

## **Below is my Blog in chronological order for 2014:**

### **Thursday, January 2, 2014**

I now know that I need not hunger and thirst after what I already got. I can enjoy what I got. I don't need to hunger and thirst without consolation for what God has promised to give me and has given.

Yes each day starts out confusing. I need to find my bearings. I have choices to make. I can say I care in the present where before in the past I did not care or feel anything for another person. I can say no to judging others. I can say no to condemning others. I can say yes to mercy, hope, faith, and love! Because God has given me the power to do His will in my life.

### **Friday, January 3, 2014**

I now realize that how other people feel, think, or see my actions to be comes from their perspective. I don't have to own any of their reactions unless Jesus through my conscience informs me that I need to do just that.

### **Sunday, January 5, 2014**

I know that I am a sinner... and a saint... and that God asks us to embrace the words: "Do not be wise in your own eyes, but fear the Lord and shun evil, it will be healing to your flesh and refreshment to your bones." I held onto it for a long time... and it came true... but now I find myself hurting with many parts of my body... and unable to practice this verse like before. Lord God what is my problem, or problems?

Faith Rene. You can't do so in your own strength. You don't earn the promises found in this verse. We don't bear good fruit so we can abide in Jesus. No, we abide in Jesus to bear good fruit. Lord God I find that there is always tension in the Bible. And one moment I find myself pulled one way then later another way.

Why do I get suckered into thinking I can earn your grace Lord Jesus Christ? No! I know intellectually I can't earn your favor... but I often hold onto lies that negate your truth wrongly in my heart. Lord God what you spoke above is true... Scripture is full of paradox. And for that I am grateful! I feel at peace right now. Lord God thank you for keeping your promises to speak to us: your sheep! Amen and Amen!

### **Friday, January 10, 2014**

Lord God, thank you for that word of wisdom/knowledge/awareness that you gave me earlier today. Aiming to keep standards brings bondage; whereas truths set free. I realized that I was aiming to keep the commandments/standards found in the Scriptures and to be a certain type of "upright" person. It wasn't working. When I jettisoned the idea of achieving a certain standard of morality... I was relieved, as I trusted Jesus to enable me to bear good fruit instead. I know that there are certain verses that put the

Law in its proper place... and they immediately came to mind when I had the revelation from the Holy Spirit. "The Law makes nothing perfect." "The Law was meant to point out sins." "We are not under Law, but grace." "The power of sin is in the Law." Thank you for these verses Lord God: Father, Son, and Holy Spirit. Amen and Amen! I need to listen to them often, repeating them, embracing them as they kill stinking thinking. Thank you Jesus Christ! Amen and Amen!

### **Monday, January 12, 2014**

I remember God showing His love to me interiorly many years ago... I saw into His heart and it was utter love, purity, and healthy, clean, compassion, non-judgmental. But emotionally I was not there for many years since, although the experience got me through many trials. Today I went to the 7:30 pm Mass and I looked at the crucifix and for some reason I connected with it for the first time since I have been going to Holy Cross church. Then when I got home I continued reading a book by Joyce Meyer... and she said for us to read twice each Scripture she quotes in one of her chapters and the one that caught my eye the most... and got me emotionally connected to (and excited about) God's love was an old favorite: Ephesians 2:1-10. It broke in on me that God forgives us because of His great love... not because His mercy keeps Him from stooping down to our level (spiteful, revengeful, wrathful, resentful, hateful, and unstoppably angry): hurting us because we hurt others. God is love. He does everything out of love. We are commanded to love everyone right up until they die. Why would God stop loving a person after he or she died? That seems too legalistic to me. God does not change. Those who do end up in Hell see their punishment as God's wrath. God calls their bluffs (that they would change if given a chance) in Hell. Hell is where purifying flames are intended to make those there holy... but those there resist because they really don't want to change. Hence the emotional suffering and torment they experience. All this because God's love seeks to show us where we are and who we are becoming. God is not resentful. It is God's nature to restore things as they were.

I haven't been this excited in a long time about God's love. I've heard and read so many times that love isn't that we first loved, but that God first loved us. I wanted this idea to have wheels that got me loving in a wholesome way. Now I'm connected emotionally to God's love once again. Thank God He has mercy because of His love; not his wrath. God keeps no record of wrongs according to First Corinthians 13! Confession is for me... not so much for God. I need a way to deal with my guilt, confusion, and sins. God forgives freely... I just need to receive it. God uses confession as a way to get me cleaned up... certain I'm standing on the true foundation: Jesus Christ.

### **Tuesday, January 14, 2014**

Thoughts... are real... they occupy mental real estate.  
My thoughts are often chaotic.

God is doing a work in me... It hurts... It gets frustrating... I'm out of my comfort zone... It seems like I have no shortage of repentance (renewing of mind) to do in the coming weeks, months, or years... Change is gradual, gradual, and gradual then all of a sudden. It hurts... And the devils have had a field day with me for years... But with God's help I am claiming land that is getting fruitful thanks be to God!

The fact that I now look at God as doing a good work in me means I'm not alone, not fully responsible for fixing me up all by myself... I have hope, aren't driven by pride, and I know that the Good Shepherd loves me! My Salvation/sanctification is in God's hands... unless the Lord builds the house the laborers labor in vain. The devil can't outwit God. It's not the devil and me dueling it out... It is Jesus in me dueling it out with the devil. I only have to do what the Spirit tells me to do. I only have to believe what the Spirit tells me to believe.

I can't pay God off to sanctify me. God does not take bribes!

I can't produce good fruit and so somehow entice God to invite me to become a part of the true vine. I need the vine to bear good fruit. I can't earn this position.

I feel at peace, at rest, emotional in a good way, I feel tears... something I missed for nearly twenty years.

#### **Connecting To The Love Of God: Wednesday, January 15, 2014:**

Only God can connect us to His love. When the connection is missing... faith carries us through... when feeling God's presence we can rejoice. When not feeling God's presence we walk in faith! But when we are connected to God's love the pressure to aim for standards falls away. We know we are loved, and it comes naturally to love others. When we are loved we rest in God's love, we give up trying to do it all ourselves.

#### **What Is Ones Cross? Friday, January 17, 2014:**

Joy comes when we embrace God's will for us. God wants us to embrace our circumstances because they form our crosses... and God uses those circumstances to do His good work in us. So often I want to escape my cross/circumstances but realizing that they are one and the same thing lifts the burden up to a more bearable level with "joy" coming to the surface. This idea that our crosses are our circumstances comes from one of Joyce Meyer's books. I want to carry my cross to follow Jesus and cross the finish line. But really it is Jesus enabling us to stand in the midst of our circumstance with hope, joy, and love so that we can move forward. Thank you Joyce for this gem! I am ready to tackle my next circumstance!

#### **Saturday, January 18, 2014:**

I am grateful to God for the research done by Mark Virkler quoting a church father. He said that interpretations of dreams can't find their meaning alone through rational thought. He was talking about dreams but it can well be attributed to any

communications (pictures/interior or exterior visions) from the Living God or the devil. We are dependent on the living God for all insight, understanding, and encouragement. I can't even discern what messages belong to whom (the devil or God's) by my intellect alone. I need my heart/mind/will/intellect in union with the Holy Spirit to discern God's voice. I need faith, and the commitment to be obedient to what God reveals to me. In other words I need to come to God with my whole heart/mind/will/intellect/and commitment not a skeptical intellect. God wants to speak in sentences rather than only answering "yes" or "no" questions that won't necessarily shed any real light on complicated or nuanced or involved topics. God desires conversations. How can God answer my poorly constructed "yes or no" questions that don't always hit the mark? Neither can or ought I cross-examine God and His communications as though I were a lawyer... nor should I do so when scrutinizing His Scriptures or spoken words. When I come to God with my whole self I must discern where the communications are attempting to take or push me. Do they push me away from truth, love, kindness, hope, faith, action/non-action and humility? If yes then they are not from God. Do they push me away from loyalty to God? If so then they must be jettisoned. Now I know why God reveals His good news to those who come to Him as little children and not as Scribes/ Lawyers/ or Theologians.

### **Monday, January 20, 2014**

How do we get things from God? Simply receive in faith what He offers. It is that simple. One can only do this if one believes God is good.

Lord God while on my walk with the dog a little earlier today I remembered my years of waiting for my mental health to return to normal. I remember going for countless walks... hungry for beauty... taking my camera with... hoping to get good pictures. Those were tough times... hard... brutal... painful... numbing... and could easily have made me cynical... ungrateful and hateful... yet so often trying as I did... I didn't know what to photograph... so much of the time things just looked so bland, devoid of beauty and consolation. Yes I had so little to console me except your promises O God... but by your grace dear God I was able to persevere and here I am today rich in my journey because you never forgot or gave up on me. Just because I didn't experience consolation for so many years does not mean that there was no beauty... there was! Fact is I felt there was stuff wrong with me... that I was boring... that I was flawed... but the only real truth is that I had and have schizophrenia. Lord God I feel so much better having written this out and gotten to the root: I'm not boring! Each journey has so much to teach, to learn from, and to grow through.

### **Abiding: Thursday, January 23, 2014:**

I used to have very high standards that I aimed for out of my own energy...but as time wore on that self-righteousness could not be sustained! I wanted to jump

back and keep those same standards and strived to... But aiming for them in my own energy is a hopeless cause that amounts to rule keeping and not bearing good fruit like Jesus commands! Striving to keep certain standards (no matter how good) in this manner leads to a mixture of pride and guilt. Pride when we succeed, and guilt when we fail.

Resting in Jesus is the answer to getting off this treadmill; and is the path to take because it is offered to everyone. Trusting Him to help me do the right thing at the right time is the answer! Abiding, being set free by little "t" truths that the Holy Spirit communicates to me, and growing in anointed thinking (healthy thinking) more and more as I renew my mind with God's help through my faith is how true purification works in Jesus!

Some people care more about the rules than the people the rules were meant to protect. The new, fresh, and joyful way is to abide in Jesus through faith; that way we become people focused, and gradually care for them more and more so. That does not mean we care for them more than God. We grow to care for people's highest wellbeing, what's in their best interest, and for their best spiritual and physical health.

#### **Friday, January 24, 2014**

Second Peter 1:3-7 has become a word/revelation from God to me tonight. I am certain that I see the progression... and I have seen fruit from this progression even though I was un-ware that this is what Saint Peter was getting at in this passage. Truthfully I had read this many times before... but could not see what the Holy Spirit was meaning to communicate to me because I did not see the connections between these ideas or building blocks and their context in experience. Here is the NIV version:

For this very reason,  
make every effort to add to your faith goodness;  
and to goodness, knowledge;  
and to knowledge, self-control;  
and to self-control, perseverance;  
and to perseverance, godliness;  
and to godliness, mutual affection;  
and to mutual affection, love

The part of this passage that triggered the revelation that brought love more focused into a relationship of mine was: "add to your mutual affection, love." What I realized was that if I had more affection I could have more love. So I prayed through my lack of affection for others... when I did I felt affection within... and that enabled the Holy Spirit to help me love more deeply.

Having had this revelation I immediately could see the connections in the earlier verses in this passage... and that this how God purifies us. Notice it begins with faith; is sustained by faith; and ends in love.

“Make every effort to add to your faith, goodness;” Notice that we build on our faith that is a gift from God Himself. We ought not believe lies... so we are asked God to remove those bad and stinky ideas and thinking and replace them with good ideas and clean thinking. This flows from our faith in Jesus as we pursue Him. This is done in the context of relationship with Jesus... He puts His finger on ideas and thinking that need to go and replaces it with knowledge. Hence: “add to your goodness, knowledge;” This knowledge is truth that brings self-control. Hence: “Add to your knowledge self-control”. As we inherit self-control we fight off all the ploys of the evil ones to rob us from our perseverance. Hence: “Add to your self control, perseverance”. Perseverance brings transformation. Hence: “Add to your perseverance, godliness”. Then godliness asks for affection (warmth, refreshing, and caring). Hence: “Add to your godliness, mutual affection”. When we care we love. Hence: “And to your mutual affection, love.”

#### **Monday, January 27, 2014**

I know that people can and do say hurtful things that we easily hold onto. It has happened to me... without me realizing that I need to forgive them right there and then. If I don't forgive him or her it siphons away God's love in my heart and slowly puts an end to my actions being and coming from love. I therefore choose to forgive and enter into relationships not power struggles.

#### **Tuesday, January 28, 2014**

Story, presence, friendship, and love are more powerful than syllogism.

#### **Thursday, January 30, 2014**

Every time a little “t” truth sets me free I immediately say to myself: “I need to remember that one next time I get myself into the same situation”. And I somehow make it dependent on myself to do just that. Fact is Jesus is my salvation: not my ability to remember. Even if the memory is intact and useful it doesn't mean I will have the wisdom to recognize that memory and then to use it again all by myself.

Ever find yourself frustrated, perplexed, thinking that circumstances are unfair? I did today. I felt judgmental, short tempered, comparing, selfish and too generous at the same time. As result I felt prompted to read the “Sermon On The Mount” and read it through in a prayerful consideration hoping for relief... and the very end hit me like a blast of fresh air. In the last part of the Sermon Jesus says that those who put His teachings into practice are like those who built their homes/lives/actions on the Rock. What or who is the Rock? Jesus is the Rock... not the teachings in the “Sermon On The

Mount". If we rest in Jesus, and trust Him for our salvation we will have the peace and power to accomplish what He expects. Grace does not flow from our good works. Grace flows from the Rock who supports us... for no other foundation can be laid. The Law makes nothing perfect. The law points out sin. No one will be counted righteous by keeping the law. Our righteousness comes through faith in the Christ.

### **Friday, January 31, 2014**

Here is my suppressed weakness that would peek out of me every so often:

I was compulsively drawn to ask people to do things coming from a mean, whip driven, hard, abrasive, judgmental, forceful, manipulative, and dark energy, "do as I say..." moralizing... "If you don't you are evil" in the popular sense attitude.

I never thought of praying about my toxic tongue until today on the bus to home while reading a book by Joyce Meyer. And after I did I felt such joy within myself, and I still do. I don't know if I still have more steps to take for this unhealthy part of my tongue to be dealt with... but I know one thing: unless the Lord builds the house the laborers labor in vain.

I also know that if I believe that I am a certain way and I also believe I'm stuck in it I won't have a chance to get healthy until I believe the truth about my identity in Christ Jesus... and receive the power to change by believing in Jesus' promises to me to live in freedom. Yes certain truths need to be in place before freedom comes... and truth does set us free... but if I believe a negative/false belief that put me in bondage it won't be broken until my mind is renewed and I see the counter truth as true and the negative/false idea as false.

