposed in Christ, to be put into effect when the times reached their fulfillment - to bring all things in heaven and on earth together under one head, Christ Jesus (Eph. 1:9).

The very reason the Son of God appeared on the earth was to destroy the devil's deceptive work (1 John 3:8b) that makes everything permissible so we could be mastered (overwhelmed, upended, overpowered) by evil (fear, depravity, corruption).



The enemy doesn't just use deception to distort the Word of God, he uses shame and anger and our own defiance to distort our perceptions of self and others and God. God sent Jesus to set forth the Truth plainly (2 Cor. 4:2).

Enmity (animosity, discord, blood feud) was set in place when willfulness seemed the better choice. A blood feud! Why? The life of the flesh is in the blood (Lev. 17:11). Today we have scientific evidence of this truth, which was given to Noah when God granted him permission to eat meat forty-five hundred years in the past after the great flood.

Thirty-five hundred years ago Moses recorded these words of God in Lev. 17:10 and Deut. 12:23. Yet this Biblical fact was either disregarded or not comprehended by men of science and medicine for 1000's of years. Ultimately, around 1620 the English doctor and creationist

scientist William Harvey (1578-1657) found the circulation of blood pumped throughout the body by the heart.

Blood preserves and supports life by transporting nutrients to every cell of the body and taking away wastes. In this way the life of the flesh is in the blood.

Even as few as 200 years ago, this Biblical reality was disregarded when it was common to attempt to cure people by draining their blood. Barbers, recognized by their red-and-white poles, were the typical operators. Bloodletting is an ancient practice, returning well over 2,000 years to ancient Greece.

A well-known example of bloodletting is George Washington. He was bled to death by his medical professionals in 1799 at age 67 after catching a cold from overseeing his farm in a snowstorm. The typical adult body consists of 160-170 ounces of blood. Yet throughout 10 hours preceding Washington's death, 125 ounces of his blood were withdrawn.

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When you lose your blood, you lose your life, in accord with Biblical Truth, “the life of the flesh is in the blood.” Unfortunately, President Washington’s medical professionals ignored this. Moses made this really clear by recording these words of God 3500 years ago.

Scientific evidence for the life of the flesh being in the blood without dispute shows that blood is essential for life. It reaches every cell by means of an extensive microscopic capillary network. The combined length end-to-end of an adult’s capillary network is approximately 100,000 miles. This is about 4 times the circumference of the earth.

The heart pumps about 100,000 times a day to send out blood with oxygen, minerals, vitamins and nutrients through the blood vessels to each cell and carry away waste products. It pumps about 80,000 gallons in a life time. What man-made pump could provide this level of efficiency? Is it sensible to think it could have “evolved” as a result of unintentional mutations?



In addition, our liver chemically keeps an eye on and adjusts elements in our blood moment-by-moment within extremely narrow limits to keep it in proper condition for its work. For instance, blood level of

acidity is continuously adjusted to within one part in a hundred million.

Blood is a fantastic blessing from the Creator to sustain life. It carries out a wide range of extremely complicated functions. For instance, among its extremely complex functions is clotting. The blood clots upon exposure outside the body; however, stays liquid inside the body when things are working correctly.

The clotting cascade (a series of chemical processes in which each action of the process depends upon the preceding one) is composed of over 100 steps, with more being found frequently. The removal or failure of only one of these steps or components would dynamite the whole cascade. A clot would not form and blood would run out of the body ending in death.

How could a mindless, error-driven, evolutionary process establish the clotting cascade when it needs to be completely functioning from the beginning of life to work at all? Did evolution establish the whole circulatory-respiratory, heart-lung system which needs to work flawlessly from the beginning to sustain life?

And thus, from the scientific evidence for the life of the flesh being in the blood, the answer is apparent. A super-intelligent Creator put man together working perfectly in finished form in the beginning.

Taken from the article, "Scientific Evidence For The Life Of The Flesh Being In The Blood," which was posted on the website "Evidence-For-The-Bible." <https://evidence-for-the-bible.com/scientific-evidence-for-the-bible/scientific-evidence-for-the-life-of-the-flesh-being-in-the-blood/>



Enmity = Blood Feud! Why? The enemy's purpose is to kill, to steal and to destroy, but he is unable to do any such thing without the aid of human hands. When will the bloodletting stop? God has given us the ability to think and comprehend and understand so why is Truth being ignored by so many?

Our struggle is not against flesh and blood! We are fighting against the spiritual powers of evil in the heavenly places. Our fight is not against people on earth. Our fight is against the devil's clever tricks; against the rulers and authorities and the powers of this world's darkness (Eph. 6:12 -13 ERV).

Therefore, I remind you to stir up the gift of God which is in you (2 Tim. 1:6 NKJV). Do not quench (suppress or subdue) Holy Spirit; do not spurn the gifts and utterances of the prophets (do not depreciate prophetic revelations nor despise inspired instruction or exhortation or warning).

Instead, test and prove all things (until you can recognize) what is good; to that hold fast. Abstain from evil in whatever form or whatever kind it may be (1 Thess. 5:19-22 AMP). Continue taking new steps in order to seek a deeper relationship with God. Continue to take these steps toward renewal and recovery so Truth can help us to become more God-dependent instead of being Co-dependent.

The first key is to maintain an honest view of reality not only considering particular circumstances and events as substantial, but recognizing the substance of Truth – the Life, the Alpha and Omega, the heart and the spirit as we work on taking steps of faith remembering – We walk by faith not by sight (2 Cor. 5:7) - recognizing, acknowledging and professing:

- 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



Don't turn back! Those of us who want everything God has for us, keep this goal – forget the past and look forward to what lies ahead (Phil. 3:13 TLB). We must continue making a full confession and thoroughly exposing our former deceptive and evil practices (Acts 19:18 AMP).

We have not only listened to but have followed falsehood and delusion and foolish things. If our iniquity and guilt is not exposed how can our captivity to false and deceptive practices that are both worthless and misleading be averted (Lam. 2:14)?

How would it be possible for us to recognize and understand how hollow and deceptive philosophies can and did take us captive, when they depend on what is familiar and embraced – human traditions and the basic principles of this world rather than on Christ Jesus, God’s Word of Truth and Life (Col. 2:8).



We have all at one time been guilty of gratifying the cravings of our sinful nature and following its desires and thoughts. We too were by nature objects of wrath (Eph. 2:3). Objects of enmity! Objects of a blood feud, of bloodletting; by letting our life’s blood flow for purposes of self-interest!

Now we can grasp our gift of time, and discover the countless opportunities to experience peace and joy and contentment in every and all circumstance. Instead of complaining, we can praise God realizing what the enemy intends for our harm, God intends for good to be accomplished (Gen. 50:20).

When Joseph spoke those words to his brothers, it was after circumstances that could have changed his perspective. He was thrown into a pit, sold into slavery, thrown into prison until the gifts

God placed in him were recognized as Good, as beneficial. Joseph forgave his brothers saying, "Right now Good is being accomplished, your scheming couldn't stop God from saving many lives."

Joseph is one of many champions of God's Word – past and present – who not only proudly profess, but earnestly live in and for Truth to be seen not just heard, "I know that My Redeemer lives, and that in the end He will stand upon the earth. And after my skin has been destroyed, yet in my flesh I will see God; I myself will see Him, with my own eyes – I, and not another. How my heart yearns within me," Job 19:25-27!



I shared this vision in a previous booklet, but I am going to share it again. I was at a prayer meeting one evening, and as we spent quiet time this is what I saw – fire in many shapes and forms that are difficult to properly describe because of the intensity and hues of color that they formed.

One after the other these images passed before my mind's eye - candle fire, licks of fire, rays of fire, flares of fire, a star's fire, flames of fire, a campfire, brush fire and a man of fire. As I was pondering what had

just occurred, I saw the darkness being ever so gradually changing in appearance as though light from behind was working to brighten the black to a steely shade of grey.

Suddenly, the appearance of that greyish background took on a mesh-like substance that was being pushed forward until a form emerged – the face of Jesus. My own eyes and not another saw the Lord!



The Messenger of the covenant He is surely coming – the Lord of Heaven’s Armies! The Man of Fire!

But who will be able to endure it when He comes? Who will be able to stand and face Him when He appears? His is like a blazing fire that refines metal, or like a strong soap that bleaches clothes.

Yes, He sits like a refiner of silver, burning away the dross. He will purify God’s people, refining them like gold and silver, so that they may once again offer acceptable sacrifices to the Lord (Mal. 3:1-3 NLT).

So do as 2 Tim. 1:6 instructs - Stir up - rekindle the embers of, fan the flame of, and keep burning - the gracious gift of God - the inner fire - that is in you with the help of God's Word and His Spirit of Truth.



We may not be able to come out from under the wrath of the enemy, but we can be freed from the wrath of God. Those who turn from the idols they have worshiped to serve and worship the living and true God are rescued from the coming wrath by Jesus (1 Thess. 1:9-10)! For God did not appoint us to suffer wrath, but to receive salvation through our Lord, Jesus Christ (1 Thess. 5:9)!

The Scripture declares the whole world is a prisoner of sin (Gal. 3:22a). Enmity was set in place because sin caused Death to reign; BUT GOD, He has worked for the good of all mankind by bestowing faith and hope and love so amity (rapport, harmony, friendship) with Him could be restored.

God sent His Word of Truth to reveal and make known how great God's love for the world (John 3:16):

“Righteous Father, though the world does not know You, I know You, and those You have sent Me now know. I have

made You known to them, and will continue to make You known in order that the love You have for Me may be in them, and that I Myself may be in them.”

John 17:25-26



Therefore, we ought to always be thanking God so our faith would grow more and more, and our love of others would be ever-increasing. We ought to rejoice in and encourage others to look past unpleasant circumstances, because it is through our perseverance and faith in all trials and troubles (2 Thess. 1:3-4) that we too will arrive at a place and time when we can proclaim, ‘NOW I see and understand the good God accomplishes – healing, deliverance and salvation through Christ Jesus.’

This is because in Christ all the fullness of the Deity lives in bodily form, and through faith in God we are given fullness in Christ, Who is the Head over every power and authority (Col. 2:9-10). Before this faith came, we were held prisoners by the law, locked up until faith should be revealed. The law was put in charge to lead us to Christ so we might be justified by faith (Gal. 3:23-25).

Yes, the law was added so the trespass might increase. But, where sin increased, grace increased all the more, so that just as sin reigned in Death, so also grace might reign for us through righteousness to bring eternal life through Jesus Christ our Lord (Rom. 5:20-21), Who says:

“I tell you the truth, whoever hears My words and believes Him Who sent Me has eternal life and will not be condemned; they have crossed over from death to Life.”

John 5:24



At the resurrection of the dead, the body that is sown perishable will be raised imperishable; it is sown in dishonor, but will be raised in glory; it is sown in weakness, and raised in power; it is sown a natural body, but it will be raised a spiritual body.

If there is a natural body, there is also a spiritual body. The first man Adam became a living being; the last Adam, a life-giving Spirit. The spiritual did not come first, but the natural, and after that the spiritual.

The first man was of the dust of the earth, the second Man from heaven. As was the earthly man, so are those who are of the earth; and

as the Man from heaven, so also are those who are of heaven. And just as we have borne the likeness of the earthly man, so shall we bear the likeness of the Man from heaven (1 Cor. 15:42-49).

It is from God alone that we have our life through Christ Jesus (1 Cor. 1:30a). If Christ is in you, your body is dead because of sin, yet your spirit is made alive because of righteousness (Rom. 8:10). Yes, it is because of God that we are in Christ Jesus, Who has become for us wisdom from God - that is, our righteousness, holiness and redemption (1 Cor. 1:30).



It is obvious to us and to the world that few who follow Christ have big names or power or wealth. Instead, God deliberately chose to use ideas the world would consider foolish and of little worth in order to shame those people considered by the world as wise and great. God chose a plan despised by the world, counted as nothing at all, and used it to bring down to nothing those the world considers great, so that no one anywhere can ever brag in the presence of God. Jesus showed us God's plan of salvation.

Jesus is the One Who makes us acceptable to God; Jesus makes us pure and holy. Jesus gave Himself to purchase our salvation.

So if anyone is going to boast, let them boast only of what the Lord has done (1 Cor. 1:26-29,31).



Christ brought an end to the Law (the limit at which it ceases to be, for the Law leads up to Him Who is the fulfillment of its types, and in Him the purpose which it was designed to accomplish is fulfilled. That is, the purpose of the Law is fulfilled in Christ as the means of righteousness, right relationship to God) for everyone who trusts in and adheres to and relies on the Lord (Rom. 10:4 AMP).

Now that faith has come, we are no longer under the supervision of the Law. We are all sons of God through faith in Christ Jesus, for everyone who is baptized into Christ has clothed themselves with Christ (Gal. 3:25-27).

The Spirit gives Life; the flesh profits nothing. The words spoken by Jesus are to you Spirit and they are Life (John 6:63 BLB). So don't let anyone judge you by what you eat or drink, or with regard to a

religious festival, a New Moon celebration or a Sabbath day, for these are but a shadow of the things that were to come; the reality, however, is found in Christ (Col. 2:16-17).



Types are molds, templates, patterns and examples of spiritual realities. Types are historical persons or events that are different in kind from allegory or parable in that types refer to a literal object pointing to a literal fulfillment or antitype.

