

THE RHYTHMS OF



BY JOHN FAIRINGTON

VOL 1



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THE SOUL RENOVATION PROJECT

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PROLOGUE

For as long as I can remember, society has depicted the mindset of keeping up with the Jones' and so we fill our time, max our resources, labor until we burn out, ultimately to fail, and then we start all over again. The byproduct of this idiom has set the tempo of our lives to hurry in everything we do and It is a most unnatural rhythm for daily living.

Hebrews 4:10-11 ...For whoever enters God's rest also rests from his own work, just as God did from His. 11 Let us, therefore, make every effort to enter that rest, so that no one will fall by following the same pattern of disobedience.

When was the last time you were encouraged to labor for pause and rest?

“” is just one of the many practices and resting points that allow us to apprentice Jesus and to live in complete understanding of the fullness of life, peace, and power that comes from God. He is our only source and we are hardwired to be the reflection of Him. We have been gloriously designed to live and experience two separate Kingdoms... The Kingdom we live in and the Kingdom of God. This gives us the special ability to walk in perfect union with our creator wherever we are and to experience His presence as we follow the path of Jesus.

Spiritual disciplines like “Pause” are habits based on the lifestyle of Jesus that create time and space for us to access the presence and power of the Father and in doing so, we become transformed and renovated by the spirit.

Think about it. What is a discipline? In general here's a standard definition. A discipline is any activity I can do by

direct effort that will eventually enable me to do that which currently I cannot do by direct effort. The ultimate goal of practicing PAUSE is to establish the natural rhythms that come as we practice the spiritual disciplines that provide union and presence with God and spiritual growth, health, and resilience that allows us to thrive as His loved and beloved children.

Volume 1 is just the starting point! Think of it as a launch pad for jumpstarting your life and being. It is just a simple guidebook where you will receive God's invitation to experience the rhythms of "II" and how to practice them.

These rhythms are renovating my personal walk. I have been in the environment of ministry and serving as a bi-vocational pastor for over 35 years, perpetually experiencing highs and lows, victories and many failures. As I learn the spiritual disciplines that come as I II; The rhythms and tempo of my walk on the Path of Jesus have set me on a journey that I have longed for all of my life.

My prayer is that you will take the time to unclutter your life, and learn to II. Its rhythms will renovate you!

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The Soul Renovation Project.





RHYTHMS OF PAUSE

The Warm up! Yes, like any other practice or calisthenic,  starts with a warm up however, it looks different than the physical calisthenics that we are used to in physical development. Fortunately for those of us who are more seasoned in life, spiritual development has a more refined and natural look that fits everyone's fitness level. To get started, find a quiet place and a cup of coffee (Now we're talk'n). This should be a place where you will be undisturbed for at least 10 minutes. Take a few deep breaths to quiet yourself. Free your thoughts and your focus on the activities of your day. The ability to warm up is best achieved at the beginning and the ending of your day. Sunrise and Sunset! Before your feet hit the ground and before your eyes close to sleep. You can enjoy it by yourself, with your wife, with a soul friend, and even throughout your day with a few folks who can coach you through the spiritual disciplines of . Your invitation for union with God will never be denied!

Acknowledging His work through conversation and communication is part of my warm up! For myself, it would seem the most natural way to start is to just bow my heart and head as an act of submission to His presence. Many times the conversation starts with "Hear I am LORD." but I speak to the Father with my voice and with intention, and I tell Him...

*“You are the Creator of everything in heaven and on earth.”
I am asking that from Your glorious, unlimited resources that
You will empower me with inner strength through Your Spirit.
That You will make Your home in my heart as I follow You. I
pray that my roots will grow deep in Your love for me and that
You will keep me strong. I pray that I may have the power to
understand, how wide, how, long, how high, and how deep
His love for me is. That I may experience the love of Christ
even though it is too great to fully understand.”*

It is a great way to warm up and If you will begin to pray and converse this way in your moments of Pause with God, you will be made complete with all of the fullness of life and power that comes from God, greatly effecting the ways and rhythms of your walk with Him.

There are many ways and methods that can offer physical strength, fortitude and mental toughness in the world today that range anywhere between mindfulness to wilderness challenges. But true, healthy spiritual strength is only imparted to us through Christ as His Spirit works in our innermost being. He is our strength. He is the ONE, the LORD, our Creator.

Consider the examples of Jesus while you warm up! Strength that is derived from understanding His nature and His narrative provides methods for spiritual growth and healing in ways that all other forms cannot provide. For instance...

Consider for a moment, what the LORD would speak to you in this passage of scripture as Jesus provides the same opportunity to experience what we call REMAIN or ABIDE in the same ways that He enjoyed His walk with the Father!

John 15:4-5. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. “I am the

vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

This passage gives us real insight. It helps us learn something very important about our human nature, the nature of God, and How true renovation, strength, spiritual health and healing can be found. Your humanity will never function properly until it is joined in complete union with the vine, the source of all life and joy and wellbeing.

Hebrews 1:9 says, “*Jesus was anointed with the oil of gladness “more than any of His fellows.”* That is, He had a gladness about Him that was unparalleled in any other person. Truly, whoever looks at the Lord cannot help but be impressed with Him. One would think however, that the secret to such attractiveness, effectiveness, and joy would be very complex. One would think that Jesus must have understood esoteric mysteries and implemented difficult methodology. But such is not the case, for throughout the scriptures, we see the simplicity of the secret Jesus understood that produced in Him the life that was so successful and so beautiful. What was this secret? The very foundational principle that governed His entire life was His relationship with His Father. Jesus would  for union with the Father so frequently that He would proclaim to His followers, “I and my Father are ONE! And, If you have seen me, you have seen the Father.”

If I were to question you about the defining principle of your life, you might say, “It’s my ministry,” or “It’s my family,” or, “It’s this vision,” or, “It’s this attempt to see the kingdom grow.” You might on the other hand, define your story as one that is full of tragedy, fear, rejection, failure, and disappointment. Regardless of your personal triumph or despair and as valid as those things might be, they are insignificant in comparison to your relationship with the Father. That’s all there is—no other agenda, no other failure, no other ministry, no other disappointment, no other vision, no other

attempts to right all of the wrongs, and no other priority. By comparison to what had been my own tendencies, Jesus was so focused on His relationship with His Father that nothing else mattered. As a result, everything else fell into place beautifully. His life was fruitful. His relationships were special. His ministry was bountiful, and His Story is amazing! A simple walk of faith in Him is the only thing that will get your story moving in the right direction! It is my hope that as you begin to practice  and discover your union with God, that it will renovate your walk as you become the image and reflection of the Father in the ways that Jesus did.

APPLICATION

The Power of living in Presence & not Posture!

While fulfilling His Promise to be the Redeemer of Men Matthew 27:51 Says, that when Jesus gave up His Spirit. At that moment the curtain of the temple was torn in two from top to bottom. The earth shook, the rocks split and the tombs broke open. The bodies of many holy people who had died were raised to life. They came out of the tombs after Jesus' resurrection and went into the holy city and appeared to many people.

When the centurion and those with him who were guarding Jesus saw the earthquake and all that had happened, they were terrified, and exclaimed, "Surely he was the Son of God!" This is where these Centurions have the opportunity to move from their knowledge of Him and their observation of the promise now fulfilled into the power of His presence. The Holy of Holies is now open for Business! But if I am only satisfied to be an observer I do nothing more than sew the veil back up! If I am only complacent to know of His presence, Be an Observer of His Temple But never walk into

the Holy of Holies: Then I never experience the power of presence that looses chains and breaks my bonds.

Take the step from observation and knowledge about Him into a union living in His presence. Step out of the chains of the outer courtyard where there is no access and into the living powerful presence of Christ. The place of His presence is open for you even now! Where even those of us who consider ourselves as failures are invited to come freely into your presence.

The degree to which you enjoy  is entirely up to you! Just know that He is faithful even when you are weak. Start developing a Rhythm of Pause with baby steps and allow your experience to become contagious and may you be anointed with the oil of gladness! The disciplines you will read about and begin to practice are not methods but experiences to be enjoyed in your union with the Father, His Son, and the Holy Spirit.

PRAYER

LORD... I want to receive everything you have for me. Come and be the Lord of my journey here. Fill this experience. I long for the nourishment that You provide as I abide in You the vine. I am your branch and I long for strength and to be bearing the good fruit you provide.

We don't pray as disconnected for the powerful demonstrations of your promises.... But we pray as connected to Jesus, the work of His Spirit in us, and for the power of His presence to transform us through the power of the Cross. The Presence that resurrects us from our graves of complacency, splits open the hardness of us, and tears the veils that we put up right down the middle. The presence that breaks our chains, and that lives in us to manifest your glory through us.

We don't pray for a revival. We pray for a revelation of who you are that is so weighty; that we experience the power of your presence that truly confirms we are known by You.

We want to experience your presence Lord because in Matt 7:21 "Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only the one who does the will of your Father who is in heaven. We may know of you, we may identify with your works but, Many will say to you on that day, 'Lord, Lord, did we not prophesy in your name and in your name drive out demons and in your name perform many miracles?' Then you will tell them plainly, 'I never knew you. Away from me, you evildoers!'"

LORD I will no longer continue living by observation, No more living in just knowledge of You. I pray for the glory of your presence to impact me in the ways that make you proud to call me your own! And that you will Manifest your glory in and through me as I simply step into the room where you are!

I am choosing to enjoy the experience and the power of living in the name of Jesus! The Power that breaks every chain and bondage. Amen!