Today I realized that God is so powerful and wants to be so in my life. He is the more I believe it.

### **Saturday, February 8, 2014**

The NT states:

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.<sup>1</sup>

As stated this is what the mature do. But getting there is a process. It is impossible to take captive and make all thoughts obedient to Jesus all of a sudden. There are learning curves that we need to go through. Studying the Word, learning to recognized the

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<sup>1</sup> 2 Corinthians 10:5

communications from the Holy Spirit and being open to learning from others is key in renewing our mind in our thoughts and beliefs.

Spirituality is found in everyone; even in children. After spending years puzzling through Saint Paul's letter to the Romans, getting enlightened and confused at the same time, going through difficult trials that aren't for the faint of heart it is easy to begin to think that the Christian walk is for adults only. Fact is we are conceived with spirituality. Our spirituality will go through many different stages. The worst is when our pride grows and our hearts get callused. The healthiest is when we care more and more for others in a warm fashion through the grace of God.

### **God's voice: Monday, February 10, 2014:**

I think I finally have a bit more clarity; and am more able to recognize the good shepherd's voice! It is not a harsh, mean-spirited, angry, unkind, "You are an idiot Rene" negative energy "feeling" type of voice. Fact is I feel so much peace right now because the Holy Spirit has led me to reject that voice... More than in a very long time I feel peace! Praise be to you Lord God! Amen and Amen!

I know that any attempt at following any principle before I rest in Jesus and His strength is not going to work. If I do attempt to follow any principle without trusting Jesus as my strength the principle turns into a law and the law kills love. So the secret to living the Christian life is rest/trust/believe in Jesus the Divine Principle. If we build our life on the rock (i.e. Jesus) we will have strength to do His will.

### **Wednesday, February 12, 2014:**

I like so many others have taken Jesus' words to "be perfect" in the Sermon on the Mount to mean we ought to aim for perfection and instantly achieve it... after all Jesus would never ask us to do something we couldn't do right now. Correct? No! The word "perfection" can be translated as "mature"... and we all know maturity takes time and involves a process and this takes the pressure off us. Like we don't have to arrive at perfection today. Jesus calls us to build on the rock (Jesus Himself) in that same sermon... and building takes time... and unless the Lord builds the house the laborers labor in vain.

### **Sunday, February 16, 2014**

How we think also determines the quality of our love for others. Often old lie-based-codes written on our hearts take time to remove. For me these codes are most alive in the early hours of my day. That is the time when I am most prone to judging/ heated anger/ and condemning thoughts. When I repent with God's help in prayer I leave those



ruts behind and the rest of the day becomes much easier for me to love the people I meet. It is all about finding my center!

### **Tuesday, February 18, 2014**

Devils are opportunists. I have had my boundaries violated so many times... and each time it happens I have found that the first thought that comes to mind has been "It happened because you Rene are weak!" and without batting an eye I have tried to punch myself out of the box (the label of weakness) which is not a good idea. Boxes ought to be discarded and not struggled with; they are lies... and nothing but truth sets us free. Satan always attacks our identities. He tried it with Jesus. And he tries it with us. Fact is Jesus boundaries were violated. Yet He was almighty: not weak. So it is no surprise that our boundaries are tested by people all the time whether they know it or not with devils ready to attack our identities when it happens. When we are lied to we must not believe the lies (that gives them power), we have to fight back with the word of God, and stand on the Rock: Jesus because He is our strength.

If we base our identity on whom God says we are we will slowly route the demonic strongholds in our minds/hearts by replacing lying codes with truthful ones and find freedom with the Spirit's guidance. Just repeating scriptures over and over again can be good for memorization and growing faith... but if not wielded like above we will never be set free. When we know our identity in Christ then we won't have low self-esteem. Lies about who we are bring about negativity, low self-esteem, and a maligned identities!

The computer age has brought about many wonderful gadgets. I have been guilty of putting them above people, those I claim to love and care for. It is so easy for these gadgets to march into our hearts and demand worship. First John tells us to not love the world. I stand corrected!

### **Thursday, February 20, 2014**

I have said it before. Attempting to put out a fire by blowing on the smoke does not work. I am now aware that in the morning I try to wrestle my emotions into a place that I think normal, healthy, and kind. But it never works. Instead I now choose to just accept what I am feeling... focus on the truths I believe in... pray/listen to God... and repent in faith when I face my sins... this strategy works much better than trying to wrestle with stuff that is fickle and often capricious.

### **Sunday, February 23, 2014**

Lord God loving others can get so confusing. In the past I have tended to give myself to judgment... and then struggled to forgive afterwards. Whereas you the living God are kind to us and often forgive us before we even seek forgiveness. Our ways have not been your ways... forgive me, transform me... renew me... teach me... grant me understanding that translates into love and wholesome actions... Lord you are the Light of the world.

I admit it! Every time I see a Scripture I want a recipe to keep it. I want a set of rules that draw out how to keep the Scripture. And every time I do it I kill love. And the moral of this long saga is? Yeah I said moral! I got to refrain from making rules if I am going to love. My essay on love (in the sections that try to motivate love) goes that way. I leave it on my Website as a re-minder that Love is not rule based. Anyone who reads it will see that rules don't bear fruit. Abiding in the True Vine: Jesus does!

### **Monday, February 24, 2014**

Lord God what would you have me do? I know that Pastor Hugh often said that we bear fruit; we do not produce it. If we hold onto the idea of producing fruit it means we have not died to self. The idea of bearing fruit means that we allow God to live His life through us. What an opportunity! I just listened to Mark Virkler on his Website... and it was very encouraging. Jesus endured the cross for the joy set before Him. He did not always look into the present. As if He only had one pawn on the chessboard. He saw the past when it was necessary too, and He did what was practical in the present. He had at least three pawns, along with many other pieces.

I know that for a long time my little insights have eventually brought dryness and become unbearable burdens of law. I know that has to change. I don't want to spend the rest of my life blind to love. So when I go through struggles, challenges, trials, and people attacking me. I need to let the flesh die by not acting out of it. Instead I need to pray to Jesus and ask Him what He would do... and then ask Him to do it through me. This is Jesus enabling me to bear good fruit through me! That has been the problem: I have been trying to do what the Trinity wanted to do through me all along: love others through me. He can keep the LAW... I can't do it myself... He can keep the LAW through me perfectly. I have said it before: a shallow prayer life means a shallow love life.

### **Wednesday, February 26, 2014: A Foundation for love:**

God is not mean! God gets angry slowly. God is love and love casts out fear. Lord God is this the reason I failed to give up my seat on the bus earlier today? Yes! The image of the fence you gave me yesterday in prayer was not near a pit, or a cliff... there was spacious room in all directions... with green grass below with patches of dirt and blue sky and white clouds above. Lord when I connect to you via the image of a loving God I

feel energy within coming from you that motivates me to want to love. But when I hesitate... mull-over/rationalize/try to put in a box... hedge and doubt your all-consuming love then I can't love. I can't argue for love; I just embrace it. So that is the foundation: God is love: God keeps no record of wrongs... endures all things... is kind... patient... cares... hopes all things... is compassionate... is at peace keen, agile, beyond motion... if I don't believe God is love I got nothing to look forward to... nothing to aim for... not a thing to live for... nothing to give... no love to give... ouch that is a BIG ONE! If God is not love there is no meaning in life!

#### **Thursday, February 27, 2014**

I now know what the foundation is for being able to bear the fruit of love, kindness, compassion, patience, gentleness... etc. Simply believe in the love of God. That is what it means to abide in Jesus the True Vine: believe in the love of God... but even when we are in the True Vine we will often need pruning and cleaning of our branches and that has to do with replacing lies with truths in our hearts and minds and repenting when needed.

#### **Thursday, March 6, 2014**

Today I realized that our daily bread, or manna spoils after we have digested enough of it... we need new bread each day. I could write down all the things I am learning now and there is a lot. But most of it is specific to me... yes others could learn... but God will communicate to them what they need each day that is specific for them. Yes He does use people, events, traditions, Scriptures, devotionals, and direct communications in our minds or hearts... and learning to recognize when He does is something some in the body of Christ (like Brad Jersak, and Mark Virkler besides others) can help us improve with.

I now know that some of the challenges I face each day are biological/genetic in nature. Using medications... and attributing correct causes (knowing what I have power over and what I need to accept) helps clear much of the burdens, confusion, and anxiety away.

#### **Saturday, March 8, 2014**

I remember, as a child I was harassed by others, teased, laughed at, ridiculed, and violated. I believed the lie that I needed to control others (need to keep them quiet), that they had to do certain behaviors (not be annoying) for me to be happy, and that they needed to keep their distances from me for me to be strong, healthy, and happy. I renounce the lie that I need to control others for me to be happy. I renounce the lie that I need to control others for me to be at peace. I renounce the lie that those who violate

my boundaries show me to be weak. Lord God I declare that I am strong in you... for you love me deeply... you care for me... and I am strengthened by you for every good work you prepared in advance for me to do. I declare that I don't need food, drink and treats to feel well. I declare that I am getting healthy because Jesus is teaching me how to renew my mind.

Yes God does care for me. But more so there are many others who care for me too! I reject the lie that I believed as a child: "No one cares for me... all I can depend on is myself... screw everyone else. I need to hate others to be loved and belong" I repent with Jesus' help from hating to belong, and I choose to love those who come my way instead!

"God is not conquered like some mountain peak that we scale through religious self effort."<sup>2</sup> Yes God does want to exercise our spiritual muscles but that is done through a relationship with Him. If we do struggle we struggle with the enemy because he may have strongholds in us called "codes that lie". These codes may keep us from seeing God and feeling His presence... but God does seek to comfort, encourage, and direct us on the path to freedom as we journey with Him in this life. That puts my suffering in context. If you are on speaking terms with somebody you have a relationship with that person. We don't earn the right to have an audience with God.

### **Saturday, March 15, 2014**

Having to be first because we believe it will bring us happiness is a lie from the pit of Hell! If we don't give graciously to others we won't be happy!

Lord God I repent in faith from believing this lie.... May my heart and mind be transformed with your help, direction, engineering, and wealth gotten from Christ Jesus the God-Man who loves us and patiently leads us in the way of truth... Love... Mercy... Grace... Compassion... Hope, Health, and Holiness!

Having to be first is one thing; the same goes for having to have more than one's neighbor(s).

After forgiving people we might have to repent from hating them too.

When dealing with hatred: we need to ask the Holy Spirit what rule or ruler or lie that we used to judge people with and therefore landed up hating those people. Next we are to repent with Jesus' help from having believed these rules, rulers, or lies and replace these lies with corresponding truths. After that we repent in faith from having hated those we hated and look for ways to love them for their highest good.

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<sup>2</sup> Brad Jersak, Can You Hear Me? eBook, Found in chapter 3.

Also... God the Father is different from our earthly fathers. Why because we are pushed to become independent from our earthly fathers... but are encouraged to grow in dependence on our Heavenly Father.<sup>3</sup> That deals a deathblow to God being cold or not caring for our welfare, our needs, our food, our clothing, and our sustenance.

### **Saturday, March 22, 2014**

I am learning and re-learning that kindness goes much further than anger, threats, ultimatums, trying to control, and going by feelings. This lesson is a key support for understanding that God's voice is gentle: kind, soft, encouraging, and light in a dark place. And if He can keep His calm doing so I will do so too through His strength and guidance!

Lord God I find that asking the question: "Is a message from the Spirit or is it from the flesh?" to be a better question than: "Is that my imagination?" like Brad Jersak so succinctly states and explains in his book: Can you hear me?

I now know that I have been lazy when it comes to imagining the Parables and the stories found in Scripture... and that has been to my detriment. Having said that Lord God I am learning so much lately... new learning curves are presenting themselves constantly as stuff hidden from me because I let the devil blind me and cause I was looking in the wrong places. Jesus came to undo the works of the Devil.

Love is majestic when you get to know her. Life is spun like a fragile spider's web... we all want to catch something and suck the life out of it.

### **Monday, March 24, 2014**

I am learning that my image of God the Father needed major transformations. Moving from seeing God the Father as someone to be saved from: Hell's jailer to the one who has set up so many graces, promises, wisdom, and helps to not go to Hell. From seeing God as approving the devil's work (making sure the right people go to Hell) to seeing Him as fighting to undo the devil's work. From me believing the lie that I needed to be hard/angry/forceful/aggressive/ and abrasive to get my way... and projecting that image onto God the Father to justify it in my way of life and attitudes.

### **Tuesday, April 1, 2014**

Lord God I finally prayed through two memories from my youth while in SA on the school grounds. I did so while reading Dr. Grant Mullen's book called, "Emotionally Free". Great book! Through listening Prayer to the trinity I dealt more fully with this chapter of my life. The first scene was of me trying to impress my peers and being

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<sup>3</sup> Dr. Grant Mullen

rejected. The second memory was of me walking alone on the playground getting bitter, cynical, hateful, (mean, and unusual) as well as proud with walls going up.

### **Sunday, April 6, 2014**

Today has been liberating. I finally understand what good shame and bad shame are.<sup>4</sup> Good shame is when one is ashamed of one's actions. Bad shame says one is defective. Bad shame says one is a loser, a bum, incompetent, an inferior, or inadequate. Bad shame makes you want to hide, feel like a failure, and experience bad self-esteem. Bad shame says because you did that bad action you are a loser good for nothing. I have struggled with bad shame for a long time and not known it was an attack on my identity. I felt guilty and bad for stuff I'd confess over and over again. My image and identity was under attack. Therefore I was defensive... and kept people at a distance. I can cry again.

### **Monday, April 7, 2014**

"Morality is doing what is right, no matter what you're told. Obedience is doing what you are told no matter what is right."<sup>5</sup> I have found myself caught between the two too often.

I finally know how important the following verse is: "We are God's workmanship, created in Christ Jesus to do good works that He prepared in advance for us to do." When we are lied to that there is something wrong with our identity (i.e. we should wrongly have bad shame)... we can fight back with the truth that we are not junk because God makes us beautiful.

### **Friday, April 11, 2014**

I now realize that in the past when I thought I saw grave errors in the religious group I belong to, and another religious group had supposedly shown me the light... I tended to harden my heart towards the group I saw in error... and therefore judge them. We all have errors in our doctrines... If we didn't our understanding would be perfect. Let him or her without sin be the first to throw a stone! If I am without love I am nothing. An immediate fruit from this realization and renewing of my mind is that I am able to enjoy praise and worship music like I used to a long time ago. The music does not seem dated like it did for many years: it feels fresh again! More importantly I also started having less judgmental thoughts towards peoples of other faith traditions. Finally I also don't have to make this error of hardening my heart out of misguided loyalty anymore.