Noah is a type of Christ, a savior. Because of his faith and obedience, Noah, his wife, his three sons, and their wives were saved from death. As a type of Christ, Noah modeled a life of integrity and a relationship with God.

Scripture tells us that Noah walked with God. By his faith he condemned the world and became heir of the righteousness that comes by faith (Heb. 11:7b). We cannot walk with God unless we believe, unless we have faith and obey.

God did not spare the ancient world when He brought the flood on its ungodly people, but protected Noah a preacher of righteousness, and

seven others (2 Peter 2:5). Number eight in the Bible is a new beginning, a number of hope, new horizons, a bright future.

The Scriptures were composed by forty different people. Number forty is five times eight. In terms of the Bible five is “God’s grace” and eight has a meaning of “new beginnings,” as a result, it is God’s grace that gives a person a second...chance for a new and happy life, and Scriptures are meant to help a person discover the Way to new Life is by being faithfully committed to God’s Word of Truth.

http://numerology.center/biblical_numbers_number_8.php



Eight people were saved through water, and baptism is a figure of their deliverance, and does now also save us - from inward questioning and fears - not by the removing of outward body filth while bathing, but by providing us with the answer of a good and clear conscience - inward cleanness and peace - before God because we are demonstrating what we believe to be ours through the resurrection of Jesus Christ. Jesus has now entered into heaven and is at the right hand of God, with all angels and authorities and powers in submission to Him (1 Peter 3:21-22 AMP).

Who is going to harm you if you are eager to do good? But even if you should suffer for what is right, you are blessed. “Do not fear what they fear, do not be frightened,” 1 Peter 3:13-14. When you were dead in your sins and in the uncircumcision of your sinful nature, God made you alive with Christ.

He forgave us all our sins, having cancelled the written code, with its regulations, that was against us and that stood opposed to us; He took it away, nailing it to the cross. And having disarmed the powers and authorities, He made a public spectacle of them, triumphing over them by the cross (Col. 2:13-15).



How can we continue to live in sin? Has it been forgotten that when we were joined with Christ Jesus in baptism, we joined Him in His death? We died and were buried with Christ by baptism. Just as Christ was raised from the dead by the glorious power of the Father, now we also may - be raised by God's Word to - live new lives.

Since we have been united with Christ in His death, we will also be raised to life as He was. We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We

are no longer slaves to sin. For when we died with Christ we were set free from the power of sin.

And since we died with Christ, we know we will also live with Him. We are sure of this because Christ was raised from the dead, and He will never die again. Death no longer has any power over Him. When He died, He died once to break the power of sin. But now that He lives, He lives as He always did for the glory of God. So you also should consider yourselves to be dead to the power of sin and alive to God through Christ Jesus.

Do not let sin control the way you live; do not give in to sinful desires. Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God (Rom. 6:2-14 NLT).



Yes, evil continually works to kill, steal and destroy. The enemy has made great strides to advance his kingdom of darkness because many people are so very focused on the things that come from the world – the lust of the flesh (cravings for sensual gratification), the lust of the

eyes (greedy longings of the mind) and the pride of life (the boasting of what one has and does) (1 John 2:16 AMP); instead of remaining focused on Jesus, Who has become for us wisdom from God – our righteousness and sanctification and redemption (1 Cor. 1:30 NKJV) The Spirit of Truth says:

“I tell you, My friends, do not call conspiracy everything that others call conspiracy; do not fear what they fear, and do not dread (anxiety, worry, fear) it. The Lord Almighty is the One you are to regard as holy, He is the One you are to fear, He is the One you are to dread (envision, discern, foretell), and He will be a sanctuary.”

“The Lord will be a Stone that causes people to stumble, and a Rock that makes them fall. Many will stumble; they will fall and be broken, they will be snared and captured. But the ransomed of the Lord will return. They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away.”

“Awake! awake! Rise up strong in faith for the Lord has said

I, even I, am He Who comforts you. Who are you that you fear mortal men, the children of man, who are but grass, that you forget the Lord your Maker, Who stretched out the heavens and laid the foundations of the earth, that you should live in fear every day because of the wrath of the oppressor, who is bent on destruction?"

"I am the Lord your God, Who churns up the sea so that its waves roar – the Lord Almighty is His name. I have put My words in your mouth, and covered you with the shadow of My hand – I who set the heavens in place, Who laid the foundations of the earth, and Who says to Zion, 'You are My people.' So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand."

"I tell you, My friends, do not be afraid of those who kill the body and after that can do no more. But I will show you Whom you should fear: Fear Him who, after killing the body, has power to throw you into hell. Yes, I tell you, fear Him."

Isa. 8:12-15, Isa. 51:12-17, Isa. 51:11, Isa. 41:10, Luke 12:4-6



There are seven prideful things that are detestable to God: haughty eyes, a lying tongue, a heart that devises wicked schemes, feet that are quick to rush to evil, a false witness who pours out lies and a person who stirs up dissension among brothers (Prov. 6:16-19).

Though God extended love and grace and peace to the world, He knew there would be those who would choose to cling to self-interest not willing to apply the discipline of self-sacrifice.

Yes, God, so loved the world He gave His one and only Son, that whoever chooses to believe and trust in Him shall not perish but instead have eternal life (John 3:16).

Though sin was committed, from the beginning God choose sacrifice with this hope - one day we'd discover the One Who stood behind that covering provided for Adam and for Eve is the only Way to Truth and Life.

Now, we too have a choice to make - a life of being self-indulgent, or more of God and less of self. If the first is chosen, sin will cause our bodies to be made a sacrifice for evil; with the other, we stand with the

Lord, and dedicate our body as a living sacrifice, which is well pleasing to God (Rom. 12:1).



The Bible tells us about those with great faith like Abraham who so trusted and believed in God he was willing to sacrifice his son Isaac. The Angel of the Lord stopped him saying:

“Don’t kill your son or hurt him in any way.

Now I can see that you fear, revere and honor God

Because you have not kept your son, Your only son, from Me,”

Gen. 22:12 NCV

God’s Word tells us:

“Sin entered the world through man, and death through sin, and so death comes to all mankind. God, your Savior, wants all people to be saved and to know the Truth so those who overcome will not be hurt at all by the second death.”

“As surely as God lives, He takes no pleasure in the death of the wicked. He would rather they turn from their evil ways

and live. Yes, that they would come back to Him. For every child of God defeats this evil world, and they achieve this victory through faith.

Who can win this battle against the world? Those with fear and awe and reverence for God, Who did not withhold His only Son; those who acknowledge Jesus is crowned with glory and honor because of His having suffered death, in order that by the grace of God He might experience death for every individual person.”

“Salvation is found in no one else, for there is no other Name under heaven given to men by which you can be saved. Sin caused everybody to die once and be judged. Many people have already been judged for refusing to allow their faith and trust to rest in Christ’s name. They know nothing. They don’t understand. They walk in the dark, while the world is falling apart.”

“God says to His people, ‘You are “gods,” able to judge and determine and decide. You are all sons of God Most High. But you will die like any other person if you choose to live

according to the sinful nature; you will fall like all the leaders for the flesh profits nothing.”

“If you choose to live by the Spirit and put to death the misdeeds of the body, you will live, because those who are led by the Spirit of God are sons of God. It is the Spirit of God Who gives life. Training your body helps you in some ways, but serving God helps you in every way by bringing you blessings in this life and also in the future life.”

“The Spirit can make life. Sheer muscle and willpower can’t make anything happen. Every word I’ve spoken to you is a Spirit-word, and so it is life-making. Some are resisting, refusing to believe the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. No one is capable of coming to Jesus on their own. They get to the Lord as a gift from the Father.”

“Nothing in the whole world is worth losing your soul. No one could ever pay enough to buy it back. The Son of Man will come again with His Father’s glory and with His angels. He will reward everyone for what they have done. There is

no condemnation for those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.”

“What I am so earnestly telling you, unless a person is born of water and the Spirit, they cannot enter the Kingdom of God. Men can only reproduce human life, but Holy Spirit gives new life from heaven. So don’t be surprised at My statement you must be born again.”

Rom. 5:12, Rev. 2:11, 1 Tim. 2:3 NCV, John 3:18 AMP, Ezek. 33:11, 1 John 5:3-5, Heb. 2:8-9 AMP, Acts 4:12, Heb. 9:27 NCV, Ps. 82:5-7 NCV, Rom. 8:13-14, James 6:63 NKJV, 1 Tim. 4:8, John 6:63-65 Message, 2 Cor. 3:17, Matt. 26:27, Rom. 8:1 NKJV



What we think, say and do is not going to affect the plan and purpose of God, but it will most definitely affect the plan and purpose God has for our lives. No matter the eternal consequence we each will face God’s splendor, and maybe only then come to realize how insignificant and useless our prideful ways. There will be tears; tears from those who refused God’s Word of Truth; tears from others when everything God wanted to give them is seen.

Sadly, there are many who have made vows to love and honor, respect and obey, but only with their mouth not their heart. God's Word tells us:

"Many people come near to Me with their mouth and honor Me with their lips, but their hearts are far from Me. Their worship of Me is made up of rules taught by men. Therefore once more I will astound them with wonder upon wonder for in just a little while, the Coming One will come and not delay. And My righteous ones will live by faith. But I will take no pleasure in anyone who turns away. For those who turn away from God will face their own destruction. My faithful ones will be saved"

"The Lord roused Himself to do His work, His awesome work, and perform His task, His unusual act. The wisdom of the wise will perish, the intelligence of the intelligent will vanish. Woe to those who go to great depths to hide their plans from the Lord, who do their work in darkness and think, 'Who sees us? Who will know?' They turn things upside down, as if the Potter were thought to be like the clay."

“God has told of His secret reason for sending Christ, a plan He decided on in mercy long ago, and this was His purpose – that when the time is ripe He will gather all His people together from wherever they are – in heaven or on earth – to be with Him in Christ forever. Because of what Jesus has done, they have become gifts to God that He delights in, for as part of God’s sovereign plan they each were chosen from the beginning to be His. All things happened just as He decided long ago.”

“God’s purpose was that all who heard the Good News about how to be saved and trusted Jesus should give God praise and glory for marking them as belonging to Christ by giving Holy Spirit, Who long ago had been promised to all Christians, those who choose to do their very best to live in a Christ-like manner.

“Holy Spirit’s presence within is God’s guarantee that He really will give all that He promised. The Spirit’s seal upon those who believe means God has already purchased them, and He guarantees to bring those who worship Him in Spirit and in Truth to Himself.”



Sadly, the axle on which pride rotates is self-interest. Talk about a love-hate relationship. The nurturing of pride is to appease - so self-reliance, self-assurance, self-confidence, self-respect, and self-worth is raised; however, pride's nature is to antagonize - so self-doubt, self-distrust, self-hate, self-pity will deplete our self-esteem.

How is it possible for the importance of our spirituality to be denied, ignored or rejected? I'm not referring to a church we attend or a ministry we've established. I'm referring to the most important portion of our being. A war broke out in the spiritual realms of heaven. Discord, hostility, jealousy...battled within Lucifer because his heart desired to seize all the glory that Love and Peace and Unity exudes.

How can righteousness be a partner with wickedness? How can light live with darkness? What harmony can there be between Christ and the devil (2 Cor. 6:14-15 NLT)? Because God's ways and His thoughts are higher (Isa. 55:9) Jesus was heard to say:

"I saw Satan fall like lightning from heaven!"

People talk about a big bang theory. Well I can't imagine a bigger bang occurring in the heavens than this one.

However, Satan also caused a colossal bang to occur on earth when the Truth of God was exchanged for a lie (Rom. 1:25a). Though this war Pride waged against Love in the heavenly realms proved impossible to win, the war waged against humanity was won when the creature was believed rather than the Creator (Rom. 1:25b AMP).

As a result, the flesh was made to redden when the soul of man became permanently seared by the knowledge of evil. Pride was to be personally experienced causing an internal warring to erupt not only within our souls, but in our homes and on the streets of our nations. Unfortunately, in so many ways pride caused us to share its horrid fate - demoralization, destruction and death.



I share the lyrics of this song, "God, Turn it Around," by Church of the City, featuring John Reddick as a prayer for you:

<https://www.youtube.com/watch?v=Ndb7kein1Es>

I'm praying, God come
And turn this thing around
God, turn it around
God, turn it around
God, turn it around

I'm calling on the name
That changes everything, yes
God, turn it around
God, turn it around
God, turn it around

All of my hope
Is in the name
The name of Jesus
Breakthrough will come
Come in the name
The name of Jesus

I'm praying, God come
And turn this thing around
Oh, yes
God, turn it around

God, turn it around

God, turn it around

I'm calling on the name
That changes everything

Oh, yeah yeah

God, turn it around

God, turn it around

God, turn it around

'Cause all of my hope

Is in the name

The name of Jesus

Breakthrough will come

Come in the name

The name of Jesus

God, turn it around

God, turn it around

God, turn it around

He is up to something

He is up to something

God is doing something right now

He is up to something
He is up to something
God is doing something right now

He is healing someone
He is saving someone
God is doing something, oh, right now

He is healing someone
He is saving someone
God is doing something right now (right now)

He is moving mountains
Making a way for someone
God is doing something right now, right now

He is moving mountains
Making a way for someone (yeah)
God is doing something right now, right now

He is moving mountains
Making a way for someone
God is doing something right now

All of my hope (yeah)
Is in the name (the name)
The name of Jesus (of Jesus)

Said, breakthrough will come in the name

Come in the name

The name of Jesus

God, turn it around

Turn it around

Oh, oh

God, turn it around

Turn it around

Turn it around



Satan doesn't just know God's Word of Truth, he knows his fate is to experience the dreadful consequence for attempting to usurp God's glory:

"Your heart was filled with pride because of all your beauty. You corrupted your wisdom for the sake of your splendor. Therefore, I have cast you down to the ground and exposed you helpless before the curious gaze of kings. You defiled your holiness with lust for gain; therefore, I brought forth fire from your own actions and let it burn you to ashes upon the earth in the sight of all those

watching you. All who know you are appalled at your fate; you are an example of horror; you are destroyed forever.”