Now join us on a journey of discovery through this guidebook as we consider the ways to enjoy the Rhythms of Pause. Take as long as you like. Experience a new Rhythm every time you pause and just pick up where you left off. Remember! He will never leave you or forsake you!





PAUSE FOR REPENTANCE

The reason we need  alone with God in order to have repentance is not because lengthy repentance is more acceptable than brief repentance, but it is because we need time to dig into our souls with Scripture in order to discern — dig down and discern — where did the attitudes of my heart come from? Why does that keep popping up in my life?

It does take time to think through how Scripture digs down into our souls and helps us discover those things and begin to get victory over them. Repentance requires time in prayer and reflection, meditation, lingering in the presence of God, and confession. This kind of spiritual practice give us time to reorient our mind for another day's battle.

Pause acknowledges His work with prayerful communication! I will go to my knees or bow my heart and head as an act of submission to His presence. I pray to the Father with intention and tell Him... *“You are the Creator of everything in heaven and on earth.” I pray that from His glorious, unlimited resources He will empower me with inner strength through His Spirit. That Christ will make His home in my heart as I follow Him. I pray that my roots will grow deep in His love for me and that He will keep me strong. Then I pray that I may have the power to understand, as all God’s*

people should, how wide, how, long, how high, and how deep the Father's love for me really is.

In this quote, we can gain insights into the heart of true repentance!

“Repentance is so much more freeing and life-giving than what most people perceive it to be. Repentance begins in the belly, with an awareness that there is something in our sense of self and physical reality that is other than what we know that it is not meant to be. That disparity between what I have experienced and what my heart desires. If you're willing to step into your churning internal contradictions and external complexities—it's the beginning of an awareness that it is time to come home.” • Dan Allender.

Repentance and Confession go hand in hand. The underemphasized outcome is Gratitude! Gratitude implies something has been given that is undeserved and a realization that it is good to be home!

You may find yourself distanced from or unable to experience gratitude in your walk. This practice will help you as you pause in order to celebrate true gratitude. It comes by acknowledging three factors, and confessing our:

- **Emptiness**, or the sense that I am not complete in and of myself.
- **Desperateness**, or the times when I'm empty and hungry that prompts movement.
- **Inadequateness**, or that I myself am not able to provide for what I need.

This kind of  for Repentance and Confession produces a rhythm of Gratitude that will alter and impact the way we all follow Christ!

APPLICATION

Don't be afraid to be open and transparent. Take the opportunity to go deep with the LORD. Converse with Him about your habits, flaws, attitudes, hurts, scars, resentments. This is your opportunity to get it all out of the closet and onto His table where His provisions do the hard work and you get to bask in gratitude of His deep love for you.

PRAYER

LORD...I did not realize how freeing this would be! I'll be back again, soon, to do this again. Help me to live in this moment, this place where the depth of your love for me and my gratitude for what you have done for me is ever present. I want to receive everything you have for me. Be the Lord of my journey. Fill this experience with revelation of who You are. And thank you for listening, spending time with me, and for forgiving me.

Great job practicing 🎧!





PAUSE, CONSECRATION, & UNION

The act of consecration is... The first step before God's protection and provision can flow. Christians often pray—"frantic, impulsive, chaotic." However, until we first bring things under the rule and jurisdiction of Jesus Christ, the blessings of the kingdom of God cannot flow. Rather than jumping straight into prayer, we first must  and align ourselves with Jesus and devote ourselves to Him.

We are in a collision of two kingdoms. Intentionality on our part is essential to bring things under and into the kingdom of God.

Consecration is "the fresh act of dedicating whatever needs God's grace (everything) deliberately and intentionally to Jesus, bringing it fully into his kingdom and under his rule.

At times adversity may break our intimacy and connection with Jesus. Satan has a vested interest in separating us from Christ. However, through the act of consecration, we remain with and in Jesus, and His words remain in us through every facet of life.

We are designed somewhat like amphibians in the sense that we live in a natural world that has all sorts of nourishment for the human soul and we were by design, hardwired to enjoy it. Dinner with friends. Laughter. A warm fire. A walk on the beach. The kingdom of this world has its beauty, God has given us living things that can heal us, even nature can and our environment can heal us. Time away is good for us! We live in a natural world and God has designed us to live well in this kingdom, but we also live in a spiritual world and we are meant to move as comfortably in the spiritual kingdom as we do in the physical kingdom of this world.

In John chapter 3, Jesus has the engagement with the Pharisee named Nicodemus. Nic seems like a really good guy. He's a good hearted man. He is asking the questions and Jesus says to him, how will you understand spiritual things? If you cannot even understand natural things? In Ephesians in chapter 3. Let's  for a moment to look at Pauls prayer for us and the heart of Jesus for those of us who are like Nic. He says, *"I pray that your creator would fill your inmost being with a new glorious strength from his spirit, that indwells within you."* That is so absolutely amazing! It is so filled with hope because it shows us that consecration to God is the act of a devotion to experiencing His grace and goodness and not pulling ourselves up by our own bootstraps.

Consecration isn't one more program of getting your act together. It isn't the legalistic shouts from the religious who say "come on, be more disciplined, go to church, read your Bible. Like, those things are helpful as part of an overall, life of wellbeing. When we consecrate ourselves to Jesus, this Gospel of grace is imparted into your humanity from heaven, from God, from the kingdom of God where we begin to enjoy His resources and provisions for us. And so Paul's describing a process whereby the spirit of the living, God, inside the depths of your being right down there in your depleted reserves begins to replenish and renew you by the

presence of God within you. I find that very hopeful. The reason we pause to consecrate is to be birthed anew in a glorious union with God and to enjoy the Spiritual and the natural kingdoms to the fullest potential as we live out His story!

APPLICATION

The soul is healed through union with God. But even in that enlightenment, we still talk about the Christian faith as a set of beliefs, right? Or, or a set of practices. But at its core, it is more like marriage, it is consecration, devotion, and intimacy with the living God, where your being and His being become intertwined, where you are being nourished with resources, way outside your own creation. The Gospel News is you don't have to come up with this. You don't have to suck it up and just get on with your life. Enjoy your union with Him. You're in His Grip!

PRAYER

LORD... I want to experience the love of Christ. So that the whole perspective of Your design for me to live in the natural and by the Spirit. That I would experience, Your touch, and presence, and to walk in a real living experience of the care of God, the comfort of You in times of distraction distress or sadness. Would I comprehend the love of God for me in very particular ways, and may I know of your grip upon me and union with me. This is my hope and my rest.





PAUSE FOR BENEVOLENT DETACHMENT

To make room for God to fill the vessel of our soul, we have to begin moving out some of the unnecessary clutter that continually accumulates there like the junk drawer in your kitchen. Everybody has a junk drawer, that black hole for car keys, pens, paper clips, gum, all the small flotsam and jetsam that accumulates over time. Our souls accumulate stuff, too, pulling it in like a magnet. And so Augustine said we must empty ourselves of all that fills us, so that we may be filled with what we are empty of. Over time I've found no better practice to help clear out my cluttered soul than the practice of benevolent detachment. The ability to let it go, walk away—not so much physically but emotionally, soulfully, and to make room for Jesus in my walk.

Allow me to explain. In this kind of  we are aiming for release, turning into the hands of God whatever is burdening us and leaving it there. It's so easy to get caught up in the drama of life in unhealthy ways, and then we are unable to see clearly, set boundaries, respond freely. When this happens in relationships, psychologists call it enmeshment.

Mature adults have learned how to create healthy distance between themselves and the thing they have become entangled with. Thus the word “detachment.” It means getting untangled, stepping out of the quagmire; it means peeling

apart the Velcro by which this person, relationship, crisis, political, or global issue has attached itself to you. Or you to it.

Detachment means getting some healthy distance. Social media overloads our empathy. So I use the word “benevolent” in referring to this necessary kind of detachment because we’re not talking about cynicism or resignation. Benevolent means kindness. It means something done in love. Jesus invites us into a way of living where we are genuinely comfortable turning things over to him: Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly. (Matthew 11:28–30 The Message)

Now, pay attention here—Jesus said there is a way “to live freely and lightly. We only need to cast all off our cares upon Him” This is the biblical way to release those things that can suck the life out of us!

APPLICATION

I intentionally left this practice of  short because I know the list can be long and the drawer can seem bottomless. The clutter of life can make me look like a hoarder! you may feel like your junk drawer is so full that you can’t see the bottom and that if you pull that drawer out... You may not be able to get is shut again! The beauty of casting your cares on Him is that there is no limit to how much Christ is willing to take off our hands. The degree to which you enjoy releasing your clutter is entirely up to you! Just know that He is faithful even when we are weak. Start with baby steps and allow your experience to become contagious!

PRAYER

LORD... Here is my junk drawer, the list of my cares that so easily keep me from living freely and lightly. I  now to release everything I can think of and ask that You would show me by the Holy Spirit, the things that I try not to think about. There is such a large accumulation that I will need to practice this quite frequently Jesus but I know that you specialize in taking on my burdens. I receive your care and the lightening of this load. Be the Lord of my journey. Fill this experience. I long for everything that You provide. Bring wholeness and devotion to my walk with You.





PAUSE FOR INVITATIONS

Pause incorporates the practice of accepting Gods invitations! It is accepting Gods invitation to lead me into an intimate relationship and experience that gives me deeper revelation of who He is, It can be an invitation to rest, follow, weep, admit I am wrong, or it can be to wait. However it looks for you is entirely up to what invitation you will accept from Him but know this... It is ground zero for divine intervention in our lives. When we  for invitation, we step into His supernatural flow and it is lived out in the most natural impacting way.