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<sup>4</sup> This insight comes from Dr. Grant Mullen's book called: Emotionally Free.

<sup>5</sup> Dr. Laura Markham, [ahaparenting.com](http://ahaparenting.com) from article about strong willed children.

**From Easter Sunday, April 20 to Tuesday, April 22, 2014: While at a Retreat on Bowen Island called Rivendell:**

Lord God I see a hard-ness in my heart and mind. When I am rejected or judged I want to harden my heart towards those who rejected me. I don't want to smile, be gentle, be kind, and care for them: period. I confess this as wrong, evil, and hateful. It goes against love... your love Lord God. Please melt this hardness, coldness, anger, hatred, and bitterness within me and help me to care warmly for those who are challenging my faith and love in the now; and those who will challenge my faith and love in the future.

I need to make the universal particular! Just like I gave up my reserve energy to finish my work last week (good cause)... I now take that love for humanity called my personal universal goodwill for people in general and I choose to make it particular and real for those in my life or for those I meet by chance with Jesus' help! Amen.

I remember being tuckered out so easily by a short walk up a small hill... and after a while I got more and more intimidated by nature's rugged-ness rocks, steep hills, chilling cold and strong heat... and I felt drained by just looking at nature instead of just being recharged by it. But this week the thought occurred to me that the same power that sustains God's creation sustains me. I don't have to be intimidated by the strength of nature because God grants me His strength to subdue it. Thank you Lord God! Amen and amen!

I have the right to live roam and experience life like anyone else because God in making me gave me that right! Thank you Lord God! Amen and Amen!

Got to (in reading the Gospels) where Jesus was asked by a blind man if he could see again... I asked Him too so that I can have wisdom together with power and God's enabling presence to guide me when it comes to what to do about challenges...and I was pushed out of the dark melancholy poor me suffering that was draining my batteries and clouding my future! Thank you Jesus, Father God, and beloved Holy Spirit. Amen and Amen!

I know God owes me/us /you nothing... But He does love us... And He wanted to right Adams wrong in Eden through His Passion... So He died for His bride unlike Adam's cowardly response in not wanting to die for his wife through the devil's cunning!

Lord God... how sad war is. There are so many difficulties and hardships in life. I sometimes feel so lazy that I wonder what possesses others to build, to plan, to organize, to go out of the way, to help, to care, to work, to improve, to enlarge, and to accomplish so many tasks. With all this industry I guess I was believing the lie that I did not have an active mindset: that I was lazy. I know that I have accomplished some things

in my life... Lord I know that we all have different graces to accomplish different things... but every time I see something that took a lot of work and commitment I have believed the lie that I am lazy, don't care, and am un-gifted. Thank you for that insight Lord God: Father, Son, and Spirit that we all have different graces, gifts, places, and roads to walk or build. Amen and Amen.

### **Tuesday, April 29, 2014**

Lord God, I want to thank you for bringing newness to my thought life, to how I approach things, to slowly drive the demons out of my mind... and to help me to be healthier in how I approach things morally and spiritually. I am making progress because you have put people, and books, in my life together with your Spirit to help guide and strengthen me with freedom to choose. Amen and Amen! The process involves:

*Moving from: **flesh** thinking to **Spirit** thinking:*

Flesh thinking involves rationalizing/solving problems (independently of God) that usually results in taking away our peace. The best way to abandon such a mindset is to trust God with our dilemmas, and problems; and navigating conflicts with His help; and to listen to His wisdom that He sends directly or indirectly.

Spirit thinking is peaceful, non-judgmental... and respects boundaries. It is guided by a true conscience one not so much based on rule keeping but one that senses what is healthy, healing, caring, and loving.

Moving from flesh thinking to Spirit-led-thinking takes time and moves gently, slowly, and patiently as God works in our lives powerfully removing blindness, lies, and wrong thinking and replacing them with sight, truth, and correct thinking!

### **Tuesday, May 6, 2014**

On Sunday while at Mass I realized that I was holding resentment against my church. When I gave it up I was able to worship again. This morning I started the day by judging some people on the bus for talking so early in the morning. Instead of dealing with it through wisdom I suffered much psychosis before I realized that the judging was responsible for it. The past two days I realized that I was holding two resentments against myself dealing with two personal failures. In giving them up I found myself wanting to have and enjoying conversations with others again.

### **Wednesday, May 7, 2014**

Today I was tempted to judge people early on in the morning just like yesterday... until God showed me what I was doing because it soured my attitudes towards



everyone I met afterwards until I repented. I now realize that I am 48-years-old and for much of my life I made judgments and hardened my heart regularly... this propensity or programing needs to be fixed... but that takes time. I now realize that watching out for this tendency and correcting it early each morning helps me relate with others healthier and live at peace with others the rest of the day.

For a long time I found reading and studying Scripture difficult. Now I am picking it up again like a sword, finding strength in it, and resting in its promises. It doesn't lift off the page like so many years ago... but I find sustenance in it.

### **Thursday, May 8, 2014**

How often has the thought: "He/she must think he/she is something special" crossed my mind without a tinge of conscience? I now see it as outright false, maligning, and judgmental... It doesn't ring true any longer! PTL!

More and more I'm seeing and learning how good relationships work! By that I mean healthy ones!

I finally get it! The OT states that many people have seen the image of God, but then in the NT it says no one has ever seen God except Jesus. How can this be so? Yes many people saw God in olden times...they had partial revelations (they saw a small part of who God is, but none had complete revelations). Only Jesus has the full revelation of who God is and came to make God more fully known. This clears up much confusion with respect to those verses that speak to this issue and to so many OT portrayals of God that don't sink with the NT!

I am now aware that I over react very early to so many situations most mornings as my days get started. Reminding myself of that goes a long ways in saying no to it.

### **Monday, May 12, 2014:**

Rejection can lead to two paths or a mixture of two paths. The first one is reacting with a victim-mentality. The second one is reacting with a control-mentality. They both do everything to prevent rejection because they don't want to feel the pain of rejection anymore. Both mindsets can be active in the life of one person who has been hurt or rejected. I know that this was my case. The first attitude to be dealt with was the victim-mentality (where victory came from choosing to love even under threat of rejection)... but I knew from seeing my behaviors and attitudes today (on a short bus-trip to do some shopping) that I wanted to control people and things too much. I wanted to

optimize things...by that I mean that I wanted things to be run as efficiently as possible: MY WAY. If people complied it meant to me that people cared for my wishes and to me this meant they weren't going to reject me: I wanted happiness: trying to control promised this but fell short again and again. It never worked because I was always getting angry with those people all of whom knew nothing about my wishes and subsequently never complied. Moreover when I made my dark emotions known I got rejected immediately because my speech, efforts and actions were unhealthy and came from a dark place. Realizing and praying through the idea that I was trying to control people so I would not be rejected and be happy landed up setting me free in this area because the correct truths sets one free to love. Repenting in faith in prayer to Jesus from control and manipulation killed it.

### **Thursday, May 15, 2014: Feeling superior anyone?**

I know that I have pride, and often the attitude that best describes my inner self in face of vulnerability and weakness has been: I'm superior. Why so? I have seen people who are weak as easily hurt. I don't want to be hurt, ridiculed, or rejected because of my weaknesses... So I have preferred to view my identity as strong, intelligent, and superior to others... This I expected for a long time to protect me from hurt... But in doing so I rejected those I judged and often hurt those I rejected...Moreover walls went up around me... And that helped people reject me because I rejected them. The very thing I did not want others to do to me I landed up doing to everyone. I am so sorry!

Lord God I repent in faith from this pride that only lands up hurting others. And distorts my humanity created in your image. I am sorry for hurting others, for not embracing them because they stick out for not being a generic normal ideal person. I wanted to belong, be accepted by those communities I admired even if it meant rejecting others. I am so sorry for demanding from others to not hurt me when I did the opposite towards them. That is hypocrisy! I repent in faith from this hypocrisy with Jesus' help. Amen!

### **Monday, May 19, 2014**

Lord God I want to thank you for straightening out my path slowly... persistently... at a good pace... day in and day out... so I can look back and see the progress that I am making through your leadership and physician-ship especially when things get out of hand. Amen!

Today I realized that I still have a poor-me-attitude (thinking life is so unfair) when things get a little more challenging than usual. And my tendency is to overreact and this makes it worse. I realize that all people have things that challenge their sense of

fairness... not just me! So no one is specially singling me out when compared to others. We are all able to carry burdens; some more than others. Some carry such heavy loads that very few other people would be able to do likewise. So comparing crosses should only humble us. When situations challenge us to have a pity party we get to choose how we are going to react to them... what we are going to focus on... how we are going to believe/speak about it... and so we can choose to be positive... not negative... seeing our lots as cups not half empty but overflowing... and to refrain from complaining... and deliberately see things in the best possible light (yes love believes all things)!

Thank you Lord Jesus for loving me... and helping me forward now and forevermore!  
Amen!

### **Saturday, May 24, 2014**

Lord God I want to thank you in showing me for years now that Palestinians have just as much a claim on the land of Israel now as those Jews who bought land there. I have seen this for a very long time... but I never bothered to revise my past interpretations based on the book of Daniel and the Book of Revelations of which I have just been informed needs to be jettisoned as I now relate:

Lord God I ask for your forgiveness and I repent in faith from the worldview I embraced shortly after I renewed my walk with you in the late 80's. Lord God, I now see thanks to the Clarion Journal website how off base, hostile, and incorrect my interpretations were regarding the state of the Jews vs. the Palestinian/Moslem' claims to the land in question. I have been informed via the Holy Scriptures that the Jews were always exiled from the Promised Land over and over again because of their idolatries and the injustices they visited on the poor and the aliens living among them. But this truth was forgotten/overlooked by many (me included) who supported the Jewish state because they saw the emergence of the state of Israel as hastening the return of Jesus Christ (which is what I wanted). This later view wrongly tied the return of the Jews to the land promised Abraham (apart from their morality and faith) just so that it would hasten the return of Jesus Christ. I was militant... hateful... and un-loving in my attitudes towards the Palestinians for such a long time just because I wanted Jesus to return and because I despised the Moslem people for such a long time.

Thank you for renewing my mind Lord Jesus Christ. Amen and Amen!

### **Sunday, May 25, 2014**

Lord God I went to my old church St. Augustine's today instead of my home church. The people seemed so old... grey... and plain compared to years passed... and I felt that old judgmental lie finally being put into words: "this is boring: it should entertain us". When I saw the lie for what it was worth the darkness lifted... and I felt comfortable again.

Thank you Lord Jesus Christ, Father God, and Holy Spirit for continually renewing my mind. Amen and Amen!

### **Monday, May 26, 2014**

Lord God I realize that a devil has a stronghold in my life known as: self-pity. The littlest lie from him sets me off into psychotic-delusional-nonsense... and ruins my day until I take my thoughts captive to Jesus like the Bible says I ought to... just wish I could take those dangerous thoughts captive sooner. I take the thoughts in my mind too seriously. Each lie beckons belief... and when the lie has been accepted even half-heartedly... it wreaks havoc in my relationships... it is then that I know something has gone wrong and the sooner I realize this the sooner I can take the mess to Jesus and ask Him what its origin is. And He always deals with it quickly and when I deal with it like He has taught me I have peace afterwards as a result! Knowing that the future is hidden and none of my business until I get there has kept worry at bay and re-enforced my peace... and knowing that I don't have to ask God what will happen has given me so much peace. Thank you Holy Trinity! Amen and Amen!

### **Thursday, May 29, 2014**

The Pacifist stance is motivated by the desire to be innocent and free from guilt and from hurting others even to the point of not practicing self-defense. This is one pole or extreme that we are drawn to.

Self-defense justice seeks to protect people from evil either through force or through the threat of force or repercussions. We are all drawn to this as well.

Restorative justice seeks to restore people after evil has taken place. We are drawn to this as well...

Retributive justice seeks to make agents of hurt know the hurt they inflicted. We are all drawn to this as well.

Seeking revenge is when retributive justice gets personal... but revenge often goes so much further.

Lord God I want to thank you for keeping your promise to speak to us, and giving us the promise that we will recognize your voice when you speak. I am glad that I am hearing you better these days... yes the blockages to communicating with you better such as me trying to "control everything" or gravitating towards self-pity (poor self-esteem) and negativity have been uncovered. Victories are being won regularly now that these strongholds have been uncovered or discovered because the battle belongs to the Lord. Knowing where the battles are helps us fight so much better than blindly swinging this way then that way. To know where the battles are and what their roots are helps us know God, others, and ourselves better and how to defeat the devil more decisively.

### **Friday, May 30, 2014: Perseverance:**

I find thinking correct, non-judgmental, holy, life-filled, and positive thoughts for a long time very difficult... This feat needs grace, humility, and persistence... Only God ever present can help us to overcome our weaknesses. Trusting oneself leads to sin, temptations, and hypocrisy... Trusting law to do right does the same... But trusting Jesus brings victory!

The human soul, mind, and heart is so complex with many subtleties and won't in most cases be liberated through one small 't' truth. Renewing the mind is a slow process... And with God's help I'm making progress in backing away from judging and hardening my heart. Thank you Holy Trinity!

### **Saturday, May 31, 2014:**

I finally have the following three transidentals: "beauty, goodness, and truth" in the right order. For a long time now I have oscillated between joy and dread because I had sought these transidentals in the reverse order with the latter dependent on the former in succession. I wrongly thought that little "t" truths would bring me joy. Such truths have very little staying power when it comes to bringing joy. Fact is little "t" truths often bring the opposite of joy. So looking for joy in seeking truth foremost is not always a good thing. What does have lasting power to bring joy is beauty; the beauty of who God is, what He has created, and what He has prepared for those who don't reject Him. We are created to celebrate beauty. Beauty leads to the belief that there is a goodness in the universe that created it... and that Goodness gives Truth so that we can be free to love. I am in debt to Hans Urs Van Balthasar for these insights.

### **Sunday, June 1, 2014**

Derek Flood said: "Blindly obeying a command means we will blindly hurt others because we don't understand what we are doing. We will land up obeying it in a hurtful way."

**On Caring:** Praying in faith to Jesus to put an end to my selfishness and my not caring is another step to sanity.... And choosing to care for those I meet no matter when and where is key to turning the tide and embracing compassion. Violence/harshness/angry demanding is so much less effective than kindness/ warmth.