Ezek. 28:17-19 TLB

I'm sure you're familiar with the saying "Hurting people hurt people." Well, the one who sinned against Love because of his haughty pridefulness exchanged his blessings for curses, and that is what he shares with us. Sadly, there will be many who have also become examples of horror, and will also hear God say:

“Now this indictment is against you for refusing to obediently listen, and refusing to honor Me, God-of-the-Angel-Armies, in worship. You exchanged your blessings for curses. So under a curse you have been placed. Your choice! This was not My choice for you. In fact, the curses are already at work because you're not serious about honoring Me.”

Mal. 2:1-2 Message



We are constantly receiving reports about the battle of wills that rages all around the world; however, sin caused us to become personally familiar with the battle of wills within our very soul. A pride-filled

desire to be like God (Gen. 3:4) caused our heart to be divided, when the knowledge of good and evil became for us a personal possession!

Though the fruit of evil – greed, lust, gluttony, pride, envy, anger and sloth – causes not only a bitter taste, but a rancor in the soul, we are all guilty of (Rom. 6:21) not just doing, but being prideful, envious, covetous...

We are causing ourselves to experience the consequence that evil inflicts not only in our physical bodies, but also in our soul and upon our spiritual being. Many people have faith in only what they see, but how can our soul and spirit be seen? Faith requires hope (Heb. 11:1 NCV). People don't hope for something they already have (Rom. 8:24 NCV).



We have been given powerful tools to navigate this life on earth – intellect, will and emotion. Sadly, this triple-braided cord is not easily broken (Eccl. 4:12 NLT) when a heart is so hardened against turning to the Lord (2 Chron. 36:13 AMP).

Pride has caused the heart (the understanding, the soul) of these people to grow dull, and their ears to be hard of hearing. They have shut tight their eyes, so that they may not perceive and have knowledge and become acquainted with their eyes and hear with their ears and understand with their souls and turn to the Lord and be converted, that He may heal them (Acts 28:27 AMP).

If they look around and consider everything we see is God's – the heavens above and beyond, the earth and everything on it (Deut. 10:14 Message), a different meaning (intention, significance, implication) can be applied to everything.

For God has prepared a table before us in the presence of our enemies (Ps. 23:5), with an abundance of the fruit of the Spirit: love, joy, peace, kindness, patience, goodness, faithfulness, gentleness and self-control.

Praise God for this fruit is in all goodness, righteousness and truth a triple-braided cord not easily broken (Eccl. 4:12 NLT) for those who walk as children of Light, searching out what is acceptable to the Lord (Eph. 5:8 NKJV), and making every effort to keep in the unity of the Spirit through the bond of Peace (Eph. 4:3) and Grace and Truth.



God is wise in heart and mighty in strength, who has ever hardened themselves against Him and prospered or even been safe (Job 9:4 AMP)? Death and destruction say, 'We have never seen wisdom; we have only heard rumors about it,' Job 28:22 ERV. If only the manifold wisdom of God could be made known to everyone, for He accomplished His eternal purpose in Christ Jesus (Eph. 3:10-11a).

Death and destruction intended evil to fall upon the Lord; but God, He intended it for good to accomplish what is now being done, the saving of many lives (Gen. 50:20).

Sadly, in many situations that occur, good is impossible to see. Nobody deserves suffering abuse of any kind. But, we also don't deserve the abuse we inflict on ourselves. What we think and feel and believe affects our perspectives, our judgments, and the choices we make.

I was amazed to discover how much error was in what I thought to be true. There was a time when I couldn't receive my husband's gestures

of love because I didn't believe I was lovable. What I was too discover, this was a belief that has followed me since childhood.

But for God, this triple-braided cord remains unbroken – Faith and Hope and Love. Time remains for the faithless to discover Truth, but keep in mind time is a gift from God. It is impossible to change the past, and to hide from our future, but don't be one who throws away this present gift from God.



Opportunities remain for the hopeless to be filled with confident assurance; experiences are yet to be had for Love made a Way so knowledge of the only One Who is Good (Matt. 19:17) could be personally experienced.

I make this appeal because deception and foolishness turns justice into poison and the sweet fruit of righteousness into bitterness (Amos 6:12 NLT); but God, His view of Life provides new perspectives so the effect of righteousness will be peace, and the result of righteousness will be quietness and confident trust forever (Isa. 32:17 AMP).

OUR SPIRITUAL LIFE MATTERS

This is my hope: That Matthew 7:7, God's guide for change would be applied:

ASK SEEK KNOCK

For this promise has been made: you will receive, you will find and doors will be opened to you. Luke 4:40 tells us people brought to Jesus all who had various kinds of sickness, and laying His hand on each one, He healed them all. When asked, Jesus says:

"I am willing"

Because He is filled with compassion (Mark 1:41). We can grow in confidence because Jesus is willing to restore our soul, and guide us in paths of righteousness for His name's sake.

Yes, even though we walk through the valley of the shadow of death (Ps. 23:3-4a) God's Word will help us not to worry about tomorrow. Our heavenly Father knows all our needs. So let tomorrow worry about its own things (Matt. 6:34a NLT).

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Live one day at a time, for God will take care of your tomorrow too (Matt. 6:34b TLB). You will discover God's Word of Life will help you navigate through the troubles each day holds. So above all else seek the Kingdom of God, learn to live righteously, and He will give you everything you need (Matt. 6:32-33 NLT).

Glory be to God, Who by His mighty power at work within us is able to do far more than we would ever dare to ask or even dream of - infinitely beyond our highest prayers, desires, thoughts, or hopes (Eph. 3:21 TLB).

When we have knowledge of God's Word of Truth, His manifold wisdom, resides within us. We can do what He asks and not lose heart at the trials and tribulations we each suffer. God has accomplished His eternal purpose in Christ Jesus. Because of the Lord and our faith in Him, we can now come boldly and confidently into God's presence (Eph. 3:11 NLT) with little effort.



How quickly and easily we allow ourselves to cling to fear and anger and disgrace by how we think and feel. A different choice can be made! Our stinking thinking can be stopped by praise and

thanksgiving. A new habit will form! A new lifestyle practicing gratitude!

GRATITUDE

<https://www.youtube.com/watch?v=1em6MJp0zUc>

All my words fall short

I got nothing new

How could I express

All my gratitude?

I could sing these songs

As I often do

But every song must end

And You never do

So I throw up my hands

And praise You again and again

'Cause all that I have is a hallelujah

Hallelujah

And I know it's not much

But I've nothing else fit for a King

Except for a heart singing hallelujah
Hallelujah

I've got one response
I've got just one move
With my arm stretched wide
I will worship You

So I throw up my hands
And praise You again and again
'Cause all that I have is a hallelujah
Hallelujah

And I know it's not much
But I've nothing else fit for a King
Except for a heart singing hallelujah
Hallelujah

So come on, my soul
Oh, don't you get shy on me
Lift up your song
'Cause you've got a lion inside of those lungs
Get up and praise the Lord

Oh come on, my soul
Oh, don't you get shy on me

Lift up your song
'Cause you've got a lion inside of those lungs
Get up and praise the Lord

Praise the Lord

Praise the Lord

Praise the Lord

So I throw up my hands
Praise You again and again
'Cause all that I have is a hallelujah

Hallelujah

And I know it's not much
But I've nothing else fit for a King
Except for a heart singing hallelujah

Hallelujah

Song by Brandon Lake



It was sin that brought death, but it also brought poverty, oppression and disease. But God, He remembered us in our low estate on earth and frees us from our enemies (Ps.136:23-24).

Many evil things are done that make us spiritually poor and needy but God has compassion and His will is to save our lives because we are all needy in God's eyes. When we call out He delivers us. He will redeem our lives from oppression and fraud and violence. Precious and costly is our blood in His sight (Ps. 72:12-14 AMP).

Yes, our lives are precious to God (Ps. 72:14 NLT). We were bought at a price (1 Cor. 6:19). God paid a ransom that only Love could pay!

YOU KEEP COMING AFTER ME

<https://www.youtube.com/watch?v=5WzmEgYRrZ4>

So when my heart is low
And I cry for help
You hear me and You'll keep coming after me
When Your kindness comes
With a gentle tone
You tell me that You'll keep coming after me

You find me in the depths
You take me to the heights

Just to tell me that Your love will never ever, ever change

You're with me in the wind

You're faithful in the fire

You keep coming after me

My sin cannot outrun

The fury of Your grace

You chase me and You'll keep coming after me

'cause I belong to You

And this will never change

I am Yours and You'll keep coming after me

You find me in the depths

You take me to the heights

Just to tell me that Your love will never ever, ever change

You're with me in the wind

You're faithful in the fire

You keep coming after me

So keep on moving

Keep on speaking

Keep on turning my eyes

To see what You see

I am listening

I am learning
That I am Yours

Song by Austin Stone



Love paid this ransom to save us from the impossible road to heaven that others have tried to take. The ransom God paid was not mere gold or silver. He paid for us with the precious lifeblood of Christ, the sinless, spotless Lamb of God.

For this very purpose God chose Him long before the world began, but only recently brought Him into public view, as a blessing to you.

Because of this, your trust can be in God Who raised Christ from the dead, and gave Him great glory. Now your faith and hope can rest in Him alone (1 Peter 1:18-22 TLB).

God sent His Son so we could know the Lord is the Good Shepherd Who anoints our lives with oil because through Him God sends His Holy Spirit so His cup of joy and goodness would overflow in us (Ps. 23:5b).

The cup of blessing, is it not the communion of the blood of Christ, in which we bless? The bread which we break, is it not the communion of the body of Christ? My beloved, flee from idolatry (1 Cor. 10:14-17 NKJV). If anyone eats this bread and drinks from this cup of the Lord in an unworthy manner, they are guilty of sin against the body and blood of the Lord (1 Cor. 11:27 TLB).



There are many whose opinions remain divided about things the Word of Truth says. Like those who questioned why listen to the Man (John 10:19) Who says:

“I tell you the truth, I am the gate for the sheep. Whoever enters through Me will be saved.”

John 10:9

Jesus laid His life down for God’s flock. No one took His life from Him; rather, He laid it down of His own accord. He had the authority to lay it down and the authority to take it up again. This command He received from the Father.

This was God's eternal plan for us to invite Jesus to come that we may have life, and have it to the full. That we would know it is the thief that comes only to steal and kill and destroy (John 10:10-20). God can't stop evil people from choosing to behave wickedly, but He will not leave the guilty unpunished (Num. 14:18).

The Good Shepherd has prepared a table for us in the presence of our enemies (Ps. 23:5). How can we repay the Lord for all His goodness to us? Lift up the cup of salvation, and call on the name of Jesus. Before all the people, fulfill those vows to worship Him and offer a sacrifice of thanksgiving at all times. Be willing! Faithfully serve Him for saving us (Ps. 116:12-18 TLB).



Can a person drink from the cup of the Lord and the cup of demons, too? Or eat at the Lord's Table and at the table of demons, too (1 Cor. 10:21 NLT)? No! Beloved, I don't want you to be participants with demons (1 Cor. 10:22 NIV). However, those who turn their back on the Lord and have forgotten Him must bear the consequence of all their sin. Bringing shame upon themselves for their awful deeds (Ezek. 23:35 TLB).

Sadly, there are many reasons why we do the awful things we do, which screams of imbalance. And in some form or fashion imbalance has had an individual effect on everyone.

The Merriam-Webster Thesaurus gives these words as synonyms for imbalance: inequality, difference, discrepancy, distance, change, conflict, discord, disunity, strife, incongruence, nonconformity...All of which are the result of there being a state or condition in which different things do not occur in equal or proper amounts.

A beast was released upon the earth, and the Fausset's Bible Dictionary describes him as being a spiritual foe of Israel and the Church. However, Satan – the dragon, the old serpent, leviathan or the devil – is an enemy of all mankind. For the devil, who twists and deceives, and causes many imbalances to occur, will be thrown into the lake of burning sulfur along with Death and Hades, and everyone whose name is not found written in the Lamb's Book of Life. They will be tormented day and night for ever and ever. (Rev. 20:2,14-15).

This horrible fate does not have to occur because God so loved the world that He sent His one and only Son and whosoever believes in Him shall not perish; instead, they shall receive God's precious gift –

eternal life (John 3:16). In Job 41: 33 we are told that on the earth there is nothing like this beast leviathan, which is made without fear. He beholds every high thing; he is king over all the children of pride.



Without truly understanding, a choice was made to follow the heart's desire instead of God's Word. As a result, the most devastating imbalance occurred when our flesh and soul gained prominence over our spiritual well-being. A decision was made to believe a creature whose heart coveted the power and authority and goodness of our Creator. A heart so inflated by desire now fueled by the burning fire of hatred and anger and resentment.