“Some invitations we desperately want: ‘Will you marry me?’ ‘Would you consider a promotion?’ Other invitations we never want to receive but must respond to all the same: ‘What treatment do you want for your tumor?’ Invitations pound away at the coastlines of the soul with a transforming force, some of them can cause erosion and others can bring unique beauty. All of the invitations we receive in life originate from the narrative of God; for instance Jesus would receive the invitation from the Father to receive a sentence of death to redeem all mankind! That being said, Not every invitation will provide happy feet like when you are invited to ride motorcycles with your buddy’s or when your best gal gets invited to a Pampered Chef party which means you get to go ride again! The invitations that will most profoundly impact us

will come from God. He is always sending invitations and He is the Author and Finisher of our faith. Sometimes those invitations seem less compelling than the things on my to-do list. Why would I want to say yes to the invitation to rest when I'm already so far behind? Why follow when I could lead? Why accept invitations to weep or to admit I am wrong or to wait? Saying yes might slow me down, sabotage my agenda and even undo who I think I am.”

In my experience, pausing for invitation is like switching a light on. So often I have found myself seeing things in my daily life through a lens of blessing or curse, but through the invitation to commune with the Father I am able to learn rhythms of His Kingdom as I see things through the lens of Jesus and experience the outflows and movements of Him.

Whatever is coming at me is also a way God is at work in me. He is inviting me with what I say ‘yes’ to and what I say ‘no’ to. By seeing all of the normal parts of my life (the good, bad, and ugly) as an invitation from Him to divinely meddle in my story, it has helped me root this part of spiritual discipline in my life.

Invitations also change my center of gravity from “never doing enough” to “what is God calling me to at this moment in time.” God knows our limits and our desires. And God intends us to know them as well. God’s invitations suit both our limits and our desires. They invite us into closer contact with the Holy One. Invitations remind me of Christ’s provisions and His deep love for me. I am wanted, included, and have a purpose in God’s heart and desires.

Invitations will look differently for all of us. For instance, have you ever been invited to let go of “what is next.” Maybe you are getting close to retirement and are not sure what your financial picture looks like. Maybe you are choosing a college or wondering... Where do I go next? What I am discovering as I  to receive His invitations it is an opportunity to let go, clear

my next steps, and lean into the trust that God will be with me tomorrow no matter what is next. This practice and invitation of letting go is part of preparing me for the many letting go's that lie ahead. So, I want to say "yes" to His Invitation and I know that He is with me now and then.

There is something very appealing about the word "invitation"... It's rhythm is unforced, without coercion, with a hand held out rather than a push on the shoulder. Thinking of invitation as unforced and without coercion allows me to consider the next thing the Lord is calling me into – inviting me into – from a view point helps and perspective that, although it appear to be difficult, He is calling me and inviting me with care and love, knowing that He has my best interest at heart. I can trust His invitation, because I can trust Him. As I pause for invitation, I realize that I am being asked to do something or go somewhere with Him! He is with me in the changes ahead and that is comforting.

While these invitations from God can sometimes be difficult to accept, they can heal and restore even as they shape where we go, what we do and who we become. What we say yes to, what we say no to forms the terrain of our future.

Make no mistake! Jesus invites us to be with him, offering our full and undivided attention to him. When we choose pause or retreat, rest or sabbatical, we make a generous investment in our friendship with Christ. We are not always generous with ourselves where God is concerned. Many of us have tried to incorporate regular times of solitude and silence into the rhythm of our ordinary lives, which may mean that we give God twenty minutes here and half an hour there. And there's no question we are better for it! He truly is faithful. But we need more. Indeed, we long for more. It is the way we are hardwired to live!

Now let's look at how the invitations that Jesus gave to us were hardwired into His nature and how that through Him they come directly from the heart of the Father to us.

Jesus is clear, confident, and fearless, He lived a life that sets the standard for how we are to live, lead and work. 2,000 years ago He could be found on a country hillside, in the Jewish temple and throughout the bustling cities issuing an invitation to all mankind and whosoever would listen. He tells the crowd "if you have ears to hear, then hear this," the modern equivalent would be listen up and pay attention.

He not only shows men everywhere a new way of life, He invites them into it. He issues 8 distinct and clear invitations, and He is still issuing these invitations today.

We have spoken of this already however it bears reiteration. The Bible is a story of 2 kingdoms colliding. The Kingdom of Darkness vs the Kingdom of God. When Jesus declares the Kingdom of God has come He is issuing a declaration that He has come to take everything back from the enemy. Our call as Kingdom driven followers is to build and expand this Kingdom within us and around us.

Jesus models and teaches a new way of living and invites people to follow Him and enter this new Kingdom. These followers represent a new breed, that take up His charge to expand the Kingdom of God.

This call is for the 'whosoever's' the 'anybody's' and those who had the curiosity and ears to hear. And so Jesus gives invitation into a new way of Life.

Here are the first Seven Invitations He makes to all men.

Come unto me, all ye that labor and are heavy laden, and I will give you rest! Matthew 11:28.

Jesus stood and cried, saying ... if any man thirst let him come unto Me, and drink... John 7:37.

Jesus said unto them, "Come and dine!" John 21:12

Come and See. John 1:39

Come and Take up your cross. Mark 10:21

Come away to a secluded place and rest. Mark 6:31.

*Come you blessed of my father and inherit the Kingdom
Matthew 25:3.,*

These are invitations and promises that are available to everyone. But the obvious condition is you have to be hungry. Only those who are hungry are satisfied, only those who are thirsty drink.

There is another invitation I would like to focus on. When Jesus calls men to Himself He says two words, "Follow Me." When Jesus finds Peter He says follow me. "Follow me" is the first and last words Jesus physically spoke to Peter.

To follow in Hebrew does not mean to walk behind me, it means to do what I do. Rabbis had followers and they taught them how to do what they do. Followers do what that rabbis taught them, they do what they saw Jesus do. A follower was known as a disciple or apprentice. In an old-world paradigm Rabbi's and others wanted disciples for themselves, just like we want "followers" on social media.

The real translation of disciple was a disciplined learner, an active participant. This is what the followers of Jesus are known as, disciples, participants, and partakers.

Throughout scripture There are many designations of the Lord's servants

- Bond-slaves of Jesus Christ
- Ministers of Christ
- Stewards of the mystery
- Fellow workers

ALL of these titles carry the meaning of delegated responsibility.

In Hebrews 3:1 we are called “partakers” Therefore, holy brethren, partakers of a heavenly calling, This same word used here for "partakers" is translated "partners" in Luke 5:7

Do you know the difference between an employee and a partner? The difference between them is full responsibility. What needs to change in our mindset is to shift and see ourselves as a partners with Jesus?

The call of Jesus is an invitation to a new way of life. To co-laboring and partnering with the Lord in His work. To be a disciplined learner and subscribe to a new way of life as you follow the path of Jesus.

APPLICATION

Where can You invite Jesus into your life? Take an inventory and ask yourself: 'Where does God want to partner with me in life today?' What is He speaking to you What area in your life has been ‘off limits’ to him. Is it your spiritual life?, Your way of thinking? Activities you are doing or not doing?

Make your decision today to answer the invitation of Jesus when He says to you: "Follow Me”

PRAYER

LORD... Here is my junk drawer, the list of my cares that so easily keep me from living freely and lightly. I 🛑 now to release everything I can think of. There is such a large accumulation that I will need to practice this quite frequently but I know that you specialize in taking on my burdens. I receive your care and the lightening of this load. Be the Lord of my journey. Fill this experience. I long for everything that You provide. Bring wholeness and devotion to my walk with You.





PAUSE TO LISTEN

King David discovered the power of inquiring and listening at an early age. Through 1 and 2 Samuel, he inquires of the Lord and waits for an answer. Many of his questions concern upcoming battles. Will the Israelites win? How should they attack? David knew he could never listen to the Lord too much!

A brief but significant moment in David's life is tucked away in 1 Samuel 23, when he is informed that the Philistines are fighting Keilah and looting the land. The news couldn't have come at a worse time. David and a militia of about 600 men are on the run from King Saul, who is paranoid that the young, popular David is going to seize his throne. With a target on their backs, David and his men move from place to place, staying a half step ahead of the crazed king. The news of Keilah reads like a side note, and David could have dismissed the distress call, knowing he had enough battles to fight already. At the other extreme, he could have charged immediately into battle, convinced he needed to defend everyone attacked by the Philistines. Instead, David inquires of the Lord and waits for his response before making a decision. God instructs him to attack the Philistines and save Keilah.

Like David, we face countless needs and opportunities in life. With each one, we are invited to inquire of God and listen for his response. Hearing God's voice requires a listening heart. Mastering the art of listening is one of my greatest challenges. As a wordsmith, I've found myself developing a terrible habit: I tend to jump in and finish people's sentences or thoughts. I can write a narrative or make assumptions about them before I listen to their whole story. I've been disciplining myself to remain silent. As I'm refining this area in my life, I've wondered how often I do this to God. How often do I cut God off, assuming I already know what is going to be said? Do I try to put words into God's mouth?

The art of listening for God invites me into a realm I find uncomfortable: Silence. I must quiet my heart and embrace the stillness that allows me to truly know that He is God. While this may sound counterintuitive, silence is a key to satisfying hunger for God. When you think about feeding your appetite, you might have visions of rushing up to a dining room table filled with Rib-eye Steak and Corn on the Cobb, side dishes that smell like Heaven in my book!. But sometimes rushing the meal is the worst thing we can do. God wants to feed us, and we must learn to sit quietly as he serves a banquet for our souls.

