

My Blog 2017

January 9, 2017

There is a difference between living for the moment, and in the moment.

January 31, 2017

When we have expectations that aren't being met, then the unhealthy thing to do is to get stuck and become full of self-pity and pout or direct unresolved anger at the person in question. The healthy thing to do when we are angry because our expectations aren't met is to give up, with Jesus help through faith in prayer, the expectation along with the anger, and accept that the person in question has said no, and then to move on in a constructive way.

May 18, 2017

God's grace is real, powerful, stabilizing, and healthy to focus on. When we focus on grace then we land up praising God, we start to celebrate life, and therefore are not focused on worry. When we focus on grace, truth is more clearly seen, and the judging mentality falls away. Grace comes when we believe God, believe He is gracious, and believe that He supplies grace to us generously to the overflowing as we open up to Him in faith. Grace is like the wind, it moves, seemingly unseen, but it shows itself when it lifts us up like the breathe of life lifting us high on eagles' wings.

Monday October 9, 2017

When Jesus submitted to God the Father during His Passion, He did not return evil for evil, or violence for violence; He loved us who threw sin, malice and hatred at Him! We are called to submit to our spouses in the same way: not returning evil for evil and violence for violence, but to love them to the end! Got this from 1 Peter chapters 1&2. Submission is using non violence as the pathway to navigating our relationships! This includes speech, boundaries, possessions, and physical interactions! Non violence does not mean we do nothing!