And though God blessed us with freedom, we were taken captive by a liar (John 8:44). Deceitfulness hardened hearts (Heb. 3:13), while pride made necks to become stiffened by arrogance and self-reliance. We should know and understand that all God's commands, His words, are spiritual, but we are not. We became full of ourselves – after all we have spent a long time in sin's prison. Isn't this also your experience (Rom. 7:14 Message)?



When we don't remember (discover, harken back to, think of) God's Word of Life, our eyes will fail to see, our ears will fail to hear, we will fail to understand the Bread God gives us to eat is His Word of Truth (Mark 8:17-18).

No matter what the enemy has taken from us, we can choose to shout to God with the voice of triumph! For the Lord Most High is awesome; He is a great King over all the earth. Yes, God is the King of all the earth; sing praises to Him with understanding (Ps. 47:7 NKJV).

With understanding we will be able to do as God commands and not lift up our aggression or anger or rage on high, nor speak with a stiff neck and insolent arrogance (Ps. 75:5). When we come to understand the imbalance sin has caused not only in the world, but in our heart our soul can find rest in God alone (Ps. 62:5a).

There is so much to learn about God and His Word and about ourselves. To find the peace and rest our soul desires our hope must come from God's Word of Life (Ps. 62:5b) not from the life we choose to live, nor from this world.

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The imbalance that deception and unrighteous behavior causes is extremely offensive and shamefully sinful to the Lord, but a just weight is His delight. Yes, emptiness and shame come to those who toss their weight around because they are swollen with prideful egotism. But the humble (those who have chosen to subdue their prideful tendencies to be pruned and chiseled by trial) are skillful in applying godly Wisdom and soundness (Prov. 11:1-2 AMP).

They are being diligent to present themselves approved of God, a worker who does not need to be ashamed, rightly dividing the Word of Truth (2 Tim. 2:15 NKJV).

They will not only come to know, but like David a man after God's heart, they too will profess, "I know that God favors and delights in me, because my enemy does not triumph over me (Ps. 94:11 AMP).

Those who are seeking after God's heart will discover as David also did, "When I said, 'My foot is slipping,' O Lord, Your mercy and loving-kindness held me up. In the multitude of my anxious thoughts within me, Your comforts cheer and delight my soul. Blessed are those whom God disciplines and instructs and teaches out of His Word (Ps. 94:18-19,12 AMP).



For God knows the thoughts of man, that they are vain, empty and futile – only a breath. Out of His Word He gives a person Power to keep themselves calm in the days of adversity, until the inevitable pit of corruption is dug for the wicked. God will not cast off nor spurn His people neither will He abandon His heritage. Justice will return to the righteous, and all the upright in heart will follow God’s Word (Ps. 94:11-15 AMP).

For the Lord is exalted and very great, He dwells on high; He has filled Zion with justice and righteousness. Wisdom and knowledge will be the stability of your times, and the strength of salvation, when the fear of the Lord is your treasure (Isa. 33:5-6 NKJV).



By allowing the Word of God to address us personally a new life of thought will emerge, ‘Who will rise up for me against the evildoers? Who will stand up for me against the workers of iniquity? Unless the Lord had been my help, I would soon have dwelt in silence. Shall the throne of iniquity have fellowship with God,’ Ps. 94:16-17.20 AMP,
Who always invites us to:

“Turn to Me and be saved, all you ends of the earth; for I am God, and there is no other. By Myself I have sworn, My mouth has uttered in all integrity a Word that will not be revoked. Before Me every knee will bow; by Me every tongue will swear. They will say of Me, ‘In the Lord alone are righteousness and strength.’ All who have raged against Me will come to Me and be put to shame. But in the Lord all the descendants of Israel will be found righteous and will exult.”

Isa. 45:22-25



Those who turn to God will discover He guards our lives and rescues us. He will not let us be put to shame when we take refuge in His Word (Ps. 25:20). Since the Garden of Eden the enemy has been tempting mankind. But God for His Word gives us this assurance:

“No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it.”

When our faith and trust and hope are in God and His Word then integrity and uprightness will protect us (Ps. 25:21). Yes, the King of Righteousness (Heb. 7:3) will guard the people of integrity (Prov. 13:6). He has become our High Tower and Defense, and our God the Rock of our refuge.

For those who band themselves together against the Life and the Truth and the Way (John 14:16) of the righteous, God will turn back upon them their own iniquity and will wipe them out by means of their own wickedness; the Lord our God will wipe them out (Ps. 94:21-23 AMP).

Yes, the willful contrariness and crookedness of the treacherous shall destroy them. Riches will provide no security in any day of wrath and judgment, but righteousness (uprightness and right standing with God) delivers from Death (Prov. 11:3 AMP).

For our sakes righteousness will be granted and credited to those who believe in (trust in, adhere to and rely on) God, Who raised Jesus our Lord from the dead. Jesus was betrayed and put to death because of our misdeeds, and was raised to secure our justification (our acquittal),

(balancing our account and absolving us from all guilt before God)
Rom. 4:24-25 AMP.



May grace be granted to you and spiritual peace from the King of Peace (Heb. 7:2) Who is and Who was and Who is to come, and from the seven Spirits (the sevenfold Holy Spirit) Who is before God's throne (Rev. 1:4 AMP). That your soul may find rest in God alone, from hope that can only come from Him (Ps. 62:5).

The seven spirits of God is a reference to the Holy Spirit, Who is the perfect and complete Spirit of God. In no way does the number represent something contradictory to the triune nature of God (three-in-one), nor does it crassly suggest there are seven spirits who represent God.

Rather, as with so many images in Revelation, the numeral seven represents the fullness of the Spirit abiding in God's throne room and dwelling with the churches. Wonderfully, the same Holy Spirit who dwells in God's heavenly temple (1:4) has been sent to dwell in us.

<https://davidschrock.com/2016/05/23/the-sevenfold-spirit-of-god-seven-truths-about-the-doctrine-of-illumination/>



Because of God's boundless mercy, we can be born again into an ever-living hope through the resurrection of Christ Jesus from the dead. We can be born anew into an inheritance which is beyond the reach of change and decay reserved in heaven for those who are being guarded by God's Power, Holy Spirit, through their faith (1 Peter 1:3-7).

So brace up your mind; be sober; set your hope wholly and unchangeably on the grace that is coming to you when Jesus (the Messiah) is revealed. Live as children of obedience to God's Word of Truth; do not conform yourselves to the evil desire that governed your former ignorance when you did not know the requirements of God's Word of Life.

But, as the One Who called you is holy, you yourselves also be holy (wholly committed) in all your conduct and manner of living. So all praise and honor, blessings and glory can be given to the God and Father of our Lord Jesus Christ (1 Peter 1:3,13-15 AMP).

Covenant means commitment. A choice to be united to Love, not to delight in evil, to rejoice with the Spirit of Truth, Who is transforming

our very nature with knowledge and understanding of God. By revealing Love (1 Cor. 13:6-7) Who always protects us by the Power in the name of Jesus (John 17:11); Who always keeps in perfect peace those whose mind is steadfastly staying on His Word.

Those who commit themselves to the Lord, who lean on Him, trusting Him, always hoping confidently in Him (Isa. 26:3 AMP) always persevering in prayer (1 Tim. 5:5 AMP). For those patiently enduring to the end will be saved (made a partaker of the salvation by Christ, and delivered from spiritual death, Mark 13:13 AMP).

Those who have been strengthened by this knowledge and understanding Holy Spirit bestows – God is Love (1 John 4:8). And because of the Lord’s great love we are not consumed, for His compassions never fail. They are new every morning; great is His faithfulness (Lam. 3:22-23).



God swore by Himself because there was no one greater for Him to swear by saying:

“I will surely bless you and give to you...”

There are many who come to God to receive His blessings and to ask Him to give. Mindsets need to change. Hearts need to be willing to bless God for all His goodness and to give Him the praise. And offer Him sacrifices of thanksgiving in every situation so He receives all the glory He so richly deserves. Many may be viewed as a child of God, but only God knows who has truly captured His heart.

It is not a matter of doing more to try to please God or so we can feel better about ourselves. It is a matter of believing and trusting that God is pleased with everyone who believes and cherishes His Word. Nothing we can do or say can possibly make us feel better about ourselves. When I began this journey of renewal and recovery, I had difficulty bringing balance in my life. There was so much bad that was very easy to identify, but the good seemed difficult to pinpoint.

You may be familiar with the phrase "Our eyes are the windows to our soul." There are horrible sights people have seen that are impossible to forget. In fact, the memories can be haunting. The other day my husband and I had a few tense moments. We've been working with contractors for months. During this time, I've been guilty of venting

my frustration and anger with my husband, and I ended up turning it on him.

I'm sure we can agree this was definitely not a good decision, but it wasn't something I intended to do. As a matter of fact, God had spoken to me about my behavior. The reason for my mentioning this, a very strange experience occurred. I was engulfed by a deluge of past memories that triggered thoughts and feelings that demanded further action. I believe this occurred because I was paying homage to myself by participating and spewing anger. The last thing I wanted to do was fight with my husband, but anger pointed out so many reasons why I should.



I have come to realize these reasons could never be relied on; because, through His Word God and His Holy Spirit He worked to bring us reconciliation. Paul wrote to encourage, uplift and comfort. In 2 Cor. 5:17-19 he wrote, if anyone is in Christ, they are a new creation; the old has gone, the new has come!

All this from God, Who reconciled us to Himself through Christ and gave us the ministry of reconciliation: that God was reconciling the

world to Himself in Christ, not counting men's sins against them. And He has committed to us the message of reconciliation (accord, acceptance, concession, peace).

I know I'm bouncing around a bit, but I promise to bring the pieces together. When we turn to God to receive Jesus, through this concession, we also will receive blessings that begin with God's acceptance and will lead to inner peace. Before my husband and I were forced to encounter those years of personal tribulations, we not only believed we were reconciled to God, but in faith we believed what God's Word said the old was gone, the new has come.



Spiritually this was absolutely true, through faith in Jesus being our Savior we are reconciled to God. What we were not, was being in one accord. When we place what we think and feel and perceive in the position of authority because we believe we are right, we cause ourselves and others to jump countless hoops. Some of us give in to the demands of others to avoid conflict, to please, to keep the peace, while others keep on demanding.

Behaviors that exhibit our attempts to control, but what these behaviors really exhibit something is terribly wrong. That something is the underlying dominance of fear which provokes anger, insolence, arrogance, avoidance, depression...causing us to be out of control so ill-being, misery, calamity, sadness, wretchedness is fulfilled.



Paul wrote in Phil. 2:1-4, if any affection and mercy, fulfill my joy by being liked-minded, having the same love, being of one accord, of one mind. Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem (regard, consider, respect) others better than themselves. Let each of you look out not only for your own interests, but also for the interests of others.

Unfortunately, I have seen ministries placed above those that are being ministered too. Now I know we are to please God and not people, but if there is not a commitment to exalt God's Word as Lord our eyes, which are windows to our soul, will remain impaired. The discord that occurred the other day between my husband and myself could have drastically escalated, as it had so many times in the past, if I had given control over to my thoughts and feelings.

Prov. 18:17 says, he who states his case first seems right, until his rival comes and cross-examines him (AMP). Or stated a little differently, “Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye,” Luke 6:41? Such a direct and simple question with a complexity of answers because each rationale given is based on what is viewed as being right for me, myself and I.



There are techniques of deception that when used will craft distinctive and diverse patterns that appease the eye and assuage the soul: Denial, Comparison, Rationalization, Avoidance, Blaming, Minimizing, Compliance, Manipulating...All of this and so much more is what we have learned and received by looking at things through the eyes of flesh.

God has given us His Word so we can look through the eyes of Jesus for then Truth will be seen so a godly Life can be known when the choice is made to not just hear, but adhere to, trust in and concede (acknowledge, agree, own up to) the only Way to God is through faith – not our thoughts or rationales or feelings or beliefs or the things we try to do to please – Jesus is the Gate that gives entrance to a very special land of promise (John 10:7) the heart of God.



We are told it is not the spiritual life which came first, but the physical and then the spiritual. The first man Adam became a living being (1 Cor. 15:45) whose sin physically separated us from God, and as a consequence will bring us face-to-face with death.

It may be possible that you too have experienced a “But for the grace of God” moment/s. If not, we each have memories weighty with spiritual substance that materialize as an apparition would. How integral our spiritual being. We can see ourselves and an experience play and replay with no ability to change the scenario or outcome. Can you imagine an eternity replaying a continual litany of “would of, could of, should of’s.”

Jesus, the last Adam, dwelt on earth the same as you and me a living-breathing human being. The only difference, He lived and breathed to do God’s will and reveal His Spirit is alive and well.

Jesus, carried the infirmities and sorrows of many (Isa. 53:3) to exchange our would of’s for I will call on the Lord; our could of’s for I can be strengthened by the Lord; our should of’s for I shall serve the

Lord. God has given us time, a present to seek knowledge of His Christ, this last Adam, whose Life-giving Spirit restores the dead to Life (1 Cor. 15:45-46).



"The Word is near you - in your mouth and in your heart," that is, the Word of Faith we are proclaiming: if you should confess with your mouth, "Jesus is Lord," and would believe in your heart that God raised Him from the dead, you could know you will be saved. It is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.