Silence asks me to close my mouth in order to open my heart. The first few moments of silence are the hardest, as I become painfully aware of the hum of the refrigerator, The traffic from the Hwy, the muffled clang of the dryer. In the stillness, a wave of chores left undone crashes over me. The dishwasher needs emptying, The Lawn needs mowed. I count 20 leaves that need blown off of my patio of silence. When was the last time I weeded? I fight back the distraction with a prayer: Jesus, help me to focus wholly on you and hear from you. I say his name a few times. My mind, body and spirit embrace the silence as a gift. As my listening

sharpens, I realize that silence has its own beautiful rhythm. In this place, I'll ask God, "What's on your heart?" and wait.

Sometimes I hear nothing at all, but at other times I'll begin thinking of someone long forgotten. Or I'll remember the need of a particular friend. Whether my mind drifts to politics or social justice issues, I offer up prayers to God and pepper him with questions. Why does this matter to you? What's your perspective? How can I serve you? At times, I'll feel compelled to pray, serve or give. Other times, I'll simply sit in the silence with a renewed awareness of what's important to God.

These moments have taught me that God is passionate about the poor, he aches for justice and he longs for relationship. I've learned about the tenderness of God, discovered new depths of divine love and treasured the sweet moments of simply being with him.

Listening forces me to learn patience. Nowhere in the Bible does God commit to running on our schedule or fitting into our time frame, though I wish it were that easy! God answers some prayers in the moment, but on others he waits. Waiting isn't easy and doesn't always deliver the answer we desire. Learning to hear, recognize and discern the ways in which God speaks isn't snappy. But in the waiting time, God works within us in ways that are unrecognizable at first but over time reveal their priceless worth.

APPLICATION

When we practice the **II** of Listening initially silence was distracting until I fine tuned my dial into His station. What I found was that He had been speaking all of the time. I just needed to simply **II** to listen.

Start by fine tuning the dial! Little adjustments that make His voice become clearer. When the static of your surroundings fade, God's voice becomes easily recognizable and the quality of the sound is amazing. Now, Crank it up!

PRAYER

JESUS... You said, "My sheep hear my voice, and I know them, and they follow me. I give them eternal life, and they will never perish, and no one will snatch them out of my hand. I desire to know your voice that way. I want to be tuned in to Your voice so that it is clear. Take the static that would distract me from knowing and hearing Your heart and voice in my life. You are my Shepherd and I shall not want.





PAUSE TO IMMERSE

The washing of the Water of the Word! It makes me smile when I remember all the times I have taken a bar of soap to the river with me while in the backcountry. It always feels so good when I crawl into my sleeping bag after being in the flow of the river.

One of the many benefits of water is its cleansing ability—not only on our bodies but in them as well. We read of this in Paul's first-century letter to his friends in Ephesus. In Ephesians 5:25–26, he reminded them of how deeply Christ is committed to the church, the body of believers: "Christ also loved the church and gave Himself up for her, so that He might sanctify her, having cleansed her by the washing of water with the word."

Just as clear, fresh water cleanses our bodies, God's written Word washes us clean deep down inside our souls. It purifies our thoughts, scrubs our motives, and cleans our conscience as we absorb it and obey its truths.

Gospel. What exactly is the gospel? The Greek word translated "Gospel" is euangelion, and has its origins in the soap merchants of ancient times who would advertise their wares by calling out, "Good news!" upon entering a town. In those days before deodorant or cologne, the arrival of soap was good news indeed!

How fitting, then, that those who went from city to city sharing the Good News that people could be cleansed from the stench of their sin would, like their soap-merchant counterparts, be called evangelists. In the text before us, Paul defines their message: first, that Christ died, and second, that He rose again—both according to Scripture. The Good News or Soap of the Word is understanding... *how that Christ died for our sins according to the scriptures.*

So here is the analogy! If I have a good bar of soap (good news) I am naturally drawn to the water! The combination of soap & water makes me clean! In the same way, the Soap of the Gospel and the Washing of the Water of the Word produce cleansing in me as I **II** to Immerse in them.

The Scriptures are all-sufficient. They speak of Christ, point to Christ, and bring us to Christ. This is why immersion in the naivetyWater of the Word is so important to our **II**.

Check out Psalm 19:7–9, and you will see six descriptions and six effects of the Word of God in one’s life....

1. The Law of the Lord is perfect, converting—or restoring—the soul (verse 7). The law speaks of the totality of the Word. From where does emotional or mental restoration come? Not from delving into or digging up our past. It comes from taking in the Word.

2. The testimony of the Lord is sure, making wise the simple (verse 7). The word “sure” means “solid.” The word “simple” means “open-minded.” Thus, the Word of God gives solid footing to those who would otherwise sink in the sands of open-minded naivety—. How solid is the Word? Peter declares it is even more sure, more solid than the voice of God that he himself heard on the Mount of Transfiguration (2 Peter 1:18, 19).

3. The statutes of the Lord are right, rejoicing the heart (verse 8). Studying the Word of God will make your heart happy. Jeremiah—who was cast into a pit, and whose ministry was seemingly unsuccessful—said, “Thy Word was found and I did eat it. And thy Word was unto me the joy and rejoicing of my heart” (see 15:16). Jeremiah, the weeping prophet, said, “You know where I find joy? In the Word of God.”

4. The commandment of the Lord is pure, enlightening the eyes (verse 8). The commandments are pure—without flaw. They are workable, understandable, and powerful. How does one see clearly? Through the Word.

5. The fear of the Lord is clean, enduring forever (verse 9). The Word of God is not based upon a passing fad, pop culture, or humanistic understanding. It’s clean—pure, straightforward, easy to grasp—and it lasts forever.

6. The judgments of the Lord are true and righteous altogether (verse 9). We know in our heart of hearts that the Word is true. Our spirit confirms its veracity.

How can you be healed emotionally? How can you live in stability? How can you have joy experientially? How can you see clearly? How can you be guided continually? How can you find truth in totality? Through the Word, the Word, the Word. Period.

“I’ve tried that,” you say. “But the Word has failed me.”

Wrong. The Word hasn’t failed any of us. We have failed to **II** and **IMMERSE** in it. We frequently stop reading our Bible. We don’t **II** to meditate on the Word of God because we wait for the next Sundays sermon to associate ourselves with Him. Movies and television, hobbies and other pursuits become more important than seeking God.

The Scriptures have never failed a single person. People have failed the Scriptures. They’ve turned their back on the

Word. They've diminished its priority. They've lost their passion. And they wonder why they're not enlightened, rejoicing, or enduring.

Whatever you do, folks, don't fall into the trap of seeking a man or an organization to help you. Get back in the Word and seek the Lord. In Jeremiah 2:13, God indicts His people for committing two evils: "They have forsaken me, the fountain of living waters, and hewed out cisterns, broken cisterns, that can hold no water." Christians all over the country are carving out cisterns that don't hold water. Jesus said (John 15:3). "Now you are clean through the Word which I have spoken unto you," and in (John 6:63) "The words which I speak are spirit and life". In (Ephesians 5:26) It says, We are cleansed by the washing of the water, which is the Word of God. It's the Word, the Word, the Word.

APPLICATION

Pause to prioritize the importance of the Word. Commit yourself to **Hear** it and **Do** it. Train yourself to **Meditate** on it and **Remember** it. Remember! If you have **Soap** but you're not finding **Water** for days on end, Your fragrance will tell on you!

PRAYER

LORD... I consecrate myself to immersion in the Water of the Word. I  to receive cleansing and to step into the flow of renewal, refreshing and renovation that you desire for me. Come and be the Lord of my journey here. Fill this experience. I long for the cleansing and refreshing that comes from You as I experience the depths of your love for me. I invite You to flow in, through and out of me onto others.





PAUSE TO PRAY

This is an example of how our conversation, our communion with God, and the pursuit of His heart develops when we  to practice a life of prayer. It is a prayer to pray, enjoy, and experience from the writings of John Eldredge. I have emphasized segments and They are heart prayers that are directed to the Father, Son, and Holy Spirit. They can be prayed in small chunks or given to Jesus all at once. Develop the rhythm of heart union so it impacts you supernaturally as you  to develop your communication skills with God. Prayer is simply the vehicle for communicating with the Father. Think of this as the practice or discipline of Conversation Training!

Father, I confess that what I want is for my heart to be made whole and my life to be integrated. I confess that I want the freedom and the restoration of my strength through the integration of the whole person. And I invite you to do it. I invite you to partner with me to become a the man or woman who astonishes you because we are united in love and I've learned to do nothing apart from you.

Father, I agree with your relentless love, your relentless pursuit—that you will stop at nothing to continue to open the doorway to invite me home, for me to give access to you to the whole man, to be made whole and holy. Father, I confess the parts of me that have yet to yield to you, that are resistant, and I give you the shame and the fear and the disappointment and the hurt. I give you my belief in life being found in self-determination and self-reliance, and I say your love is greater still—your love is stronger than death. I ask that you would shine your light, that you would expose every place in me that has yet to come home to you as my good Father.

