

Sunday, December 22, 2013

Lord God I have realized for a long time that I was in the habit of restricting what others can and can't do and attempting to control people most of my life. Thank you for healing most of it Holy Spirit! I now also realize that in doing this I did it with you the living God too: "Whatever you do to the least of these you have done it to me"... but more than that in my secret meeting places during prayer Jesus always seemed so silent, so motionless, and so reserved. Well I gave Jesus His right to do as He pleases in my presence, our meeting places, and in prayer. And you know what? He is speaking to me with much greater volume and imparting healing too! Amen and Amen!

Saturday, December 21, 2013

During the past few days I have encountered intense spiritual warfare through my schizophrenia. I struggled and struggled to figure out what was wrong. I prayed and prayed but no answer came my way until today: If we ever want anything from God we need to approach Him believing He is good. If we approach Him with a negative cynical attitude... as if God owes us then we more than likely won't get what we want. I stand corrected!

A fruit from practicing this insight is that the Bible is once again readable by me. Moreover God is speaking to me through these same Scriptures like never before. I actually want to read the Bible yet again and again. Thank you Holy Trinity.

Sunday, December 15, 2013

Well I just had a revelation while on my walk. The feelings I have in any situation do not define the reality of such situations. Just because I have a negative feeling about something does not mean that something is negative. For such a long time in my life if I felt negativity towards something I would not want anything to do with it again because I felt the negativity. Fact is: emotions don't determine reality. And reality does not always determine correct emotions either. Our emotions are determined by what we believe, our attitudes, our filters, our paradigms, and what we want, get and don't get.

Friday, December 13, 2013

I know that I have had really shallow commitments and weak feelings or none at all for people in my life... and I felt bad about it... and wished things could change... but I did not know how until now. I must simply choose to be committed, choose to care, and choose to bless and love those in my life. In doing this, feelings do come and grow just as well as the love. Love causing the feelings.

Wednesday, December 11, 2013

I know now that my people pleasing side is dead. I don't want to be motivated by weak and selfish motives. I now realize that I want to love, and the only way to do this is to decide to do it one step at a time when the Holy Spirit brings opportunities my way to do so. I don't have to put pressure on myself to love. I know that never worked before. I can rest in God. Yes, give Him my life anew each day... trust Him... that He will give me

the meat and bread (truth & principles supported by His grace (empowering presence)) that will allow me to rest in Him... and at the same time be productive.

I am allowed to ask stuff related to: edification (being built up), exhortation (encouraged or strengthened)), and comfort (healed) in my relationship with Jesus. That sets some healthy boundaries in what I can expect from God while spending time with Him in prayer/meditation. A lot of my confusion is gone. I also know that certain people are more gifted in the prophetic than others... there is a spectrum all the way from beginners to intermediates to full prophets. I need to embrace where I am at... and grow from there. I know that I need to focus on the things that are do-able... [I am typing with better accuracy than before for some reason unknown to me]. I know that edification has been a BIG area of learning for me in my journaling. Out of this I have gotten more confidence and courage as time has gone by... and that has led to healing or comfort in areas of my life that were broken for so many years. It is like the confusion is evaporating and I'm having a clarity of mind that was unknown to me for so many years now. Thank you Jesus!

(Part II): Monday, December 9, 2013:

Truths are very important in making us free so long as we don't take them to extremes. I know that if I don't pray or establish contact with God early in the day the spiritual battles I fight throughout the day are too difficult to handle. By pray I don't mean perfect works of art, literature or theology. I mean just committing myself to doing His will, and accepting whatever comes my way with the best attitudes possible. Often there are many battles I am fighting in many different areas... at different times of the day. If I don't invite God into my life those battles create negativity, pain, and difficulties that frustrate and challenge me in ways that eventually push me to ask God why. And He always answers in His time.

(Part I): Nuance Instead Of Absolutism: Sunday, December 8, 2013:

I have said in the past when I make a judgment against one person it poisons how I see others. But now I realize that even if it poisons me I always have soft ground somewhere in my conscience/heart that allows me to love... Maybe not perfectly... But still it is called love. I am humbled now. I remember many years ago how a young girl knew I was proud/hard hearted but she saw in me a place that really wanted to do the right thing and so she told me so. Even Darth Vader hardened by the dark side had a place in his heart that was open to grace, love, and light and that good place eventually won out. Indeed, if something were absolutely evil it would cease to exist because God would will it out of existence. There is always hope... We can always focus on the good or like First Corinthians says: believe the best about each person!

I still don't know how I should know. Embracing ideas as absolute truth has consequences down the road. Some ideas ought to be nuanced continually as we journey through life... Because the moment we think we have arrived at the absolute truth is when pride conceives, and the heart becomes partially hardened again... Yet there is always room for growth, there is always hope. Every time I think I've come to an absolute truth I eventually become proud and less loving (this has been my experience over and over again). Love will set you free!

I'm not an absolutist: only God is absolute. I can't and don't see all ends! I am like grass or a vapor: here today, gone tomorrow. Real truth humbles; it doesn't harden my heart!

Thursday, December 5, 2013

I know that starting yesterday I began to focus on a new battle: one against self-pity. Today I felt drawn to my self-pity because of my circumstances and to curiously examine it...and I began to fight it and the warped thinking behind it. Strangely enough after a few skirmishes early in the day I picked up Joyce Meyer's book on approval addiction...and read that she too struggled with self-pity but she conquered it. Self-pity is a party killer, carries negative energy, shows weakness, and is self-centered.

Wednesday, December 4, 2013

I now realize that going by whatever feels good to me in the moment means I am usually going by the flesh not the Spirit. Going by faith, truth, and peace are the antidotes to walking in the flesh. Walking according to the Spirit is built on the foundation of faith, truth, and peace whose end is love.

Sunday, December 1, 2013

I guess that I find myself... not being committed to doing your will recently Lord God. I do pray the Lord's Prayer and it says "your will be done". Fact is that I look to myself for my answers... and only after I get frustrated, confused, disheartened, and cynical do I truly come to you in defeat. I know that I often think I am praying when I am actually only asking myself (not you Lord God) as though I am the source of the needed knowledge and wisdom... And yet I am definitely not wisdom's source. I do agree that I ought to have confidence in myself... but truth is faith in your voice, leading, and direction oh God is vastly more important and profitable. I know that I can't focus on solving my problems all by myself and call it prayer or meditation. There are answers... and no two journeys are alike. There is warfare going on. God's voice is not the only one

being spoken in my mind. But I do recognize Jesus' voice often when I tune into it. Relying on my own reasoning is not a good place to navigate from. And I have done too much of that recently. I feel clearer within my mind now that I have listened to God's voice.

Each journey is different. We all have different challenges, strengths and weaknesses, and situations we need to deal with. We all need to hear different things. The only common denominators are we are all human and all needing to hear God's voice for ourselves personally. Yes He does speak through others very often... and that gives us the opportunity to practice humility. Yes books are important too especially the Bible. Nothing is impossible with God. Yes we can do nothing by ourselves. We are either in cahoots with the devil or following God. I got to start with where I am at... if I don't do that I will never make progress in Listening prayer and walking in faith and victory.

Seeking God with all of one's heart vs. seeking self: I guess I now know the difference. I know that I have thought I was seeking God's will when I really was only asking myself. There is a vast difference in the two. The Bible says that when we seek God with all our hearts we will find Him. Looking to ourselves may seem like we are looking to God, but our un-enlighten mind can't access reality all by itself. The cold intellectual approach does not recognize wisdom from folly. If I am not committed to doing God's will I won't find him because I'm not looking for Him with all my heart!

Friday, November 29, 2013

I felt I came across an obstacle that was so huge earlier this morning... but thankfully Jesus led me into freedom with new insight. The reason for the dark-judgmental-confusion was that I had not thought things through slowly enough and more thoroughly; I had jumped to an erroneous blanket-conclusion and judged before all the cards were on the table and so was unable to love anyone in this area of my calling or any one else too for the time being... making my calling impossible for the time being... until now that is! What was the quagmire?

Fact: Lots of people are really good people.

Some believe that this alone qualifies them all for heaven. Some do so:

- not knowing what the Bible teaches about motives and need for faith.
- committed to the world and humanism; and not God.
- Others do so because they believe the best about the people they meet.
- Others do so because they know nothing about what Jesus taught.

Other people believe that goodness is not a sufficient reason to get to Heaven. But some like myself until today judged those who do believe that goodness is a sufficient criteria for going to Heaven as worthy of a hard-hearted-in-your-face: You are wrong and evil (in the popular sense) judgment. I had hostility within me, along with a dark poison, a heated anger, and an awful hatred. Strange how I knew how this was a wrong place to be at emotionally and attitude-wise but by myself I was blind to its cure.

Now the dark codes responsible for this darkness are broken or removed from my mind thanks to Jesus. I feel stable, clear-minded, and non-judgmental, more caring, sane and human, and at peace. Yes I feel broken into freedom.

What did I learn? I learned (again) that one is not allowed to judge or condemn like Jesus taught. One needs to give dialogue chances after chances. And if there is disagreement still then charity, love, compassion, and warmth are the attitudes to put on in the Lord Jesus. Mean-hard-hearted-judging never converted anyone to genuine love or faith in God.

Thursday, November 28, 2013

I now realize that not only is the people-pleasing side of me selfish, but the legalistic-judgmental-rule-keeper side is selfish too. It is where I go when I don't get what I want "now" and I get very angry and hateful. I find it horrible that I go there at times. I struggle with it... and only prayer to Jesus keeps me sane. I feel terrible during and after I go through these motions.

I do think that going to Mass or a church service is a healthy thing to do. That is why I do it. The Christian life is not about keeping rules, but about loving in healthy ways.

Wednesday, November 27, 2013

I am reading Joyce Meyer's book called, "God Is Not Mad At You" and I just got a zinger that hit home. God does not expect perfection from me in order for Him to love me or accept me. There is nothing I can do to make God love me. What I do does not determine whether God loves me or not. God loves me unconditionally because He is love. God does not expect perfection... but He does want me to love. God does not expect a perfect performance from me in order for Him to love or accept me. In the book of Acts chapter 10 is the story about Cornelius the first gentile convert to Christianity... and where it is written:

The angel answered [to Cornelius], "Your prayers and gifts to the poor have come up as a memorial offering before God. Now send men to Joppa to bring back a man named Simon who is called Peter. He is staying with Simon the tanner, whose house is by the sea."

Then Peter began to speak [to Cornelius]: "I now realize how true it is that God does not show favoritism but accepts from every nation the one who fears him and does what is right."¹

¹ Acts 10:4-6, 34,35

God does not expect perfection. Contextually if Cornelius had been perfect there would be no need to send for Peter to come and preach about the forgiveness Jesus offers. Yes Cornelius respected God, and he lived according the Light shining in his conscience which motivated him to pray for those in need, and to help those in need. These acts God said He would remember... but these acts did not earn for Cornelius God's love. If God accepted Cornelius because he did everything right and feared God, then there would be no need for forgiveness and Peter's message. So doing what is right means aiming at mercy. "Blessed are the merciful for they will receive mercy."² Again mercy does not earn God's mercy, but merciful people are the only ones who willingly receive mercy.

Strange how Satan used the words: "accepts...who fear him and does what is right..." to confuse and lie to me. Yes it shows that people can and do love God where people have not heard Jesus proclaimed in fullness. It also show that merciful people are granted mercy, but keeping all the rules never gains favor with God because none of us keeps all the rules!

Monday, November 25, 2013

I now know that the acts of people pleasing are very selfish. It seems like I want other people to be happy... but what I really want is for them to be happy with me. Lord God I repent in faith from wanting others to be happy with me alone. I realize now that I cared nothing for them... just about me. I repent in faith from this selfishness Lord Jesus Christ. Amen, Amen, and Amen! I choose to care for people too besides just myself.

Sunday, November 24, 2013

"Let peace be the umpire in what you are deciding to believe, accept, reject, and do."³ My judging persons has happened instantaneously in my life without me being aware of it while doing it each time for years. It's as if I am always in cruise control... I do it without thinking or realizing what I am doing... the judging happens so easily because that was my disposition to it for so many years: cynical, hardhearted, and proud. But being at peace is the missing key when I make decisions. A very BIG KEY! If I lose my peace it is because I have either set an idol up in my heart or judged some one again.

I was siting here in my room and when I heard the truth about making peace the umpire of my conscience I was caught out... because I was compromising my conscience in a certain area. Thankfully the truth came when I needed it so I got my peace back. Thank you Jesus for being the true Prince of Peace!

² Matthew 5:7

³ Joyce Meyer

Wednesday, November 20, 2013

The Plan

I was told many years ago that asserting our true position in Christ Jesus is foundational to being set free to love. I couldn't stomach it for long shortly after I tried to implement this strategy because I thought I was not being truthful. But recent revelations have led me to see things in a better light. Scripture tells me that I have been redeemed by the precious blood of the Lamb: this means I've been set free from the kingdom of darkness, and from darkness as well. Jesus said we are the light of the world, and the salt of the earth. Else where a Scripture says we are the righteousness (health) of God in Christ Jesus. More can be quoted... And I am not giving up confessing these truths this time around. I have been set free by Jesus from my addiction to comfort food. I have been set free by the Spirit from all my addictions. Things might get worse for awhile then better: forward and backwards... then forwards again... etc! I might be in a battle... indeed I'm already in a war... But Saint Paul says that if I don't want to sin but land up doing it then it is the sin within me that does the sin not me. Jesus said that our healing is granted according to our faith... Little faith means little healing.... Lots of faith means lots of healing... Peter said that we are purified by our faith in Jesus... Real faith takes hold of the relationship offered by God. No one little "t" truth will work for all people... but each truth is important and has a place here and then there in the lives of those called to Salvation.

God's Intent!

The kingdoms of Heaven and Hell are diametrically opposed. Always will be. When someone is in the valley of decision God fights for them but respects his or her choices. When someone falls away from the faith... God mourns and doesn't rejoice. He loves him or her still... and fought and died for him or her. God made each person in His image and for himself! God does not like to see people throwing a way their lives. He doesn't like seeing Satan devour anyone but allows it to show us what is in our hearts and minds. The only reason God allows the devil to tempt us, lie to us, and hurt us... is to show us that we are free to choose whatever we want even if it is being against God.

Monday, November 18, 2013

There are two extremes that I have oscillated between for a very long time. On one extreme I was a legalist/judgmental rule keeper that hardened my heart towards those who didn't keep the rules (and it did not matter who made the rules: work, church, home, bus, car, or side walk). I was very uncharitable towards those who broke the rules a lot of the time, but when I wasn't legalistic I went to the other extreme and sought approval in anal ways. I sought approval in

an attempt to not be rejected... and I did it even when it went against my conscience. I now am aware of this dynamic.