As the Scripture says, "Anyone who trusts in Him will never be put to shame." And there is no difference between Jew and Gentile – the same Lord is Lord of all and richly blesses all who call on Him.

"Everyone who calls on the name of the Lord will be saved," Rom 10:8-13.



Yes, the Word is very near you; in your mouth and in your heart making it possible for you to obey and serve God. See, I set before you today life and prosperity, death and destruction. This command I give

you today to love the Lord your God, to walk in His ways, and to keep His commands; then you will live and increase, and the Lord your God will bless you in the land.

But, if your heart turns away, and you are not obedient, and if you are drawn to bow down to other gods and worship them you will certainly be destroyed (Deut. 30:14). Sadly, we bow down in worship to our own opinions, judgments and persuasions.

This is why we are told not to forget the Lord's teachings; instead, to keep His commands in our heart so we don't let Love and Faithfulness ever leave us. We are told to bind them around our neck, and write them on the tablet of our heart (Prov. 3:1-3).



We must pay more careful attention to what we've heard so we don't drift away (Heb. 2:1). We must fix these thoughts of God in our heart and mind (Deut. 11:18) so the Word of Christ can dwell in us richly (Col. 3:16).

I appeal to you in the name of our Lord Jesus Christ that we all agree with one another so that there may be no divisions among us, and that

we may be perfectly united in mind and thought (1 Cor. 1:10) so that all we do will be done for the glory of God. Why? When the Word of God is not given prominence over our own opinions evil's influence is made evident in the choices we make to criticize, be defensive, express contempt and by stonewalling, which gives prove a decision has been made to withdraw and be unresponsive.

http://www.acouplesplace.com/Gottmans_Four_Horsemen_are_Divorce_Predictors.html



God knows every detail that has formed the intricacies that make us tick. He knows how error and deception, fear and abuse causes our wiring to become faulty and dangerously explosive. Dr. Harley teaches about Love Busters that when powered have very negative effects on our relationships:

1. Selfish Demands
2. Disrespectful Judgments
3. Angry Outbursts
4. Dishonesty
5. Independent Behavior
6. Annoying Habits

<https://www.marriagebuilders.com/love-busters.htm>

Every one of our evil tendencies work against ourselves and those we care about. When we seek knowledge about ourselves and God and His Word we can begin to understand and accept some of the hard things that Truth reveals.

When a person has no room for God's Word, how can the Son set them free? How can they experience God's Word of Truth, of Life, of Peace and Hope and Grace so they will be free indeed (John 8:36-37)? Instead of gaining insight, discernment and a sense for what is good, people remain untaught and unstable twisting the Scriptures about God and His ways and will to fit their own opinions and beliefs; sadly, to their very own destruction (2 Peter 3:16 NKJV).



However, let the people of Zion be glad in their King. Let us praise the name of Jesus with dancing and make music to Him with tambourine and harp. For the Lord takes delight in His people; He crowns the humble with salvation. Let the saints rejoice in this honor and sing for joy on our beds. Yes, let the praise of God be in our mouths and a double-edged sword in our hands (Ps. 149:2-6).

For whatever God says to us is full of living power (Heb. 4:12 TLB); God's Word is alive and working and is sharper than a double-edged sword. It cuts all the way into us, where the soul and the spirit are joined, to the center of our joints and bones.

The Lord judges the thoughts and feelings in our heart. Nothing in all the world can be hidden from God. Everything is clear and lies open before Him, and to Him we must explain the way we have chosen to live (Heb. 4:12-13 NCV).



Therefore, I urge you, to give yourself completely and humbly to God. Stand against the devil. Come near to God, and God will come near to you. Clean sin out of your life. You who are trying to follow God and the world at the same time; don't be too proud in the Lord's presence, and He will make you great (James 4:7-10 NCV).

In view of God's mercy, be committed and offer your body as a living sacrifice, holy (wholly committed) and pleasing to Him – for this is our spiritual act of worship. Do not conform any longer to the pattern of this world; instead, be transformed by the renewing of your mind.

Then, you will be able to test and approve what God's will is – His good, pleasing and perfect will (Rom. 12: 1-2).

For those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind filled with self-serving thoughts is hostile to God.

How can this mind submit to God's Word (Rom. 8:5-7) when its own understanding is being leaned on? How can a heart develop trust in the Lord if He is not being acknowledged in all our ways? The Lord will make our paths straight if we are not being wise in our own eyes. He will bring health and inner healing to those who choose to shun evil and to fear (reverence, respect, honor) the Lord (Prov. 3:4-8).



So I say to those in the desert whose souls are dry and thirsty you too can prepare a way for the Lord (Isa. 40:3a), and He will give you to drink without cost from the spring of the Water of Life (Rev. 21:6). And to those lost in confusion, disbelief and fear aimlessly wandering in the wilderness you too can make a highway for God (Isa. 40:3b); then, you too can discover how priceless His unfailing love (Ps. 36:7a).

Choices must be made. Though our bodies would one day know death, our spiritual being could be saved from facing death a second time. If we should come to understand the pangs of death surround us, but the Lord is our Rock and our Fortress and our Deliverer; in Whom we can trust.

The Lord can and will be our shield and the Horn of our salvation, our stronghold. If we are willing to profess: I will call upon the Lord, Who is worthy to be praised; so shall I be saved from my enemies (Ps. 18:1-4 NKJV) – my own prideful ways, my own sinful desires and certain spiritual Death.



Those who let themselves be controlled by their thoughts and emotions live only to please themselves, but those who follow after Holy Spirit find themselves doing those things that please God (Rom. 8:5 TLB). Making every effort to live in peace and to be holy; because without holiness no one will see the Lord (Heb. 12:14).

Following after Holy Spirit leads to life and peace, but following after our old prideful nature leads to death because the old sinful nature

within us is against God. It never did obey God's Word, and unfortunately it never will (Rom. 8:6 TLB).

Why? Those who are still under the control of their sinful selves, bent on following their old evil desires (Rom. 8:8 TLB) will continue with their own plans; they will follow the stubbornness of their evil heart (Jer. 18:12), which will never be pleasing to God. They are slaves instead of being willing to serve the Lord. They have become plunder for they have forsaken the Lord, the Spring of Living Water, and have dug their own cisterns, broken cisterns that cannot hold water (Jer. 2:13-14).

Their wickedness will punish them, their backsliding will rebuke them. Consider then and realize how evil and bitter it is for a person when they forsake the Lord God and have no awe or reverence (Jer. 2:19) for the One Who makes level paths for our feet so the lame may not be disabled, but rather healed (Heb. 12:13).



God asks us to not forget the challenge addressed to us as God's sons:

“My son, do not think lightly of the Lord’s discipline, or give up when He corrects you; for it is those whom the Lord loves that He disciplines, and He chastises every son that He acknowledges.”

Heb. 12:5-7 Goodspeed

Anyone who meets such a testing challenge head-on and manages to stick it out is mighty fortunate. For such a person is loyally in love with God, the reward is life and more life (James 1:12 Message).

So let’s start to think differently and learn to consider and endure hardship as discipline (Heb. 12:7 NIV). Let God train you (TLB) so you strengthen your feeble arms and weak knees. No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who are trained by it (Heb. 12:10-11).

God is educating you; that’s why you must never drop out. He’s treating you as a dear child. This trouble you’re experiencing isn’t punishment, it’s training. Only irresponsible parents leave children to fend for themselves. Would you prefer an irresponsible God? We

respect our own parents for training and not spoiling us, so why not embrace God's training so we can truly live?

While we were children, our parents did what seemed best to them; but God, He is doing what is best for us, training us so we can learn to live (Heb. 12:7-11 Message).



For sure, being punished isn't enjoyable while it is happening - it hurts! But afterwards we can see the result, a quiet growth in grace and character. So take a new grip with your tired hands, stand firm on your shaky legs, and mark out a straight, smooth path for your feet so that those who follow you, though weak and lame, will not fall and hurt themselves; instead, become strong.

Remember, you have come right up into Mount Zion, to the city of the living God, the heavenly Jerusalem, and to the gathering of countless happy angels; and to the Church, composed of all those registered in heaven; and to God Who is Judge of all; and to the spirits of the redeemed in heaven, already made perfect; and to Jesus Himself, Who has brought us His wonderful new agreement; and to the sprinkled blood, which graciously forgives instead of crying out for vengeance as the blood of Abel did.

We really need to see to it that we obey Him Who is speaking to us. We have a Kingdom nothing can destroy, so let us please God by serving Him with thankful hearts and with holy fear and awe, for our God is a consuming fire (Heb. 12:22-29 TLB).



God made us to be unique individuals. At our church we profess this proclamation, “I was born with value and purpose; my life has promise and potential as it unfolds in accordance to God’s eternal plan.”

These words reinforce Truth within us. When we turn to God in repentance, which means we are turning away from our own prideful tendencies, from sin and from spiritual death. We become Kingdom subjects learning to live out our God-created identity (Matt. 5:48 Message) as we receive knowledge and experience of God’s love, His grace and ever-lasting life.

However, we are to continually work out our salvation, by obeying God with deep reverence and fear. Knowing, trusting, believing God is

working in us, giving us the desire and the power to do what pleases Him (Phil. 2:12-13 NLT).



In the Old Testament though God shared His Word fear was the familiar spirit. In the New Testament, God's Word was made to manifest to familiarize (enlighten, instruct, disclose) His Spirit.

The doctrine of the Trinity is not plainly revealed in the Old Testament. Without the teaching of the New Testament we would not be aware of this Truth. Although not explicitly mentioned, the basis of the doctrine can be detected when exploring the Old Testament.

- God said, "Let us make humankind in Our image," Gen. 1:26
- The Lord God said, "Behold, the man has become like one of Us, knowing good and evil," Gen. 3:22
- Come near and listen to this. "From the first announcement I have not spoken in secret, at the time it happens, I am there." And now the Sovereign Lord has sent me, with His Spirit. This is what the Lord says – your Redeemer, the Holy One of Israel:

“I am the Lord your God, Who teaches you what is best for you,
Who directs you in the way you should go.”

Isa. 48:16-17

Although the Trinity is not explicitly taught in the Old Testament, the basis of this doctrine is certainly found within passages of Scripture; however, they do not reveal the doctrine of the Trinity. This was left for the New Testament to accomplish. However, though the doctrine of the Trinity was not developed in the Old Testament, truths about the Trinity are foreshadowed within it.

Don Stewart: Is the Doctrine of the Trinity Found in the Old Testament. https://www.blueletterbible.org/faq/don_stewart/don_stewart_330.cfm



In the Gospels of the New Testament a righteousness from God is revealed, a righteousness that is by faith from first to last, just as it is written: “The righteous will live by faith” (Rom. 1:17).

Without knowledge of God’s Word of Truth how would we know anger does not bring about the righteous life that God desires (James 1:20)? Managing anger is essential to success in work and in

relationships. What also needs to be known codependency, anger and control go hand-in-hand.

Codependence speaks of mutual dependency, which as a result, causes everybody to develop certain traits of codependency. The definition of codependency provided by the Merriam-Webster Dictionary is as follows: a psychological condition or a relationship in which a person manifesting low self-esteem and a strong desire for approval has an unhealthy attachment to another often a controlling or manipulative person. Broadly speaking: Dependence on the needs of or the control of another!

In my estimation, that entire definition is speaking broadly! From childhood we have participated in psychological conditioning, which is the process of training or accustoming ourselves to behave in a certain way or to accept certain circumstances (definition for conditioning taken from the Merriam-Webster Dictionary).

I had to explain to my twelve year old granddaughter what self-esteem meant. Sadly, with the suicide rate being so high among teenagers healthy self-esteem is not being experienced by many of the young and old alike.

No one can know a person's thoughts except that person's own spirit, and no one can know God's thoughts except God's own Spirit. Holy Spirit searches out everything and shows us God's deep secrets.

Through Jesus we receive God's Spirit (not the world's spirit that causes us to condemn and ridicule and judge ourselves and others so harshly). God gives us His Spirit so we can know the wonderful things He freely gives us (1 Cor. 2:10-12 NLT).



When I asked God what causes people to have such difficulty in their relationships the answer I received was Codependency. Since then I have done a lot of research on the subject and was amazed by my findings. My own thoughts about the subject we were created to be social, to share in relationships with one another.

At birth we are dependent on the care of others. As a child we want to please because it is so much better to be rewarded than to be scolded. Although as teenagers, we test the boundaries and push-back against the authority and control of others.

Throughout our childhood years we make decisions and judgments. We form beliefs on the thoughts and feelings that arise concerning ourselves and the life we want to live. Unfortunately, our beliefs were fueled by selfish desire, anger and frustration, fear and rejection, by disrespectful judgments and unrealistic expectations, by lope-sided opinions.



Prov. 22:15 tells us young people are prone to foolishness and fads (Message). Unfortunately, without the discretion, discernment and insight that godly wisdom provides, bone-headedness, unreasonableness and stupidity will continue making an appearance. Hopefully, many will have that light-bulb, slap the forehead revelation, that it's time to stop being objects of wrath.

We are spiritual beings set in time so our eternal destination can be determined. We can choose to believe and live anyway that pleases flesh that is decaying and dying, or we can choose to have our lives transformed by a new way of thinking so we can live and not be given over to death a second time. Psalm 118:17-24 speaks of the great love God has for us:

I will not die but live, and will proclaim what the Lord has done. The Lord has chastened me severely, but He has not given me over to death.