Holy Spirit, I receive you afresh today, and your inextinguishable life. I receive your Kingdom come and your will be done on earth as it is in the Kingdom of heaven. I arise once again to trust you in your mighty strength, uniting my heart with your heart. Jesus, I ask that you would break every limit I've placed on who you can be, what you can do, and how you can do it. I ask for your forgiveness for those limits, and I say break them in your power and in your name. I say in that place that I am rooted and established in your love. It is infinite, ever-present, and always flowing. Father, I profess that you care about me, that I matter to you, that you are the one who sees me. I say it out loud: You are the One who sees me, and I have seen the One who sees me. I accept you as the One Who Sees Me. I receive you afresh in this place. I ask that you would make root me in Your good soil. I want more. I ask that you would dismantle the self-promotion, self-protection, self-reliance; that you would dismantle the Self and restore the True Person I was designed to be, making me whole and holy by your love. I give you permission to my body, my soul, and my spirit. I receive your inheritance. You have given me unlimited resources. That is my inheritance, and I claim it, I receive it. I ask that you would help me to access it more: your favor, your life—to accept it and receive it. Through your death, your resurrection, and your ascension, I choose union with you. Forgive me for trying to arrange so many

things to feel good. You alone are contentment, and so I choose you to be my place of contentment. And I choose to receive that smile of the Holy Spirit that says you alone bring true joy. I receive you, Holy Spirit, afresh today—your breath. You are the Great Radical Renovator. You want to partner with me. You know what I need. You are my counselor, my comforter, my strength and my guide. So I choose You, Holy Spirit. I ask that you would increase my awareness to sense your moving, your leadership. Show me how to move. Give me the shoes of the readiness of the gospel of peace so that I can move in step with you—your pace, your rhythm, your way. Holy Spirit, I believe that you usher in every aspect of this day that I so deeply need, that you alone can nourish me to fullness—robust wellbeing. You alone, can make me feel safe and loved, make me feel strong, standing tall and bursting with joy.” I want that, Holy Spirit, so would you work in me in new ways? I confess that you’re the best at it. I want to know and believe that I am loved, because I am yours. I am worthy of love and belonging.

Father, I confess that I still resist you, hiding as an orphan and a slave. I want to come home to you. Today afresh, Father, I ask that I could come home to you—home to your love, home to your generosity, home to your abundance, home to your provision, home to your protection. Father, all that I am, in union with all that you are. I do it through the life of Jesus Christ. Jesus, I receive you as my brother, as my Savior, as the Doorway, the Pathway—your life spent so that I could have Life. Through you, my old man is given to death, and death rises to new life. I rise with you, Jesus—your unstoppable life and strength and force. Jesus, you have my yes. Validate me. I receive my name from you, my place in the Kingdom, my inheritance through you, Jesus. God, in that place I confess all the sophisticated ways I have created a life to protect me from engaging in true relationship, all the ways I’ve arranged to disengage from relationship—the ways that I move against people, the ways that I move away from people and move towards people, all searching for validation,

searching for love. I ask that you would dismantle all of it in me, God, that you would restore my style of relating and restore my relating with you, that I would see you move and walk, that you would cultivate a love language with me more deeply than ever before, that I would find myself laughing because you know me! This is our moment, just us. I hold a part of your heart no one else does, God, and you hold a part of mine. Can we cultivate an acquaintance? I confess that I need to live more deeply in a habitat that allows my soul to thrive. To cultivate that acquaintance, I know there's unfinished business here, and so I give you the habitat of my life, and I ask that you would bring it into alignment with the habitat that's right for my soul. Unforced rhythms of grace, as I pause with You, learning to live freely and lightly, putting down everything that is heavy-laden, and everything that is ill-fitting, that doesn't fit me. And help me to see myself through the lens of Jesus and to be comfortable in my own skin. Help me to like me as you like me. Restore my soul. Integrate the whole man.

God, I give you permission. I pray that you would cultivate the habits that are necessary so that I can be available to receive that which I can't arrange for. What do I need to abstain from? And what do I need to engage in? Teach me; I'm your student. Let's try it on, try it out—let's practice, let's blunder around. Allow me not to go to shame or self-reproach. I want to be an apprentice, a student, and I want to be a son. And so I receive that over my life, God: Apprentice, Student, and Son. As you restore my true self from the inside out, I consecrate my motives to you, I consecrate my beliefs to you, and I choose to adopt a worldview that is steeped in and seated on wisdom and not simply gifting or the Spirit of the Age. I choose to partner with Wisdom that you set as the Craftsman at your right hand, that is in the fabric of all of creation. You say that he who finds wisdom finds life, and I ask for wisdom, because I need life.

God, I stand with you against my enemies; against every scheme that has been set against me as a man, against my masculinity, and against my masculine line. I say, "It stops with me." In the authority of Jesus Christ I say no. I take my stand with you, and I say, "It stops with me, in the authority of Jesus Christ." And I ask for you to begin a new work in me, to establish a new legacy, a new generation; to restore what you originally intended since before Creation. Show me the warfare set against me; and in your authority, I stand against it. I choose against it by your power and through your Life. And, Jesus, in the Spirit of the Age, I confess how much I've agreed with a distracted life, with this lack of trust in You, where I so often find myself living apart from you. Lord, you never give any man too much to do. And so I ask for your forgiveness for every place I find myself feeling overwhelmed and alone, and anxious. I break every agreement I've made with drivenness and hurriedness and busyness; and I ask in its place that you would give me intimacy, that you would cultivate acquaintance. Give me intimacy with you.

Father, I give you every way that I have elevated myself in a kingly realm, in a way that was beyond what you entrusted to my care. I ask for your forgiveness, and I give you access to sort it all out.

Jesus, I ask that you would heal my heart in the traumatized places where I have been set as a king by uninitiated men, where I have been maimed and harmed and used and abused. I forgive them, for they know not what they do. I release them and bless them, and I say, you have your way with them, God. I ask that you would heal my heart in those places and help restore the false conclusions I've come to about my life and calling because of the pain and the hurt and the violation I have experienced personally or caused in someone else.

Father, I ask that you would dismantle every shortcut that I've willfully chosen. I pray that you would reveal again the shortcuts I've taken, that you would dismantle them; and I choose the long, holy, and narrow road you have for me that is truly Life. I want to be your apprentice, God. You are accepting master students, and I say yes! I want to work with you; I want to watch how you do it. I'm signing up. Show me how to grow in fierce mastery over all of it, the fullness of my domain. I pray that you would right-size it; shrink it where it needs to shrink. And help me with my body, with my soul and spirit, with my imagination, with my mind. I give all of my kingdom to all of you. I bring it back under the rule and reign of Jesus— every piece of it. I ask for your blood to wash it and for your anointing to come. And I'm asking for your favor over my kingdom. I set it apart for your life.

Father, I ask for forgiveness: I've played it safe in a lot of ways. I haven't risked, because I've been fearful. Help me exercise risking—risking love, risking courage, risking generosity. Meet me in this frontier. I want to trust you more. I believe that you want to increase the stakes, and this is my practice. I ask for your forgiveness for every way I've agreed with the spirit of false comparison with other men and had jealousy and envy and want of their life. I confess that the only life worth living is my life in you.

Father, forgive me for comparing part of my life with the lives of others. I release them. I bless them. And I cut off every judgment, every value I have made, every way I've cursed inadvertently. I ask for your forgiveness, and I bring blessing in the place of cursing. I choose in the heavenlies with my will to cause good on behalf of those men. And I own my life, my story—you as author, me as participant and partner and friend. Father, I invite you into all of my suffering. You're the only person who can handle it. And you can handle it. So I invite you into it. I ask that you would make something beautiful come out of it. I ask that you would show me what to do with it, that you would make it worth it, Jesus,

that you would tell me that it matters to you. All of it. And that you're not far off, that you're moving towards me. Jesus, would you show me how to rest? And play? Would you show me how to receive love? There are places in me that just avoid it and fear it. Show me how to receive. Show me how to play. Show me how to become the kind of person of whom my kids and grandchildren would one day be able to say, "He was playful. He was so fun to be with." Take off the burden. Lift the burden.

Father, I give you all of my relationships: my marriage (future marriage), my kids (future kids), my friendships—I give it all to you. In the area of marriage, I give you my dreams and my dilemmas. And I am asking that you would simply breathe life into the here-and now, that you would show me what needs to be done, that you would help me come to the center, and that you would give me your heart for her. Father, at every one of those junctures where it's going sideways, I pray that you would help me be mindful to simply turn again to you and say, "Give me your heart for her." I pray that you would help me believe that you are my defender; I have no need to defend myself. I ask that you would heal my marriage, restore my marriage; and I pray that you would bring my wife onto the same parallel journey as a woman and as a bride. Only you can do that, and only you can orchestrate it. I give you my marriage, I trust you with the pain, and I ask for a miracle. Today. A miracle. I agree that she's the one you chose for me, and you don't make mistakes. So I break every agreement I've made around an alternative path, and I receive her again in love. I renew my heart for her because of you. Father, I give you my children. I give you what I've missed of their hearts. I give you the hours I've missed and the days I've missed; and I stay in your love, where you say, "Love covers a multitude of sins." I'm banking on it, Jesus. And I believe that the only way I become the kind of parent I want to be is through parenting. So I receive grace for myself as a parent. I pray that you would teach me how to be present; that you would work my schedule supernaturally, flowing out of my beliefs, to give them more of my time—and also out of my

beliefs, more of my heart; that you would help me be present to the regular, day-today moments where you are asking me to bring them into deeper realities and wonder of the Kingdom of God; that I would model a Larger Story, bigger than anything they find; that I would give them access to you, Father; that I would turn and that they would see my model of turning to you, the one with unlimited resources. I don't have to have it figured out, God. I confess all the pressure I put on myself to have it figured out. And I pray, God, that you would help me bring them deeper into the Kingdom of God, to know your heart. I confess that these are the hidden years. I give you permission to hide me in the ways you want to hide me. Only you can figure that out, and only you can resolve that. But I ask that you would clarify and consecrate my yes. Help me understand what it is that I am to say yes to, and who it is that I am to say yes to. Help me establish my yes and amen as it is in the Kingdom of Heaven, so that I can have confidence to say no to everything and everyone that's a no from you. Help me discern; help me walk in that.