God has given me the keys to deal with this dynamic.

(1). As for the approval addiction... I pray to Jesus whenever I sense I'm seeking it from whomever... I pray to God to help me repent in faith from setting up an idol in my heart... and I commit to seeking the highest good of those I was seeking the approval of instead of meeting all their requests. This has given me more confidence, peace, and stronger self-identity thanks to God.

(2). The legalist/judgmental rule keeping side... is dying because the moment I realize I am going there and see it for what it is... I pray to Jesus to help me repent from my judging, hating, and my intolerance. At times I struggle to be charitable but often prayer to Jesus is all that it takes to revert me to sanity.

Sunday, November 17, 2013: Moralizing

I know that my boss at work has shown me how to foster a healthy non-judgmental environment in the work place when bringing change or correcting actions or improving completion of duties... by not attaching blame or shame or moralizing with guilt.

I now know that when I do things out of my comfort zone... I am quick to dream up possible scenarios that could go wrong because of the fear I feel. And I do so because I want to be prepared, not caught off guard, and learn the lesson before supposed lesson begins in the hope of not having to go through the lesson or trial. And so I get caught up in guessing and trying to know why I thought God planned each lesson or let each situation happen! I have gotten caught in moralizing the journey in the midst of the journey instead of enjoying the journey. Lord God I repent in faith from moralizing so much! And I now turn my gaze upon the goodness of God, and His generosity. I choose to not act from the place of a guilt-ridden conscience or being so hard on myself and I choose to not view God as a hard disciplinarian.

I know there is no such thing as evil in the popular sense. The Hebrew and Christian meanings of good and evil are correct... The competitors' definitions lose hand down. The popular definitions enslave, distort, and put people into boxes and all of this fuels the hatred of people and this is contrary to love; and Love is God.

God redeemed me and so set me free. God sets me free from the darkness. God set me free to love. I am set free by God to live healthily in all areas of my life. God sets me free from bondages and the yoke of slavery. I am under good management: God is worthy of my devotions, praise, worship, respect, faith, trust, hope, and love.

Saturday, November 9, 2013

Staying humble is darn hard to do! It is clear that when people judge others, others often seek to judge them back. I know that I am tempted to judge when others judge me. It is also true that people involved in disputes who judge their opponents, often fail to see that the same measuring stick can be used on them. People who judge often forget they can be guilty of the same things but usually with slightly different emphases or surprise reversals. What is universal is that pride is involved... because judging is involved.

Thursday, October 17, 2013

I have had such success in answering theological questions when it comes to seeing good and evil in terms of healthy and unhealthy (which are the Hebrew and Christian definitions)... but also in correcting an annoying behavior... and now I realize that these truths are meant to be lived out in every area of my moral/spiritual life. The next area that comes to mind is: my selfishness. The reason being that when I look at evil and good in terms of popular/traditional ways pride follows successes and guilt/condemnation follows failures.

Tuesday, October 15, 2013: Kindness

Kindness, turning the other cheek, not judging, believing the best of others changes us and grows our love; and sets us free from the selfish "me" pre-occupation with rights and entitlements, and sets others free from our schemes to get what we want! This is a first step to keeping a part of the Sermon On The Mount given by Jesus recorded in Matthew 5:38-39. But relationship with Jesus is crucial to living this out otherwise the teaching is just another rule. People will test this resolve (sometimes dramatically... sort of like knocking on a door really hard to see if it is made from real wood), but when we stay steadfast in our commitment to love; being kind, and being non-judgmental... in the face of unfair accusations or insults our actions will speak to them in very loud and convincing ways... and we might win a friend in the end if not just respect.

Thursday, October 10, 2013

Trying to escape negative feelings without confronting them is not wise. God reigns in Heaven above, and on earth below. I feel at peace now... didn't feel it yesterday up until this afternoon. Embracing your feelings is not the same as trying to conjure up pleasurable feelings. Seeking to replace un-pleasurable feelings with pleasurable ones by pushing down on them or suppressing the undesirable ones leads to depression and addictions. We all want to be happy. When we run away from our problems they are in the habit of pursuing us. This is the way it is intended... if they are close by and we can see them, then we can deal with them with God's help.

Learning to listen to what speaks to us is important because Jesus' sheep know His voice. I have been learning this the past while and only put it into words today. I know that when I try to listen to or understand stuff that leaves me flat and not energized that stuff is not spiritual food for me at the time, and I need to tune it out for the time being. But when something catches my interest, energizes me, and gives me a lift then that is a sure sign that God is speaking to me. Healing, forgiveness, repentance, hope, and peace will result.

I now realize that my junk-food addiction does grow back bit by bit when I start to hate myself again more and more and recedes when I renounce my hatred and return to loving myself. When I don't deal with my anger, faults, and shortcomings with the right frame of mind the hatred appears. I do love myself... because God hasn't given up on me and loves me unconditionally. Just because I do wrong does not make me an evil person.

Tuesday, October 8, 2013: Mind and Emotions!

For sometime now I have been aware that I ought not be ruled by my emotions. But I tackled this incorrectly. Truth is: Emotions are triggered by our thoughts... Changing the thoughts... Will change the emotions... Will bring relief! How do we know what are the wrong thoughts? Ask Jesus and he will let you know. Not all thoughts can be refuted directly by the Bible... But the God who inspired the Bible can refute the lies! For instance... The thought might come into your mind that says something negative about a loved one... And this can create fear in you because you love this person! Asking God if the thought has any validity or not will bring Peace and hope to the heart and mind because God won't want us to worry.

The possibility of being rejected has been a big one for me! I now know how to combat this attack by devils.

Saturday, October 5, 2013

I was in discord this morning. I felt desperate and weak emotionally. I did not want to be ruled by my emotions. I wanted to rush forward and get by this impasse ASAP... but that made the emotional turmoil worse... I realized this... and stopped trying to escape it... that took the power it had out of the emotional turmoil and fear of sea within... I then realized that I needed to work through my emotions and face them slowly in the present and always do so... not stuff, push, or be ruled by them. Thank you Joyce Meyer for showing how to have victory over our emotions!

Friday, October 4, 2013

Saints/sinners and unbeliever often see and recognize the same truths... but saints/ sinners are committed to different truths than unbelievers. Often unbelievers see truths that saints and sinners are blind to and that we need to hear and accept. Often people are too busy building a belief/judgment system or a systematic theology instead of hearing truths from God that can set them free to love people more deeply. Being committed to a system of thought will blind one to truths that can't be derived from that system. Relational truth is meant to honor, protect, and prevent harm to people.

I now know that I don't know better than others when it comes to the truth. What I see others might or might not see. And there is so much more that others know that hasn't hit my radar.

No one has a monopoly on the truth.

Most people can recognize the emotions of the heart imprinted on the faces of others within their own cultures and often outside their cultures. Recognizing emotions is important but some people can relate to certain groups of people more than other groups because of similar life lessons.

Wednesday, October 2, 2013

I now realize that being able to experience beauty is not a result of piety. If it were we would get proud in the worst way possible about the stuff (art/music/poetry/

photography/movies/books/property/dress/friends/church/sect/nationality/...) we like and appreciate.

Being free means I am able to set others free from having to do things my way. I am realizing that in my family relationships especially in this our move to our newest place of residence this week!

Sunday, September 29, 2013

There are frequent times where I have so many devil-thoughts in my head. How do I fight them off so I can tune into God's voice? When this happens I constantly have thoughts of: "I can't do this", or "This is too difficult", or just too much static... I think this happens when I turn principles into laws and forget God. Seeking to obey rules so as to gain intimacy with God leads to discouragement, frustration, and failure. I know that I need to quiet myself.... Believe in The goodness of God, and assert my identity in Christ... Fight the fight of faith with God's word! God inhabits the praise of His children! God is the focus... not the praise or worship.

Friday, September 27, 2013: More Insights

I remember being at an Easter vigil many years ago and angrily laughed, judged, and resented part of the liturgy in the baptismal and confirmation rites. I have just now been asked to request from God to open my ears and eyes and mind and heart to His Spirit and His communication. I now repent with your help Lord Jesus from my insensitive attitudes back then up till today... And I open my ears to what you have to say, eyes to what you have to show me... In my mind and heart with your help! Nothing is impossible for you! Thank you for loving me! Amen and Amen!

I know that the words from the Lord's Prayer "thy will be done" are not an incantation, or magical answer that makes everything right! They are a request to a good God who wants to answer these words... After all He came up with the prayer! The prayer was made for us... And God aims to answer it.... For He is very much looking over His words to perform them.

I find that when I covet something others may have some power over I tend to panic, fear, and despair that things won't get resolved when I go purely by my emotions.

I know now that the key to the Lord's Prayer is in the Beatitudes and the Sermon on the Mount! Jesus told me that I am the salt of the earth and the light of the world in the Sermon, and that faith in the identity Jesus says I have will pour out into my actions through the Holy Spirit. If I believe in a dark image of myself I will act accordingly!

The foremost/supreme key to being free and at peace in love is relationship with God. From this the following are the pillars/principles to abiding in Jesus (not treating them as laws or relying on them solely and forgetting Jesus) but as principles that work as Jesus' grace moves through them bring fullness of life, provided relationship with Jesus comes first:

- Knowing my identity in Christ
- Believing what God says to me in the context of the relationship I have with Him through listening prayer and meditation and renewing my mind that therefore changes my actions.
- Thinking anointed thoughts, truthful thoughts, positive thoughts, courageous thoughts, and humble thoughts; and not being ruled by my insecure (fearful) emotions... And ignoring, saying no, and not focusing on: the poor me, the bad self-esteem me, the coveting me, or the, "I got to have it for myself: me" identity. Doing this is foundational to living out my calling.

No procedure, no device, no created thing can take the place of Jesus. He alone is the source of life.

Sunday, September 22, 2013

I am having a much easier time imagining stuff in my mind or with the eyes of my heart now that I have given up my rigid-lawyer-type-minimalist-approach to mediating on Holy Scriptures and in my attitudes and countenance towards relationship with people. Today I was able to enter into a Gospel story as though I was there: it was so real. I saw Jesus and felt affection for Him. I felt the weather and the elements... I began to feel consolation and nearness. I now feel his peace. I'm not better than others because of this. See the reasoning below in the next paragraph:

God has put this desire in all our hearts: to want communion and connection with Him⁴. To hear His voice; to sense His presence; to recognize His voice better, and to have confidence in Him to where He is leading us. This we don't do all by ourselves... It is God who wills to and acts in and through us for His good pleasure.

Pride is not to be the outcome from true intimacy with Jesus (although it can sneak in when we aren't careful)! Real intimacy with Jesus brings about humility (groundedness), love (warmth), and joy (excitement), and a sober, caring, and a non-puffed-up attitude. By this I mean to not have a: "I'm-better-than-you-mentality-just-look-at-me". Usually when somebody is impressed by her or his own prayer life they have pride... but when he or she are impressed by God in their prayer life then they are likely more humbler for it.

To get to this place for now so much work had to go into it. I had to learn about the way I think... and make many corrections in my approach along with weeding out toxic codes in my mind... I had to put my feelings in the proper place (not give them too much authority), I had to ground myself in the Holy Scriptures... believe God's promises... and persevere in learning how to pray like Brad Jersak teaches in his book, "Can You Hear Me?". Truth and right thinking sets us free! This area is getting healthier... gradually, gradually, and gradually...! Thank you Body of Christ and thank You Holy Trinity! Amen and Amen!

On The Sabbath & The Mass

Jesus said that the Sabbath was made for man; not man for the Sabbath!

I now think I understand Him!

If man were made for the Sabbath that would mean he has to do something to fulfill the Sabbath... i.e. He will have to work at something to meet what the Sabbath's demands or obligates. Work isn't always looked forward to. But if the Sabbath is made for man then it is meant to bring him rest from work, and that will bring about celebrating one's relationship with God who gives rest: hence he will want to attend Mass on the Sabbath. Yes going to God's house to show our respect for Him and learning more about how to worship Him is the way it is intended to be.

The Mass is meant as a celebration... In fact the word Mass means celebration!

⁴ Hungering For God, Mark Virkler, Patti Virkler

There is a range of riches in this world. Some love worldly riches; others love spiritual riches.

“The Sabbath is not meant to be a mandatory day on which we grudgingly go to church.”⁵ Sounds like a law-works-mentality to me if it were true!

The Sabbath isn't the same as going to Mass. We are made for Mass (celebration) and Mass (celebration) was made for us. All the commandments God gives should be looked upon as prescriptions meant to bring health to our minds, hearts, and souls. Going to Mass is meant to bring health... Want health? Then go to Mass.

Thank you Lord Jesus for straightening out the burden and confusion I felt in this area of my life. Lesson: don't confuse Mass with Sabbath.

Saturday, September 21, 2013: Interpreting Holy Scriptures

I am seeing that the way I tried to interpret the Holy Scriptures in the past was minimalist, mathematical, philosophical and devoid of human warmth, unable to see beyond the letters and words to a reality BIGGER than the universe. Unable to see the people, their burdens, guilt, joys, courage, and determined to not use my imagination so as to only stay true to what could be logically deduced from the verses with my own faulty reasoning! I argued like a lawyer would... not like a child whose imagination soars on wings like eagles.

In retrospect I realize that my approach to people has been the same as my approach to the Holy Scriptures. I have been cold, distant, lawyer-like, rationalistic, mathematical, and philosophical in my interactions with people. Not because I despised being warm, kindhearted, merciful, and at peace with others... it is just that this cold way is what I learned and picked up as my personality developed over the years.

I know that some people close to me are very good at reading others. They pick up on people's energy, attitudes, motivations, anger, love, kindness, gullibility, or moods very intuitively. I want to be like that... and that is not done by focusing on words alone like I have done for such a long time. I guess this will take time to develop. I know it is a healthier approach than what I have been in the habit of doing.

⁵ Saint Paul Catholic Church Website

Friday, September 20, 2013

God gave me an image yesterday as I conversed with Him in listening prayer. I saw a Ken "type" doll that young boys play with just as I did as a preteen, and it had a chest cavity and somebody put some plastic canisters in there (maybe representing an attempt at courage, or self worth) and then a mantle or armor to cover the chest (don't remember that well) which represents a layer of protection or responsibility. My responsibility growing up was to play it safe. To not take risks. To stop living. To protect and cover my own perceptions of my shame.