He has opened for me the gates of righteousness; I will enter and give thanks to the Lord. This is the gate of the Lord through which the righteous may enter. I will give You thanks, Lord, for You answered me, You have become my salvation.

The Stone the builders rejected has become the Capstone; the Lord has done this, and it is marvelous in our eyes. This is the day the Lord has made, let us rejoice and be glad in it.



How many barriers we have erected that make it difficult if not impossible to receive when the likes of stubbornness, resentment or unforgiveness have been erected. We have raised those self-protective walls with opinions and beliefs that are not only centered (focused, integrated, unified) by very personal thoughts and feelings, but they also limit and confine.

How easy to be triggered into an emotional reaction/response when someone or something attempts to stretch or alter the seriously personal views we possess about ourselves or how we may view life.

Sadly, we become obsessed with such and such that cause us to feel a certain way. We become preoccupied, anxious and worried about the disruptiveness of our thinking. We become absorbed, engaged and passionate about the beliefs we've diligently constructed.

No wonder why such a rigid stance is taken when we truly believe we know what is best. Over time we allow anger to evolve from irritation and annoyance to outrage, grudge, belligerence, malice, spite, vindictiveness, jealousy...Open a thesaurus and check out the intense emotional states of displeasure that are related to and stem from anger.

It's so much easier to self-protect and believe what we've learned and experienced than to consider we might be a bit off kilter. There are so many things we brood and stew about. Things about our past that can't possibly be changed, and things about our future that so often exceed the limits of our control. As a result, we are robbed of living every day with peace-of-mind and contentment.



Our attempts to fix and manipulate and strive to maintain control are such natural tendencies, but routinely they produce these outcomes - frustration, upset and anger.

Why? Because things are not going or have not gone the way we think or feel or believe they should. I have been writing in very broad and general terms because I couldn't identify the specifics with which I myself struggled without help from the Lord.

However, even when an issue is recognized unless we adopt different perceptions old habits and hang-ups and tendencies will prove difficult to change. Many times we end up throwing our arms up saying "I am who I am." Without standing firmly on God's Word of Truth, whole heartedly trusting the Lord to cut through our denial and rationalizations we will remain who we believe ourselves to be.

If we don't seek knowledge about the issues that can and do arise as a result of our being social creatures - codependency, people-pleasing, PTSD and other anxiety related disorders, fear of being rejected, of

failure, of dying...we won't be able to see ourselves as God does. We won't find ourselves soaring on wings like eagles (Isa. 40:31)!



Our focus and attention naturally centers on our life here on earth. Without God's super (Almighty, immeasurable, infinite) scope of wisdom, we will fail to understand though our natural resources may be abundant, they are also finite. We will be unable to recognize and acknowledge there has been and will continue to be spiritual warfare raging all around us.

In the Garden of Eden, God said:

“Fill the earth and subdue it.”

Gen. 1:28

To subdue is to conquer, master, overcome, prevail over, triumph over, stop, win against...With our focus and concern on what is tangible, the most important matters for our well-being - spiritual matters - can be so easily ignored, rejected or denied. As a result, we can't receive the truths from God's Spirit that we need to know. Actually, for many they sound foolish and can't be understood (1 Cor. 2:14-16 NLT).

Why? When we live in the manner we are used to, following the ways of the world, we are dead in our transgressions and sins. We allow the ruler of the kingdom of the air to work in us, the spirit who works in everyone who is disobedient. We each have lived to gratify the cravings of our sinful nature being by nature objects of wrath (Eph. 2:14).

Though we seem to be doing what we think and feel is good for us, we are actually exposing ourselves to the wrath of the enemy who takes us captive through hollow and deceptive philosophies (Col. 2:8). This is what it is like for everyone B.C. before Christ comes and wakens us spiritually. We are like children; we are slaves to the basic spiritual principles of this world (Gal. 4:3 NLT).

We don't even have to leave our homes to be enticed. The commercials on TV are always focusing our attention on the spiritual principles of this world: be the most attractive sexually, earn more money for possessions like flashy cars, drinking alcohol will help you achieve happiness, music and sports will make you wealthy and famous, be sure to have acceptable ideas about politics and social policies.

Being godly, living according to Christ, doesn't even make the top ten on the list of the world's basic principles. Information taken from, "The Basic Principles of the World," which was posted on the website, The Stick. <https://www.northerngraceyouthcamp.org/thestick/?p=493>



Since we continue to give life to what belongs to our earthly nature: sexual immorality, impurity, lust, evil desires and greed, which each can be considered a form of idolatry, the wrath of God is coming (Col. 3:5-6). Many will be without excuse because their choices and behavior are clearly seen.

Though God's invisible qualities – His eternal power and divine nature – have been made known and seen since the creation of the world, He is neither glorified nor given thanks because of futile thinking and foolishness that darkens hearts.

What else could God do but give people over to the sinful desires of their heart, and the degrading of their bodies with one another, when the Truth of God was exchanged for a lie. While created things are being worshiped and served rather than the Creator, Who is revealing His wrath from heaven against all the godlessness and

wickedness of those who suppress the Truth by their own carnal choices (Rom.1:18-25).



God sent His Word, Christ Jesus, as a human being so we could experience a spiritual awakening and receive Truth, for though we have been given a natural body there is also a spiritual body (1 Cor. 15:44). God has given us the gift of time to live a temporary life on earth; however, there is life to be lived for all eternity.

God has given us free will, but what if it actually holds us captive. In first Cor. 6:12 Paul wrote, everything is permissible (allowable and lawful) for me; but not all things are helpful (good for me to do). Everything is lawful for me, but I will not become the slave of anything or be brought under its power (AMP).

In Matt. 21:21 Jesus said:

“Truly I say to you, if you have faith and do not doubt, if you say to this mountain, be taken up and cast into the sea, it will be done.”

(AMP)

Throughout Scripture, mountains symbolically describe steadfastness, trustworthiness, immovability, strength and faith. Though I lived with a mountain of error, I believe this verse perfectly describes why fear and confusion and codependence became such mountainous issues in my life. The reason being I was holding firmly to the faith I had in the trinity of me, myself and I.



Edmund Lo wrote on his blog, “The mountain is a special place in the Bible. No serious reader can afford to overlook the significance of mountain symbolism in the Bible: it’s a place of ascent; it’s a liberation from the burden of life; its majestic height enables us to see wider and farther; it connects us to the Sacred and Divine and puts us in touch with our Creator.” <http://elodocuments.blogspot.com/2016/02/mountain-symbolism-in-bible.html>

We don’t literally have to climb a mountain as Moses did to draw near to God, Who asks:

“Is anything worth more than your soul?”

Mark 8:37 NLT

Beloved, do not forget this one thing because it's absolutely amazing, God is longsuffering toward us, not willing that any should perish, but that all should come to repentance. The day of the Lord will come as a thief in the night (2 Peter 3:9-10 NKJV).

Anyone with ears to hear should listen and understand! Just as the weeds are sorted out and burned in the fire, so it will be at the end of the world. The Son of Man will send His angels, and they will remove from His Kingdom everything that causes sin and all who do evil. And the angels will throw them into the fiery furnace, where there will be weeping and gnashing of teeth. Then the righteous will shine like the sun in their Father's Kingdom (Matt. 13:40-43 NLT).



Jesus was heard to say:

“There are those who do not hear and understand because they don't belong to God. Instead, they belong to their father, the devil, and want to carry out his desire. Satan was a murderer from the beginning, not holding to the Truth, for there is no Truth in him. He speaks his native language when he lies, for he is a liar and the father of lies

Don't you realize a lying tongue hates those it hurts, and a flattering mouth works ruin?"

John 8:42-47, Prov. 26:28

People are being ensnared by their own evil deeds; the cords of their sins will hold them fast. They will die for lack of discipline, by their own great folly they are led astray (Prov. 5:22-23). Yet, they get upset with God. Why? We each possess more than just knowledge of evil. We have seen and experienced its atrocities as did the Son of God.

Because of evil – pride, sin, rebellion - this is a fallen world. Not so in heaven. War (hostilities, discord, strife, division) was thrown from heaven. The battling continues in our soul, in our homes and in our nations because we refuse to do as God has done - cast evil out.



Let no one deceive or divert you from the Truth. Those who practice righteousness are righteous, just as God is righteous. Those who sin are of the devil, for the devil has sinned from the beginning. For this purpose the Son of God was manifested, that He might destroy the works of the devil. Whoever has been born of God does not sin, for God's seed remains in them (1 John 3:7-9 NKJV).

Everyone who sins breaks the law; in fact, sin is lawlessness. But God allowed His Son to appear so that He might take away our sins. No one who lives in Him keeps on sinning. Just as no one who continues to sin has either seen Him or known Him (1 John 3:4-6). How could they when the choice to plant God's Seed, which is His Word (Luke 8:11), within their heart is not being made?

First Peter 1:23 tells us we are born again, not of perishable seed, but of imperishable Seed, through the living and enduring Word of God. When we were dead in our sins and in the uncircumcision of our sinful nature, God made us alive with Christ. He forgave us all our sins. He cancelled the written code, with its regulations, that was against us and that stood opposed to us. God took it away, nailing it to the cross of Christ. Jesus disarmed the powers and authorities, He made a public spectacle of them, triumphing over them by the cross (Col. 2:13-15).



The time of judgment for the world has come (John 12:31a). Think about it, how can deception bring about forthrightness when its purpose is to cheat, double-deal and spread dishonesty? Who can

rely on doubtfulness when what it rears is distrust, misgiving and discredit?

And what about disbelief? How easy it is for the enemy to take captive the prideful, stubborn and egotistical who shoot off opinions to negate, deny and discredit.

The only way we can rid ourselves of all malice and all deceit, hypocrisy, envy and slander of every kind (1 Peter 2:1) is by obeying (listening to, deferring to, following) God's Word of Truth.

Yes, the time has come when Satan, the prince of this world, must be cast out (John 12:31b). Jesus was lifted up on that cross to draw everyone to God and His Word of Truth (John 12:31-32 TLB) for this is the only way for us to taste - the Lord is Good (1 Peter 2:3).



Jesus wants to help us remove all deception and doubt and disbelief, and to inquire, "Who then can be saved?" There must be a willingness to consider, to judge and to determine the Truth for this is what the Lord tells us:

“What is impossible with men is possible with God.”

Luke 18:26-27

For those who come to Mount Zion, to the city of the living God, the heavenly Jerusalem (Heb. 12:22 ESV) they have followed Truth and discovered everything that is written by the prophets about the Son of Man, will be fulfilled. The Jewish elders handed Him over to the Gentiles who mocked Him, insulted Him, spit on Him, flogged Him and killed Him. However, no one could prevent Him from rising again on that third day (Luke 18:26-33).

No one can prevent evil from coming against us, but we can choose Truth so we too can make this profession God’s intention is for Good to be glorified (Gen. 50:20).

We can choose to believe, to trust, to adhere to the promises of God as Abraham for God causes all things to work together for good to those who love Him, to those who are called according to His purpose (Rom. 8:28).

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Jesus said:

“I am going to prepare a place 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. You know the way to the place where I am going.”

John 14:2-4

With ropes of kindness and love God leads His people. He lifts the yoke of doubt, deception, disbelief...from our neck, and He Himself stoops to feed us (Hos. 11:4 NLT) Manna, His Word of Truth.

Yes, Jesus had to go away, but He sent to us heaven's Counselor to convict us of guilt in regard to sin and righteousness and judgment. In regard to sin, because people do not believe (accept, swallow, trust) in Jesus (John 16:7-9).

The Word Who became flesh and dwelt among us, the glory of the only begotten of the Father, full of grace and truth (John 1:14 NKJV). In regard to righteousness, because the Lord has gone to the Father where we can see Him no longer; and in regard to judgment, because the prince of this world now stands condemned (John 16:7-11).

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We don't have to stand with Satan condemned. God made a very costly choice. For the redemption of our souls is costly (NKJV), but God, He redeems our lives and snatches us from the power of the grave (Ps. 49:15 NLT). However, the message of the cross is foolish to those who are headed for destruction! But we who are being saved know it is the very power of God, Who says:

"I will destroy the wisdom of the wise, and discard the intelligence of the intelligent."

So where does this leave the philosophers, the scholars, and the world's brilliant debaters? God has made the wisdom of this world look foolish.

Since God in His wisdom saw to it that the world would never know Him through human wisdom, He has used our foolish preaching to save those who believe. It is foolish to the Jews, who ask for signs from heaven. And it is foolish to the Greeks, who seek human wisdom. So when we preach that Christ was crucified, the Jews are offended and the Gentiles say it's all nonsense.

But to those called by God to salvation, both Jews and Gentiles, Christ is the power of God and the wisdom of God. This foolish plan of God is wiser than the wisest of human plans, and God's weakness (Christ's death on the cross) is stronger than the greatest of human strength (1 Cor. 1:18-25 NLT).



So I offer you God's Word of Life, Christ Jesus, Who has become for us Wisdom from God – that is our righteousness, holiness and redemption (1 Cor. 1:30).

So take God's Word of Truth and eat it. It will turn your stomach sour, but in your mouth it will be as sweet as honey (Rev. 10:9); for God's Word reveals Truth so we will be sickened (shocked, displeased, disgusted) by our natural tendencies to be selfish, self-centered, deceitful, dishonest and oh so foolish.