Father, I pray for pure relationships. I ask, God, that you would give me one, that you would give me two, that you would help me see like-hearted kings who want what I want and have to fight through the same stuff to get it. Help me fight for those. Show me where I need to sacrifice more. Pour your robust life into those relationships. Give us shared mission so that we can lock arms and move toward something larger, as a context to dive deeper into the restoration of our hearts together. Give me a few. I believe that it's your idea, it's your design, it's your desire, and it's my destiny. So would you bring me those men? Father, bring me the peers, bring me the mentors, bring me the men; order my expression of the Body of Christ, my community, my story, that I would own my life and I would cast off every other story. I release it. I own my life. Father, the love that you have for your Son Jesus is the same love that you give to me, the love that you offer me. I receive it today. I receive it with confidence. I receive it with joy, with expectation. I receive your love afresh

today. And I put on the armor afresh today as your son, the armor of God: shoes of the gospel of peace, whereby I can move in step with your Spirit; a belt of truth, whereby I love the things you love and I hate the things you hate; a breastplate of righteousness, whereby I choose what you choose and I refuse what you refuse. I put on the helmet of salvation, whereby my hope is seated and established in the Kingdom to come and the place that you have carved out for me. My hope is in the intervention of Heaven today. I take up the sword of the Spirit, that you would arm me with the Word of God; and the shield of faith, whereby I am sure of what I hope for and certain of all that I do not see. I put it on. I am your son, and I say, "Your Kingdom come, your will be done on earth as it is in Heaven." I choose you today; I invite you into this decade. I invite you to shape it, to lead it and guide it. Father me. Apprentice me in your Kingdom. I am an unfinished man, but I choose today to give all of me to all of you. I accept your acceptance of me. I choose to live in the present moment. I ask for a wise and discerning heart. I unite my heart with your heart. I choose to listen to your voice. I receive your peace that passes understanding. I receive your courage, I receive your strength, I receive your joy. I love you. I trust you. I choose to become rooted in your good soil and to become good soil for others. You have my yes. Amen.

APPLICATION

If you have embarked on this journey through prayer the rest assured... You have practiced it and applied it!

PRAYER

LORD... Teach me in my conversations with You to be transparent, and honest. Search my heart, test me root out any

wickedness, reveal yourself to me as we get to know each other!





PAUSE THROUGH THE LENS OF JESUS

In 2 Corinthians 4:7. It says... But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us. It is important to understand that the excellency of power is of God and not of ourselves. Yes, we are designed to have full access to His power but we must understand that as soon as we follow after a heart that is not governed by God, then we become what the Father never intended us to be and will never experience the type of union that we were designed for. As important as it is to recognize this kind of spiritual depravity... It goes without saying that it is equally important to See ourselves through the lens of Jesus otherwise we will never feel worthy of welcome in His house.

First lets look at spiritual depravity that separates us from healthy union.

2 Timothy 3:1-5 This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, Without natural affection, truce-breakers, false accusers, incontinent, fierce, despisers of those that are good, Traitors, heady, high-minded, lovers of pleasures more than lovers of God; Having a form of godliness, but denying the power thereof: from such turn away.

Timothy addresses the the stupor of a heart that is not in pursuit of God. Now lets look at the the worthlessness that comes when we cannot see ourselves through the Lens of Jesus.

This quote from J.M.Nouwen shows a direct correlation between the wandering believer who has wandered off path and deceived by the perception of his own identity. Let it sink in and then ask yourself if perhaps you have wandered away from the heart and intent of God or if you have felt worthlessness because the perception of yourself doesn't line up with how you are seen through the Lens of Jesus.

"Although claiming my true identity as a child of God, I still live as though the God to whom I am returning demands an explanation. I still think about his love as conditional and about home as a place I am not yet fully sure of. While walking home, I keep entertaining doubts about whether I will be truly welcome when I get there. As I look at my spiritual journey, my long and fatiguing trip home, I see how full it is of guilt about the past and worries about the future. I realize my failures and know that I have lost the dignity of my sonship, but I am not yet able to fully believe that where my failings are great, 'grace is always greater.' Still clinging to my sense of worthlessness, I project for myself a place far below that which belongs to the son." – Henri J.M. Nouwen, The Return of the Prodigal Son: A Story of Homecoming

Let's  now to look through the lens of Jesus and consider who we really are in Christ. Prayerfully, meditate on each verse and allow it to renovate how you look at yourself verses how you are seen in Christ.

I AM ACCEPTED...

John 1:12 I am God's child.

John 15:15 As a disciple, I am a friend of Jesus Christ.

Romans 5:1 I have been justified (declared righteous).

1 Corinthians 6:17 I am united with the Lord, and I am one with Him in spirit.

1 Corinthians 6:19-20 I have been bought with a price and I belong to God.

1 Corinthians 12:27 I am a member of Christ's body.

Ephesians 1:3-8 I have been chosen by God and adopted as His child.

Colossians 1:13-14 I have been redeemed and forgiven of all my sins.

Colossians 2:9-10 I am complete in Christ.

Hebrews 4:14-16 I have direct access to the throne of grace through Jesus Christ.

I AM SECURE...

Romans 8:1-2 I am free from condemnation.

Romans 8:28 I am assured that God works for my good in all circumstances.

Romans 8:31-39 I am free from any condemnation brought against me and I cannot be separated from the love of God.

2 Corinthians 1:21-22 I have been established, anointed and sealed by God.

*Colossians 3:1-4 I am hidden with Christ in God.
Philippians 1:6 I am confident that God will complete the good work He started in me.*

Philippians 3:20 I am a citizen of heaven.

2 Timothy 1:7 I have not been given a spirit of fear but of power, love and a sound mind.

1 John 5:18 I am born of God and the evil one cannot touch me.

I AM SIGNIFICANT ...

John 15:5 I am a branch of Jesus Christ, the true vine, and a channel of His life.

*John 15:16 I have been chosen and appointed to bear fruit.
1 Corinthians 3:16 I am God's temple.*

2 Corinthians 5:17-21 I am a minister of reconciliation for God.

Ephesians 2:6 I am seated with Jesus Christ in the heavenly realm.

Ephesians 2:10 I am God's workmanship.

Ephesians 3:12 I may approach God with freedom and confidence.

Philippians 4:13 I can do all things through Christ, who strengthens me.

APPLICATION

How do you perceive you value and position as a Son!

Identify the guilts, shames, doubts, worries, failures, and senses of worthlessness.

Prayerfully begin to Redeem the areas of your union with God that have been lost due to the love of your own plans or pleasures and the perceptions of self that you have allowed to disqualify you from a the full experience of His presence

Take that which rightfully belongs to you as His Sons!

PRAYER

LORD... Thank You for welcoming me home into the full on adoption that you have provided. Help me to walk in the light of who I am in you. Keep me from anything that would hinder me from enjoying my Union with You and fashion me as the child you love so much. I receive Your renovation of my guilts, shames, doubts, worries, failures, and senses of worthlessness. Amen.





NOW PAUSE FOR UPON!

One of the missing rhythm's of pause in the lives of believers today is what I like to call the "Coming Upon." It will super-naturally renovate you like dynamite! I felt that this particular pause had the potential to impact our practices and pauses in ways that we may never fully comprehend. So we will take a more in depth look. The good news is that it is free so... Why not?

In John 14, addressing His disciples, Jesus said, "The Spirit is **with** you, but He shall be **in** you" (see John 14:17). When did the Holy Ghost come **in** them? In John 20, when, following His Resurrection, Jesus breathed on them and said, "Receive ye the Holy Ghost." Then He said, "Now that the Holy Spirit is in you, go to Jerusalem and **wait** **ii** for the Holy Ghost to come **upon** you, for that is when you shall receive power" (see Acts 1:8). The word Luke used for "power" was dunamis from which we get our word "dynamite." The disciples went to Jerusalem and waited for ten days until the Day of Pentecost. When a mighty wind blew through the Upper Room, the Spirit came upon them and they emerged as mighty dynamos.

"What Holy Ghost?" they said.

“We’ve never heard about this.” “You’ve never heard about the Holy Spirit?” Paul asked. “Then how were you baptized?” You see, to Paul, baptism in water and baptism in the Spirit were intimately and intricately linked. In Acts 2:38, we read that Peter emerged from the Upper Room and declared to the crowd gathered outside, “Repent and be baptized. And you will receive the gift of the Holy Ghost.” Peter linked water baptism with baptism in the Spirit. In Matthew 3, we read it was when Jesus was baptized in water that the heavens opened and the Spirit descended upon Him in the form of a dove.

The question still must be asked today: Have you received the Spirit since you believed? I know the Spirit is in you, but have you allowed the Spirit to come upon you, to empower you? Or are you still in the Upper Room, hiding out, sheltered away, with a lack of boldness, a lack of living water flowing from you, and lots of dryness within you? Have you, or the ones you care about, received the Holy Ghost since you believed? That’s what Paul asked the men here in Acts 19.

I find it extremely significant that throughout Scripture, the Holy Spirit is typified by a dove - gentle and pure, acceptable and pleasing, beautiful and loyal. One of the few species of animals that mate for life, if a dove loses its mate, it will spend the rest of its days mourning. So, too, the Holy Spirit is loyal and unwavering in His desire to come upon you and to empower you in order that you might walk in a way that is sweet in the sight of the Father and successful in ministry.