I really did not know what to do with the Ken doll image that Jesus showed me with the eyes of my heart yesterday.... Yes I was shown stuff about it and learned its functions... but how to get rid of it was a mystery to me until now. In my meeting place today I saw the doll and I asked where Jesus was... He appeared in white and I asked Him what I ought to do with the doll. He looked at it and willed it out of existence. It dematerialized and vanished. I felt like a root had been pulled out of my heart... replaced with tenderness and joy! Thank you Jesus for clearing this up and healing me! Amen and amen!

Thursday, September 19, 2013: The Lord's Prayer

The Lord led me to pray the "thy will be done" part from the Lord's Prayer in order to deal with my selfishness more effectively for about a month now... yet I still struggled a lot in this area... But when the Revelation in the next paragraph brought repentance I felt an old (frame of mind) and familiar strength (grace and peace) return to me to say no to my selfishness like in old times! Thanks to God! Amen! I feel like salt again.

Years ago I came to believe the lie that I could no longer pray The Lord's Prayer because of my harsh circumstances at the time. I did it when I was going through much adversity and darkness! I did it because I had an "I can't do it mentality". The Revelation is: Jesus does not command us to do the impossible at any time! Truth is I could pray the Lord's Prayer back then. Today on September 19, 2013 I was convicted by the Holy Spirit and was led to repentance in this area! Thank you Lord God for never giving up on me! Amen!

Monday, September 16, 2013

Lately I have been watching the Lord of the Rings (The Fellowship Of The Ring) movie and I am noticing that Boromir had much wisdom, and I could say he had a certain healthy goodness... but he was not equal to the challenge of greater power; the power

of the ring. In the movie he is heroic, not as proud as I was in the habit of wrongly judging him to be. He says many beautiful things, encouraging things, caring things, and wise things as he journeys through his adventures. He is human even though a character in Tolkien's masterpiece. I am glad to see you Boromir in this new light.

Yesterday I viewed a prayer from the Clarion Journal and I felt convicted. I now realize that my opinions on the Middle East came from a hard place in my heart (one can say a fatalistic, cynical or judgmental place). My opinions might be right or wrong... but they need to start coming from a place of love, respect, peace, and good will. Lord God please forgive my lack of love. Thank you very much!

I know that when I became ill I made excuse after excuse after excuse as to why I looked and felt the way I did because of my schizophrenia and life choices. I was ashamed of my image. I wanted to be accepted. I disliked my appearance, and my belly. I had people judge me, but also people who accepted me despite my looks. I wanted so much to be normal and accepted by everyone. I aimed for normal. But really there is no such thing as normal except in Statistics and Mathematics where contextually it is usually defined by some averaging equations. I can't be normal. I am who I am. I am the light of the world. I am the salt of the earth. God loves me unconditionally. Jesus loves me, and died for me. I am not some statistic or numerical value to be pumped out of a formula. I like myself. I love myself.

So I need to burn my measuring stick. It does not determine my value. It does not determine anyone's value. I repent in faith from my judgments, insensitivity, hatred, and pride in this context with God's help. I repent from believing the lies demons fed me that dehumanized people in my eyes including myself. I repent from seeing disabled people as not worth my time, effort, or interest.

Sunday, September 15, 2013

I think I have had another breakthrough in how to view things. I thought that all the major toxic trees and their roots had been taken out... and all that what was needed was to remove the tiny roots left behind. Well that made sense for a while... a long while... yes many major toxic tree roots did come out... but now I know that there was still a major root inside me called, "hatred." I asked God and that is the word that came to mind. I am tired of picking off "shit fruit" from toxic trees rooted in my heart and mind... I want all-toxic trees to be uprooted from my heart and then I'll have no more shitty fruit to deal with too.

Well then I did not know whom the hatred was directed to until God showed me that it was directed towards Him because of a situation I found myself in. No wonder I got so frustrated because I could not see Him with the eyes of my heart in prayer. I know that hatred can range from shallow to deep. It can be a feeling, or a commitment of the will. Feelings are feelings and I need to be honest about what I am feeling. Deep down inside

I love God. I have prayed about it and I think the feelings are dealt with. Thank you Lord Jesus!

People often, I did myself, think that when there is a blatant block to love, or relationship that it has to be something to do with the distant forgotten past. But that is not always the case. We can have many recent decisions, vows, wrong thinking, or proud attitudes that destroy love. I am not telling anyone where to look... but I know now that recent actions along with distant ones ought not be over looked when pondering God's communications to us about sins that needs to go.

September 13-15, 2013

True grief, hurt, suffering, endured ridicule; shame and anger when worked through properly in prayer will blossom into love! We don't come to Christ to feel nothing in the end! Blanket prayers don't work, each root needs to be examined with the light of Christ, as only He can give direction on what to do with memories, vows, and toxic codes in the mind.

If I judged myself a certain way because of a traumatic event somewhere in the past, then in all likelihood I have judged others with the same measuring stick; until of course the rotten judgmental codes have been neutralized in prayer, and new Christ centered thinking has replaced it. Moreover relationships that have been impacted by these codes may need to be repaired too, maybe plenty of repairing is needed.

I now know that I still had tears to shed for a confrontation I was involved in while in grade six. I was humiliated... and laughed at... but now it is dealt with because I forgave them all. Thank you Jesus!

Wednesday, September 11, 2013: Limiting Communication With God:

There is no such thing as: "I know all I need to know when it comes to how I pray". If I'm not open to learning then I don't have a humble attitude and that means I won't listen to and obey God! And this will limit my ability to recognize God's voice when it comes to re-assurance, rebuke, comfort, surprise, or direction.

Tuesday, September 10, 2013

Today I figured out what frustrates and stops me meeting with God in a deeper way with my imagination in a meeting place through Listening Prayer:

Perfectionism (things had to be a certain way... instead of acceptance of simplicity and letting God surprise me)

Belief in neutral ground (there is no such thing)

Cold rationalism rooted in Pride

Hating small beginnings

Not putting up with small beginnings

Monday, September 9, 2013

God does not leaving us without light. His messages are meant to bring peace, and prepare us for the road ahead. He is in control. The dream I had before I woke up this morning was meant for my peace and encouragement but a devil initially used it to bring anxiety and it took awhile before the smear-campaign of the devil was defeated. I had to take an Ativan to calm down at first. I don't have to fight old battles and be defeated like so many years ago. But a new battle has come along like the dream asserted. It is not like I could win the old battle now. The old is gone. All I have is the present. I can look forward to the future and win this battle (because God has said He is aware of my battle and He knows I will have victory since the dream was meant to convey that meaning). God is always friendly. Truth and right thinking sets us free... all in union with Jesus!

I was struggling to navigate through annoying circumstances this afternoon, and I knew that approaching God was the answer to getting my peace back. But I knew I could not approach God in a demanding way... hence Jesus' insistence that we pray God's will be done... and when I prayed it I got the peace that transcends human understanding.

For such a long time I was leading a fast retreat when it came to truths about respect, tolerance, and non-judgmental-ism because I knew so little about them in thought and action most of my life. And that gave me a retreat mentality and a lack of confidence and no willingness to share Jesus who is most precious in my life! In short I focused on negativity (bad laundry) as opposed to positivity (good fruit) when it came to spirituality. Now instead of focusing on damage control... I am going on the offensive... and that puts me in a more wholesome energy mindset. That doesn't mean that I have learned how to apply tolerance, respect, and non-judgmental-ism in all areas... I need to pay attention in these areas and not cross the lines while being offensive minded. Thank you Lord God! Amen and Amen!

Thursday, September 5, 2013

Well then Lord God I am learning so much the hard way as usual. Yes you taught me a long time ago that when I go by my feelings alone that I play into the devils' hands. I saw it first thing this morning at work. As a way of disciplining myself I am not going to listen

to music as much anymore for the time being. Pleasurable feelings are nice, but feeling them is not always an indicator of healthy spirituality. Indeed the opposite can be true.

Lord God I am learning that my imagination is like a screen where images are projected on by my heart or flesh either in tandem with God or evil spirits. There is no neutral ground. There can be mixtures that need to be sifted through though and weighed carefully.

God can give a word of knowledge, but the devil can come by later and twist it in such a way that it discourages us and makes us fear. The devil does lie, but He will tell a thousand truths to sneak in one lie. When he tells the truth it is out of context and meant to lead us astray. The devil loves half-truths.

I know now that I can imagine stuff whose source is either from God or the devil or a mixture of both. When my motives are right and my heart is in the right place... and I imagine Jesus in contexts found in the Gospels, then I can be pretty certain that the Holy Spirit is helping me to see Jesus and His message in new life giving ways, but not always... as the devil often appears as an angel of light in attempts to steal, kill, and destroy. However what bears good fruit has at its source God.

Monday, September 2, 2013

I know that leaning on my own understanding will lead me to entering a mad house. Trusting God is the path to sanity.

Trust in the LORD with all your heart
and lean not on your own understanding;
in all your ways submit to him,
and he will make your paths straight.
Do not be wise in your own eyes;
fear the LORD and shun evil.
This will bring health to your body
and nourishment to your bones.⁶

These words are as relevant the day they were written and always will be important as we walk by faith now and on in the present! If we don't take these words above to heart then we will walk in anxiety, confusion, and fear... and we will be attacked by devils pushing us into darkness and despair!

I know that in the back of my mind that I assumed I would only have intimacy with God until after I had gone through all heated and grueling darkness meant to purify me. Fact

⁶ Proverbs 3:5-8

is that I had fellowship with God before the promise and darkness came. Those who listen to God's voice and take it to heart and desire to live it out have fellowship with God. Those who hold onto acts that are grave in nature and knowingly and freely participate with darkness don't have fellowship with God until they are forgiven and reconciled.

This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.⁷

I now know that I can't force or manipulate or be good enough in my own power to earn or get close to God or to get God close to me. I don't have to be perfect to have fellowship with God. Yes sins do come between God and us. But God does speak to us despite our sins. When we respond to His correction we walk in fellowship with Him. Jesus friend of sinners walk with me a sinner. I will never be good enough to earn God's fellowship. It is a gift to those who trust in God and do what is right (not perfectly... but as much as possible).

Tuesday, August 27, 2013: Fellowship:

God speaks to all... Some recognize His voice and respect it... whereas others oppose it. It is true that the holier people don't hear God's voice better than less holy people. We all hear it. But for those who are committed to obeying God's voice in a genuine way they do get something that those who reject God's communications don't... They get fellowship.

Monday, August 26, 2013

I now know that I wrongly and loosely believed the lie without examining it more closely that the cleaner I got inside the better I would hear God's voice. Brad Jersak does a good job refuting that expectation or lie. God is always speaking, we might not listen to Him, fight the communication, or disagree with it, or hate it, or be led to oppose it. But we all still hear it. Those who oppose it miss out. Those who listen to it in faith... are more often blessed.

We often think that God is just like we are. I know that when I was rejected (especially in my schooling years) I would out of pride stop talking with my opponents, distance myself from them, and turn my back on those who hurt me. So I naturally thought God did the same... and that I needed to beg for His mercy and friendship to return... after

⁷ 1 John 1:5-7

all Adam and Eve did turn their backs on Him a long time ago in the garden. Yet even in Genesis and till this day, God does not give up that easily. God does not do tit-for-tat when it comes to relationships. When we turn our backs on Him He chases after us, and looks for ways to draw us to Him self. He is not ashamed of who He is, He is courageous, He is compassionate, passionate about us, and wanting friendship. Like a Michael Card song says... “[He] ...will walk weary miles and welcome ridicule just to see a sunrise of your smile...”

Sunday, August 25, 2013

I now realize that all words of knowledge have their own context and correct interpretations. This is very important because Satan can also repeat God’s communications and try to mislead us by interpreting them in ways that lead to hardening one’s heart, fear and turning away from love in judgment and condemnation of others who were supposed to benefit in some ways from the communications through our upright responses. Satan tried to confuse Jesus when Satan quoted Holy Scripture in a tainted way meant to trap Jesus. But Jesus was and is the author of Scripture and therefore the correct interpreter of it too. God respects each person’s privacy and He wants me to mind my own business... and if He gives me a word of prophecy that applies to another person He intends for peace, and love to be stirred within me for that person. His words are meant for our good, not our destruction. Also certain truths have certain life spans. I know that I was given a vision when I first got saved... but that I wrongly interpreted it later on... but God meant it to help me see my true self... and help me to grow up in love.

Monday, August 19, 2013

Lord God I now realize that I never apologized to you for having judged humanity’s goodness in a very negative way. Yes for a long time now I have seen things in a much better light... but I had not apologized for believing the lies I did twenty years ago. I just confessed to you that I was in the wrong so long ago! C.S. Lewis was in the right: The goodness we are born with is good as far as it goes because it comes from you, but it does not go far enough... hence the need for you the living God, a new birth, a relationship, a fellowship, your Leadership and Lordship, you the Father and brother, a Holy family, and a destiny. Nothing is impossible for you Lord God! Amen and Amen! How can I ever feel anything good for people if I don’t see the good along with the bad in them? I can’t. I need you Lord God, I need you, and I will always need you! Thank you for helping me to get this far in the journey. Amen and Amen!

Sunday, August 18, 2013

Yes, I now realized that God puts no one into boxes. We humans put people into boxes through the hardness of our hearts. Boxes close our hearts and kill our love for those we

put in them. That is not what God desires: He desires that we love in the present those in our lives (we can't do that if we write them off or put them in boxes)... the future is not totally determined. Right now in the present we are determining where we are going or who we are becoming. People grow in commitments. People shrink from commitments, people wobble back and forth in their commitments... some are stable, others weak. But there is hope... Because there is hope for me... there is hope for all who have breathe.

When we put people into boxes it is because we have agreed with a judgment or made our own judgment(s) on those people whom we have put into boxes.

Big roots may be pulled out in one large battle... but afterwards there are many smaller roots still intact that need to be extracted as well. Blanket prayers won't harvest those smaller roots in one shot... each root has to be dealt with one at a time.

I need not fear... I can choose to fear or to be brave and bold. This Saturday at the bus terminal at Brentwood Mall there was a dude looking for stuff not nailed down... and it peeked my interest until I began to fear that he might see me staring at him and so somehow provoke a confrontation... but I did recover and saw that I could choose to fear or be strong. I wobbly chose strength. If God is for me who can be against me?

Everyone has her or his own rate of growth. Some mature quicker than others. Some take their time to start... others need to find motivation. Those who rush things aren't wise. It is not good to judge!