Though we walk (live) in the flesh, glorifying God requires us not to carry on our warfare according to the flesh and using mere human weapons. The weapons of our warfare are definitely not physical (weapons of flesh and blood); instead, they are mighty before God for the overthrowing and destruction of strongholds.

We are to refute (challenge, discredit, shoot down) arguments and theories and reasons, and every proud and lofty thing that sets itself up against the (true) knowledge of God; then we can lead every thought and purpose away from being mingled and corrupted by evil by taking it captive into the obedience of Christ, God's Word of Truth (2 Cor. 10:3-5 AMP).



Your heart may not agree or understand or maybe even believe what God's Word says, but if you do as the Lord says you too will soon discover though our hearts ache, we always have joy.

Though we may be financially poor, we have spiritual riches to give to others. Though we too may own nothing; yet, we have everything (2 Cor. 6:10). When God's words came, we ate them; they have become our joy and our heart's delight for we bear Your name, O Lord God Almighty (Jer. 15:16) I am Christian.

Prayerfully, evil is not sweet in your mouth, nor hidden under your tongue. Hopefully, you are not one who spares evil and does not forsake it. Don't you realize that ever since mankind was first placed

upon the earth, the triumph of the wicked has been short-lived, and the joy of the godless but for a moment?

Though the godless be as proud as the heavens and walk with their nose in the air, yet they shall perish forever. They enjoyed the taste of their wickedness, letting it melt in their mouth, sipping it slowly, lest it disappear. They shall not enjoy the goods they stole; they will not be butter and honey to them after all. Their labors shall not be rewarded; wealth will give them no joy.

They have oppressed the poor and foreclosed their homes; they will never recover. Though they were greedy, now they have nothing; of all the things they dreamt of - none remain. God will rain down wrath upon them. They will be chased and struck down. The terrors of death are upon them.

Their treasures will be lost in deepest darkness. A raging fire will devour their goods, consuming all they have left. The heavens will reveal their sins, and the earth will give testimony against them. Their wealth will disappear beneath the wrath of God. This is what awaits the wicked, for God prepares it for them (Job 20:4-28 TLB).



Know Christ suffered in His body. So arm yourself also with the same attitude, because those who have suffered in their body are done with sin. As a result, they do not live the rest of their earthly life for evil human desires, but rather for the will of God. You have spent enough time in the past doing what pagans choose to do – living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry (1 Peter 4:1-4).

Terror will come on the earth and the sea, for the devil has come down to you in great anger, knowing that he has little time. Yes, the accuser of our brothers and sisters has been thrown down to earth – the one who accuses them before our God day and night. But God, for it has come at last – salvation and power and the Kingdom of our God and the authority of His Christ.

We overcome the enemy and defeat him by the blood of the Lamb and by our testimony. Therefore, rejoice, O heavens! And you who live in the heavens, rejoice! They did not love their lives so much that they were afraid to die (Rev. 12:10-12 NLT).

They died with Christ and were set free from following the world's ideas of how to be saved – by doing good and obeying various rules. Why would you keep right on following them anyway, still bound by such rules (Col. 2:20 TLB).



God's Word tells us:

“The one who conquers, I will make them a pillar in the temple of My God. Never shall they go out of it, and I will write on them the name of My God, and the name of the city of My God, the new Jerusalem, which comes down from My God out of heaven, and My own new name.”

Rev. 3:12 ESV

So seek first God's kingdom and His righteousness, and all these things will be given to you as well (Matt. 6:33).

Don't worry at all about having enough food and clothing. Why be like the heathen? For they take pride in all these things and are deeply concerned about them. But your heavenly Father already knows

perfectly well that you need them, and He will give them to you if you give Him first place in your life and live as He wants you to.

So don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time (Matt. 6:31-34 TLB)!



Yes, the God Who gives life to the dead and calls things that are not as though they were (Rom. 4:17), Who gives endurance and encouragement may He give us a spirit of unity among ourselves as we follow Christ Jesus, His Word, so that with one heart and mouth we may glorify the God and Father of our Lord Jesus Christ (Rom. 15:5-6).

Though the sting of death is sin, and the power of sin is the law, but thanks be to God! He gives us the victory through our Lord Jesus Christ (1 Cor. 15:56-57). Therefore, if you lack Wisdom ask God for He gives generously to all without finding fault (James 1:5). Yes, God Who gives life to everything (1 Tim. 6:13) will guide you into all Truth (John 16:13) and gives us more and more grace (James 4:5).

Quit dabbling in sin. Purify your inner life. Hit bottom and cry your eyes out. Get serious, really serious. Get down on your knees before the Lord; it's the only way you'll get on your feet (James 4:8-10 Message). For it is the Lord Who will lift you up when you humble yourself before Him (James 4:19).



Our God, awe-inspiring, profoundly impressive, and terrible is He out of His holy places. The God of Israel Himself gives strength and fullness of might to His people. Blessed be our God (Ps. 68:35 AMP)!

To those who please Him, God gives wisdom and knowledge and joy (Eccl. 2:26 AMP). So may the God Who gives the power of patient endurance (steadfastness) and Who supplies encouragement (Rom. 15:5 AMP) give us more and more grace (power of Holy Spirit to meet any evil tendency fully) (James 4:6 AMP), Who says:

“Go, My people, enter your rooms and shut the doors behind you; hide yourselves for a little while until God's wrath has passed by. See the Lord is coming out of His dwelling to punish the people of the earth for their sins. The

earth will disclose the blood shed upon her; she will conceal her slain no longer.”

Isa. 26:20-21

Yes, the Lord Himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. Therefore encourage each other with these words (1 Thess. 4:16-18).

Let us hold unswervingly to this hope we profess, for He Who promised is faithful (Heb. 10:23). The Lord has taken away our punishment He has turned back our enemy. The Lord, the King of Israel, is with us, never again will we fear any harm (Zeph. 3:5).



Yes, grow in the grace and knowledge of our Lord and Savior Jesus Christ lest you also fall from your own steadfastness, being led away with the error of the wicked (2 Peter 3:17-18 NKJV). We all like sheep have gone astray, each of us has turned to our own way (Isa. 53:6a).

We are in error because we do not know the Scriptures and the power of God (Matt. 22:29); Who laid on the Lord the iniquity of us all (Isa. 53:6b). We have wandered from the Truth, but if someone turns a person back, let them know that whoever turns a sinner from the error of their way will save a soul from death and cover a multitude of sins (James. 5:19-20).

And there are multitudes of sins to be covered the practice of sorceries, sexual impurity, murder and idolatry, and all dealings in falsehood (untruth, error, deception, cheating) (Rev. 22:15 AMP). To know the Spirit of Truth, and the spirit of error (1 John 4:6) we must be sound in the faith, and show our soundness by ceasing to give attention to myths and fables or to rules laid down by mere men who reject and turn their backs on the Truth (Titus 1:14).

We live in a world of perverseness, error and confusion that causes people to stagger in all their doings (Isa. 19:14 AMP). We hear songs of praise from the ends of the earth, songs that give glory to the Righteous One! But my heart is heavy with grief. Deceit still prevails, and treachery is everywhere (Isa. 24:16 NLT).

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There is nothing pure to the defiled and corrupt and unbelieving; their very minds and consciences are defiled and polluted. They profess to know God, but deny and disown and renounce Him by what they do; they are detestable and loathsome, unbelieving and disobedient, disloyal and rebellious (Titus 1:15b-16 AMP).

Terror and traps and snares will be their lot. Those who flee in terror will fall into a trap, and those who escape the trap will be caught in a snare. Destruction falls like rain from the heavens; the foundations of the earth shake. The earth has broken up, it has utterly collapsed it is violently shaken. The earth staggers like a drunk. It trembles like a tent in a storm. It falls and will not rise again, for the guilt of its rebellion is very heavy.

In that day the Lord will punish the gods in the heavens and the proud rulers of the nations on earth. They will be rounded up and put in prison. They will be shut up in prison and will finally be punished. Then the glory of the moon will wane, and the brightness of the sun will fade, for the Lord of Heaven's Armies will rule on Mount Zion. He will rule in great glory in Jerusalem in the sight of all the leaders of His people (Isa. 24:17-23 NLT).



The secret power of lawlessness is already at work; but the One who now holds it back will continue to do so till He is taken out of the way. And then the lawless one will be revealed, whom the Lord Jesus will overthrow with the breath of His mouth and destroy by the splendor of His coming (2 Thess. 2:7-8).

There are so many people in error because they do not know the Scriptures or the power of God (Matt. 22:29), Who says to His people:

“You could throw away your detestable idols and stray no more. You could say, ‘As surely as the Lord lives,’ and do so with truth, justice and righteousness. Then you would be a blessing to the nations of the world, and all people would come and praise My name.”

“Plow up the hard ground of your hearts! Surrender your pride and power. Change your hearts before the Lord. Put off falsehood and speak truthfully. In your anger do not sin.”

Jer. 1-4 NLT, Eph. 4:25-26



We make the decision to be committed about doing what God's Word asks of us - not sinning in our anger (Eph. 4:25-26). Instead, we seek Knowledge and Understanding and Wisdom because managing anger is essential to success in relationships and work.

And codependents have a lot of anger, and they don't know how to manage it effectively. Because we are social creatures we develop codependent tendencies that cause disorder and dysfunction not only in our relationships, but in our very own psyches (life, being, mind).

Why? We frequently find ourselves partnered with people who contribute less than we do, who break promises and commitments, violate our boundaries, or disappoint or betray us. Because of dependency, we attempt to control others in order to feel better, rather than to initiate effective action.

Do we even know what or how to initiate effective action when we don't understand how the symptoms of codependency, such as denial, dependency, lack of boundaries, and dysfunctional communication, contribute to our anger.

Relationships whether intimate or social cause us to become dependent on others. When people don't do what we want, we feel angry, victimized, unappreciated or uncared for, and powerless – unable to be agents of change for ourselves. Dependency also leads to fear of a confrontation.

Codependents prefer to not “rock the boat” and jeopardize the relationship. Their poor boundaries and communication skills inhibit expression of their needs and feeling, or they do so ineffectively. Hence, we can't protect ourselves or get what we want and need and feel angry and resentful, because we:

1. Expect other people to make us happy, and they don't.
2. Agree to things we don't want to.
3. Have undisclosed expectations of other people.
4. Fear confrontation.
5. Deny or devalue our needs and thus don't get them met.
6. Try to control people and things, over which we have no authority.
7. Ask for things in nonassertive, counterproductive ways; i.e., hinting, blaming, nagging, accusing, criticizing.

8. Don't set boundaries to stop abuse or behavior we don't want.

9. Deny reality, and therefore:

- A.) Trust and rely on people proven to be untrustworthy and unreliable.
- B.) Want people to meet our needs who have shown that they won't or can't.
- C.) Despite the facts and repeated disappointments, maintain hope and try to change others.
- D.) Stay in relationships although we continue to be disappointed or abused.



Has not the Lord Almighty determined the people's labor is only fuel for the fire, that the nations exhaust themselves for nothing (Hab. 2:13). Drinking from the cup of terror one that is large and deep. A cup filled to the brim with scorn and derision. Yes, a cup filled to the brim with distress and desolation (Ezek. 23:32-33 NLT).

However, those who do what Christ tells them to will learn to love God more and more (1 John 2:5 TLB). I can't tell exactly when I fell in love with Jesus, but I can tell you it was by spending time in the Word. This is what made it possible for me to fall head over heels in love with

Him. I also can't tell you when I entered God's rest. But, what I can say it never would have occurred if I didn't have the support of God's Word.

For two and half years I experienced what would be called the "dark night of the soul," a time that could only be described as an extremely difficult and painful period of my life. Unfortunately, during my lifetime I've experienced more than my fair share of hardship, confusion and fear. This particular time of which I'm speaking, was different because I knew God's Word.

When I did everything I could think to do, I didn't fall into the depths of despair. I'm not trying to tell you I didn't feel sorrow and despair, I didn't give these feelings control over me because my thinking was different. And though many times the only prayer I could formulate was "help," knowing Jesus, the Word of God, was with me helped more than I even realized at the time.



Proverbs 3:3-7 reads like this, "Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God

and man. Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight. Do not be wise in your own eyes.”

If I hadn't spent so much time in God's Word, love and faithfulness would have disappeared from my sight because I was so enmeshed in my life with family. For me during this time there wasn't a lot of love and faithfulness being shown. Now I know hearts were hardened against me because God had to reveal the error that was in me, and because of His concern for my well-being I will be eternally grateful.



There was no other way, but being stripped of those worldly things in which I had placed such great value could Holy Spirit clothe me in Jesus, in the armor of God.

I would never have recognized or acknowledged the error in my life because of the understanding I lacked. And the only reason I didn't turn despair into self-despair as I've done in the past I knew this love and faithfulness in Prov. 3 was speaking of my relationship with God and His Word and Holy Spirit, and I continually professed it.

Psalm 27:10 assures though our family may forsake us, the Lord never will. The NIV Bible version says, “Then the Lord will take care of me,” while the Amplified version says, “Yet, the Lord will take me up (adopt me as His child).

With the Word of Truth bound around my neck the Lord was able to support and safe-guard my thinking. With the Word of Life written on the tablet of my heart I was able to stand. There was no self-despair or self-hatred or as suicide is known self-murder in my thinking.