Today I was tempted towards self-pity... and I fought it with truth countering lie after truth countering lie... the last truth being that there are plenty of people worse off than I

and they count... I can't wimp out saying I don't care for them. If I don't care for them for whom can I care? That gave me victory over the self-pity. PTL!!!

Without the word of God I would not be where I am today... It is my light saber; my sword...and I fight off demons and their lies with it. I admit that I needed (still do) a lot of fine-tuning in how I interpret the word of God... And that has happened for me thanks to Joyce Meyer and reading some of her books... My thought life was a horrible mess until so many corrections took place...I still have a long way to go! Thankfully I am now open to the truths that the Bible does not directly address... but are not contradicting the Bible, and I am also not throwing out the Bible. It lays a foundation for my worldview and relationship with God and others. That is the way to view it! That is the healthy way to view it!

### **Monday, June 2, 2014**

I am reading Derek Flood's book called, "Healing the Gospel" and it is just what the Great Physician ordered. Yes I needed to be reminded that sin is a spiritual disease that Jesus wants to heal... and that goodness is spiritual health. Remaining faithful to this frame, paradigm, worldview, or definitions makes bearing fruit possible and a reality. He who defines the words wins the arguments.

### **Friday, June 6, 2014**

A step towards self-control comes when we stop controlling others. Also when we stop controlling or trying to manipulate others we will practice patience much more easily. Renewing our minds so we see through our motives to control and manipulate is a key that Jesus uses to usher in transformation in the direction of love.

### **Saturday, June 7, 2014**

I think I understand the mystery of the Passion of Jesus a little more now than before. I have had many misconceptions (and still don't see this all clearly). In reading, "Healing the Cross" by Derek Flood I have had so many revelations that have replaced many of my misconceptions. Cruelty, abuse, ridiculing, shaming, and being ruthless towards Jesus on the Cross was not a good thing: it was evil. In a non-violent way Jesus embraced these dark weapons when humanity pointed them at Him so enabling Him to expose them as cruel, evil, and misguided. He shows us by His example that by taking our scorn, ridicule, abuse, shaming, and ruthlessness... (i.e. our sins) we would see how wrong our actions are towards Him and our victims because of His forgiving love. Our violence never did any good (never could)... only in Jesus entering into the midst of it in His Passion and embracing the brunt of our wickedness... did He show humiliating violence and evil for what they are: folly, useless, and good for nothing.

## Tuesday, June 10, 2014

I now realize that growing up I made a lot of judgments about my parents: I thought they were unfair, overbearing, too strict, too protective...etc. Not only did I judge them, but I also claimed I knew better than them.... And today I realized that I needed to renew my mind from this biased/childish/toxic/attitude with faith in God through prayer. And when I did: whoosh I felt clean yet again! Thank you holy trinity! Amen!

## Thursday, June 12, 2014

I am slowly getting understanding in an area that has stymied me my whole life... and I am learning to not attack/tackle situations or things blindly. What occurs in red-text below is wisdom I got from a speech Derek Flood gave online. It has shed light on a huge area that required healing in my heart. Thank you Derek!

**It is so true that following blindly a set of instructions gets people hurt. The only acceptable blind-love is romantic-love. Unquestioningly being obedient to anyone especially confusing Scriptures leads to abuse. We cannot be faithful and honest if we don't know how.**

Jesus is the Light of the world... His truth sets us free... when we follow Him we walk in the light meaning we see and aren't blind in the area we are following Him in... blindness is looked upon as an illness not a strength in the NT. And even when we follow Jesus, we are asked to renew our minds... meaning that we have blind spots that He wants to heal and to bring us understanding there instead. Patiently waiting on Him through an interactive relationship is key to uncovering blind spots and gaining freedom to love people more deeply.

**Enemy love means to love our enemies no matter what they throw at us.**

**Rome's cross had to do with coming down on those convicted to death like a hammer in a bloody, hateful, ridiculing, forceful, retributive, crushing, and shameful way; whereas God in Christ on the cross was love in the midst of and in spite of the violence and He intended to expose to the world and us the insanity of crucifixion. Crucifixion is a grave injustice just like the NT says.** When we pierced Jesus, in response He released water and blood both of which are symbolic of life not poison/hatred. Jesus came to give life... and that to the full. The New Testament (NT) teaches that in the past (i.e. OT) God was partially and imperfectly revealed, but that in Jesus we have the full revelation of God's character, nature, motives, and desires. God the Father did not come down like a hammer on Jesus during His Passion: indeed the NT says God was in Christ on the cross reconciling the world to Himself. The cross and all Rome poured into it was not a healthy thing... Jesus came to expose it for what it was. Jesus' actions on the cross were pure,

passionate, caring, peaceful, wise, and hit the mark on where our malady as the human race is.

Jesus did not come to glorify the cross! He came to undo the works of the devil... He came to love and share His life with us. He joined in solidarity the despised, unwanted and rejected; He sided with us, shared our weaknesses, and therefore the world powers wanted Him to pay for His loyalties, to hurt Him, and to somehow kill His popularity; they wanted to stop Him from reconciling the world to God... but it backfired and Jesus won the world and those who believe in Him. Even though our flesh crucified and rejected Jesus on the cross; Jesus did not reject us on the cross! What love He showed to us in this: the creator despised and hated by His creation; yet the creator forgives creation and with out-stretched-arms embraces us and so wins us by becoming weak and taking the hard way.

Love of enemies is not simply a refusal to engage in violence. Rather it is a better and more effective way of resolving conflict and ending hurt. It is not unrealistic or illogical. Nor is it opposed to a healthy desire to protect our loved ones and our selves.

Retributive justice means being hard on those who are our enemies and to come down like a hammer on them because the thinking is: if we don't punish evildoers, then crime will run rampant. Retributive justice is violent payback to enemies and criminals. In many Christian circles the crucifixion of Jesus is seen as God's retributive justice through what is called penal substitution (i.e. god's justice meant that he had to punish us. But he wanted to forgive us so Jesus apparently took our punishment on himself and in doing so god vented his wrath on Jesus so supposedly enabling him to forgive us). I held to this view for a long time... but it is skew (riddled with problems) and devoid of enabling us to go to the center of love's source or understand God's love. It misrepresents who God is and casts him in the "molds of some demon gods" who in OT times demanded from certain communities that their infants be sacrificed through fires in order to find peace, prosperity, and a supposed hope. These communities were held in fear of the future by the demon-gods they worshipped.

But...

What if justice is about mending and healing and not coming down hard on transgressors?

When I realized this I got the image in my mind when I was a child in SA when the principal at school hit me because I wanted to make peace on the pay ground and prevent my playmates from getting into trouble. Lord God I forgive the principal for his action and I repent in faith from my reaction towards him which was wanting him to feel the pain he put me through: I wanted revenge.

Restorative justice is the framework for enemy love...



Love of enemies is a general principle applicable to both individuals and society which has many context-specific applications

Turning the other cheek (fighting oppression, exposing injustices of oppressive regimes (Gandhi and Martin Luther King are good examples of this)) is one particular application of the larger principle of enemy love. Turning the other cheek is not always effective or appropriate. It is wise to turn the other cheek when it comes to speech and communicating with people when things don't go our way or situations anger us (responding with kindness instead of insult for insult is turning the other cheek verbally). Our tongues can be weapons. Choosing to bless whomever we talk with will go a long way to stopping verbal and physical violence. Turning the other cheek when it comes to speech ought to be universal because if we can't be peaceful while talking we may become violent in our actions.

The assumption is that force or violence will get things done... fact is this is wrong: Non-violent campaigns are more than twice as effective at resolving conflict than violent campaigns.

The above has to do with bringing healing to those who transgress rules embraced by those cultures where the wrongs are done. But the ideas lend themselves to the theme of not using "might" to get one's way in ordinary situations in every day life. I know that the principles apply to me... because there has been a hard/cold/damn-it I got to force things "mentality in me" to get my way for a long time.

So in the past when it came to me loving my step-kids, our dog and all the people at work and in the world I wanted to come down with force (which came from a hard place in my heart) on everyone to get what I saw as reasonable or just plainly my own way. I knew that this was wrong and I tried to suppress it, and stifle it but it worked often enough for me to have some confidence in it...after all something deep in my heart resonated with this darkness, but now I know it's roots: it was because I believed the lie that "might" was better than weak or "kindness". Thank you Lord Jesus, Father God, and Holy Spirit for showing me the errors of my ways and giving me liberating truths that transforms my actions into love, light, and kindness in a more compassionate way! Amen and Amen!

Strangely enough when I first got ill with schizophrenia and attended a church service somebody recited out loud the following verse:

So he said to me, "This is the word of the LORD to Zerubbabel: 'Not by might nor by power, but by my Spirit,' says the LORD Almighty."<sup>6</sup>

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<sup>6</sup> Zechariah 4:6, NIV

I remember believing it but not understanding it fully. I knew at the time that it meant I needed the Spirit to get through my trial... and that acting independently would secure my spiritual death certificate. But now I see that there are wider ramifications: Only by God's Spirit can I love supernaturally...and also come from a gentle kind and loving place when interacting in all my relationships.

[The following three paragraphs came much later but contextually belongs here]:

Through the Spirit I have come full circle. But now I know that I need to seek out and learn what servant leadership is about because I get confused about when to serve and when to lead. I know that as a leader I am to lead by serving the best interests of those I lead. If it is that simple then I can do it with God's help... but I would do well to look into this topic more deeply.

I now realize that when Jesus went to the cross and was raised up... He drew all peoples to himself... and they brought that which was not submitted to God with them; namely their independent wills, broken intellects, and warring emotions. Jesus did this so that we could see that our independence or flesh wanted to crucify Him... and with the Holy Spirit's gentle nudging we are cut to the heart as we see our sins nail Jesus to the cross and so are healed. Those whose eyes are opened to this daily, carry their own crosses and in so doing don't live solely for earthly pleasures, but for supernatural love through being led by the Spirit through relationship.

Following the way of "enemy love" does not start with a high ideal or my own goodness... rather its motivation and source of strength is the person of Jesus and His example of enduring the cross and His rationale for doing so.

[These insights below came later but are contextually meant for here]:

Lord God I found some old kaka in my mind that needs to be cleaned up with truth through sound and truthful-Spirit-thinking. It has to do with the crucifixion.

I am even more certain that it is our sinful independence, coveting of power, and hatred that put Jesus on the cross. Those things were and are unhealthy/evil. God the Father did not agree with them. If He did then He would be saying our sinful independence, power-hunger and hatred were good and achieved something good. Such sinful attitudes weren't good and never will be. If these attitudes weren't present in humanity then Jesus would not have died on the cross; and He'd never have to die on a cross so long as we had peace with God. Jesus came in the most-gentle way to show us the consequences that our sinful independence, power-hungry and hateful ways had: which was to kill the most innocent, pure, beautiful and holy creator. Moreover, those same unhealthy attitudes always hurt everyone they are directed towards; as well as the perpetrators. Jesus came to exorcise these hurtful attitudes out of us. And He does this

when we go to the cross and see (in our imaginations) and understand with our hearts and minds what God did in and through sending Jesus among us.

### **Sunday, June 15, 2014: Motivation**

Have found that not wanting to hurt someone is more motivation to change than just wanting to have the characteristics of being a good or righteous person! One is for love the other if not careful is for appearances.... And that has the root of pride!

Motivation??? If I aim to be Mr. America... I will fail. If I aim to be healthy I will succeed. This trip to Mom and Dad's went well... So much accomplished! Got Dad sorted with his computer! God a good portion of grace poured into my heart by Mom.

Glad I just read the book of Galatians Chapter 5 and how it talked about how unwise depending on the law to do good is... Or aiming for man-made-standards because they become burdens heavier with each step... It is for freedom God called us forth!!! Thank you for setting me free Lord Jesus Christ! Amen and Amen!

### **Friday, June 20, 2014**

For me my weapon of violence for most of my life was my tongue. I would judge people before they had a chance of defending themselves... I could dream up so many base motives that the persons who disappointed me supposedly acted out... truth be told: kindness, gentleness, meekness (being slow to anger) get a lot more done and help build relationships and respect in ways that a violent tongue never will.

Am really impressed with Derek Flood's defense of restorative justice and dispensing with retributive justice in the Gospel and showing that penal substitution has no basis or foundation in Scripture when it comes to the atonement. When I made that switch I could say: "By His stripes I am healed" with meaning, faith, awe and respect for the Trinity, and expectation because I no longer saw God as hiding a hard, angry, anal and capricious side to Himself. I also saw that Jesus did not go and visit sinners saying to them if you don't do things my way I'm going to punish you and give you a hard time. He did not throw the Catechism at them, or the Torah, or the New Testament and trying to scare them into believing and loving Him. Jesus was not harsh or abrasive... He is gentle and kind; He smiled, had a caring countenance, was compassionate and met people

where they were at. He didn't point out the sins of those He sought out to befriend or save them. He wasn't looking for people's dirty laundry. He saw value in and cared for those He met. Yes, He made judgments against those who were religious who were more concerned about their self-images than caring and loving their neighbors. That is how I see Jesus now.

Only problem is that principles, truths, and maxims become laws that weigh us down if we aren't careful. I realize that relationship and depending on Jesus to love through faith is the only way to navigate courses or learning curves that are difficult and that make head knowledge heart knowledge; or theory action...!

### **Sunday, June 22, 2014**

I thank God for helping me to realize that I believed a lie starting very early in the day. It took all day to realize it... but the lie that I believed most of the day was: "something is wrong with me". It became self-prophetic... a box I tried to box out of... a slippery lie... who would have guessed? But now I am free from it because I recognized it for what it is. So praise the Lord for setting me free!

### **Monday, June 23, 2014**

Just realized that one reason why Jesus went to the cross was to show that we could reject Him in the most dark, evil, hateful, and mocking manner, but that He would love us through it and forever afterwards.

### **Sunday, June 29, 2014**

Yesterday when I did business with the Father, I realized that God delights in me and always has. He delighted in the thought of me before He made me. He delighted in me when He conceived me and knit me together in my Mother's womb. I ought not feel or believe that I have no right to exist. The Father delights and takes pleasure in me... and these thoughts make me joyful.