Thursday, August 15, 2013

Lord God yesterday I felt so weak while at work. I felt like I had chronic fatigue syndrome that I was told is akin to hyper-insulin-ism. I knew that my food and drink addictions were finished... so I was wondering why I still had this weakness. So I took an idea out of an old inner healing book and decided to authoritatively command my blood and insulin to do what they are designed by God to do in the ideal. I immediately felt strong. Today I felt the weakness return a little bit... but then I re-commanded the above and that made me strong. Thank you Jesus Christ! Amen and Amen!

Monday, August 12, 2013

I find the more I slow down my reactions to stuff that upsets me the more able I am to deal with my negative energy, and so come from a more focused kind, gentle and caring place and to not condemn or be judgmental to others. This keeps me from hurting others like before.

I know that just praying to God that “His will be done” should not be seen as a magical incantation, or technique that gets me what I want. There is a loving God to whom these words are directed... He has feelings... and He wants me to know that He loves me deeply. He can and does do more in me than I ever hoped or imagined. Those who walk with God don’t know where He is leading them. Yes they know it is towards “love” but their meaning of the word “love” is shallower than God’s promises hence they don’t know where they are going, which should help keep us humbler.

Friday, August 9, 2013

I am making progress: Yes slow progress. Viewing my faults as unhealthy like the Hebrew Bible teaches is giving me victory after victory instead of a rout of abandoned attempts to live up what is acceptable. It is amazing how such a small thing has such power.

Also wanting and praying for God’s will to be done gives me power to give and not be as selfish as before.

Also I know that I still judge without even thinking about it... but now very quickly a few seconds after each judgment I find I’m aware of it and repent with God’s help.

Thank you HOLY TRINITY! Amen and Amen!

I always used to resent that I was dependent on food, and why it tasted so good. But now I see that it is meant to teach us our need for living water... and just like biological food tastes so good so does living water and the bread of life. Transient food has its place; not to tease, mock, or make me feel guilty or bad but to prepare me for something better. The Holy Spirit tastes infinitely better than biological food.

There are a lot of thoughts that have gone through my mind. Some oppose Scripture. Others don’t relate directly to what is in the Bible and yet are slippery and slimy.... They are often like tapes playing of voices from long ago, or enemies speaking present tense into my mind. They are negative, and believable lies for someone who has gotten used to them. And I had believed them for years. They created fears, temptations, confusion, and anxiety and motivated me to do stupid things. Only in being able to hear God’s voice and believe His voice was I able to gradually quiet those dark and sinister voices. Now it is for the most part silent. Yes there are still battles of trust and little trials or skirmishes that come my way that make me uncomfortable. But the demons are under my feet like my friend Rebecca (not real name) prophesied a little while ago. Thank you Rebecca, and you Lord Jesus Christ!

Wednesday, August 7, 2013

Today, the Lord’s Prayer spoke to me strongly and gave me much hope and substantial stability. The part that did it was: “Your will be done (Lord) on earth as it is done in

Heaven.” This did a deathblow to my selfishness and fears, and killed me only looking after my own interests or whims. Instead it allows God room to move in my life and me to do His will more properly in the lives of others. Thank you Lord God! Amen and Amen.

Well I got a pretty gem from my wife today on the ride home from work. She said that young people, namely teenagers are often in their own worlds. She meant that generally speaking we should not expect from young people what we expect from older people. Yes, some young people are more mature than older people. Moreover most people are mature in certain areas of their lives and immature in other areas. Re-adjusting my expectations will serve to grow my compassion and gentleness as directed towards others and help me meet people where they are.

Tuesday, August 6, 2013

Thinking in terms of “right” and “wrong” the way our society defines it can very easily lead to pride and wanting to reward oneself each time one does the desired good deed. And each time we do something wrong we might want to punish ourselves. However healthiness is it’s own reward: thinking in terms of healthy and unhealthy acts leads to progress, spiritual growth and healthy thinking.

I now realize that if I judge before I confront, then when I do confront then I will have negative dark energy come out of me and defeat the purpose of confronting. The only way for me to come from a clean non-toxic place of love is to work through the process of giving up judgments when they arise in anger and to not confront until after the judgment is dealt with and I am clean of negative energy.

Saturday, August 3, 2013

Evil has no meaning if there is no creator. Evil from a Hebrew and Christian perspective needs good in order for it to exist. Good is when something is functioning as it should. Evil is a dysfunction... like rust on a car but in the spiritual sense. When something is good it is because it is functioning as it was designed to. Design means it has to have a Creator; otherwise good and evil are relative and may as well be jettisoned.

I am feeling really good these days... but my flesh is so easy to give into. It says “ME, ME, ME, and ME!” But I find that talking about actions as being healthy or unhealthy are better motivators for me to doing “the RIGHT things”... but I realize that progress is slow. Viewing stuff as right or wrong easily leads to pride. Yes, “Jesus became sin so that we could become the righteousness of God” should be understood as: “Jesus became mutilated in the flesh so that we could become the health of God in our hearts, minds, and souls.” If one does not understand this then so many sin problems will manifest

themselves. Having a proper understanding of sin, others, God and self is essential to healthy thinking, loving, talking, kindness, patience, compassion, and staying away from judging others. But understanding is not enough, we need the Light of life: Jesus, to guide us and lead us in every present moment.

God's Commandments are to be viewed as prescriptions that when fulfilled will lead to healthy relationships. The Commandments are not an end in themselves. Love looks like the Commandments. The written code by itself is powerless to make us righteous (spiritually healthy). Abiding in Jesus is the key to love and is the fulfillment of the Law. The word "abiding" gives a sense of nearness... and a requirement for that is a humble attitude, for God knows those with proud attitudes from afar. We can be humble in some areas in our lives while being pompous in others. We can oscillate wildly in small or BIG ways between being humble and proud from moment to moment. There go I but for the grace of God.

Friday, August 2, 2013

I know that the smile on my face is a result of old codes that spring into action without my present consent... codes that are based in pride and judging... and that operate faster than I can bat an eye... the healthy thing is... that I am constantly finding periods/times/or occasions where I come face to face with the codes and am able to reject them and choose the opposite... and actually think and act humbly. This is a slow process... and thankfully I have time...! It is renewing my mind Jesus' way. Praise the Lord.

One of my friends named Rebecca (not real name) told me (this past Tuesday) that the demon spirits were beneath my feet... those who have tormented me all these years. The previous Sunday while at Mass I had no space in my mind. I was harassed with evil thoughts and all I could say was "Praise Jesus" over and over again. So I thought it was only Rebecca speaking... but then I slowly realized there was truth in what she said so I claimed it. I have had victory after victory since then over stuff that has stymied me for years. So Rebecca's words are prophetic. Praise the Lord! Amen and Amen.

My world is opening up. I am gradually becoming more and more teachable, more curious, more patient to learn, to read, and view stuff that I used to not have time for. The world is opening for me. Thank you Holy Trinity.

Wednesday, July 31, 2013

I finally know how an old friend felt when I said something at the wrong time. I finally know how my wife felt when I said something stupid a while ago. I also know that I had trivialized the forgiveness that others need to come to because of conflicts. I thought it was easy to forgive... but now I see that a real process (don't rush things) is necessary for each person to forgive... and on top of that

finding out the wise steps necessary to deal tactfully so relationships can continue in the best way possible.

Sunday, July 28, 2013: Liking things:

For many things in this world, we choose whether we will like them or not and the emotions we have usually follow after we decide one way or another. I know that for most of my childhood I was uninterested in nature... its beauty, complexity, design, magnificence, and the glory given to it by God. Its beauty did not register with me in any real depth.

Then when I fell in love with God in 1989, nature became beautiful to me for the first time... but later on because I was gutted out emotionally as a result of my mental illness I lost touch with this part of myself and did not understand how to feel the same wonder and emotions as before for the things I used to see as beautiful. Truth comes before feelings. Then I realized that all I need to do is decide to appreciate and embrace things for what they are and that this will allow the feelings and romance to slowly come back as before. It's working!

Saturday, July 27, 2013

I can connect with people one decision at a time. I reap what I sow. God knows the plans He has for me; for good not evil... to prosper not curse me. I can learn to focus on people in healthy ways and so eventually see them for whom they are.

I can learn with God's help to love each person I meet one decision at a time.

I can with God's help grow in loyalty, commitment, caring, kindness, compassion, and appreciation for those I know and meet. I reap what I sow. God blesses me! That is the way God designed me.

I can with God's help bond more and more with those close to me.

Friday, July 26, 2013

Meeting people where they are at is a very important step to loving them. If we miss this step we won't love. The Gospel is not: keep this, do that, and pray such, and then I'll accept you. Jesus said, "Hi... I'd like to be your friend..." and met people where they were at so He could help them farther along in this life and into the next life in His friendship.

Today as I left one place to go to another I wanted to rush but my companion was not. I grudgingly kept him company, but there was no fellowship. Then later on in the day on the way back, the Holy Spirit reminded me that love meets people where they are at, and so I slowed down for my companion and met him where he was at... and to my surprise he picked up his pace... and the conversation was so rich that we enjoyed the walk back.

Human love is not: "See things my way... or else" but rather, let me see you first so to bring you into focus so to celebrate your life, and so to bless you.

Wednesday, July 24, 2013

Yesterday I felt weak inside with a lot of negative emotions and I struggled with them for sometime. I then decided to not accept them as mine and they immediately vanished. I was saying no to negative thinking... but that does not go far enough. We reap what we sow. I had to make the decision to sow positivity otherwise I'd forever struggle with pulling weeds out of my heart. Through a set of circumstances I was forced into the place where I realized the importance of sowing positivity in my life and those about me too. As a result I find my addiction to cakes and pastries gone. This was a difficult lesson to learn: to be broken into freedom, indeed! Thank you Jesus!

Monday, July 22, 2013: Saying Yes to Living

This past Sunday I remembered Sophie saying awhile back that during her school years she used to while at home sit in the pool at the waters' edge doing homework. When she said it I immediately thought I'd never do that when I was her age... Why? Because I thought I knew enough, and was rather lazy back then. I repented from this pride and sloth from back then with help from the Holy Spirit! Amen and Amen! Lord God I pray for an inquisitive humble and open mind... One open to learning new things and being curious!!! Thank you Lord God!

Change and growth come slowly! Gradually, gradually, and gradually...

Saturday, July 13, 2013

This morning to my surprise I made peace with Gollum from J.R.R. Tolkien's The Lord Of The Rings. I had hardened my heart towards Gollum (not conscious of what I was doing) many years ago... because I thought he was worthy of my anger (subconsciously my hatred) because of my past warped and confused understanding of evil. Earlier in my blog (not too long ago) I related how my eyes were opened to what evil and good really are as described in the Bible... this has helped me to see Gollum more for who he was and who he became. Truth be told, it helps me see myself as I am too. Thank you Lord God for healing me. It is amazing how finicky my operating system/soul/spirit/mind/and heart is. Straying a little bit from the truth in my thinking or believing wreaks havoc on my attitude and dispositions at the time until God leads me out of the darkness.

Friday, July 12, 2013

This past week I was realizing that for a long time I wanted to have grace on others. But the problem is that only God grants grace, because of what grace is. I then realized that the human equivalent to God's grace is: tolerance. As the Bible says grace is granted to the humble not the proud. How am I supposed to judge who is humble or proud? I don't know people's motives most of the time, I have no idea where they have come from, where they are at, and what they are headed for. Just because God has grace on us does not mean He likes it when we do something evil. Same with tolerance: we don't have to like what others do... and when they do wrong we can't self-righteously judge them, we can't harden our hearts towards them, or treat them harshly because only kindness leads us to changing for the better. True tolerance does not see evil as good, but it feels for the those who do evil... evil as defined as a "dysfunction..." as something that needs healing... not so much as something that needs to be punished.

Sunday, July 7, 2013: The not so sure thing!

Twice in the past week the supposedly sure thing seemed to show up! But they were both duplicitous lies. The first one I did not buy into... The second one I bought hook line and sinker.... I did not feel normal until I saw the lie that I thought was a truth. No one is respected when you think you can always get them to do what you want or desire! Lesson learned. Thank you Jesus, Holy Spirit, and Father God! Amen and Amen. No one likes it when somebody else thinks they own us!

Saturday, July 6, 2013

True humility is not focused on others and does not look for their dirty laundry so I can correct them. The world offers many temptations... Once the world is "seemingly" left behind the Church offers a whole new set of temptations. A change of location does not do away with temptations within or without. I ought not think I have ever arrived... There is no end to my journey... but the journey needs to be lived in the present. Grace is given to the humble... not the proud. God gives grace: His empowering presence!

Every time we grow spiritually we can wrongly think and believe that we are better than before and also compare ourselves to others because of our victories! This is a pride directed mindset. But a humble approach is one where when we grow spiritual we say to ourselves we are healthier than before. And furthermore we don't compare ourselves to others because it is like comparing

apples to oranges: we are all different. Repeating the word "healthier" when we think of our spirituality is a foundation to humility and non-judgmental-ism.... It will slowly uproot the "I'm better" proud path. I know cause the Holy Spirit has shown me that my thinking needed to be corrected in this area!

Friday, July 5, 2013

The Old Testament verse:

Do not look upon yourself as wise; fear the Lord, and shun evil. It will be healing to your bones and refreshing to your flesh⁸

was written for somebody like me. Cause I have pride. I need to respect God more. And I am pregnant with evil. My upper middle vertebrae are acting up like they did when I was in university... when I was pompous with pride. Pride: I gradually bought the serpent's lies that I was superior to others spiritually; as if I am better than others. I'm not superior to anyone else: Lord God I repent with your help from believing that I am better than others. We all have sin in our hearts... me not the least. Yes my heart is evil in the sense that it is dysfunctional spiritually; it does not always do as God designed it to act, desire, love, and commit. I do have a calling on my life. But I got to learn and take on the attitude that Jesus has: humility. Lord God I remember being selfish back then, but also now. I was full of myself, and unable to love deeply. [Lord Jesus I repent from my pompousness back then up until today] Somehow I have believed lies because I accepted them as truths when they were not true. I wanted to be somebody special... accepted because of my special-ness: on what I could do... not because of who I am in Christ Jesus. Everyone is special; no one more or less so than another.

I have prayed through a whole bunch of pompous and selfish attitudes and repented in faith... I feel like I am doing business with God! Amen and Amen!

Tuesday, July 2, 2013: Freedom to believe or reject! Consequence of Monday's Entry: Putting my theory into practice through repentance and therefore having a new attitude!!!

I realized today that everyone is free to accept or reject what he or she is told. I can't manipulate, coerce, force, demand, or argue anyone into the Kingdom of Heaven. Everyone is free to do as they want for God takes no prisoners. That means I too am free to believe or reject the good news. And I choose to accept it

⁸ Paraphrase Proverbs 3:7-8

because God loves me! But there is one catch: God will hold everyone responsible for what they have accepted or rejected.