Simultaneous with the baptism of Jesus, the Holy Spirit came upon Him in the form of a dove. I suggest to you that it is the ideal order of how God prepares us for doing life in the natural world and in the realm of the Spirit. There should not be any confusion about baptism in the Spirit. We can all agree that people who come to the waters for baptism should expect by faith to receive the coming upon of the Holy Spirit at that time.” But, there has been much unneeded division between pentecostal and dispensational theology over the issue of the

baptism of the Spirit. By and large, pentecostal theology declares the baptism of the Spirit is subsequent to water baptism. On the other hand, dispensational theology generally teaches the baptism of the Spirit is inherent in water baptism. I believe that the baptism of the Spirit, is ideally, simultaneous with water baptism. Why? Look at the example of scripture that is seen in Jesus' baptism. If we are to embrace the model of what Jesus experienced then when a believer comes out of the waters of baptism, that is the ideal time to expect the baptism of the Spirit as well.

Now, it doesn't always happen that way because many people aren't aware of the possibility of being baptized in the Spirit at the time of water baptism. Consequently, it can be months, years, or even decades before they understand that the lifelessness and listlessness, the dullness and dryness of their spiritual lives is the result of an absence of the "coming upon" ministry of the Spirit.

If, you are like the Ephesian disciples and you have been baptized, but would have a hard time answering Paul's question as to whether you had received the Spirit, the way to do so is so simple. You see, the baptism of the Spirit is truly within your reach even now.

I am reminded of another baptism—that of a man named Noah. According to Peter, the drowning of the polluted and corrupted world of Noah's day was an illustration of what happens when we symbolically say goodbye to the corruption and pollution of our sin nature in the waters of baptism (1 Peter 3:20, 21). Following his "baptism" in the Flood, Noah released a dove, which circled the skies as it searched for a place upon which to set the sole of its foot. So, too, I believe the Spirit of the Lord is circling our world and our lives, saying, Is there room for Me to come upon you?"

This is the point where many believers miss out. "I'm open," they say. "If the Lord wants to empower me, baptize me, or

come upon me in a fresh way through His Spirit, He knows where to find me.” Noah could have stood on the deck of the ark saying the same thing. “If the dove wants to land on me, he sees where I am.” But that’s not what Noah did. We read that Noah “put forth his hand, and took her, and pulled her in unto him into the ark” (Genesis 8:9).

Ezekiel 22 teaches the same lesson. “I looked for a man to stand in the gap, but I couldn’t find one,” said the Lord (see 22:30).

The economy of God and our union with Him is such that He partners with us. He doesn’t work apart from us. He waits for an intercessor. If there’s trouble in your family, if there’s sin in our country, the problem is not with God—it’s with us. Where are we? Why aren’t we partnering with God? He’s waiting to bless. He desires to move. He wants to touch your kids. He wants to save your parents. He wants to work in the situation you see as so tragic. But He’s waiting for you to partner with Him. Does He need to? No. But He’s chosen to.

It has been wisely said that without God, I can’t. But without me, He won’t. He’s waiting to partner with us. Why? Because He’s preparing us for the next billion, zillion, quadrillion years, when we will partner with Him for eternity. Therefore, you can either say, “I’m open,” and wait for something to happen for the next forty years, or, like Noah, you can say, “I see the dove circling above. Oh, Lord, I need Your empowering. With the hand of faith, I now receive the dynamic of Your Spirit upon my life.”

What amazes me is that the Spirit is even now within reach. Grasp Him by faith. Draw Him to you. And if you do, your walk will never be the same.

MORE ON UPON

Understanding our Union with God is not complete until we tarry, wait, or **II** for UPON! I can already hear the cries of “What meaneth this from the crowds of religious skeptics so, we will devote a great deal more of study to our relationship with the Holy Spirit and a biblically balanced look at “The Coming Upon” in Acts 2:1-16. When we are done you will be able to know what to **II** for!

Acts 2:1

And when the day of Pentecost was fully come, they were all with one accord in one place. What was Pentecost?

Pentecost was a celebration. Taking place in the early spring, fifty days after Passover, it celebrated the completion of the winter harvest.

Pentecost was a commemoration. As outlined in Leviticus 23, the Jews were to bring two loaves of bread as an offering representing the two stone tablets on which the Law was written.

Pentecost was an illustration. Three thousand people died the day the law was given (Exodus 32:28). But on the day the Spirit was given, three thousand were saved (Acts 2:41). Thus, the two loaves commemorating the tablets of stone came to illustrate Jew and Gentile coming together in one new organization called the church. Unlike most other sacrifices, these loaves had leaven in them, a picture of the sin that would exist in a church made up of sinners saved by grace.

Acts 2:2

And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting.

The disciples were seated. They weren't rolling around, lying on the floor, or even kneeling in prayer. There have been far too many \$60 seminars teaching people how to hold their hands in order to experience the power of God, thereby merchandising the gospel. This ought not be!

Are you waiting on the Lord? Are you hungering and thirsting for Him? You don't have to do something weird to get His attention, just be open to Him.

Acts 2:3 And there appeared unto them cloven tongues like as of fire, and it sat upon each of them.

The audio came before the visual, the sound of the wind before the sight of the fire because the Word of the Lord always precedes the work of the Lord.

Man says, "If I can see it, I'll believe it."

God says, "Believe it, and then you'll see it."

Acts 2:4 And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.

While the wind and the fire are never seen again in the New Testament, speaking in tongues is seen repeatedly.

In 1 Corinthians 14:18, Paul wrote, "I speak in tongues more than you all."

In Acts 10, when Peter was in the house of Cornelius preaching the Word, he didn't even finish his message before the Holy Spirit came upon the believers and they started speaking in tongues (Acts 10:44).

In Acts 19, Paul led the Ephesians into a knowledge of Jesus Christ, laid hands on them for the power of the Spirit, and they spoke in tongues (Acts 19:1–6).

And Although the word “tongues” conjures up wild images of a big tongue flapping up and down, all it means is “languages” or “dialects.”

The direction of tongues is to God. 1 Corinthians 14:2.

**The purpose of tongues is to strengthen the inner man.
1 Corinthians 14:4.**

The effect of tongues is to build our faith Jude 20.

Praying in the Spirit is an invaluable weapon in the spiritual arsenal God has given us. However, I’ll tell you the truth: Almost everyone I’ve ever talked with has discovered that when they began to pray in the Spirit with words they had never learned and sounds they had never uttered, they were immediately challenged by Satan’s voice in their ears, saying, “That’s bogus. That’s gibberish. That’s dumb. That’s You” But this should not be surprising, for in every area of spiritual life, God declares, Satan denies, and we decide.

God declared to Adam and Eve, “Eat of the fruit and you will die” (see Genesis 2:16, 17).

“Did God really say that?” the serpent asked (see Genesis 3:1).

And Eve decided to listen to Satan rather than to believe God.

I’ve come to a point in my walk where I’m saying , “I see in the Word, Lord, that You encourage the private devotional use of praying in the Spirit for faith to be edified. It is a discipline to practice, It’s a tool available for me, and, Lord, I choose right

now to move into that.” Satan immediately challenges my decision, praying in the Spirit is a wonderful part of my spiritual life. Is it the key? No. Am I on a tongues kick? Absolutely not.

“Let all things be done decently and in order,” Paul wrote in 1 Corinthians 14:40. The Pentecostal churches have the first part of that verse down pat: Let all things be done! The Baptist churches are experts on the second part: Decently and in order. I believe that the Lord wants us to experience both portions. Let all things be done, yes, but decently and in order.

Acts 2:5–7 And there were dwelling at Jerusalem Jews, devout men, out of every nation under heaven. Now when this was noised abroad, the multitude came together, and were confounded, because that every man heard them speak in his own language. And they were all amazed and marveled, saying one to another, Behold, are not all these which speak Galilaeans?

Dispersed Jews from all nations had gathered together in the Holy City for the Feast of Pentecost. When they heard about what was happening in the Upper Room, they gathered together to see for themselves what was going on. As they heard praise, adoration, and worship in their native tongues, they were amazed.

Acts 2:8–11

And how hear we every man in our own tongue, wherein we were born? Parthians, and Medes, and Elamites, and the dwellers in Mesopotamia, and in Judaea, and Cappadocia, in Pontus, and Asia, Phrygia, and Pamphylia, in Egypt, and in the parts of Libya about Cyrene, and strangers of Rome, Jews and proselytes, Cretes and Arabians, we do hear them speak in our tongues the wonderful works of God.

Are tongues always in a known language? In 1 Corinthians 13:1, Paul refers to the tongues of men and of angels. Because 1 Corinthians 12–14 deals specifically with the manifestations of the Spirit, I believe the implication is clear: When people praise and worship the Lord in tongues, it may very well be in a language unknown on earth but known in heaven, the dialect of angels. Thus, tongues can be known, or unknown; the language of men, or the language of angels.

Now I say that, to say this. In my Pentecostal experience. I can remember a couple of instances Where as the folks were gathered together and waiting on the Lord, There was an utterance in tongues and yet seemingly no one there to give the interpretation. So at that point things being done decently and in order and because there was no interpreter, that time was closed and we moved on to other worship only to find out later that the message in tongues was heard by an individual who understood it perfectly in their own native language, and made the proclamation that it was beautiful worship of the Lord and thus drew them closer to the Lord.

Acts 2:12, 13

And they were all amazed, and were in doubt, saying one to another, What meaneth this? Others mocking said, These men are full of new wine.

Whenever people start experiencing the dynamic of the Holy Spirit, there are those who say, “What meaneth this?” Others mockingly say, “They’re full of new wine.”