The thought comes: you don't have a right to exist because you have sinned. What do you say to that Rene? I just asked God and He says that He has always loved me and always will. The belief that I don't have the right to exist comes from that dark notion of a "wrathful god" whose "supposed justice" says I don't have a right to exist because I have sinned. Fact is: God is LOVE, and predestined all of us for fellowship with Him. God's intent is to bless me, sing over me, give me life, and to prosper me. God does not make mistakes... He wanted to give me life when He created me. I am made in God's image... meaning I resemble God in some very beautiful and meaningful ways! Yes I deserve Hell... to be separated from God forever because that is what my sins do. That would mean that I would be spiritually dead if that were to happen. But God has always desired, willed, and decreed that I exist because He is good, benevolent, and

does not make rash decisions ever. God's nature is to restore us... not dump us in a garbage bin. The bin exists for those who don't want anything to do with God. God wants us to live, not die. Satan wants us to die... and we can also want to die. God does not want me to die! God wants me to live always!

### **Tuesday, July 1, 2014: Canada Day:**

Lord all the time in the past when I prayed "Your Kingdom come" in the Lord's prayer the only thing I thought about was: obedience to your government and obeying your rules. I admit that such is an important part... but that is later covered by the request: "your will be done". The Kingdom does not come by threats, demands to obey rules, or by setting out to memorizing and keep the Catechism. It comes through relationship and God's presence: God celebrating us: that is why He went to the cross. I am realizing that a Kingdom is more than a Leader commanding and demanding obedience. Jesus came to serve... not to be served! Jesus came to serve our best interests. Lord God I am now realizing that you care for us... and tell us to pray for what we want (so what we want is important to You)... and that when Jesus was on earth He celebrated those who approached Him and they eventually became His friends... to the point that the Pharisees and Religious leaders accused Him of drunkenness and consorting with sinners. I now realize that the Kingdom is about God's presence... love, joy, peace, patience, gentleness, kindness, goodness, and self-control. Lord God you are not a God of foremost stringent conditions, rules and demanding placed on us to do what you say carrying heavy burdens, doing backbreaking work with dire consequences if we fail. Rejecting love is its own bitter reward. Sin separates us from God. God does not separate Himself from us because we sin. We turn away from God when we sin.

### **Wednesday, July 9, 2014**

Full salvation is found in the Catholic Church...  
Her prayers reach up to Heaven... her God to the earth...  
Her teaching is rich...  
Her graces draw from God's inexhaustible power and love...  
The communion of the saints is real!!!  
I'm at home within her!

### **Thursday, July 10, 2014**

If we give ourselves to living out the unholy three-O of fear, hatred, and pride they will destroy the holy three-O of faith, love, and humility. If we trust, embrace, and rest in God's love then He will enable us to bear much good fruit. He can break with our co-operation the power of lies, and flesh driven thinking and replacing them with Spirit led peace, truth, and thinking that leads to love.

Lord God all we have are our own personal images of what Hell and the lake of fire are about. To me they are a result of sin and not wanting you the true God in one's life. I don't know what they truly hold... but I believe you are a good and compassionate God. You give us the desires of our hearts... and show us what the consequences of our decisions and sins are. This is your mercy. If Hell is utter separation from the goodness of God... then it truly is a place I don't want to go to: cold and dark. At the end of the age those in Hell (demons, Satan, and lost people) will be thrown into the lake of fire... meant to purify them... but they still resist the purifying fire and instead remain loyal to their supposed independence and therefore suffer endlessly. I don't know for certain... but that is what I believe.

### **Monday, July 14, 2014:**

I now realize that when Jesus went to the cross and was raised up... He drew all peoples to himself... and they brought that which was not submitted to God with them; namely their independent wills, broken intellects, and warring emotions. Jesus did this so that we could see that our independence or flesh wanted to crucify Him... and with the Holy Spirit's gentle nudging we are cut to the heart as we see our sins nail Jesus to the cross and so are converted. Those whose eyes are opened to this daily, carry their own crosses and in so doing don't live solely for earthly pleasures, but for supernatural love through being led by the Spirit through relationship.

For a long time I felt alienated from the Bible. It no longer captivated me like before. It no longer excited me like before. It no longer came off the pages like it used to. I still read it, but today I realized that this Word was poured into my life over two decades in order to do a work in me. It still has authority over me but in a newer way: I'm less legalistic, I see things with more understanding... and don't apply myself blindly to keeping Jesus' words; the ones I don't understand like I was tempted to do so before. Blind obedience only hurts others. Everything needs to be looked at through the lens of love.

### **Lacking Faith? Disillusionment?**

I remember those first two years starting in the summer of 1989 how I had such great faith in God doing the impossible. But I had never been severely tested then, and I did not know how little faith I had... how negative I was on the inside... how hard I was on myself... how broken I was... but when I started going through my dark night all the negativity spewed out of me and I struggled to have faith that somehow things would work out. Today (Tuesday, July 15, 2014) I found myself immersed in a sea of negativity within when it came to how I viewed God's willingness and ability to work powerfully within me (because I felt my identity to be so weak and breakable and hopeless). But then I remembered that God had shown me that the energy that was at work within me was His strength very early in my dark night. This memory gives me a more confident, certain, sure, and committed view of what God has done in me, and can or will do

through me. Certainly, my faith in what I can expect from God is now on a better foundation. God is strong and He does not give up easily!

### **Smile and Shame:**

When I deny my own reality... I am being unjust to myself especially if shame/fear is involved! When I don't have enough courage to be strongly myself... and I feel shame then it shows itself as a smile on my face with hurt on the inside like I am inside out!

### **July 14-15, 20, 2014**

Lord God here I am. Thank you for loving me. Lord God I sense that I am at an open door yet again. Today for the first time I realized with real emotional agreement together with a sensitive conscience that certain judging I did ought not take place. And that such a position of judging is God's place, not mine! I had no business, jurisdiction, authority, and place to judge anyone like I found myself doing so often ... and it felt right saying "no" to me judging like I did for the first time in so many years. Then on Sunday, July 20, the priest at Mass gave a homily where He spoke about how God was not quick to judge, and when God does judge He judges accurately, wisely, compassionately, kindly, caringly, and not in the mean self-righteous way that I was in the habit of doing the above for such a long time. I did not want to judge people... but over and over again I landed doing it no matter how many times I confessed it to God and priests. With God's grace I am able to move on and leave that self-righteous-judging and pride behind me. Thank you Jesus Christ.

### **Sunday, July 20, 2014**

Alan Dinsmore said that, "conscience is not awakened either by fear of punishment nor by the show of great love. It is awakened by empathy, compassion, by a person seeing the consequences of their sin." Derek Flood thinks this rather profound saying, "it bears out with what psychologists say about the criminal mind - that it has no sense of empathy, of the harm that they are doing to others." I agree... seeing what our sin does to Jesus especially on the Cross and before that through His Passion helps us see the consequences of our sins, attitudes, and desires; and that enables us to be healed by Jesus through His great compassion.

### **Wednesday, July 23, 2014**

Perfect love casts out all fear!

Fear has to do with punishment

Fear of rejection causes self-hatred when we are insecure and not led by the Spirit.

Hatred wants relief... So we attempt to manipulate others to like us, love us, say what we want hear, or say we are worthwhile and acceptable... this is how the independent flesh tries to fix ones broken life.

Our pride is involved because we don't ask God for His input... When we feel secure after we get approval the above structure becomes hidden... And we feel normal until the next crisis comes along.

First step to health and conquering this is rejection/fear/pride-thing is to admit our self-hatred to ourselves and another trusted person. To conquer it we need to deal a deathblow to the fear. To conquer it we need to put our trust in the correct places. The fear happens because we can't trust the usual people... but we can trust the Spirit. As far as where one normally puts one's trust I have this to say:

Trust inherently involves risk... How does one grow in being able to trust others? Or do we only put our trust in God? I feel strongest when I trust God for my safety, for what is owed to me... or for my wellbeing.

Trust can be a gift, but often it is earned. When we see a pattern of faithfulness we are more able to trust... If we see a pattern of broken promises... We lose faith...! Often we can build people up when we believe in them... But that too is risky... Not everyone is a good steward of what is entrusted to her or him or accounted to her or his identity...

One needs to repent in faith in prayer from manipulating other, hating oneself, and then to change one's course by putting one's trust in God.

#### **Friday, July 25, 2014**

When it comes to prayer... when we are impressed with our prayers or trying to impress God with them...then we are off base...acting self-righteously...and in the flesh. Fact is the only one who can impress God is God!

#### **Sunday, July 27, 2014**

Lord God there are many boundaries that wars can be fought on in my life. If I choose any path but not enemy love in the context of non-violence as a path to peace and affection, then it f—ks up my mind and I can't practice enemy love on any of my boundaries. In the right contexts there are no exceptions to "turning the other cheek" that Jesus tough us (However if we are in the a situation that lends to being abused or persecuted then we need to leave such situation and move on). Turning the other cheek begins with healthy thoughts (good will). Our healthy thoughts will lead to healthy communication. And healthy communication leads to healthy actions (non-violent).



For example if I don't stand for peace when it comes to politics (municipal, province, state, country, and international) then I can't stand for it in my personal life (family, friendships, colleagues, neighbors, and strangers)... and so I begin to operate in the flesh (independent from God) and begin to spiral out of control away from enemy love and betray the "turn the other cheek" motivation of non-violence.

Yes Jesus came to undo the works of the devil... but in a peaceful non-violent way. Non-violence is a better pathway to conflict resolution; it is not just a pious act.

Imperialistic thoughts are not healthy, and need to be jettisoned. And the spread of religion by the sword is just as bad.

### **Wednesday, July 30, 2014**

A proud person is one who thinks his or her sins aren't as bad as anyone else's, i.e) they judge everyone else's sins to be far worse than their own. When this operates in a person's life judging others comes naturally to them even if they don't want to judge because of conscience sake. Fundamentalist Christians do this when they judge homosexuals harshly but turn around and judge their own sins as acceptable or not as bad. People who do this handicap themselves when it comes to loving those they see as different from themselves.

### **Saturday, August 9, 2014**

Being thankful and positive no matter what is the best way to enjoy life. Having to have something in order to be happy is like materialism. Our minds can be in awful ruts and magnify negative circumstances so darkly that only God can release us from these chains...and being positive and thankful is the way. Feelings are often so fickle and without foundations...we give them too much credence.

Diagnosing is for healers and doctors... And I'm neither... Diagnosing without permission... digging and probing and analyzing... Leads to me wanting to fix pry and heal...but uninvited am-matures hurt and don't heal. People visit and seek out doctors for healing... Yet in a sense when people ask us for advice and the advice is sound then we have participated in healing...this is the only acceptable practice for me!

Jesus is the stone: those who fall on Him will be broken...those on whom He falls will be crushed. Jesus is not safe when it comes to how we build our lives. When our lives are built by our own self-righteous efforts and ingenuity, and we land up meeting Him, then Jesus will want to break or crush our lives in order to bless us: for unless the Lord builds the house the laborers labor in vain.

### **Sunday, August 10, 2014**

There are no quick fixes in life. Band aids work for cuts and scratches... often surgery is needed.

### **Sunday, August 24, 2014**

I have learned something very important today thanks to Joyce Meyer. Self-pity is love turned into oneself, a love that was meant for those around us. So if I experience a lot of self-pity; am negative, have a poor me-mentality, and also suffer from depression when I don't get my way, then it is because I am still committed to myself in an unhealthy way. The selfish-ness, and not being other centered will bring on self-pity when things don't go my way. So all that self-pity, and negative poor me mentality will only go away when my commitment to unhealthy self-love is dealt a deathblow in prayer to God through faith in words renouncing the darkness with His help. And God always answers us with gifts of freedom to love.

### **Monday, August 25, 2014:**

I just realized that for most of my past I have measured other people's gifts or aptitudes when compared to mine as a measure of God's love or lack of love for me. And when I was more favored seemingly I had pride; and when I had less I was envious. I have repented from this in faith. This mentality or attitude is burdensome because if it is never changed weighs one down with depression, pride, envy, jealousy, greed and low self-esteem.

I realized recently that I was too attached to a certain music band: U2 in such a way as to say that U2's music was owed to me for lack of better words. I agreed too strongly with this entitlement attitude because I wouldn't trade it in for other music that could have come out had U2 or other bands made different life choices! Yet these other life choices may have been more in line with God's will...so I now pray that God's will be done, and this frees me from unhealthy attachments! Amen!

### **Wednesday, August 27, 2014:**

It is not God who is to blame for our decisions but if we land up blaming God for our problems, then this will keep us in the deserts in this life, and possibly in the after life: Hell, or the Lake of Fire too. God is love and when His image is maligned in our minds and hearts it creeps into our attitudes and poisons our love, patience, and compassion towards others, self, and God. So when we are toying with God's image revealed in Jesus then we must be careful that it isn't poisoned

by the devil or darkened intellect. Lies can creep in so subtly...even while sincerely wishing no particular person harm. The devil is that slimy.

Lord God I realize that you are wise and all-loving and your understanding is limitless! I know that your attributes are the best-kept-secrets...and Satan tries to destroy your true image at every turn in the minds of all!

Fact is God is LOVE and I know the devil will try to paint a dark sinister anal, capricious, hateful, vengeful, to be feared, party-pooper, whip driver, grudge holding, and do as I say or else tyrant... type of god-like-image in our minds all to keep us from being loved by God and loving God in return, and loving others, and self as a result!

That is why the reasons/motivations for the incarnation, life, passion, death, resurrection, and reign of Jesus are so important. People often don't recognize the connection between these and their shallow love commitments! When we see the face of God as revealed in Jesus in the Gospels and connect with Him through trust we will see Him as LOVE...and so love people with God as the source of love. Our tongues over time will build people up rather than be toxic.

When we see our ability to love evaporate we must ask God to show us the lie(s) we have begun to believe about Him. He will show us the truth...and truth always sets us free to love and live fully!

### **Wednesday, September 3, 2014: Violence:**

Sin is violence whether with tongue or intrigue or brutality. We might not like the sin but be attached to the violence because we see in it a kind of justice or fairness or getting even...so the sin remains if the violence isn't seen for what it is...but if we renounce the violence then the tongue can be tamed as we continue to abide in Jesus.

### **Thursday, September 4, 2014**

Lord God I want to thank you for the freedom you keep granting me and how it is stabilizing me. I now realize that honesty is so important to spirituality. Pretending to embrace beliefs because it feels good is not wise...better to be at the cross roads and admitting to discrepancies and living according to the light in one's conscience whatever that might be. Wanting others to be honest about their truth and the state of their souls and relationships is more important than being afraid of rejection and is a key to setting people free and living in freedom.