I repented in faith from my abrasive demand within my heart, that others believe as I do! I did this with the help of Jesus! Amen and Amen! I choose compassion and caring for people instead of judgment!

Monday, June 30, 2013

The coming together of Christians on Canada Day at Rogers Arena in Vancouver this 2013 brought a few thoughts to my mind. Here they are:

In any relationship involving fallen humans we can't demand that others see things our way when it comes to all truths (maxims, principles, or doctrines) for there to be unity because all people have the right to choose for themselves what to believe. Some believe that truth always unites; it doesn't always unite... Church history proves that opinions on truth have often been used to divide us because we all see things slightly different. Real truth brings freedom to love.

Also we can't demand that all the people we meet necessarily believe what we do so that we can finally love them.

These truths cement good marriages, family relationships, friendships, and church communities.

Love, mercy and grace demand that I meet people where they are at; and I can't demand that people always meet me where I am at.

As many Christian denominations met to celebrate Jesus and Canada Day we were able to tolerate each other's doctrinal positions, and we did not get into debates as to which denomination was best like what easily could have happened early in Church history if Jesus had not corrected the first apostles' arguments on who was the best amongst them.

Truth is important... if it does not help us to love then it is not truth.

Saturday, June 29, 2013

Well I stand corrected yet again by the Holy Spirit. I know that I have been klutzy, blunt, blind, error-prone, hardhearted, coarse, judgmental, and totally lacking in qualifications to be a careful interpreter of Holy Scriptures on certain complicated OT histories. I have been guilty of demonizing people in order to establish spiritual lessons found in Scripture. Getting to the point... I have hardened my heart against people made in the image of God, in order to justify God's actions.

I now know that I don't have to harden my heart... because I too am a fallen human being and there go I but for the grace of God.

Renewal of the mind never ceases.

Friday, June 28, 2013

For a long time I have heard the catch phrase: “You got to know your identity in Christ in order to be free from the darkness.” I did not understand this until today. There are so many voices (or thoughts) in our heads. Some are ours, some are God’s, some are from friends and family or people at work, others are from the world, and still others are from enemies. Knowing the source is key to discerning what is what and who we really are. I have found that when a negative thought has power or sway in my head... and I am fighting it with truth of some sort... the thought that renders it a deathblow is to say and believe that this is not my thought. Having a box disappear is better than attempting to try and fight my way out of a box.

Thursday, June 27, 2013

The devils’ words are discouraging, hurtful, gloomy, hateful, despairing, robbing joy, stealing happiness, a path to desperation, a slippery slope to judging, to impart blackness and pride, caring only for selfish ends, and a pathway to confusion! I can conquer the devil’s lies with raising my shield of faith against his fiery darts. Then I will grow and grow to being more and more successful! Faith in the goodness of God, in the right-ness of His words, and the rich and enduring promises He has made and watches over to perform. Not just faith in faith.

Monday, June 24, 2013

Is God Good?

Today I realized that some people, myself included have gone to God with a double mind at times. On one hand they go to God with His promise that if they ask believing that He will reward them then they will get what they ask for. On the other hand they also go believing God has visited an injustice on them, or that He was unfair in giving others a certain blessing, but not them. When this double minded-ness is at work then one can’t expect anything from God.

Dealing With Negative Emotions:

Lord God I find my emotions often are overwhelming. They are so twisted, so pouty, so poor-me, and on the foundation: without faith and without hope. If I were to go by them I would be a slave... without rest... and without hope... always deferring to another’s opinions... never at peace... totally insecure! Thankfully you Lord Jesus, Father God, and Holy Spirit have given me insight and tools to use against this tendency, to come against a weak poor me mentality or attitude through the teaching ministry of Joyce Meyer and others...! Thankfully you won’t forsake me either, helping me to put your words into action at the right time! Thank you Almighty God! Amen and Amen!

Recovering From Dread and Stress:

For sometime I dreaded work. Then my dread was dealt three blows in this way: I used to think that I had to hold onto my weekend because it would be gone in no time and that it was all the free time I had. But then realized that I did not only have Sunday and Monday off at the end of a workweek but for every five days I work I get another two days off. Seeing a steady supply of weekends coming my way has given me hope, and reason to celebrate each weekend and the attitude to not hold onto them too tightly.

Next, I was led to re-examine my attitude of the workweeks themselves. I used to say to myself if I had four days left to work: I have 4 days of work left. Problem is that I would carry those four days as a weight in the present. That would drain my energy reserves, create more stress, and lead me to dread my workweek even on my weekends. Now I realize that each day I only have to work eight hours along with breaks and time in the evening to rest and relax; to love and be loved. This helped me to stay more in the present. I actually enjoy the workdays more.

Finally, I was led to examine my attitude towards all my duties at work. I used to have a hierarchy of undesirable tasks... thinking even if the worst one was removed then the next one in the hierarchy would take its place: the thinking being that no matter what I did I would always have disagreeable burdens. This is half-cup-empty thinking. I repented from it with God's help and now I actually enjoy each day of work... am less stressed... have more hope... and live in each moment more fully and am more alive.

Sunday, June 23, 2013: Emotions!

Forgiving somebody does not involve beating, forcing or making ones' emotions fall in line with kindness, love, warmth, and compassion. Forgiveness is an act of the will done in faith with God's grace; and when done the emotions either immediately or shortly or eventually fall into line with peace as the weight is dropped and the wound is healed. We don't choose or force how this plays out. I don't have to wrestle my emotions into submission when I get hurt, get angry, or get offended!

Just because I am angry does not mean that I am in the wrong or am evil. Things will come and go that arouse our anger... if we did not get angry we would not be alive. For me unmet expectations trigger most of my anger.

Saturday, June 22, 2013: Definition of evil!

So often I have embellished, added to, and subtracted from the meanings of words besides wrongly defining them. When a word carries an imperfect meaning it can have all sorts of consequences that are undesirable.

I used to have a very warped and absolute understanding of evil. In the past once I established that someone was not loyal to Jesus or God or His teachings I allowed it to jade my opinions of the good they did. If their evil was black and depraved... then their good was also meaningless and depraved in my eyes. So I wrongly judged and condemned these people as utterly corrupt and depraved. This is something I needed to repent from and I did that this morning. The words: "absolute depravity" are a deadly label when it comes to loving others. To my recent surprise, I learned that evil when used to describe people in Old Testament times was totally different than how I thought about it for the longest time. My definition of evil fostered anger, hatred, intolerance, and blindness towards people I labeled as evil. I could not expect anything good from them... even when I saw good coming from them I was in denial and suppressed the truth.

The Old Testament uses the words "good" and "evil" in this sense: "good" is "functional and doing what it was designed to do by God"; whereas "evil" is "dysfunctional and used for an inappropriate end in God's eyes".

Christians use the word evil to mean a shortage or lacking of good in the presence of good. Therefore evil can't exist on it's own. It needs to warp or blemish something good for it to exist. Just like rust does to cars or rotten-ness does to apples.

I used to partially consciously and unconsciously believe that evil people were totally worthy of punitive judgment; to be hated, and opposed. I made boxes out of evil and fit people inside of those boxes. But the Bible says that God loves His enemies. The warped-ness is the evil; not the person it infects.

With the above working definition of evil... I am more able to use the word evil with authority instead of mutilating spiritual knowledge or wisdom.

Looking into these definitions has brought joy to me. And I finally see the need for some of the studying of philosophy because words can be used to trick us if we are not aware of the consequences or are too hasty in our reasoning.

Tuesday, June 18, 2013:

Hasty words are not good things. I realized today that what I thought was wise was not that wise. This was it: I said that each job has things that we will not like to do. Some think that if they were just relieved of the worst then everything would be OK. I thought

this false: I said that then the next thing on the not-like-to-do-list would become a real stink in one's nostrils.

I now realize that this is a very negative attitude... and I have jettisoned it. Doing something useful should make anyone happy. Getting paid to do something useful, caring, helpful, and meaningful should make us happy.

Thursday, June 13, 2013: Empathy Ignition

Today I have been thinking about how children and teenagers react to having to do a chore, duty, or request from somebody in authority. Reactions vary. But I have lately observed that some whine or cry or moan but eventually do perform the desired deeds: and I now realize that this process is at work in me too...! I wrongly saw the ideal person as not going through this process... and so I hit myself on the head often when I did not live up to the ideal... and insensitively judged others as having something wrong with them when they go through this process of accepting something burdensome to do. I am glad I see the light.

I know that I have been in places where nothing seems to work out... Feeling panic or... confused and anxious, burdened and drained, caput and at a dead end, human and frail, imperfect and not 100%, frustrated and a failure, and feeling sorry that I did screw up yet wanting to love others, desiring peace, caring and wanting the best for those I meet. Today a coworker acted very human and made a mess... And to my surprise I could for the very first time feel her emotional reaction to her mistake... And that meant I could feel for her... and help her non-judgmentally! Thank you Jesus! Amen, and Amen!

Perhaps I believed that I had to be perfect and therefore so should others. I therefore couldn't give myself room to make mistakes so I never gave room to others either! I did this in a rigid and legalistic framework. Thank you Jesus for setting me free! Amen and Amen!

Sunday, June 9, 2013

Lord God thank you for last night and the revelations you gave then! Thank you for Joyce Meyer too... she has been a good equipper of truth for me: what to believe, and how to think more positively and truthfully, along with dealing with my emotions.

Today I realize that when I am feeling glum, yucky, and melancholy, negative, and with low self-esteem then the truth that I am not ugly or evil and even though I do sin helps push away the darkness. What also pushes away the low self-esteem is the truth that just because others don't warm up to me quickly doesn't mean that I am ugly, evil, and an outcast. Strangely enough in the past when I felt the negativity in my emotions I took

it as confirmation that I was ugly and evil... how dreadful, how deceived. But praise God... now and forevermore.

A while ago I was in the car at Holy Cross Church by myself and I wanted it to stop raining so hard so I could make it to the building dry. I thought about the Bible saying if I believe or have faith and ask without doubt then it will be given to me. But I said no I'm not going to use a formula cause I don't know the mind of God. It immediately stopped raining. That got me thinking: Am I that far from God? I must have strayed a long ways off if I don't know the mind of God.

Some scientists believe that there are about 170 billion galaxies in the known universe... with each galaxy having near to 400 billion stars... that is more than I can comprehend... I don't know the mind of God: I know a few things... but He knows infinitely more: percentage-wise that is exactly: 0%. So I know nearly nothing... and yes if I am closer to others I will be closer to God.

Then came the image to my mind of the old, broken boat that rested on the shore near the Simply Safari B&B on Bowen Island Sophie and I stayed at this summer... and how it intrigued me... but in a confusing way. Sure it was a beautiful wreck... but I don't want my life's purpose to be a wreck... that is I want to be a fisherman for people like God called me to be in 1989. I then decided that I would open myself to evangelism yet again... that means praying for others again with the intent of winning them to Jesus... that is what I have begun to do again... and I have had more clarity of mind and able to do more business with God as a result... also music I had difficulty relating to also began to speak to me again... slowly, slowly, slowly... along with the Holy Spirit continuing the process of renewing my mind in a way that allows me to care more fully for those who cross my path. Amen, and Amen...

Saturday, June 8, 2013

I realize that I still scoff at what others say very often. My guess is that I still think deep down inside that others will listen to me, welcome me, befriend me, embrace me, be loyal to me, and love me if I say interesting, valid, insightful, mysterious, intelligent, and wise things... and yet... I have resented the idea that people would only accept me if I performed... I also resented people who would only accept me for these reasons. People who are friendly only because of what I might utter aren't loyal to me... they are only loyal to what I say if that or for as long as they can remember what I said. I admit that I prided myself on my own understanding of things... and loved to hear others compliment me. I reject this now with your help Lord Jesus. Lord God I repent with your help from working to get others to accept me based on my thinking, ingenuity, cleverness, cunning, and pride. I repent from my pride with your help Lord Jesus Christ. Lord God I choose to forgive, not hold against, and take the hook out of those I judged as only liking me for my cleverness. Amen and Amen! Lord God whatever I need to see...

whatever I need to understand... whatever I need to hear to counter this venom from the evil ones please speak it to me so that I can be done with it as your revelation blows the darkness and shadows away... I ask for this in Jesus' Name... amen and amen.

Thursday, June 6, 2013

Forgiveness... what a complicated paradoxical topic!

I don't deserve to be forgiven by God, but He longs to forgive me.

I don't deserve to be forgiven by anyone, but this does not mean that I ought to be treated like shit by the person I wronged. Why? The Old Testament limited revenge to an eye for an eye and a tooth for a tooth because people wanted justice and often revenge that went to extremes. But Jesus goes one step further and commands us to not resist the love in our hearts for those who hurt, harm, or do evil to us. Thus we have the paradox: "I don't deserve to be forgiven by anyone, but this does not mean that I ought to be treated like shit by the person I wronged."

I find that when I disappoint somebody near to me I so much want to punish myself and be hard on myself to win the day and to motivate better behavior full steam ahead into eternity. Intellectually and morally I know this to be fruitless, silly, wrong, and a result of a devotion to a long tradition: "eye-for-eye-tooth-for-tooth."

Wednesday, May 29, 2013

One problem with labeling a person as evil or wicked is that we put them into a box of expectation: they can't do anything right. This is false. And if we wrongly view them this way we are constantly judging them, unable to love them, and drawn to hate them!

God loves His enemies; He can't love evil. So His enemies aren't evil. They will do evil... But they are made in God's image and are capable of doing good, and actually do good at least some of the time in their circles of friendships. Jesus said tax collectors and sinners love their own. These people were despised by the Religious people in Jesus' day. Religion ought to make us better people... But we are often confused about what is better! So how appropriate are Jesus' comments.

For God so loved the world that He gave his only begotten Son....
God is love... Not hatred...

Seeing or judging people as evil will make us see them with contempt, hostility, and hatred. We are commanded to not judge or measure anyone... for when we

do so in a negative way we are rejecting love for the person whom we have judged. Fact is: there go I but for the grace of God.

Saturday, May 25, 2013

1. Viewing work....

Realized again that quick thinking gets one into trouble often! Because quick can be clumsy and deceptive. The devil loves it... Because it steals things God has given or wants to give us. The way one views one's commitments with work or otherwise can syphon one's energy. In my case I batched my work commitments together and never lived in the moment and this made it an unbearable load... when I realized this I became stronger in jettisoning the nonsense.