While David worshiped the Lord and danced before God with all his might in his underwear, his wife, Michal, watched from her window. When David walked in, she sarcastically said, “Didn’t you look wonderful out there? That was real kingly.”

“What I have done I have done as unto the Lord,” David replied. “But, Michal, because you have mocked this, you will be barren all the days of your life” (see 2 Samuel 6:20–23).

So, too, the Michal in you and me will forever mock. “You’re lifting your hands, isn’t that great? You’re praying in gibberish. Isn’t that wonderful? Come on, now. Get real.” There are born-again believers with the mentality of Michal who mock the things of the Spirit and call them demonic. I’m not saying they don’t love the Lord. I’m not saying they’re not born again. I am saying there’s a “barren-ness” about them.

Acts 2:14 (a) But Peter, standing up with the eleven, lifted up his voice...

Peter, the giant of a fisherman who had cowered before a servant girl, now towers above the crowd. Why? One reason: I believe He was empowered with the Spirit. Secondly, I Believe that enables Him to do other than what he normally would have been doing... such as the tendency to be in denial (as the rooster crows). And so now rather than denying Christ, He’s proclaiming Christ.

It’s like this... If you fill a clay pot with a gallon of water and carry it on your head it will soon grow heavy. However, when you swim underwater you have many gallons of water on top of your head and the weight is not nearly as burdensome. Why the difference? The environment that you are in. When you are in an environment of air.. water is hard to carry. When you are in the environment of water it is easier.

So it is in the spirit. If you are in the environment of the flesh, then God's commands are extremely burdensome. If you are in the environment of the Spirit they are much easier.

Acts 2:14 (b), 15

...and said unto them, Ye men of Judaea, and all ye that dwell at Jerusalem, be this known unto you, and hearken to

my words: For these are not drunken, as ye suppose, seeing it is but the third hour of the day.

Now this statement, “These are not drunk as you suppose,” can have a couple of implications. It can mean, “These men are not drunk, as you’re suggesting.” Or it can mean, “These men are not drunk in the way that you think. They’re drunk with a different wine, the new wine of the Holy Ghost, not distilled spirits, but the dynamic Spirit.”

Acts 2:16 (a) But this is that which was spoken by the prophet Joel.

When people have questions about things they see happening in ministry, in the Spirit, or in worship, like Peter, we should be able to answer, “This is that which is spoken of scripturally.” I believe this is where many in the Pentecostal movement have greatly erred. When I ask about the scriptural basis for some of the things we have allowed, I hear answers like this one given by a Pentecostal “big name”: “You have to realize boy that more can be cooked up in the kitchen than appears on the menu. When are ya gonna learn, God is bigger than the Bible?”

My reply to that! ‘Not so’. What makes for solid doctrine and good church practice are those occurrences or precedents we see in the Gospels which continue in Acts and are taught in the Epistles. Anything else throws the door wide open to anyone who claims to have had his or her own special encounter with God. So don’t cut yourself off from a work of the Spirit in your life, rather search the scripture and ask the Lord what He would speak into your life, Otherwise it is just like... The basic principle of Scuba diving : What is that? Simple, “Don’t stand on your own air hose!” Sadly, too many believers are standing on their own spiritual air hose. How? You ask, by not searching the scriptures concerning these matters, by not seeking an infilling and the coming upon by the Spirit and failing to live in the power of the Holy Spirit.

When He is quenched, we suffocate! Because in reality, we're standing on our hose.

Ok! You say, But how does all this work practically? Well it reminds me of this verse.

Romans 8:14. For all who are being led by the Spirit of God, these are sons of God.

A young pilot had just passed the point of no return when the weather changed for the worse. Visibility dropped to a matter of feet as the fog rolled in. Putting total trust in the cockpit instruments was a new experience to him, you see, the ink was still wet on the certificate verifying that he was qualified for instrument flying.

Well, it was the landing that worried him the most. You see His destination was a crowded metropolitan airport he wasn't familiar with. In a few minutes he would be in radio contact with the tower. Until then, he was alone with his thoughts. His instructor had practically forced him to memorize the rule book and he didn't care for it at the time, but now he was thankful.

Finally he heard the voice of the air traffic controller. "I'm going to put you on a holding pattern," the controller radioed. Great! thought the pilot. However, he knew that his safe landing was in the hands of this person. He had to draw upon his previous instructions and training, and trust the voice of an air traffic controller he couldn't see. Aware that this was no time for pride, he informed the controller, "This is not a seasoned pro up here. I would appreciate any help you could give me."

"You've got it!" he heard back.

For the next 45 minutes, the controller gently guided the pilot through the blinding fog. As course and altitude corrections came periodically, the young pilot realized the controller was guiding him around obstacles and away from potential

collisions and with the words of the rule book firmly placed in his mind, and with the gentle voice of the controller, he landed safely at there at that air port.

The Holy Spirit guides us through the maze of life much like that air traffic controller. The controller assumed that the young pilot understood the instructions of the flight manual. His guidance was based on that. Such is the case with the Holy Spirit: He can guide us if we Develop a knowledge of God's Word and we allow His will to be established in our minds.

Study the Word this week. Pray with your family or spouse to determine Gods will for your life. And Be filled with the Holy Ghost. I know your busy, I know it's hard , I know there is inconsistency. I struggle with the same things. But if we will posture ourselves for just a few moments in His presence. I know He loves us and will do an incredible work in our lives.

APPLICATION

This may be the simplest  you have ever practiced!

Step 1. Ask for the Spirit to come Upon you.

Step 2. Tarry, Wait, Relax! He is the giver of good gifts and you will know when you have received.

Step 3. Enjoy and practice your Prayer Language!

PRAYER

LORD... Thank You for filling me with Your Holy Spirit and empowering me to live super-naturally in the most natural ways. I receive your gifts. I want all you can give and I make room for it now in my life. Let the Renovation's begin!





PAUSE TO JOURNAL

TURNED

I remember when I first started journaling. At first it looked like I was describing what had been happening in my life in little notes to God. Little did I know it in that moment that the Lord began to develop a treasure chest of tangible experiences that would allow me to reflect on how God moves and works in my union with Him. It allows me to look back over my walk with the Lord in a unique way. It helps me see the ways that God's Spirit in me is producing growth over time.

Journaling has become one of the ways that I best connect with God. It helps me to persevere in the journey I'm on with Christ and it also helps me to open up to God. It helps me to be more honest with God and with myself. It helps me pay attention to God. Journaling helps me both to hear from and respond to God. It forces me to slow down and helps me to process what is going on inside my little analytical mind.

There are many ways to Journal but I recommend that you start simple. The byproduct of journaling through my life has produced a blogger, a teacher, and a writer and a coach for spiritual direction. Often, my journal entries have become my personal sermons to myself, designed just for me, written in ways that I can relate and understand because I wrote them from my heart. Often it allows me to

quickly look back and see either how ridiculous I was being or how God showed Himself to me in the midst of my frustrations while bringing them to Him. The best biblical example of this practice is found in Revelation chapter 1, verse 19 where Jesus tells John to “write the things which thou hast seen... Journaling allows us to record the things that reveal who Jesus is, His work in us, and then to live it out.

Journaling helps put feelings to words, or words to feelings. Maybe you know you are feeling something but you don't know why. As you begin to write to God, you often get to the why behind those feelings. Or maybe you are thinking something but if someone asked you how that makes you feel, you wouldn't know how to answer.

I've found that journaling helps my feelings to surface as I get my words out on the page. Remembering what I was feeling has better allowed me to ask God to meet me in the the places where my feeling were getting the best of me.

Journaling can also help me to gain perspective and hope or combat the enemy. Journaling records my growth in becoming more like Christ. Journaling can also be a written record of the things I'm learning from God's Word. When I look back over my journal and see the prayers I've prayed and compare them to my current reality, I often thank God for the growth that He has produced in me and it keeps me wanting to bring things to God and ask Him to change me because I see the major ways He has done that in my past.

Here are a few tips when journaling:

When first starting out, find a journal that you like! As I began to Journal my personal favorites were journals with no lines so that I'm free to write big, draw or be creative. Nowadays, I catalogue everything I write chronologically into files with topics or particular experiences that coincide with biblical applications. The point is this! Just be yourself. When you journal, there is no reason to feel fear, or performance anxiety. You can be completely honest in your thoughts, questions and emotions. You don't need to hold back from God because He already knows what's in your heart and your head, and loves you passionately. He doesn't care about pretty penmanship or grammar.

Feel free to draw. Drawing can help you to see emotions that are harder for you to get in touch with or communicate with words. It's the process of journaling that is important. You may start in one direction and He shifts you to something else. Let God stir your heart as you pour it out to Him.

If you haven't tried journaling, give it a try today. It will help your heart connect more deeply with the God who loves you far more than you realize. One day you may look back and realize that when You wrote your thoughts to God that writing to Him would be one of the ways you heart best connects with the Father. His Son, and The Holy Spirit.

APPLICATION

Grab a pen and enjoy your time with Him!

PRAYER

LORD... make my thoughts of You. And, as I contemplate my thoughts and the matters of my heart would they be

intertwined with Yours. Write your words upon my heart and as I write my words to You... Hear my heart, change my heart, restore my heart. Amen.

Good Job!

The possibilities in  are endless! You have started a journey of union, presence, empowerment, resilience, growth. And spiritual growth. There is so much more that you will discover as you now begin a life of repetition in...

Stay tuned for Volume 2 and more Rhythms of Pause!



**NOW REPEAT YOUR
PAUSE**





ABOUT THE AUTHOR

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