Healthy relating in relationships is what holiness is about. Honesty about what is in our souls is what holiness is about. Respecting other people's boundaries is what holiness is about. Not judging or condemning others is holiness. Being merciful is holiness. Hungering for restorative justice is holiness. Saying no to violence as justice either by tongue, intrigue, or brutality is holiness. This is worshipping the creator in healthy ways and is holiness and it takes faith to get there.

### **Friday, September 12, 2014**

Analysis in hind site is OK. But analysis often by itself is blind...prayer to Jesus is far more profitable. Staying close to Jesus is so much better. Remembering His love and experiencing Him as love, caring, and compassionate is where things are at. Unless the Lord builds the house the laborers labor in vain. Praying: "By His stripes we are healed" is so powerful when we have a proper perspective of God's motives, passion, and caring. This prayer might let chaos loose...but commitment gets us through to healing of our relationships, minds, hearts, and flesh.

### **Monday, September 15, 2014**

I now know now that I was hyper-vigilant and anally perfectionistic-ally constipated when it came to moral transgressions... and because of it I could not laugh at my M\*A\*S\*H episodes that I have been recently watching... but now I do! Thank you Lord God!

Letting people live...and not expect perfection is being gracious...caring and non-judgmental...the devil leaves only when his strongholds are broken in our minds...that is where the battles are fought! Letting people journey where they are at...not demanding that they conform to our standards, not judging them, or having anger or un-loving feelings towards them is the healthy path to take. If we do have anger or un-loving feelings then dealing with them through prayer is the path to take with Jesus taking the lead. We are all hungry for love... but more than that we are hungry for the LOVE persons: the Holy Trinity.

Many emotions can't be expressed in words...and are best felt without rushing to put them into words or interpreting them. When we rush into stuff we don't have time to carefully reflect, understand, and see clearly what we are actually doing, and that amounts to blindness and we will land up hurting others and ourselves in the process.

The devil thought he had won by mocking, hitting, brutalizing, hating, laughing, torturing, whipping, and crucifying Jesus on the cross. But Jesus conquered that by His love. All that the devil did through the passion to Jesus is in us too. The sinful independence, hatred, and mocking is in us when we give it power. It wants to down

play what Jesus actually did for us. Jesus conquered death, the process of death, His death, and He lives forevermore.

### **Thursday, September 18, 2014**

Today I realized that two reasons I was hesitant to follow through on a non-violent-crisis-prevention-path in my personal life when it came to disputes was because (1) I was not prepared to pay the price, and (2) because there was always a: "What if...". In realizing the first reason for sitting on the fence I became convinced that paying the price if or when required is what I am willing to do...as it is the path that Jesus took when He walked on planet earth 2000-years ago. This gave me stamina to look at the: "What if..." and that got dealt with quickly. At work I am required to practice non-violent-crisis-prevention and that helped me see that the: "What if..." can be dealt with wisely and powerfully in the moral sense.

### **Sunday, September 21, 2004: Contempt?**

I now realize that I have harbored contempt in my mind for all sorts of people when I had disputes with them or when I rightly or wrongfully believed my boundaries to have been violated. When this happened in the past I would go psychotic and get turned inwards, and then try to fight all the black negativity and hatred I felt inside (trying to get back to love and peace instead) by analyzing (but the analyzing did not work). What did work was simply asking God to help and then to listen to Him when He revealed the truth that got me out of each infraction: I needed to change my unhealthy views of the character of each person to healthy ones (i.e. reversing the contempt). Love does not dishonor others. Contempt is identity assassination!

But after realizing that I had a major stronghold of directing "CONTEMPT" towards all sorts of people I knew I needed to pray to the God of LOVE to renew my mind and attitude. I prayed asking in faith for God to reverse the contempt in me for each person I had contempt for which led to me seeing all people in healthier ways. This gives me more freedom to love and not to go to that rut of contempt. Scales have fallen from my eyes...and my self-pity is dealt another blow! I don't see making my expectations known to others as needing to come from a negative place, or a confrontational place. Thank you Holy Trinity for setting me free in this area! Amen and Amen!

### **Tuesday, September 30, 2014**

Today I went to a Managing Hostile Interactions training seminar. While there I was confronted with the truth that anger is a secondary emotion... and that it is neither good nor bad. I needed to hear this... and when I did chains fell off my spirit because it means that I should not judge anyone's anger nor my own for that matter. This prohibiting judging of anger sets me free to love. Thank you Jesus, Father God, and Holy Spirit. Amen and Amen!

### **Tuesday, October 7, 2014**

Patience can't be practiced if we believe the lie that we never/hardly ever get our way. We will always resent giving our time/talent/or treasure if we believe that we don't get our way. Fact is if we have little or no faith that things will work out, or that others will not comply with our requests we will not practice patience in a loving way. Fact is my wife often gives me what I want, and when I believe the best about others they sense that energy, and don't feel forced or manipulated into doing things for me.

### **Monday, October 13, 2014 (Thanksgiving)**

So much of my time in the past has been consumed with handling each of my crises poorly. Things would happen during my days in many of my relationships...and I would analyze each situation attempting to understand them only as they occurred totally divorced from the past...without contextualizing them and viewing them from a perspective that takes the story along with the witness of the past into account. My poor approach caused so much pain/psychosis/judging/anger/confusion/anxiety/fear/stress/self-pity/despair/and insecurity. But now I know about this disconnect...and will make more adjustments in my approaches as God continues to renew my mind. Having the faith that things will work out and realizing that I do get my way often, both give me new perspective...and that I don't have to be full of self-pity with love turned inwards instead of outwards. God is not capricious, and neither are most humans. Such perspective takes into account: commitments, desires, caring, human warmth, love, and affections. It is also possible because my identity in Christ is more sturdy and stable. Thank you Jesus, Holy Spirit, and God the Father. Thank you Sophie, Mom and Dad, Anita, Xavier, Damien, Dan, Alex, fr. Maciej, and all those who have given me chance after chance along with good will especially June Bug.

### **Tuesday, October 14, 2014**

The following two paragraphs: (A) & (B) sets the stage for the paragraph: (C):

(A): I think when Jesus says that He came to fulfill the OT (Torah) He is saying that the OT tried to offer a way of finding peace with God and security from enemies... and it failed miserably over and over again...but He came to give (fulfill) the OT promises by

showing a better way to find peace. This helps me to not justify the violence (genocide) in the OT...and to embrace the new and better way of Jesus to love all human life from conception to it's natural end!

(B): I see the OT as history spun/hashed by the Holy Spirit into a parable to teach us how to live dependent on God. The history used for this purpose in the OT is a mess: violence, genocide, lust, power, rules, anger, hostility, bondage, slavery, freedom, adultery, misguided loyalties, living by the sword, greed, jealousy, pride, nationalism, idol worship, envy, hatred, expectations, and independence from God. Somehow the Holy Spirit has woven Israel's journey into parable about the lives of those who want to journey with God and as a means of navigating and encouraging us to continue walking with Jesus in love, patience, kindness, goodness, peace, hope, compassion, joy, and faithfulness for all people from conceptions to our natural ends.

(C): Today I had a revelation that resulted in a paradigm shift. I have always struggled with legalism...or putting rules before people, it hurt to do this but I could not help myself until today. When someone would not respect a rule; I saw those in authority who come down on the rule breaker as strong and those in authority who tried to problem solve in a helpful way as weak. I resonated with the confrontational stronger stuff...and not the helpful weak stuff; yet today on Wednesday, October 15, 2014 this was reversed and I was set free from a hardness in my heart to love more deeply. How did it happen? I saw an authority figure ask in a non-judgmental way a rule breaker if they could help (and it resonated powerfully in me as truthful, humble, compassionate, and strong for the first time ever), instead of the authority figure saying: "F—k, get with it buddy...obey the rules to the letter or lose your privileges." I have been attracted to non-violent means to solve problems for sometime now because I was so weak at it myself...but this reversal adds meat to the skeleton of non-violent principals as a pathway to peace and restorative justice along with compassion and active love through Christ Jesus.

The words help or helpful or being helpful are a lot more potent and attractive than before...being helpful is healthy, wholesome, and kind. I am attracted to this...more and more so! Thank you Jesus. Amen and Amen!

Good rules are meant to protect people not hurt them. Often people use rules to judge and hurt rule breakers. This ought not be so. Real rules ought to protect, cover, and help to restore peace.

### **Sunday, October 19, 2014**

Lord God I really like Derek Flood's Blog. He is a healthy thinker and a breathe of fresh air. And I am benefiting from his insights...many of which are anointed. Of which the following link to his blog is very helpful: [www.therebelgod.com/2008/10/romans-all-have-sinned.html](http://www.therebelgod.com/2008/10/romans-all-have-sinned.html)

I have summarized and put his thoughts into my own words below:

The following: “For all have sinned and fallen short of the glory of God” is found in Romans 3:23. I have used it too as away of Evangelizing... but out of context. My thinking was: Yes we all have sinned... no matter how small...therefore we are all deserving of God’s punishment. The only way out is renewing our minds with faith in Jesus. But what Paul is getting at is more interesting: God is not keeping a scorecard... like we suppose He does. So often saints in the past would see God as unjust for not punishing their enemies right a way. But Paul is saying in context that if God did punish our enemies immediately He would have to punish us too. But in fact, God’s justice is restorative in nature...not retributive...and that is His glory. So not only are we with hope...but so are our enemies. God has mercy on our enemies and also on us. We need a little bit of self-reflective humility. If we want punishment for our enemies then we should expect to get punishment for ourselves too. For in Christ Jesus we are set free from sin and saved unto good works that God prepared in advance for us to do.

#### **Friday, October 24, 2014**

Sometimes we make things far too complicated: I know that I do. In the past few days I read Pope Francis’ thoughts about conquering jealousy and superiority. They were simple and very short...and my first reactions to them were disbelief. But today I realized that I still go to some of the same places in regards to certain people I judge... and I realized that I needed to put flesh on the bones of: “Change your thoughts then you will change your feelings/attitudes/and life.” I dearly want to change my attitudes but I regularly (not constantly) fall into judging. So I took a second look at the Pope’s advice, and now they seem meaty, nourishing, putting practicality to certain maxims I have long seen as fundamental to a good foundation for living life in love and not bitterness. The Pope said: “When I am jealous, I must say to the Lord: ‘Thank you, Lord, for you have given this to that person’.” And when I tried it and I got in touch with my jealous attitudes and feelings towards people I’d thought were no longer there... and joy is the fruit of this new spiritual tactic. He also said we are sometimes “held back” from saying “thank you” because of jealousy [or attitudes of entitlement]. Moreover the Pope warned against feelings of superiority over others. “This is bad, do not do that! When you are tempted to this, remember your sins, those no one knows, shame yourself before God and say, ‘You, Lord, you know who is superior, I close my mouth’.”

#### **Saturday, October 25, 2014 (On Jealousy & Judgment)**

Jealousy: another root uprooted:

If one looks at situations that uncover our jealousies as having pros and cons, then we will forever be jealous persons. If however, we replace our negative attitudes/poor-me-codes in the mind with positive confessions of God's care, generosity, patience, and thoughtfulness for all people one person at a time, then we are sowing seeds of



compassion and start living with God's help: "His will be done on earth as it is in Heaven" from the Lord's Prayer. Moreover, we will have victory over jealousy and be more joyful, helpful, hopeful, and energized because jealousy is a heavy burden that Jesus does not want us to carry.

Jealousy is a root of "judging"...because it assumes one won't get one's way based on past misfortunes. Jealousy is fear driven. It robs us of hope and good will, makes us sad, and leads to anger that can form resentments if not dealt with.

Moreover, the truths that Pope Francis shared about dealing with jealousy and pride are more than principles to be admired and fitted into our theological system of thought. We need to practice them too, all the time...because that is where the rubber meets the road to victory over judging and superiority.

Moreover, I now realize that I don't have a problem with Jesus saying, "Love your enemies"...what didn't ring true was: "love God's enemies"...because I had hardened my heart towards God's enemies in the OT (the Old Testament)...but when I saw or realized this mistake I knew God loved His enemies...and doesn't need me to hate them (the dead or the living)...because He wants them to have peace too: reconciliation with God and those they hate, and those that hate them. This has serious implications in my heart, and on how I read/interpret the OT!

#### **Monday, October 27, 2014 (More On Jealousy and Superiority):**

Today I am once again focusing on interior rest...and living in the moment. I am learning how analyzing stuff while missing important info is so useless; and this happens a lot of the time. I am also learning that when things happen that unsettle me that patience (not rushing) coupled with prayer and not jumping to conclusions... along with slowly sifting through my thoughts and emotions works best. To do this we need to have hope and that means thinking positively. Often what is bothering us may seem to be the more obvious details...but not always. We know we have settled the matter when we get our peace back, are centered, and have freedom to love instead of being insensitive. We know this by how we treat people afterwards.

Jealousy is best fought with expressing gratefulness for God's generosity towards those we are jealous of because jealousy does lead to judging others and God. Jealousy is one side of a coin, and the other side is superiority. Superiority leads to insensitivity, and is fought best with focusing on our shortcomings in prayer because it is hard to judge when we see that we aren't perfect too. These insights on Jealousy and superiority come from one of Pope Francis' homilies.

#### **Tuesday, October 28, 2014**

When I depend solely on my intellect or analytical ability I tend to minimize trusting God with everyday stuff and that hurts both God and me. It hurts me because I am not abiding fully in the true vine: Jesus; which means that I am stressed out, judgmental, and short tempered. Things that are not attractive in anyone's eyes!

#### **Wednesday, October 29, 2014: More Progress!**

I thought up until now that my rushing towards the goal of freedom was noble, but I justified my impatience with the idea of being in a long tunnel and wanting to get to the light at the end ASAP in my spiritual journey. Now there is some truth in getting as quickly to the tunnel's end ASAP, but it shouldn't encourage impatience, pressure, anxiety, and fear. I was so afraid earlier today that I would go on and on being broken in pain and frustration the rest of my life, never coming to the rest, peace, maturity, love, and freedom like God promised me so long ago...and it scared me. I was afraid that I would always be one "principle" focused at a time never enjoying the Promised Land. I was so wound up trying to get all my tasks finished and believing the lie that I didn't have enough time to complete everything! This is a lie the enemy has planted that I should not embrace. This lie can handicap those who believe it from being a Good Samaritan when the need arises...and should not be given a foothold in our minds. If I don't practice thanksgiving (being aware of the generosity of God), then I will never learn how to mature in peace and love.