2. I realized today that I was still trying to be motivated by a hard-ness like a stone inside my heart (it won't work). I need to trust Jesus that He will enable me to love as I abide in Him through faith and trust. Focus is not to keep moral law but to bear good fruit... Recognizing that in the present I am doing His will and my life is in His hands! Need to live in the moment (present)! Not try to carry the weight of the future.

Thursday, May 23, 2013

I know that the only place where sin might be an acceptable alternative to commit is when a range of lesser evils to greater evils presents themselves and there are no other options... and when this happens confusion, and doubt will be close cousins. Not all moral quandaries people find them selves in are easily navigated through. I know that we are told to not commit suicide. But Samson did kill himself so that he could kill his enemies and all this with the Holy Spirit's approval. Ah man all so confusing.

Today I had a heck of a struggle in my mind and heart. The long or the short of it was that I was led to jettison more self-righteousness. I realized that I myself did not live up to my version of orthodox-spiritual-warfare yet I judged others by my skew standards. I realize that when others do sin greatly or not so greatly... that there go I but for the grace of God. I may have had some correct theology, but I really lacked heartfelt genuine love for others so much of the time.

Tuesday, May 21, 2013

How does one move from sea-sawing between petitioning to God for those we argue with and arguing with others about truth or morality (and feeling horrible

through it all) to caring for others somewhere in-between? How does one care for others?

Answer:

Some people care more for truth than people. Sad! I've been there.

Real truth should get us to care more for people.

Real truth should set us free to love people.

Which means that if we are having problems caring it is because we have believed lies about the value of those we are supposed to care for.

So I have got a lot of renewing to do in my mind and heart on how I value people... those close to me and those far from me.

Monday, May 20, 2013

Becoming aware that it is a tough fight to get to a good place each morning so that I can act from a good place. But prayer to God, scriptures, and relationship with God, with my wife Sophie, God's Church, my family, and others play an important role too. I realize that when I'm in a bad place I don't have to be ruled by my emotions, I can move forward with positive thinking, empowered with God's grace.

Saturday, May 18, 2013

I now know what was responsible for my life-long paralysis in decision-making along with shallow love and commitments. I know that I wrongly thought that if one sinned that made one evil... and for me that made me compulsively want to hate those I wrongly saw as evil; because when I judged somebody (myself or anyone else) to be evil I could not love them. These two things have been dealt with thanks to God's surgery in my heart and mind. God only creates good; not evil. If we do evil it is because of darkness in our hearts (the heart is not dark... it only contains darkness). This darkness is cultivated by the devil's lies and grows into dark-energy channels while hardening one's heart.

God loves His enemies. God does hate evil. So no one is wholly evil. God lets the sun shine on the sinners and the good alike. He sends rain on sinners' crops just like He does on the good. God is love and not hatred. We are to imitate God in His love.

The benefit is that I have better memory retention, and more confidence to make decisions in all the areas in my life thanks to this revelation. Thank you Lord Jesus Christ, Holy Spirit, and God the Father for giving me the truth I really need. Amen and Amen!

Tuesday, May 14, 2013

Today I started out the day with no wind in my sail. With seemingly no direction to go in, and unable to connect with God in any Psalm or even with the Lord's Prayer I felt low energy my first day back to work from a holiday. I spoke to my friend Rebecca (not real name) and she suggested the Serenity Prayer. So I prayed it with God shortly answering the prayer as I decided the path to take was to attempt to remove lies (corrupt codes in my mind) as the Spirit led. I immediately felt wind in my sail even though I did not know what the lies could be that I still held onto somewhere in my mind because of hasty and unwise thinking.

This time the Holy Spirit led me to examine how I still thought evil deeds made us evil people. I realized that just because all people do evil deeds now and then does not mean that we are evil. I now realize that if I were to say evil deeds make evil people I would be judging everyone... and Jesus warns against judging. Also Saint Paul tells us to think the best of each person we meet and not put them in boxes. Good people often do bad stuff. A truly bad person attempts to hurt others no matter what whereas good people don't. This realization led me to repent from judging people in this way. This breakthrough would not have been possible without realizing real changes comes slowly. Thank you Rebecca, Sophie, Joyce, and God for this breakthrough. Thank you all for granting me life as I journey here on earth. Amen and Amen!

Friday, May 10, 2013

I know that there are people in my life who have sensed darkness in me. Some have stood up to it in me (I am most grateful); and then there are others who have over looked the darkness and encouraged and accepted me despite it. I have seen both in different people. But now I want to see both of these traits in myself. I heard of a man that when he was tempted to be merciful tried to be less so; but when he was tempted to be rough he tried to be more merciful; and these two principles he attributed to his success in life. Yes real change comes slowly. I am still delusional so much of the time. I am still psychotic much of the time. Thankfully there is grace; and thankfully God's mercies are new every morning. And thankfully my wife is warm and encouraging too! Amen and Amen!

Wednesday, May 8, 2013

I saw a U2 video that showed the band busy with the creative process in the studio composing a new song. It was neat and eye opening to watch. The process I saw was much like the one I have been going through in my spiritual journey. I saw that this process is much like writing a book, or painting a picture:

developing a thesis: first an unfocused idea: a broad stroke is made, and then a single idea gets focus and emerges, followed by more ideas... and then they are slowly nuanced, and pruned or added to with each revision. Corrections are made as the creative process is gone through. Such is the path of true enlightenment... for those who eventually find God and persevere in the anointing granted by the Holy Spirit. The U2 video can be found via the Google search regarding new album news.

Tuesday, May 7, 2013:

Ought I motivate myself by un-forgiveness or by grace? Which is it Rene? Grace! Some people only see the bad in others and standing up to them or standing up to the bad in them; whereas others look only at the good and accept them for who they are either blind to the bad or tolerating the bad or not judging the person for the bad! I think healthy doses of each should be my attitude. I know that I have demonized people wrongly most of my life. Thank you Holy Spirit for loving me.

Disagreeing with another person's opinion but still loving them is so important and I am slowly learning to do this. I find my emotions are usually unloving when I find out that another person believes contrary to sound traditional Bible based teaching. This is because it has been a habit to hate those who don't agree with me. A habit started when I was a child. Change is slow... sort of like changing codes in a computer... the more healthy codes imbedded in my mind/heart the more likely I am going to love others with proper emotions, ethically, patiently, and kindness. Uncovering bad codes and replacing them is done slowly, through listening to the Holy Spirit as I sort out my emotions, thoughts, desires and commitments in regards to my relationships and spiritual journey. This needs to be done one person at a time.

Sunday, May 5, 2012:

Mature people accept what they cannot change. If they can't have what they want they become happy with what they have! If I wouldn't put up with certain behaviors of others how can I expect others to put up with my rubbish!

Slow patient relaxed (not pressured, fear driven, hasty, angry, unfocused strategies) is the best way to tackle life. Peace is a result of this path. Good changes in the mind, heart, and attitude in relationships is the result when we

tackle life with Jesus leading us along the path of life with His strategy as recorded in the Gospels.

Also not being ruled by our emotions is the path to life. This way of life is not gotten to immediately... When we let our emotions rule they will more often than not make us short tempered, anal, petty, angry, judgmental, hateful, and focused on poor me together with me pouting. But through learning and applying principles, maxims, and truths found in the New Testament and trusting in God's voice while wearing humility with God's love flowing through us and leaning on God's guidance is the path to take. Yes learning from our failures... One step at a time... It is amazing how much we take in when we are in union with Jesus practicing principles, maxims, and truths communicated to us by the Holy Spirit from moment to moment!

Sunday, May 5, 2013

Selfishness is won one victory at a time. Just because we repent from wrongly coveting one thing does not mean we have conquered all of our selfishness. Each sin needs to be repented from one thing at a time. I now know that I have had an attitude of entitlement for a long time... and that I need to be mindful when it rears its ugly head and deal with it through the grace of Jesus Christ. Amen and Amen!

Tuesday, April 30, 2013: First Rules of Bible Interpretation

The truth sets us free! Not just truthful beliefs, but right thinking! These two pillars are working when they set us free to love more deeply, free us from addictions, free us from pride, free us from judging, and free us from hurting others.

Truth sets us free from lies. Lies box us in if we give them power! The more we let lies determine our identity the more we become imprisoned by the deceiver! Lies are like weeds... They need to be pulled out constantly... If we aren't careful and aware about what we accept as true or what we believe in, then we will give darkness power over our lives. Becoming aware of what we think and accept is a slow process that brings about gradual changes in the heart and mind as we replace lies with truth and wrong thinking with good clean thinking.

The Spirit of truth needs to be tuned into if this process is to be successful. Therefore relationship with God through Jesus Christ is a must.

Wednesday, April 24, 2013

It has been correctly pointed out to me by my wife that when I have my heart set on something, I don't quit until I get it... and that my attitude in the pursuit is often impatient and childish. During the past little while God has been getting me in touch with my selfish side... uprooting this dark growth or energy or commitment has been going on for a long and painful time. But I know that God is making progress in growing me into a less selfish person. Yesterday I expressed this childishness and darkness when my replacement cell phone was ready for pickup. Then when I confessed my behavior to my wife... she saw my behavior for what it was and correctly informed me about it in a kind way. I was then able to pray and recommit myself to love (and therefore finding more freedom) as opposed to getting my own way all the time.

A selfish person can get very angry when he or she does not get what is wanted. When they are asked to give they resent it... feel put upon... and have a hardness or unkindness rise in their hearts that is hard to suppress or hide... for those whose consciences are working: knowing that giving is better than getting but have difficulty in following through in doing the right thing.

In the eight Beatitudes found in Matthew's Gospel... depending on the translation one will find either "Blessed" or "Happy" repeated in all the Beatitudes. That means that happiness is found in living out the Beatitudes... meaning that we not getting what we want all the time yet are happy living out the beatitudes.

Desire births suffering according to the Buddha: all sorts of surprising sufferings. If we have a desire for what others have (and we don't have or can't get it...) and we really want it then we may become angry, judgmental, hard-hearted, self-righteous, unkind, unforgiving, pout, get bitter, (get to the place of shouting out: how unfair or unjust so and so is) and in affect get miserable, gloomy, sad, depressed, and hateful. We may jettison relationships because we value things, powers, or experiences above people made in the image of God; or even reject God Himself because of our selfishness.

Monday, April 22, 2013

There are no enemies in front of me. I choose to lay down my weapons: anger, unkindness, abrasiveness, hurting words, revenge, hardness, anal-demandingness, and judgmental-ism, which are done in pride with dark-energy. I don't have to turn away or cut myself off from those who are different. I choose to love those who cross my path each day. Thank you: Jars of Clay, Holy Spirit, and Sophie for your parts in my recovery! We war against spiritual forces in the heavens, not against flesh and blood. We are more than conquerors! We are the salt of the earth and the light of the world.

Love does not get empowered by: "I should not..." but by: "I can do all things through Christ Jesus who strengthens me." Love is positive in its nature, it is warm, and full of light; it is not negative, not cold, and not dark. That is how love

feels to me. The Law can't empower us to keep it all by itself. Only God can empower us to supernaturally love others.

Wednesday, April 17, 2013

Moving from being reactionary (depending on others for my cue) to confidence in who I am in Christ Jesus! Not focusing on "should not's..." But on goodness, truth, hope, life, beauty, promises, and positive stuff! Others don't need to set the agenda or mood all the time... I have a say too! Being strong... no matter how I feel! Thank you Sophie for leading me to this place where you dwell and have waited for me so long!

Sunday & Monday April 14 & 15, 2013

Well today I felt weak within... so many emotions: pouting, poor me mentality, fears of rejection, anger, rebellion, insecurity, wounded pride, and hatred... where does it start and where does it end???

1. Wrongly giving power to others: Classmates in SA; and past girlfriends. I here and now repent with your help Lord Jesus from giving those peers and later on the women in my life that power over me. Allowing them to define my identity, self-worth, and self-esteem through rejection. Lord God I take that power back, and I re-allocate it to you... because you alone are fully trustworthy.
2. Feeling rejection: Because I gave power to others wrongly... I let their actions hurt my self-image... but now my self-image comes from Jesus, Father God, and the Holy Spirit...
3. Insecurity: Because my self worth was placed in the hands of others... and I was rejected... I was very insecure...
4. Fear was the inevitable result from my insecurity...
5. Wounded pride... and so my pride was wounded along with my confidence...

That was on the first level. Yes I was wounded... and I allowed it to define me to a very large degree. But on a level just above it... I still wanted my own way (pride) and so I had machinery that I used to attempt getting my own way.

Here is the construct or machinery that was working within me...

1. Pride (I am better than them...)
2. Judgment (I am right and they are wrong...)
3. Anger (I see an injustice towards me... so they the perpetrators are not worthy of my kindness...)
4. Hatred (this is what my anger turned into...)
5. Became what I despised (and my hatred turned me into what I despised)

6. Took verbal revenge on those I hate... (So I had a dark energy within me that showed itself in my tongue speaking warped and hurtful words, often demanding and attempting to manipulate others into getting what I wanted...)

So two things were going on! The first: I'm wounded; the second: I wound others. Changing my mind through dependence, repentance in prayer with Jesus is the way to be healed... and to become less toxic... and move from darkness into the light.

Sunday, March 31, 2013

At one time I used to see impatience as an outgrowth of pride. But then I wrongly changed my mind because I thought that patience was the ability to wait for something no matter how I felt. Now I see it the way Joyce Meyer sees it. Patience is the ability to wait with a good attitude. The path to becoming a patient person is to deal with pride, anger, hatred, rebellion, self-pity, and complaining amongst other things like Joyce Meyer says in her book: "The Battlefield of the Mind." The key to dealing with these is to repent in faith when the Holy Spirit points these base motives out and for me to go by truths, maxims, and principles not always my feelings; to not be ruled by my feelings. Thank you Joyce Meyer for your wisdom and obedience to the Lord!

The Holy Spirit is peeling away my negative attitudes; my seeing the glass as half empty instead of half full; my fear based motives; my anal suspiciousness and untrusting thoughts, my weak self-image, my fears and insecurities and my complaining. What a load off my back; what a kick in my steps! Thank you Lord God, and thank you Joyce Meyer!

Tuesday, March 26, 2013

"If you can't have what you like; learn to like what you have!" For me the negation of this proverb stems from pride. Having to have my way at the expense of others. Or expecting others to conform to my beliefs! True love sets free: free to love!

Spending time with Jesus is spending time with Him in the Gospels making Him present to us in and through our imaginations letting Him speak actively and passively. One way is through the Rosary, the other is to prayerfully imagine or visualize the Gospels while reading them.