I didn't just think, I believed I had won favor maybe not in the sight of people, but definitely with God because I trusted in the Lord with all my heart. And God's Word says:

“Do not put your trust in princes, in mortal men, who cannot save. Why? When their spirit departs, they return to the ground; on that very day their plans come to nothing; however, the Lord reigns forever. Your God, O Zion, reigns for all generations.”

Ps. 146:3-4,10



Somewhere in the going through all this turmoil I learned not to lean on my own understanding; however, I had yet to learn of all the error in my system of beliefs. Like this Christianize saying, “If all you have is Jesus that’s all you need.” I didn’t understand what it meant to experience this Truth, but I was learning to acknowledge God’s Word in all my ways so the Lord could make my paths straight.

These two Scriptures, Isaiah 40:4-5 and Luke 3:5-6 tell of the Lord’s healing work within us.

“Every valley shall be raised up, every mountain and hill made low; the rough ground shall become level, the rugged places a plain. And the glory of the Lord will be revealed, and all mankind together will see it. For the mouth of the Lord has spoken.” Isa. 40:4-5

“Every valley shall be filled in, every mountain and hill made low. The crooked roads shall become straight, the rough ways smooth. And all mankind will see God’s salvation,” Luke 3:5-6



When I first started reading the Bible I understood the literal meaning. When I applied the Scriptures personally, I started realizing God is speaking to me about myself. I was able to recognize He is also talking about the emotional lows and highs we experience.

Those valleys (hollows, depressions, gorges) will be filled with all the fullness of God (Eph. 3:19). Those mountains (abundances, embarrassments, drifts) would be made low if I listen and hold my peace, for then the Lord will teach me wisdom (Job 33:33 NKJV):

“The lofty looks of mankind shall be humbled. The haughtiness of men shall be bowed down, and the Lord alone shall be exalted in that day. The Lord Almighty has a day in store for all the proud and lofty, for all this is exalted, and they will be humbled.”

“You are wrong to contend with God bringing charges against Him. He is greater than any human begin. Why say He does not respond to people’s complaints? God speaks again and again, though people do not recognize it. He speaks in dreams, in visions of the night, when deep sleep falls on people as they lie in their beds.”

“He whispers in their ears and terrifies them with warnings. He has purposed to turn them from wrong doing, to keep them from pride. So they too would not become a horror, and be no more, forever like the anointed cherub who covers what God established. He was on the holy mount of God. He walked back and forth in the midst of the fiery stones. He was perfect in his ways from the day he was created, till iniquity was found in him.”

“By the abundance of his trading he became filled with violence within, and he sinned. Therefore, he was cast from the mountain of God as a profane thing. O covering cherub, God destroyed you from the midst of the fiery stones.”

“His heart was lifted up because of his beauty. He corrupted his wisdom for the sake of his splendor. God cast him to the ground. He has become a horror and shall be no more forever.”

“The souls of mankind draw near the Pit and their life to the executioners. But God protects them from the grave, from

crossing over the river of death. For there is a Messenger for them, a Mediator, to show man His uprightness. Then He is gracious to mankind, and says, 'Deliver them from going down to the Pit, for I have found a ransom.'"

"Their flesh shall be young like a child's, they shall return to the days of their youth. They shall pray to God, and He will delight in them. They shall see God's face with joy, for He restores to them His righteousness. They will tell others, 'I have sinned, and perverted what was right, and it did not profit me.' God will redeem their souls from going down to the Pit, and their life shall see the Light."

"Behold, God works all these things, twice, in fact, three times with all mankind, to bring back their souls from the Pit, that they may be enlightened with the Light."

Isa 2:11 NKJV, Isa 2:12, Job 33:12-17 NLT, Ezek. 28:14-19 NKJV, Job 33:22-30 NKJV



Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor

and a good name in the sight of God and man. Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight. Do not be wise in your own eyes, fear the Lord and shun evil (Prov. 3:3-7).

Be filled (through all your being) unto all the fullness of God so (through experience) you come to know the love of Christ (Eph. 3:19):

- (1) Body – By holding firmly onto God’s Word of Truth, your feet will walk on the Way of life making your heart glad and your lips rejoice because the Lord has taken you by the hand.

Yes, if you devote your heart to Him and stretch out your hands to Him, if you put away the sin that is in your hand and allow no evil to dwell within your heart, then you will lift up your face without shame; you will stand firm and without fear. You will surely forget your trouble, recalling it only as waters gone by.

Life will be brighter than noonday, and darkness will become like morning. You will be secure, because there is

hope; you will look about you and take your rest in safety. You will lie down, with no one to make you afraid (Job 11:13-19).

- (2) Soul - Nothing else makes sense than to say to God, "Be my Lord and Savior!" For this choice opens doors for new discoveries - you are chosen by God to receive His wise counsel so you will not be shaken because this knowledge produces within an absolute trust and confidence in God's power, wisdom and goodness (2 Tim. 3:15 AMP), which makes known the Lord is always with you - He is right beside you
- (3) Spirit - God cancels the ticket to hell - it will no longer be your destination for God has given you His most precious gift - His Word of Life, granting you the joy of His presence and the pleasures of living with Him from this day forward and forever more (Psalm 16 NLT & Message)
- (4) Financial - God makes you to be rich in faith and to inherit the kingdom He promised those who love Him

(James 2:5 NIV) for the Lord alone is your inheritance, your cup of blessing (Ps. 16:5 NLT) knowing surely goodness and love and mercy will follow you all the days of your life, and you will dwell in the house of the Lord forever (Ps. 23:6 NIV) so lift up the cup of salvation and call on the name of the Lord (Ps. 116:13 NIV)

- (5) Social – The Word of God bestows perseverance, patience and hope that makes your ways become steadfast so you will not be put to shame (Ps. 119:5-6) by learned behaviors and tendencies the result of social agitations that are toxic and self-destructive for they are used to justify yourself in the eyes of people, but God knows your heart (Luke 16:15).

For outwardly you want to make a good impression, but what compels (Gal. 6:12) when you are only looking at the surface of things (2 Cor. 10:7) that promise freedom, but actually living a lifestyle of deception and error, a slave controlled by sin, depravity and corruption (2 Peter 18-19 NLT & NIV). While suffering the disease of addiction, codependence and the need for the praise,

- acceptance and the validation of others – having a righteousness of your own not the righteousness that comes from God by and through faith in Jesus (Phil. 3:9)
- (6) Volitional - This is the commitment of God, an eternal covenant, made so we could come to know and give thought to how essential the good of our lives. That Truth would be accepted, for God so loved the world He has revealed the Way to follow for those who believe God does not want us to perish; but rather, to have and to hold, for better or for worse, in sickness and in health, to love and to cherish knowing death cannot part us from the gift of Life (John 3:16) God bestows.



That we too would be committed to seeking friendship with Jesus, by daily continuing to follow steps in search of knowledge of God through His Word, through prayer and meditation to improve our conscious contact with Him, praying only for knowledge of His will and power to carry that out.

- The goal of these steps is for us to determine whether we like it or not – God is real

- This Step tells us our consciousness can be, and will be transformed – we can experience spiritual awakening
- A spiritual awakening will transform us and our lives not as a result of working these steps, but enables us to work these steps, and the steps work in our lives
- After we have had our spiritual awakening by working these steps, we try to carry this message to others
- To carry the message of hope, love, comfort and health – for better relationships and a better way of life, one that works, to others
- This message is of self-respect, self-nurturing, paying attention to our own issues, and taking responsibility for ourselves, whether that means addressing our own behaviors, or being empowered to take care of ourselves
- We can allow others to have their own issues and take responsibility for themselves
- We are free to be done with shame and self-hatred
- We can love others, and allow them to love us, giving in ways that are helpful and allowing ourselves to receive

- This Step tells us that fear and controlling - backfire - we can't control others, and we don't need to allow ourselves to be controlled by them
 - We are free now, at last, to feel, to think, to make our own choices, and to take responsibility for those decisions - free to change our minds
 - We will be controlled by our pasts until we do our historical work, and release old feelings and beliefs
 - We are lovable and deserving people, and we need to begin respecting ourselves - we are not victims
 - We have choices, more than we know in any situation - we can stay, we can leave, we can take care of ourselves any way we need to, as long as it does not infringe on the rights of others
 - We can trust God to show us how to do that
- We carry this message
 - Not by rescuing
 - Not by controlling
 - Not by obsessing
 - Not by becoming vigilantes or evangelists
 - Not by trying to force others to see the light

- Not by standing in the darkness waiting for others to come with us on this journey
- We carry this message by doing our own work of renewal and recovery, and becoming a living-demonstration of hope, self-respect, self-nurturing and health – learning to remove ourselves as victims, taking care of ourselves, and walking our own path is a powerful message
- Too much service to others, and not enough self-care is part of what has harmed us in the past – harmed us and not helped us
- It is okay to back off of giving for a while in order to find balance, and be able to discern healthy giving and caring
- This step helps us understand that giving from a sense of high self-esteem, giving because we want to, giving in a manner that is not over-extended, compulsive, or guilt-ridden is a goal in renewal and recovery to become a healthy giver
- While working these steps, we discover this is a wonderful program, a miraculous program – much healing is accomplished through storytelling – by telling our story we help others and ourselves – by listening to others talk, we become helped

- This step assures the most powerful form of helping others, comes from helping ourselves:
 - When we do our own work
 - Feel our own feelings
 - Change our own beliefs
 - And take care of ourselves
 - When we are honest and open about who we are, and what we are working on, we affect others more than by our best-intentioned helping gestures

- This step assures we cannot change others, but when we change ourselves, we may end up changing the world
 - We can let go of our need to help people, change them or show them what is best for them – instead, we can focus on helping and changing ourselves, and figuring out what is best for us

- This step encourages us to share what we've learned about caretaking, victimization, controlling, dealing with feelings, doing our family-of-origin work and caring for ourselves
- To let others know that trauma is a school master that teaches the art of the quick escape

- We have learned how to sense when danger is breathing down our necks
- One way that we keep painful emotions at arm's length is not to let people get close to us
- A great way to get people to back off is to approach them with a closed mind and a closed heart
- A closed mind lets the person know you could care less about what they think
- A closed heart lets the person know that you could care less about how they feel
- The net result is that you clear the room
- People who at one time appeared to pose a threat have become so discouraged in talking with you that they leave you alone
- The danger is gone -- right? Wrong
- Actually, the doors to our mind and heart are the same doors that help us to gain access to the support we need in order to heal
- The closed-door approach to our minds and hearts fosters isolation and is emotionally suffocating
- In order to rebound from our emotional tempests we need tons of support

- But our pain, more often than not, makes us suspicious of other people's intentions because of what we've been through
 - We cut off communication
 - We become reluctant to reach out for help because we fear that a request for support may be a sign of weakness
 - Therefore, we pull ourselves up by our bootstraps and suffer in silence
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- Jonah loathed the assignment that God gave him
 - He ran as fast as he could, expecting the worst
 - This mind-set is identical to the thinking style of trauma survivors
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- When our lives are stressful, we often expect the worst from people and from outcomes
 - It is this kind of negative faith that fills our minds and hearts with life-crippling fear
 - The gift of Jonah's story is that he worked through the fears that literally swallowed him, and he discovered uncommon strength to stop running from God, and to begin running for God
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- Working through the pain of your trauma is quite parallel

- The more you believe that running from your troubles sets you up to be lost at sea, strangely adrift from the purpose and high calling that God has for your life, the sooner you can garnish the power to face the “demons” that once tormented you
- Victory is then right around the corner

Dear Lord, when it feels as though I'm being swallowed whole by memories of painful experiences, help me always to remember that I am kept afloat by Your love. There are times when I would rather run and take cover from my pain, but not today. Instead, I choose to find my refuge and comfort in Your loving protection. Amen.

- Working this step encourages us to share our new discoveries about relationships, and how we are learning to participate differently in them
- This step tells us to talk about how certain behaviors are predictably self-defeating, and how we've felt justified about them all – to explain that when we changed, our relationships often did too
- This step encourages us to tell people about setting boundaries and being empowered – we want to share all the ideas that are bringing us freedom and healing

- This step tells us not to get caught up in trying to control others, trying to force renewal and recovery on them, and feeling victimized when they choose not to accept it, not to lose our enthusiasm because of their denial, resistance, and anger toward our ideas
- This step tells us to let this go – it doesn't matter if we've found some answers that they desperately need, and that would help them change their lives for the better – the most positive impact we can have on our family is to lead a healthy, happy life

Jesus answered them:

"It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners to repentance."

Luke 5:31-32

We have not stopped praying for you, and asking God to fill you with the knowledge of His will through all spiritual wisdom and understanding. And we pray this in order that you may live a life worthy of the Lord, and may please Him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to His glorious might, so that

you may have great endurance and patience, and joyfully give thanks to the Father, Who has qualified you to share in the inheritance of the saints in the Kingdom of Light.

For He has rescued us from the dominion of darkness and brought us into the Kingdom of the Son He loves, in Whom we have redemption, the Forgiveness of sins (Colossians 1:9-14).

Father, help us to do what Your power and will
Had decided beforehand,
And that all we do is for Your glory.
Consider the threats we face in this world,
And enable Your servants to speak Your Word
With great boldness!
Stretch out Your hand to heal and perform
Miraculous signs and wonders through the name
Of Your holy Servant Jesus!

Acts 4:28-30