I now know that my approach to every day life has been to think that I can live focused on one principle at a time. This is too rigid, and focused on one principle is way too limiting; one principle will work for a few things but not everything. I now know that I need to be more flexible; be a multi-task-er or multidimensional in my thinking. Bono from U2 said that he once thought passion was like a closed fist, but when he relaxed it flowed the fuller. This is a key insight...and is mirrored in the Twelve Step saying: "Let go and let God!" One Principle-people watch their principles turn into laws...and these laws become like stones that weigh them down and take up all the room in their hearts.

**Friday, October 31, 2014:**

Lord God I don't know why I have such trouble in the mornings. I get so stressed out, anxious, worried, fearful, and I don't want to give kindness towards those that ask things from me. When that happens I feel guilty and get absorbed in trouble and get a negative attitude...I want to analyze...and figure out why I have such uncharitable thoughts, and unholy desires but by myself I'm helpless. But today the words came to me spoken by Jesus: "I will not leave you as orphans" or God the Father: "I will never leave you or forsake you."

I know that feelings don't just happen...they occur because of what we believe. If we believe lies then they will make us feel shitty inside and guilty because our actions are wrong and we have dirty desires or forces that pull one way and then another depending on what's happening. The lies rob us of our freedom to love.

Strange thing is when I realized I was analyzing around noon this past Thursday (today is Friday)...and I stopped analyzing I became loving...so how do I get there early each morning? Two way prayer...relationship...slowing down my thought life despite the anxiety and not rushing blindly otherwise we will miss things.

This morning I decided to take it slow interiorly...and I realized that a hardness came up within me whenever I was (afraid of being asked) or asked to go the extra mile...! Could

it be that I had no hope? No hope for people to be good, no hope that I could help, no hope that life will work out? The lie that commitments are bondages?

Almost every time I asked God what He has to say... He would say the word: "hope" all by itself!

Today I was given a gift from a person at work. It was a stone with the word "hope" engraved on it! That is cool!

I am learning that love wants to help...but thinking learned from childhood can cut off that love...that God put there in each person. Such has been the case with me. The thinking gets so ingrained that it switches on automatically without even us thinking about it. And we land up going there each time whether we like it or not. Until this is uncovered and uprooted. Such is the power of thoughts, ideas, and lies! But truth is more powerful. Truth sets us free! Commitments are not always hopeless bondages... Commitments can call us out of ourselves...

As I slowed down and meditated on what was going on inside... the wall...the ugliness within...and the root or wound (which is what sin is spiritual mutilation) I got in touch with much sadness and felt sorrow with this part of myself...and in touch with that part of me that was wounded...the part that did not want to give...the part that saw itself as superior... as strong...but was unreasonable...!

**Saturday, November 1, 2014**

I am reminded of the promise from Proverbs 3:5-8:

Trust in the Lord with all your heart  
And lean not on your own understanding

In all your ways acknowledge Him  
And He will set your paths straight

Do not be wise in your own eyes  
Fear the Lord and shun evil

It will be healing to your bones  
And refreshing to your body

Lord God I used to come to this water hole often and found refreshment just believing it...but for a considerable time now... still in the present...you are still dealing with shit in my life and my physical health oscillates with the rhythms of my spiritual health and unhealthiness.

Lord God I entertain all sorts of evil thoughts. I take them too seriously...like they are my own...as though they had to be true because they appear in my mind. Lord God how do I

stop this? Do I have such a high opinion of myself and what goes on in my mind that Satan takes advantage of this blindness?

**Yes!**

Lord God how does my shield of faith get activated every waking moment?

**Knowing the tactics of the evil one.**

Obviously I need to humble myself... the pride that gives rise to these burning darts or lies infiltrating my mind and heart need to be dealt with! But how do I activate my shield of faith Lord God? I don't want to be a sucker for sucker punches by the devil anymore.

**Here: "Satan is the accuser of the brethren."**

That does not mean that he constantly accuses us before God. He knows God is love! It means that when things have happen in the past however distant, or even in the present he accuses whomever he can so we will hopefully blame each other so that he can stir up trouble. His success increases with those who have schizophrenia. What kind of trouble? Hurts, insults, boiling anger leading to hostilities, resentments, feelings of unfairness or inferiority, wanting revenge, wanting retribution, feelings of jealousy, feelings of superiority, and hatred...so that we no longer love, care, cherish, bless, and create feelings of warmth towards those we interact with. These destroy relationships and f- -k up the mind.

**Sunday, November 1, 2014:**

I saw the movie called "Fury" with Brad Pit in it Saturday night. It is a violent, sad, explosive, and bloody movie. I have done a lot of reading on non-violence as a means of achieving peace for sometime...coming to believe that it can be a better way of bringing peace in many situations. Non-violence does not mean we do nothing. It also does not mean we demonize those who have fought in wars or are doing so now. Like Pope Francis said recently: "It is not the Law that saves us but Jesus." Wars are horrible...and those who are enlisted, fought, or died in them are no less human than me whatever nationality or Religion. We all do things we wish didn't take place...even if we know we might or could do it again...soldiers don't like killing anymore than we do. We are all broken in many ways...we are all lied to; we all lie about some things. We all want to do the right at least some of the time. We are all on journeys. God is love, and compassion itself. He is our great hope if we will have Him.

**Monday, November 3, 2014**

Jesus also came to heal us of our sins because the Bible tell us "By His stripes we are healed". Interesting thing is that evil and good in the Bible are not defined in the

popular sense... but evil is defined as spiritual sickness; and goodness or holiness is defined as spiritual healthiness and that involves healthy relationships (Jesus calls Himself a Physician and wants to heal us from the wounds in our hearts/minds/actions/relationships). Fact is that Jesus came to heal "us" and that means healing our relationships too since by His stripes "we" are healed...! People most of the time believe what they are taught in their churches... and bring their own baggage to Scripture both good and bad... we all do... no sense in getting angry with those who hold the incorrect Penal Substitution view of Salvation... none of us have it all together...we all have blind spots...we are all on journeys...Jesus taught us to not judge or condemn...but to be merciful... it's OK to be "angry" but lets not let the sun go down on our anger...let's not have chips on our shoulders! The Good News that God is not like pagan deities being thirsty for revenge (eye for an eye) means He is not a mean God...but a loving God...He is slow to anger...and because He is not mean, capricious, fickle, and anal... we can be like Him when it comes to others crossing our boundaries...and kind to ourselves too for having crossed other people's boundaries so we can change... It is the kindness of God that leads us to repentance...not threats, fears, or a heavy hand...let's act like God out of kindness!!!

### **Wednesday, November 5, 2014**

Lord God thanks for today. It has been an insightful one. First off I'm realizing that I need to be aware that I can be a hypocrite...especially when it comes to keeping rules, or not keeping them when compared to what I expect from others vs. myself. Rules are only good to the point where they protect people, and help to create decent peace among people. When the rules become the ends in themselves...instead of helping to love people then that creates problems and defeats having rules.

Secondly I'm realizing that when I am in a place that is disagreeable and needs to be jettisoned (like feeling guilt about stuff) that it makes things worse when I judge myself in a way that leads to tension, stress, pressure, and then self-hatred directed on myself in order to execute supposed change... which has been a default pathway to supposed change for me so long without realizing it.

I saw this dynamic at work in me when it occurred to me that the ideal is to be in regular communication with the Holy Trinity and to not be distracted or too focused on other things important to me. The methodology I wanted to use for change fell into the above framework. In realizing this I was able to implement a new pathway to change instead of the default one that lead away from God.

### **Sunday, November 9, 2014**

The spiritual life is not about making new generalized theological maxims out of life lessons and moving on...but living in simplicity... constantly in prayer with God leading the way... there are many things we can't think our way out of!

I finally get the statement: "in view of God's mercy, offer your bodies as living sacrifices..." (Romans 12:1). I always wondered what this expression from Saint Paul meant because no interpretation I came across rung true until now. Since becoming more comfortable with non-violence as a better pathway to peace and restorative justice...and seeing the Passion of Jesus on the Cross in a non-penal-substitutionary-way...I see Jesus' sacrifice on the Cross as giving forth life despite the hatred, mocking, contempt, scorn, brutality, and spiteful ness directed towards Him by our sinful-independent-attitudes. He bled forth water and blood (both of which are life giving) when He was pierced by our transgressions. If I want to be a living sacrifice then I need to do as Jesus did on the Cross: His is the best and highest example of being a "living sacrifice" possible! Arriving there is a journey...it means being allowed to make mistakes...it takes going through a learning curve...and isn't fully arrived at all at once: but gradually, gradually, gradually...!

There are all sorts of protocols, rules, norms, and guidelines that we are expected to abide by in this life. Are people really better people when they keep the rules anally? No! Are we really better people when we expect others to keep the rules anally? No! Mercy... meekness... flexibility... warmth, giving room to people to let them be themselves... and grace are what allows us to live out love, peace, compassion and stay away from legalism, hypocrisy, and hurting others.

### **Tuesday, November 18, 2014: Hope**

Hope is what gives faith substance! Faith is being sure that what you hope for will come true. Hope gives faith life. Therefore well-placed hope gives life.

Do not look for hope in your circumstance!

No amount of analyzing your circumstances will create hope! Because circumstances don't predict the future. Circumstances change with time. But circumstances do help shape us and strengthen our Hope muscles especially when the circumstances look hopeless. No one needs hope if they can see the future.

Deciding to go forward with a goal or to quit based on current circumstances means one is not navigating through life with hope. Deciding to go forward in a relationship despite having rocky or awkward interactions means one is navigating with hope. Hope believes things can change for the better. If one has hope one has faith! Faith is what overcomes the world's obstacles.

There are different kinds of hope!

Hoping that the weather will be sunny here in Vancouver is often wishful thinking!

But planting a crop in a field requires more than wishful-thinking-hope...because life is at stake. The future is at stake. Both loss and gain are possible: hope involves risk.

Confidence is not hope!

Confidence comes from repetition and mastering skills in the present. Confidence has to do with the "now" or where situations are controlled or known; whereas hope has to do

with the "future" and the unknown; those places that are unfamiliar. Confidence does not get us far into the future when trials and darkness enter into the picture. Hope can. Superstition is an enemy of hope and faith. It is also an enemy of confidence. We all know hockey players who base their careers on the foundation of eating at the same restaurant before each BIG game, or having a lucky loony, or having a certain ritual, or not going to a certain part of town before the BIG game. These players have superstitions because the real reason for their success is hard work, training, perfecting skills, and being able to look into the past to not always see success but to see themselves getting up after each battle and trying harder and building faith in overcoming.

### **Wednesday, November 19, 2014: Hope Continued...**

People who don't practice hope and also don't have some confidence are very often needy and insecure because they seek these in their circumstances that change all the time or they seek it in people whose moods fluctuate or have other priorities or aren't the nurturing kind!

True hope is anchored in LOVE that is constant, and enduring usually in a mother or father figure or significant other; but mostly in God! The anchor is trust, healthy thinking, and a healthy way of dealing with guilt when we fall short! That allows people to know where they stand no matter the circumstances!

Good leaders can also inspire hope! They are able to establish healthy relationships... and that is pivotal for hope to last when achieving goals.

### **Thursday, November 20, 2014**

Lord God thank you for the surprise I got in reading more of Romans 12 earlier today. I got it when it talked about "not cursing" and I asked myself what cursing is... and felt something resonate in my heart about me having cursed stuff and people in the past...like the Holy Spirit put its finger on stuff I needed to repent from in prayer. Turns out that another root to meanness, judging, and unhealthy default anger responses got removed. Thank you Holy Spirit for healing me! Amen!

### **Friday, November 21, 2014**

I have a choice every time I get angry! When I am angry I can act out that anger verbally... but I rather choose not to and think differently...repeating to myself that reacting with anger to any situation is not grace driven. Anger-motivated-talk is unacceptable, and inappropriate for me at this juncture cause my thoughts and judgments are too misguided and distorted by my schizophrenia.

Humility is managing our emotions, thoughts, attitudes and relationships healthily. Humility is not about doing stuff that looks humble like taking a Bible to church (Hitler did that), or saying an eloquent prayer (but being full of hypocrisy), or saying forty-decades of the Rosary in one sitting (but not being willing to forgive the person who took your seat at Mass in the morning).

### **Friday, November 28, 2014: Hope connected to Love**

People who practice hope are usually more able to love! Because they have positive energy that pours out of them! They have healthier attitudes! They aren't as tempted to worry about what they don't have or worry about what others have that they don't have! Hopeful people aren't as easily tempted by jealousy or envy...because they are content with what they got or committed to what is promised. Hopeful people are resilient and have their priorities set well. Setbacks don't loom larger and larger through the moments, hours, days, weeks, years, or even decades so hopeful people don't have pity parties or are overly discouraged for long! Hope is powerful medicine in overcoming unrealistic perfectionistic attitudes that push one to having to have everything one's way! So hope helps us be less selfish. People with hope don't fall as often into the trap of needing to control others! People with hope are easier to get along with because they are positive! People who have hope honor others, wish them the best, and often want to help them get there.

In our lives there are hierarchies of duties starting with ones we prefer going up to those we wish we could do without! Many of us would love to jettison those duties we could do without! But once we get to jettison the worst duty the next thing we liked least gets the negative focus and often grows to the stature of what we initially disliked the most! So we come full circle to square one! This problem exists because we want to feel good and see doing the undesirable duty as standing in the way of feeling good! Fact is we don't have to feel good all the time and putting off having to feel good until an undesirable task is done is a quality that people who have hope do! Hope isn't needed when things are well; hope gets us through those circumstances that challenge our goals or getting to our journeys' ends!

Hope enables patience a characteristic of love. Hope helps us stay away from the "me"-mentality: or selfishness... so giving and love results. Hope helps fight off envy and helps us stay away from worry which show that love or being loved is operative.

### **Monday, December 1, 2014**

Biblical evil is a spiritual illness that has unhealthy fruits; whereas popular evil is often found in fiction or often spoken about in politics and religion as if it were real which it isn't. God does not create or sustain popular evil. We humans can only hate what we believe to be popular evil...popular evil when preached or propaganda-nized spreads hatred, war, famine, and murder. Such things do not come from truth, but spring from the lie that popular evil exists.

### **Tuesday, December 2, 2014**

For some time I have disliked it when people hesitated in such a way as to delay my task progress at work because they in my opinion up until this day just wasted my time. But



today I realized that when I say somebody wastes my time I am saying that somebody is a waste of time. When I realized how horrible this logical conclusion was I repented (renewed my mind in prayer) and found new patience, care, and love for the people at work, on the sidewalk or bus, walking the dog, and at home with family. Now I did not have this opinion of people wasting my time for very long consciously...but subconsciously it and its logical conclusion have been there for a long time hindering me from love. The heart is a very mysterious thing...so much hides there and often peeks out when we aren't aware of it or don't want it to... but Jesus throws His light on it when it is time to be uprooted.