Saturday, March 23, 2013

Today while in a public place I lost my patience again and felt a strong huge hard cold energy come out of my heart looking to control a situation. As I thought and prayed about it the Holy Spirit showed me that it was pride: a commitment to thinking as little of others as possible and more about myself. Pride has to do with identity collapse: "the world revolves around me" mentality. I prayed through it and felt that more stuff was dealt with... I knew I was doing business with God... and felt more of my insecurity disappear, along with being even less judgmental towards others after praying in faith to repent from this commitment to unhealthy people distortion: known as pride. Thank you Lord God: Father, Son, and Spirit for providing safe situations to work through my baggage! Amen and Amen!

Wednesday, March 13, 2013

Two days ago the Lord dealt strongly with me. I felt such a huge burden fall off my shoulders that it took until today to process. Like I said before, I was rejected by my peers in South Africa as a child and as a result I reacted out of profuse pride (thinking I'm better than others especially my peers). This I needed to repent from. The next piece that was uncovered is that I had made a vow (in response to the rejection) out of the pride to take revenge on those who I deemed my enemies. This I needed to repent from too. The pride and the verbal revenge were buried deep within and were responsible for a LARGE part of my judgmental-ism. I became what I hated. My kind of revenge was hateful verbal character assassination... the reason I had such negative energy in my tongue. Thank you Joyce Meyer, Sophie de Marigny, and all those who have had mercy on me over the years despite my pride, hatred, and evil tongue. Thank You Lord God, Father, Son, and Holy Spirit for not giving up on me either. Amen, and Amen!

All repentance that bears good fruit works like this. A change of mind (yes what I did was wrong) confession followed by forgiveness; and then pledging to do the right thing through faith in Jesus with His help.

Sunday, March 10, 2013

I am making progress:

Yes two steps forward, one back,
Five steps forward, two back,
One step forwards, three back, etcetera...

Oh yes.... The mind can be compared to jug of dirty water when it first comes to Christ. Renewing it is like dumping clean water in it regularly... The water gets cleaner and cleaner over time... It's a process... And I'm wining it with Jesus', the Holy Spirit's, and God the Father's help, direction, planning, and strength.

Joyce Meyer has given me a new tool or principle: decide in the present what you are going to think about people places and things in the future... This gives direction, and becomes a safe guard, and reminder or protection from Satan dropping stink bombs in one's mind. Put differently, I repent in faith from past wrongs, but now I commit in faith to live for God and to think positively about others and my circumstances in the present, and also for my future.

We can conceive both good and bad seed. Seed can be good, false, or half-true ideas and when we believe and speak them they are planted and grow as we nourish them. So conceiving, thinking, believing, speaking, then doing is the path to positive healthy changes or reaping if our seed is good; or negative unhealthy changes or reaping if our seed is bad.

Thursday, March 7, 2013

If I don't accept gratefully my home here on earth with thanksgiving, and do my best to enjoy and be positive about each day then how can I be ready for Heaven? God made both earth and heaven. That means I need to fulfill my earthly responsibilities with respect too!

I do have a reasonable memory... I shall no longer make generalizations because the generalizations I have been declaring are not true. Thank you Jesus! I recently was thinking how 20 years ago the negative statement: "I can't do it" permeated most of my thinking. I was also thinking recently that this negativity was no longer a part of my life... But the Holy Spirit pinpointed to me that I still thought this way by putting my abilities into boxes via "labeling" them or "painting over" them with a single brush stroke. Those who despise small beginnings or buy into lies are robbed of even what they have got. I know because it rings true in my experience. Intelligence is something that can be exercised and grown or neglected and lost.

Wednesday, March 6

Who am I to judge, criticize, or condemn a brother or sister in Christ? God is able to save them and will do so.

I don't know the future. Satan wants me to think I do. God loves the wicked along with the righteous because He is love! I want to love. What credit is there to loving those who only love me back? Love loves all who crosses one's paths! Satan is a liar!

Love does not seek it's own. Love sets free; free to love! Love says "no" to manipulating others. Love allows people to be who they are. Love is kind; love is not being a jerk! Love is interested in people! Love wants the best for people even if it will cost something from self. Love is flexible. Love is goodness. Love is committed to people no matter what.

Monday, March 4, 2013

My happiness is not dependent on any fallen person I know. Not on what they do or refuse to do or commit to doing. There is more to life than abstinence. Our enemies are not flesh and blood but demons. Faith and patience in Jesus overcomes our tests, trials, and challenges!

I am learning new things daily... And the Holy Spirit is my teacher. God is good... Thank you Jesus for all that has come in my life... I am grateful... Thanks ever so much for trusting us with your precious promises... That come with problems to test and see whether we really want them or not. Amen and Amen! God you are good... Thank you for staying that way! Amen and Amen!

I know that I worried an awful lot after I got ill with schizophrenia so long ago... Today, Tuesday, Feb. 26, 2013 I apologized to God for worrying and felt more at peace. Resting in God is so much easier now than before. Lord God I am more and more catching the tone, malice, and twisted lies that devils are communicating to me that I have not taken captive quickly enough in the past and they have captivated me until now... But their tricks are slowly losing their power. Thanks be to God! Amen and Amen.

Judge not, criticize not, and condemn not!

I know now that the Holy Spirit has been with me guiding me, helping me, leading me into the truth, and teaching me wisdom along with granting me to feel God's presence when I feel it... at times since 1989 when I renewed my walk with God through the Holy Spirit. I heard people talk about the baptism of the Holy Spirit starting in 1991 and I thought I never had this inpouring because I thought it was different than what I got in 1989. But now I know the Holy Spirit is alive, true, and present in my heart and life, and was all this time since 1989... I am not ever

going to be forsaken by the Holy Spirit. I'm never going to be an orphan! Amen and Amen!

Grace is a gift! Forgiveness is a gift! God is good... He decides what is what! Judge not, condemn not, and criticize not... Those are God's domains! So this is the simple answer to my confusion and frustration this past while....

Motivation is key when it comes to love, works, and why we ask for what we ask... and why we expect stuff from God! God's grace is a gift and never ever is earned!

For such a long time I have focused on becoming meek, slow to anger, becoming less judgmental... and slowly Jesus is changing me!!! The next things to focus on in conjunction to meekness are my spending/diet issues... I know that my method to discipline myself has been to use angry pressure: hatred, anger, pride, performance, and fear! And I know God's Kingdom does not work that way. Today I noticed that I used a stern voice, harshness, and a confrontational approach in my attempt to get Mandela our dog to cooperate whereas Sophie tries to entice Mandela in a gentle way. When I see Jesus, what does His authority look like in my life? Are you Lord Jesus harder on me than myself? No I am harder on myself... Please Lord God teach me to not be engaging in confrontational and argumentative and jerk-like attitudes as I have been doing for most of my past life... Thank you Jesus and Holy Spirit... Amen and amen!

Yesterday I slowed down yet again... I realized that I had shut out so much of what is in my personal environments: people, pets, birds, green grass, colors, smells, temperatures, breezes...! I have been too serious for so long... that to talk about simple, funny, everyday stuff was looked down upon by me when I saw it on TV. Gratefully my wife has a sense of humor. Jesus promised us peace... Peace that will see us through the storms of this life.

Holiness⁹ is not passed from one person to another by infection, but by personal desire and conviction from the Holy Spirit. Holiness is neither contagious nor infectious. Un-holiness is infectious. The Holy Spirit is the one to convict people not me. I ought not view myself as an example of holiness to anyone... For we are all at different stages of growth moving from faith to faith and one stage of glory to another reflecting God's glory. One reason God has not granted me freedom in certain areas of my life is that I give into spiritual pride too easily in those areas.

⁹ These insights come from Joyce Meyer's book: "If Not For The Grace Of God" all the thoughts are from her and they are setting me free. Thank you Joyce!

Holiness comes from: "I want to" not from: "I should" because one is done in freedom whereas the other one is done with a slave and fear mentality.

Saturday, February 23, 2013

I have often found myself wrestling with things I don't like from others... and I have tried to solve such problems each time initially by myself, by my own strength and ingenuity. But now that I prayed to God; He asked me a very important question: What if they don't do what you want them to do? I answered Him that I will still love them... and to my surprise that gave me the peace, and the ability to love those involved instead of being tempted to manipulate them and plot to get my way. Such is the meaning of Firsts Corinthians 13:5 which says: "love does not seek it's own"! Thank you Lord God for coming through for me! I am at peace!

Thursday, February 21, 2013

I now am more able to separate the deeds from the persons who do the deeds... Especially bad deeds! Thank you Jesus... Amen and Amen!

Every time I learn a new principle or technique after awhile it seems it gets stale. Why because I try to practice the technique shallowly without engaging my whole heart. Principles are avenues or channels of grace... God is the source! Jesus leads the way! I have nothing to fear! Practicing principles to get happy, happy, happy, hoping to not struggle, or to not have trouble won't work!

Relax! To have union, abiding, and remaining in Jesus is to fellowship with Him: to fellowship with Him is to spend time with Him. Faith in Jesus is one requirement to abiding, but faith with totally ignoring Jesus is not always abiding. There is power in connecting with God!

Grace is unmerited power: unmerited favor and His empowering presence. I don't earn, deserve it, or work for it, or suffer for it. The grace God gives is a gift. My righteousness is a gift from Him... It is by faith in Jesus... Not faith in faith. Joyce Meyer's book on grace is packed with wisdom... My eyes are being opened.

I never saw the power of grace until I was told it is a free gift. This is stronger or more appealing than saying it is unmerited favor (which it truly is... but...) saying grace is a free gift is the positive way of saying it is unmerited favor. If grace is a free gift then it is attractive... And the only thing that can prevent us from receiving it is to hold onto something else that we prize more. When one

discovers that grace is a free gift it frees us from trying to improve our lives all by our own power, energy, and works! We can't earn grace.

We are given a choice: either become dependent on God and His power and His leadership; or seemingly independent which is actually being a slave to the dark lord Satan. One is the path to love, the other a path to hatred and pride.

Anakin Skywalker (From Star Wars) was seduced by his lust for power and so became Darth Vader a dark lord. Power and I go back a long way. Anakin had an anger problem that too easily became hatred and it solidified his pride, and his position as a tool for the dark side. I too had an anger problem... and it too led me to hate authority, and weakness, incompetence, and led me unable to tolerate annoyances. Wanting knowledge, understanding, position, money, and intelligence (or power) too much lead one to envy, and jealousy when one despises small beginnings or when we don't have what others have. Such is the way of impatience and pride they lead to the dark side; and hatred solidifies the choices.

Tuesday, February 19, 2013

I am realizing that I have a partnership with God. I don't need one principle or rule to obey that will ensure a less bumpy ride through life. Jesus is with me and will show me the path to take, what and who to believe, what and who to trust, and what to do each step of my journey. All I need to do is be open to learning from Him and others. That is part of what it takes to practice humility. It won't ensure a less bumpy ride... but one with less worry, more confidence, more positive thoughts, and less guilt.

Monday, February 18, 2013

Well then I now know that I still acted like an eight-year-old when it came to not getting my way on things important to me. I felt sorry for myself and hostile to those who I felt were in the way... it was an addiction that began at recess in SA... demanding that others not ignore me, and led to me wallowing in self-pity so often. I have the power to say no to this immaturity. I have the power to determine my attitudes moment by moment. I choose to be strong in caring, in love, in compassion, and in balance through the power and presence of Jesus Christ. I don't need to demonize anybody: I jettison that burden and darkness. We all have good and bad within us cause we are all made in the image of God. Thank you Holy Trinity for leading me to repentance and life. You are good to me. I don't deserve your gifts. Thank you Sophie. Thank you Joyce Meyer. Thanks to all those people who have prayed for me over the years. Amen and Amen!

Thursday, February 14, 2013 (Valentine's Day)

The joy of The Lord is my strength! Not other people's behaviors! My happiness, joy, and acceptance are from God alone. Because if I make it contingent on someone or something else then I have given power away and will be at another's mercy! The only one worthy to receive this power is God because He wields it properly, mercifully, compassionately, and lovingly! This insight came after much inner turmoil and suffering! Thank you Jesus! Happy Valentine's Day my God and Savior Jesus Christ! Amen! Happy Valentine's Day to you my beloved wife!

Monday, February 11, 2013

They say if you want to get rid of ants or insects within your house, then take away what they desire: the left out food they are attracted to. This principle applies to us judging. If we find ourselves wrongly judging others too often to count, then perhaps the best thing to do is to ask God why we are still doing it.

Separating my world into secular and spiritual is not wise. Inviting God into all areas within my life is desirable because God is my central guiding joy.

Our feelings often influence the way we think and believe. But what we think also affects what we feel, desire, and expect. Thinking and feeling have a cyclical relationship. Ideas are seeds, and they will grow if we accept them as true. If we don't take lies captive they will make us captive.

Last week there was a French National in the news who had gone on a stabbing spree here in Canada. Somehow depression was in the mix. I made the judgment at the time that he could not use depression to justify his criminal acts. The person I spoke with about it said I was wrong. During last week I had a long unwanted inner tormenting battle and it pushed me to the edge of insanity as things that don't normally annoy me grew larger and larger in my head until I couldn't tolerate it anymore. So I prayed, "bless those bastards (who are annoying me) Lord" over and over in my anger and desire to love and be free from my annoyances! God finally showed me these two situations: French National and my insanity; were linked! I repented from my judgment on the French National situation and the sanity I so desired returned to me.

The Moral of the Story: don't make quick or rash judgments Rene! Many shortcuts take a long time to correct. Thank you Lord God for your mercy. There but for the grace of God go I. It is oh so easy to cross moral boundaries; and judge

where I have no jurisdiction! I know that I have been too quick to answer questions on many topics in my past... I guess I need to act wiser! Just cause I got a mental illness does not mean I am an expert on mental illness; to what is permissible or where right and wrong stand and neither am I an authority to judge others! Mercy, humility, truth, peace, and believing are the best keys to navigating such topics. Patience in suffering is rewarded when faith is expressed! Accepting that one does not know something and recognizing one's opinions are just that: opinions, is important! But also recognizing that judgmental opinions need to be repented from is important too!

The first step to self-control and discipline is to believe I have them because the Bible says I do! It is just like a computer file. If it is not listed in the directory then even if it exists on the hard drive one can't access it. Believing one has self-control and discipline gives one those abilities because it is our faith that enables us to conquer the world.

Wednesday, February 6, 2013

I am certain that I have been given the gift of self-control. It is so freeing, and I am certain that it is here to stay provided I don't go off the edge. Saying no to sweet goodies has gotten so much easier now. And that is a good place to be at because I am not attempting to motivate myself with (future) fears and hatred (supported by pride) anymore. Thank you Lord God for all the healing you are working into my mind and body and spirit. Amen and Amen!

Next I am praying a lot more than I used to for others because it is the key to loving others... and I am seeing plenty of results in having positive attitude-changes towards people. Today I went into Shoppers Drug Mart and felt the old judgmental mindset/attitude wanting to re-assert itself... but thankfully I fought it off with prayer... not that I'd be less selfish, but that those ahead of me would be more blessed. I now realize that I need to repent from my bad attitudes from the past till present towards the pharmacists/cashiers/servers/clerks/receptionists/bus drivers/drivers in general... cyclists/pedestrians/co-workers/ and passengers... Just repented with faith in Jesus to help. Thankfully God is good merciful and forgiving... and I have much to be grateful for! Amen and Amen!

Forty days of Lent...

For the longest time I thought that when Jesus went into the desert for 40-days and nights that those were literal days. That is until last night when a colleague and my wife opened my eyes. The Bible says that Jesus fasted from food and water for forty days in the wilderness. But the longest most humans can go without water is about 12 days or

so under ideal conditions. And given the extreme heat Jesus experienced in the desert, and knowing how numbers are used in the Bible lends to some insight to this situation. The ancients used numbers to symbolize important lessons from the past, and re-enforced norms that were in danger of being lost or to motivate love. And that means literal interpretations aren't always a good ideas when it comes to how numbers are used in the Bible. In the case of Jesus' forty-day fast the same is true.

The Israelites spend forty-years in the desert before they entered into the Promised Land... and Jesus' time in the desert is meant to be symbolic of that Jewish history. It is also to say that Jesus is in solidarity with those going through deserts of their own like the Israelites did and that He conquered His desert experience and so He can help us conquer ours.

Moreover we are called to love ourselves, and that means caring for our bodies also. Jesus loved Himself and was not ruthless with/unkind to/or persecuting His body in a hateful way... so I should not be doing so, and yet I saw Jesus' fast as an example of His absolute power and ruthless control over His own body. And I wanted to do likewise (which I now repent from with Jesus' help). It is true that Jesus' body was completely under His control... and only when He was hungry and thirsty because of His fast did the devil come to try and tempt Him. It does not take a literal 40-days to get thirsty or hungry while fasting. That means Jesus fasted less than 40-literal-days and nights before the devil came to tempt Him.

Tuesday, February 5, 2013

I am becoming very stable emotionally for long stretches throughout each day thanks to Joyce Meyer's teachings found in her books. And when something happens to challenge me... I am handling it better and I do recover very quickly as compared to before if it is very challenging. More and more I am able to choose my attitudes throughout the day. Thank you Jesus for all this relief. Boy was it a Hell to get to where I am right now. Thank you Holy Trinity for loving me. Amen and Amen!!!

Monday, February 4, 2013

Fear is bad motivator; trust in God is infinitely better! Found out today when it came to spending! The more one tries to not do something the more difficult it can get! Sort of like being judged and trying to box your way out of the box you have allowed yourself to be put in through acceptance... Just jettison the box through faith for it is our faith in Jesus that enables us to overcome the world! Amen! Learn to focus on and pray for those I see as I walk the streets of the city! The first steps to loving others are to focus on them, see them, and then pray for them! "Schizophrenia" could be called "disconnection" because it challenges

relationships, but with recovery re-connecting with all, those one sees: strangers, friends, and family is a must to healthy mind, heart, soul, and spirit. Just like yoga helps create room within, the Little Flower Saint Theresa Lisieux did by creating space outside herself by moving towards the uncomfortable. We are all connected, and disconnection pushes love away! Some people try to create a sense of peace by controlling their environment and those in it! That is so tempting to me! But I know that the Little Flower knew what I discounted for a long time until now! Thank you Saint Theresa Lisieux for your wisdom!

I am reading, “Power Thoughts” by Joyce Meyer, and I try to read, “The Word Among Us” a Catholic meditative publication and I don’t know where the following thoughts come from... but they still hit me with impact even though they are a few days old. Jesus is called “the Rock” in Scripture and I never really connected with this metaphor until this time. It was stated that a rock is solid, sound, and hard. I now see this as depicting Jesus. He is solid in the sense that He is not hollow. He isn’t full of emptiness... void of love... with nothing to offer. He is sound in that He is dependable, pure, and won’t deceive me. He is too hard to defeat, and He never gives up because He is relentless.

There is a passage in the New Testament that says, “Jesus is the same yesterday, today, and forever.” I used to think of this as a theological truth in the sense of His deity. I still do. But now I see it as a promise that His is consistent in His approach day after day to me, true to His promises day after day to me, and faithful to me day after day in the absoluteness of His deity. In the Gospel of John it says:

Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God—children born not of natural descent, nor of human decision or a husband’s will, but born of God.¹⁰

What I get from this is similar train of thought. God’s decisions are neither fickle nor capricious. Unlike a husband’s will, God’s decisions are not shallow, nearsighted, in the moment, done for appearances, to impress, out of pride, or unstable. God is true, holy, loving, and never fickle or capricious.

Sunday, February 3, 2013

¹⁰ John 1:12-13, NIV 1984

I really like the following quote from U2's Bono: "I thought passion was like a clenched fist, but when I relaxed it flowed the fuller" is part of the puzzle on how to let the life of Christ flow through me. Thank you Bono!!!

Saturday, February 2, 2013

I really like the Star Wars movie called, Revenge of the Sith. I was fascinated with the young Jedi Anakin that eventually became Darth Vader... and could not relate his transformation to myself until today in more precise terms. I too had a battle with evil in my youth... because I had been rejected by my peers... which I reacted to with hatred... and was wounded with rejection and therefore I chose to become machine like in my pursuit of perfection... along with judgmentalism... criticism... condemning thoughts... manipulation... and a proud spirit... unable to feel compassion on a deep level because of the wound (the hurting in turn hurting others)... and seeking power; equivalent to Anakin losing his mother... and not recovering... instead reacting in hatred and wrath seeking power in hopes that it will bring happiness. It is a great movie (you don't have to see the whole series to see the final transformation of the Jedi turned Sith to get the full impact).

Darth Vader was mostly machine in the end... so was I in the spiritual sense... hard, hateful, proud, yet still open to the possibilities of love... and as for him as for me there was a way back into the light. Thank you Jesus!

Friday, February 1, 2013

Being offended

What sets me off...? What lies and incorrect thinking is facilitating my sinful responses to every day situations Lord God: Father, Son, and Holy Spirit?
Are there demonic strongholds that need to be repented from within me?

Lies (that I need to repent from in faith):

These people are wasting my time

They are not worthy of my time or me

Time is more important than people

I don't have enough time

I'm not responsible for taking offense so quickly towards people because it has to do with my schizophrenia and the demons

I am the most important: my agenda counts the most

I shouldn't waste my time on people

I don't have time to pray for anyone
My material wants are more important than the people I meet
My books, accumulation of knowledge and wisdom are more important than people.
People are in my way.
People slow me down.
My consolation is more important than other people's needs.
My food is more important than other people's needs.
My music is more important than other people's needs.
My world is more important than other people's needs.

Truth (That I need to commit to myself in Jesus in faith):

People are more important than time.
People are worthy of my time
People don't always waste my time I do that without their help.
God has given me enough time to do His will in each day
I have power, choice, and ability to not get offended. This stronghold of getting too easily offended is going to be broken and real freedom is mine as a result.
Truth sets free: lies put us in bondage
God is more important... So listening to and being guided by Him is my primary objective
Everyone is worth investing time, love, and, money into when it comes to real needs.
I do have time to pray for those God lays on my heart.
I can give of myself to others in unselfish ways and appropriate ways.
Searching for wisdom that helps me to love others better is wisdom.
People are on my way so I can bless them. People are not curses.
People are more important than my food.
People are more important than my music.
Selfishness needs to be carried like a cross.

I have choice in every situation: that means I have power: that means I am not at the mercy of dark cosmic powers and so I don't have to pout or feel powerless!

Wednesday, January 30, 2013

I am realizing that the root of rejection that produces a judgmental attitude within me grows back each time I get rejected. I know this now. So I can deal with this much sooner than before with God's help.

Tuesday, January 29, 2013

Today, I was refreshed within by having an insight into past decisions when meditating on the Scripture, "We are more than conquerors" thanks to reading a book from Joyce Meyer. I came to realize that I quit, gave up, or died within myself to things and that this abdicating of ability and not wanting to enjoy new things brought a lot of depression and weakness, pouting, cowardice, and guilt or poor self-image into my life. I dealt with this stuff with God's help by renewing my mind and now I feel energized because more of my past has been dealt with. Thank you Jesus, Father God, and Holy Spirit. Amen and Amen!!!

Monday, January 28, 2013

Over the past few days I was going through a situation where I felt really bad about something I did a while back. I did not know how to make these feeling go away because possible options still existed to correct it... and a huge part of me thought it was my conscience warning me. I also know that we walk by faith not sight (feelings). We walk by truth. The feelings I felt were sad, and fear driven and I had a hard time getting a handle on them. I now see these feelings that I had as being rooted in worry. I was worried that I might have hypothetically done the wrong thing and offended God. I know that I am a good and conscientious person. And now that I know it was worry not violation of the moral law I can stop the worrying. I know that God is neither anal, nor demanding the strictest adherence to His moral law. I feel relieved. It is amazing how the devil can hide behind the nebulous and poorly understood feelings that we have within us so often. This situation has no more power over me. Thanks to Joyce Meyer, and those who have prayed for and stood by me over the years so that I could carry on my walk with Jesus! Amen, and Amen! Thank you Jesus!!!

Sunday, January 27, 2013

Many years ago I used to drop into a Dairy Queen restaurant for a burger or two on my way to an Art Group. I hated the bread they used: yesterday's dry and stale leftovers. I should have complained but I was so ill at the time that I did not consider it. Later I realized that if they wanted to do something for the poor: giving their fresh leftover bread to those in need near closing time would be wise. That would allow newly bought fresh bread to be served the next day making their product that much better... and business would improve to offset the cost of donating yesterday's bread to those in need. Giving is more blessed than receiving.

Tuesday, January 22, 2013

Just because I desire to have a positive attitude does not mean that I will always be happy.¹¹ Choosing to be positive means that I am attempting to see things from a heavenly perspective. Things are going to happen that I won't like, that my flesh and the devil will try to get me to pout about, withdraw from others, resent people, blow-up at people, or put up walls of intolerance and hatred in response to people and their actions.

Everyone wants to be happy. When we make this our first and foremost goal we will run into all sorts of problems when it involves other people. Focusing on having the best attitude in each situation one can have instead of making it our highest goal to be happy is wise.

Monday, January 21, 2013

Today I have realized that my greatest battle is to deal with the demonic strongholds in my mind. I know that I don't manage my feelings well most of the time. I don't need to read books on how to love others. I need to read books on spiritual warfare. When I first renewed my walk with Jesus and I saw the prophecy read by Jesus that says:

The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favor.¹²

I thought I'd do the same as Jesus did. But now looking back twenty-five-years I know that He has been waiting to set me free from the layers of lies the dark-side had constructed in my mind with my permissions from a young boy onwards. This passage above excites me in a new way. Like my liberation is becoming joyful! Thanks be unto God! Amen, and Amen!

Wednesday, January 9, 2013

There is a passage in the Old Testament book of Jeremiah chapter 29 that says:

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with

¹¹ Thank you Joyce Meyer!

¹² Luke 4:18-19

all your heart. I will be found by you,” declares the LORD, “and will bring you back from captivity.¹³

I finally know what God means when He says, “You will seek me and find me when you seek me with all your heart.” Often I have gone to God knowing that I was caught between two different things wanting His input but really wanting one of the outcomes more than the other. When I realize this my faith in getting a clear answer from God lessens. Only when I really am willing to live with God’s decision either way am I going to find certainty. So praying to God, “Your will be done” is crucial to honest heartfelt prayer.

Tuesday, January 8, 2013

Today God taught me what the feelings of condemnation are like. I felt it for years but thought it was conviction. Condemnation and conviction are different. Condemnation is occurring when we can’t see, feel, touch, connect, believe, or know the love of God for us when we feel tempted or under attack or pushed away from the straight and narrow. Why, because this darkness pushes us away from God into despair, psychosis, un-reality, emptiness, and death.

What is conviction? The Bible says that it is God’s kindness and patience that leads us to repentance and this process is called conviction. Being convicted means that we can feel, see, believe, connect, know, and touch God’s love for us and others and these things help us see God’s point of view and eventually accept it. Even if we feel drawn between two opposing view points, which is normal, God understands... He will lead us to see and accept His viewpoint in His time so long as we don’t give up. This process can take years or even decades or even a lifetime. God is patient.

This is part of the puzzle. Another piece to the puzzle to abide in Jesus is to accept His help, presence, peace, yoke, leadership, Lordship, and instructions where I am at and to follow Him to where He wants me to go. This is possible when the demons of condemnation have been defeated. Thank you Jesus for this insight and hope!

Sunday, January 6, 2013

The tone of voice I have comes from my heart's attitude. My attitude has often been: I don't care I just want what I want. Even if I use good words if my tone is uncaring then I'll come across as a jerk. I have done this so often. But thanks be

¹³ Verses 11-14

to the Holy Spirit my attitude has changed tonight! Thanks to Joyce Meyer's book: "Change Your Words Change Your Life"

I do care and I choose to care about how others feel!
I choose to respect people, be warm to them, and to be kind to them.
Selfish people don't care for anything beside themselves.

Words are important but my tone determines whether I respect others or not!

Wednesday, January 2, 2013

Nice people don't want to let anything 'bad' out. They don't want to do anything that might go against the herd instinct, go against the grain, or offend anybody. Whether it has to do with flatulence, or saying stuff that is true and needs to be said, or that it might let somebody down they don't want to do it. Moreover they will do anything to not be rejected. Nice people have a reputation to uphold and are fear-motivated. Being a real human means that we are honest, accepting of others and ourselves, tolerant, merciful, kind and not jerks. If we are bent on keeping the bad stuff in without cleaning the inside out we will keep the good stuff in too because we are majoring on minors and minoring on majors. I've been here and done this, but thankfully God is cleaning me up.

Because we may have a memory of doing stuff that was very disagreeable. We can carry those memories with us and think that it will always be like that. Life is always full of changes... and just because we experienced something one way doesn't mean we will always do so in likewise fashion. We change too and that means how we see and experience stuff will change too.