### **Friday, December 5, 2014: Learning Curves!**

I remember years back going for walks to a field in Kerrisdale, Vancouver to watch little league baseball. On one occasion I witnessed a young lad going up to bat and swinging with all his might only to strike out. Then he proceeded to throw a temper tantrum, sulk, and refuse to be comforted by his mother only to repeat his approach again.

I remember thinking recently that that boy wanted to do what the pros do but without going through a learning curve that involved training, corrections, dedication, and patience as well as the humility to accept the failures along the way.

Today I realized that I was that little boy only I wanted to master the Christian life. I asked the Lord yesterday for a word of wisdom and the word "hope" came again powerfully like so many times before. Hope has a way of helping us practice patience which is an attribute of love. God has shown me many times what love looks like and I always felt disappointed when it was withdrawn. Now I know I don't have to feel disappointed when that happens. All good things come gradually and I need to practice hope (expecting the promise from God to come true) by picking up where I am at and practice the love I am able to do at this time. There is much to learn, and much to exercise in order to get in the zone...and of course I still will make mistakes...

I remember my godmother Anita saying years ago that a neighbor she knew who had a little dog that was injured in the hind legs. The neighbor somehow expected Anita to fix the situation. And somehow Anita went to the little dog held it with her hands, guiding the legs to take steps and praying to Jesus for healing...and the dog was healed.

I see in this story as a parable for my life. God taking me by His hands and enabling me to learn to walk confidently, patiently, kindly, compassionately, wisely, and humbly in a gradual process which includes making mistakes, having wrong thinking, and falling down regularly all in the mix with good stuff.

### **Sunday, December 14, 2014: Love**

Love does not jealously attempt to possess or control another or covetously demand things from others. When we say no to these two selfish attitudes when they tempt us we are closer to practicing the freedom to love, respect, and have compassion on all who pass our way!

I always feel tempted to judge even the littlest things others do because I falsely think they are quick in judging me (a mentality that grew out of being rejected in childhood) or I feel justice is not coming my way. So when in conflict I feel the need to judge to protect my reputation or to score points in the arguments. Yet if I do speak my judgments I have no peace because I feel bad/guilty/insecure/and rejected after I speak it.

Demanding fairness always leads to judging after fairness is denied!

Do you ever feel if you do something for a person then they needed to do it for you too; a cherry for a cherry; or else an eye for an eye and a tooth for a tooth mentality? Such was my worldview as a child, and I still feel this temptation within. Fact is love has no strings attached to it. I want fairness so badly and if not gotten then I want to judge, and get angry, letting the anger grow into hostility that moves towards hardening my heart that leads to hatred when not repented from. This I now see as unacceptable when I see this dynamic within me. No one owes me anything.

So when tempted with such strong emotions...I now know I have a "choice" each time; either give into the earthly forces within or to choose the way of peace. Too often I have thought I was at the mercy of such emotions and attractions, or they are the way things are or ought to be.

### **Monday, December 15, 2014**

People who test my love, patience, and goodwill towards them have often infuriated me. I now realize that they are God's gift to me. And in doing so are doing God's will which is to grow me in caring for others and loving them. Can anyone aim higher? If it is easy to love somebody that is great...but if it doesn't grow or challenge us then all it is, is just pleasant, nice, warm, and maybe a taste of Heaven. I used to complain that I left a foul odor in the nostrils of so many people I failed (trust me I don't aim at this) because I was such a bad example of grace, love, and compassion...often, and so a bad billboard advertisement for Christianity. Love gives thanks for all things... but looking on those who test us as a waste of time, effort, or personhood is denying God's perfect gift for us right now. I now know that I viewed many people not as gifts but annoyances. And because of this I cut the love of God in my heart off to these people. If I choose to see people as gifts, worth my time, not monuments to my piety then hope enables me to care for them. That is not to say that the people who annoyed me are only negative. No they often have lessons for me (or are truth bearers and see stuff in me that I am not aware of) that God intends for me to repent from or learn new stuff from. Lessons that

challenge lies we believed. Lessons that change us for the better and make us less insensitive.

I can't force, demand, and manipulate others to love, care, celebrate, and be loyal to me. We are all connected. We all read each other's energies. If we are negative, angry, hostile, judgmental, hateful, lacking tolerance, demanding, and insensitive then we will push people who are different away from us. But when we are warm, kind, compassionate, and non-judgmental, peaceful, sensitive, and cheerful towards people they warm up to us, and are drawn to us in the best way possible. And whatever draws people to God comes from Jesus.

I learned this in part from my dog Mandela. When I respect him, care for him, and am firm with him when it counts he sense this and warms up to me. But when I have tried to force him, command him, demand him, or attempt to lay down the law then he avoids me like the plague. I also saw this in the past when I was around people I disagreed with: if I fantasized, or had the attitude of wanting to debate/ convict/or sought arguments to change them; then they knew I was not a safe person to be around. It is the Holy Spirit's job to convict, not mine. Moreover, my sins are not better than anyone else's. When I am kind to people they want to be kind back. That is what it means to be salt: to make people thirsty for healthy relationships...especially with God.

I often ask myself why do I feel such earthly energy within me in magnitudes that seem overwhelming. But I know that with each temptation I have choices on how I am going to handle it. Prayer to God is the best way to handle things: not one-way prayer; but two-way prayer. I need light to see things clearly in the natural. Jesus is the Light spiritually speaking. Analyzing situations in a closed or compartmentalized system keeps a lot of light out...important information...that is critical to getting to the right conclusions. Little "t" truths set us free to love... and these little "t" truths come from Jesus the BIG "T" Truth. By themselves truths become philosophies without power: Jesus the power to love others.

When people have the correct philosophies but not the source of life we can't judge them in an angry judgmental superior tone: "I am better than you, and what's more you are of the devil." Their philosophy is part of the bridge that might get them to Jesus. Life is a puzzle. We all are picking up pieces... and most of us don't have all our ducks in a row. No one has arrived. It takes time to piece things together. We can't rush to conclusions. The hasty strike often goes astray.

**Friday, December 19, 2014**

Lord God I am finding that I am increasingly with your help changing my feelings by questioning my thoughts and renewing my thoughts with your truth and the wisdom you give me. Just dismissing some of my thoughts without even having anything to replace them with goes a long way in getting rid of the negative feelings or attitudes I

felt because of those negative/lying thoughts. Yes...replacing negative or false thoughts or lies with truth is very important. But sometimes the negative thoughts have no basis in reality (they aren't even a possibility in any reasonable paradigms, thought-networks, or worldviews). So all that is needed is to dismiss them because believing them is to act insane, psychotic, and beyond reality. It is like not answering a question because the effort in doing so would be ridiculous.

I also am by praying for victory regularly each day having a better time with stuff or habits that I just couldn't shake before. They all involve getting healthier/more loving in speech, wholesome-er in attitudes, positive-er in feelings, and clearer in thinking. Thank you Jesus. This prayer is done with expectation, real hope, and is not done out of wishful thinking. It also helps to visualize what I want to see happen all the time believing it will with God's grace.

An erroneous/misleading statement to make is: "It is a reasonable possibility for God to be wholly good, wholly evil or mixture of the two." Why? Because all evil requires life to exist by definition, and the moment it eats up all the goodness is the moment it dies and ceases to exist because evil can't give life. So if God were evil he would be dead. God is alive so He isn't wholly evil.

### **Sunday, December 21, 2014**

Love can't be "rule" focused because if it is rule focused people get ignored. How can you love and ignore somebody at the same time? Love must be people focused. Love is selfless goodness directed towards people. Wanting to have a perfect day by saying the right prayers is not going to materialize. Supernatural love comes from real relationship with God through Jesus Christ. It comes from dialogue, sharing, walking with, and following Jesus the Light of the world. We can't ignore God if we want to love supernaturally... He does not want to be used and ignored through saying rote prayers no matter how sublime. God wants interaction with us...not so much as only a means to an end.

Since I jettisoned the idea of Penal Substitution as far as what happened with Jesus' Passion...I eventually reacted by going to my default setting of judging and hardening my heart against those who hold the Penal Substitution view ironically because I see it as a path that eventually destroys supernatural love. But Penal Substitution is not the only thing that destroys love: attitudes that wrongly reject or harden hearts of people also destroy love. As such I am guilty. We are complex creations...and supernatural love can be extinguished in a multitude of ways.

I am not better than anyone else; I'd die of embarrassment if all my sins were shown on a BIG screen in front of the whole world. Who am I to judge anyone else? We have all sinned and fallen short of the glory of God; especially me. I do have faith in Jesus, but that does not make me more righteous, humble, or worthy than others. All the good I have has been given to me by God through His blood and sweat and the good I do have I

did not earn it. My sins aren't better than anyone else's.

Forgiveness is agreeing to not use the wrong committed against me by another against them. Forgiveness means that my anger towards the one who wronged me is dealt with.

Lord God I want to thank you for being so patient with me. Enduring and helping me endure the suppressed storm within: my heated-quick-to-be-angry, emotional-annoyance, judgmental-ism, pride, short-tempered-ness, and overall immaturity. Thank you for my wife...who has undertaken to accept me despite my weaknesses. I think the hard work is feeling stuff that makes me so uncomfortable, and shows me my irritableness, pompousness, pride, and intolerance; but being patient enough to listen to what the Spirit is saying in each situation so as to move forward to learn a new way of living.

The thing is though that I am seeing room to move...like I'm not trapped in a box anymore...like the thoughts I thought (and feelings felt) in the past (and thought were written in stone: not changeable by myself) don't have the same power over me like they used to...and for that I am very grateful Lord Jesus. If I had not carried such weight upon myself, been in such darkness, or in such fire for so many years...so as to forge faith, and hope, and plant the seeds of love in my heart through pain...I would not have the strength to start navigating through these opportunities (to rise from the ashes of a life lived according to an old way...which is becoming more and more obsolete)...also the soil in my heart would not be as loose, broken, and irrigated without Jesus breaking me...so that seeds that were planted...can have life and can grow...so hope can be fulfilled. It is very hard to throw soil...but if we have hard hearts there are plenty of stones within to throw...because we are so judgmental. Ouch that is hard medicine.

Not wanting to feel other people's suffering or pain when they speak to me has been going on for a long time because I would feel such negative gloomy sadness when people shared their feelings tied to betrayals, injustices, and unfairness visited on them. I felt guilt, anger, and impatience towards them each time this dynamic arose. I thought it was because of some terrible sin in my past whose location was lost in darkness and not repented from yet. But today I realized that I could not feel other people's pain because I did not want to feel my own sadness, negativity, and depression (much tied to childhood claims of unfairness). Is there a way out? Yes! The answer is to regularly verbally give myself permission to feel and express my feelings, and just as important to give everyone else permission to express and feel in my presence what they are going through. There are results: growing empathy! Things can only get better!

**Thursday, December 25, 2014**

All human hearts can be compared to soils and rocks; some hearts are all soil with no rocks; some have a few rocks with plenty of soil, and others have plenty of rocks and a little soil. Those with only soil are the healthiest and only need water and good seed to

bear good fruit like love, patience, peace, joy.... Those with rocks may mean that they have hardened their hearts in some ways through anger turning into resentment, resentment turning into hostility, or hostility turning into hatred. People with rocks are often proud, bitter, judgmental, and intolerant. It can also be that people vow to not feel anyone else's feelings or humanity because they don't want to feel their own feelings of rejection. So they are wounded and often wound others; so they throw stones too. The darkest and hardest hearts still and always will have some soil. Each and every person has some good soil within each of his or her heart...known as a safe place. No heart is wholly evil...if one did have a wholly evil heart they would cease to live...because evil requires life to exist...sort of like rust on paint, rotten-ness on a fruit, or a malignant growth in the flesh. Once the good is totally consumed the good identity no longer remains and all life giving qualities cease to exist hence death.

Those with good soil are more interested in gardening than throwing soil at others. Those with stones in their hearts are in certain situations going to throw those stones at others. The hurting will hurt others; the sick will infect others.

### **Sunday, December 28, 2014**

I want to thank God for two things today! (1) My brother Leonard's reminder: "When you think you understand it all you know nothing!" So if you are not learning new things you can't be humble. So expect to learn new things. (2) I read from Derek Flood's blog today and I realized that the living God does not hate us if or when we sin. He does hate the sin, but He does love us, and He hates the fact that we are alienated from Him when we sin.

I also realized today that what I heard a long time ago when I was still going to UBC (and had schizophrenia) that: "the blood of Jesus covered us and so protected us from God the Father's wrath" is wrong. Those who purport this believe that this was symbolized in the old sacrificial system of Temple worship from the Jews so long ago. Apparently the mercy seat on the Arch was where the divine presence rested and when blood was sprinkled on it, some people believed that it symbolized us being covered and protected from God's wrath. This interpretation is horrible and a lie from the evil one. The blood protects us from the devil. I feel that a hard-ness and an abrasive-ness in my spirit are gone. Like I heard the Gospel for the very first time. I know that God is love... He hates sin, not people. The cross of Jesus saves us from sin. The cross of Jesus does not save us from God's wrath in the sense that He hates us without Jesus covering us and so punishes us if we don't have this covering. The cross saves us from our sins! The cross saves us from an enemy: the devil. Jesus came to undo the work of the devil and He did this through His Passion and Resurrection. He came to save and liberate us from our bondage to sin and the devil; He came to set us free from alienation and lost-ness. The cross is restorative in justice; not retributive in justice.

God is love. He did not mock Jesus on the cross like the priests/scribes/and Pharisees did. He did not take whips or poles and scourge His Son. He did not nail His Son to the cross. He did not spit at His Son. God did not approve of this ridicule; He let it happen because He wanted to show that such evil is in us and so heal us and restore us to Himself and love us; and so to move us from insanity to sanity spiritually speaking. God did not inflict hatred on his own son on the cross to secure our freedom and payment for our sins. God is not hatred! God is LOVE!

Lord God I know that what I now will write has had good, healthy, and holy consequences in my life. I found that when reading in the past the pastoral letters from Paul in the NT that I often disagreed with him on how to handle social situations. Well this week I realized that Paul was an Apostle and that he knew how to deal with people in healthy ways. I on the other hand have had an unclean tongue for a long time. So I decided to submit to Paul's writings in the light of my conscience. It feels right and healthy and peaceful. Amen and Amen!