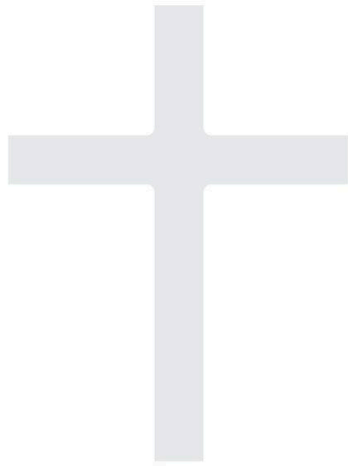


TRUTH & THE LIE

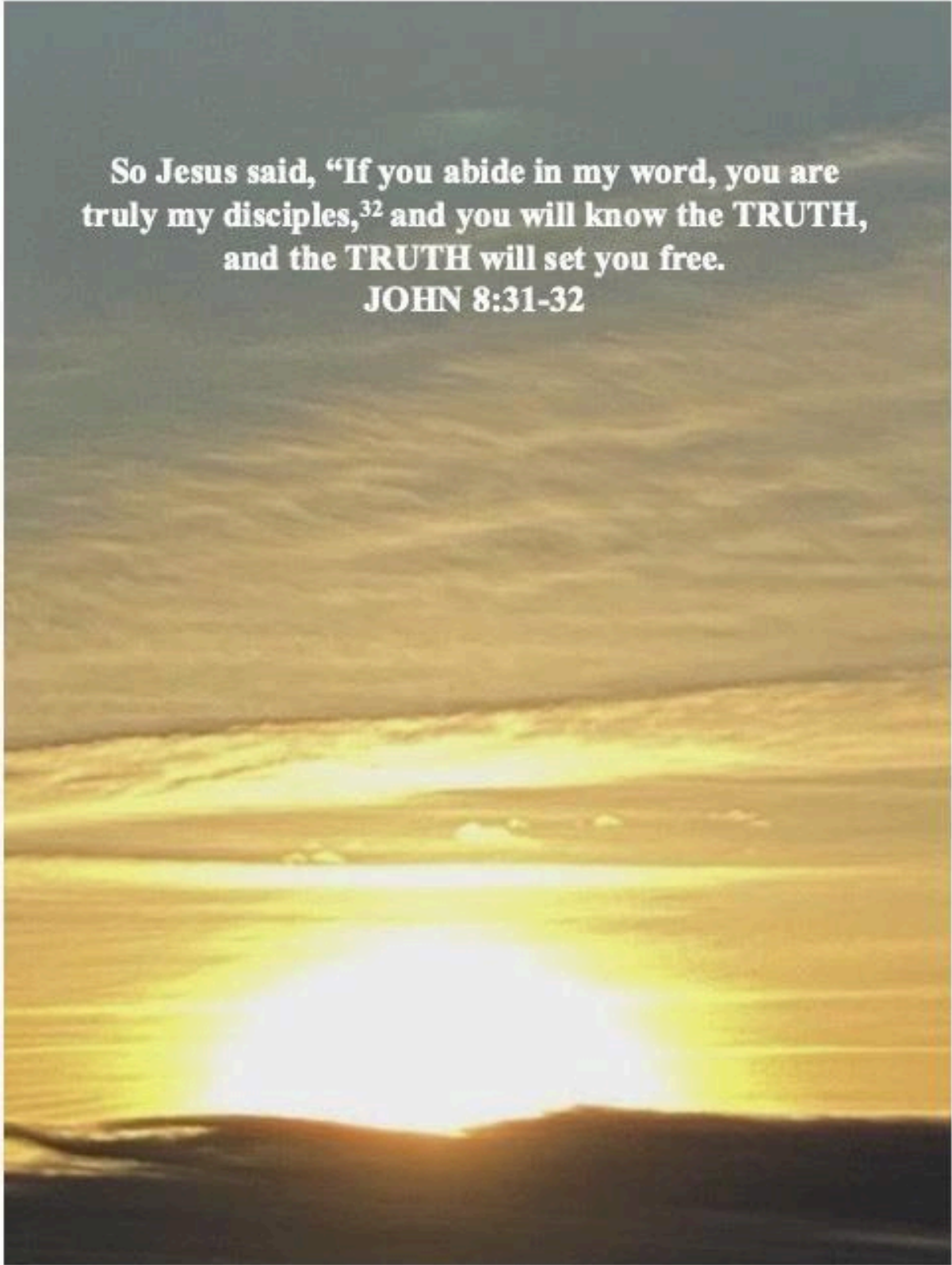
*a journey through the Bible to expose
THE LIE that all the world believes*



PATRICIA KIRK, MS

So Jesus said, “If you abide in my word, you are truly my disciples,³² and you will know the TRUTH, and the TRUTH will set you free.

JOHN 8:31-32



TRUTH & THE LIE

TRUTH is God is the Creator and Sovereign.
THE LIE is man has free will, the power of self-determination.

TRUTH is *this is all* God's plan—all predetermined and predestined before the creation of the world to fulfill His will. God predestined THE LIE—that man would fall and believe Satan in the Garden. God created good and evil, joy and suffering, sin and holiness, perfection and imperfection, love and hate—all for man's evolution into *beings of higher consciousness of the immense power and glory of God*. By the grace of God, we are being forged and refined into *holy, divine beings* who are destined to be with God in Heaven.
We are to make plans, yet God directs our feet. (Proverbs 16:9)

TRUTH is God's intention is for a *holy love* relationship with mankind.
And nothing shall thwart His will.

Dear Father God, I reach out to you through your beloved Son, our Lord and Savior. You in Him. He in You. And the Spirit of You Both, the Holy Spirit in me. I stand humbly and obedient before you—fully in alignment with Thy will.
Thy Will Be Done On Earth As It Is In Heaven.
In Jesus Name, I Pray.

This Essay explores biblical TRUTH about “free will.” The reason for this adventure is to discuss if we really have it. Or is this THE LIE that causes so many of us tremendous pain, regret, and suffering.

Hopefully, this Essay will offer some insights and conclusions.

You will be guided through the Bible and be supported to excavate TRUTH—who God truly is and His intention for Creation. You will learn how our “body-heart-mind-spirit connection” works through the concept of *The BBBB Cycle*. You will begin to understand that this was God’s brilliant way of keeping us close to Him.

By the end of the Essay, you will also learn a spiritual practice, *The Prayer-Meditation Practice*—that brings The Cycle to life. The practice helps us re-experience being “born again.” Keeping the sensations of our “rebirth” alive in our body helps deepen our connection with the Holy Spirit.

The Practice helps us realize faith is an “experience” from our heart, a mystical experience. True faith is not an ideology held in our mind. We experience TRUTH—*we are God’s most brilliant and beloved creations*. We experience the TRUTH of who we are.

In Him we were also chosen, having been predestined according to the plan of Him who works out everything in conformity with the purpose of His will,
EPHESIANS 1:11

“My ego, my sinful will, is too strong for me to control. I’m a sinner and I need a Savior.”

I share this comment because I felt it important to give some context for this Essay.

In the Essay, I share something I’ve believed all my life, that the world believes, and that I have discovered is a lie, THE LIE. My hope is that exposing THE LIE and acknowledging TRUTH may bring others insight and help ease suffering, as it has for me.

Most especially, my hope is that perhaps you will feel inspired to seek TRUTH—and thus, to read the Bible. The Bible holds the answers to all we want and need to know about our Creator and His character. We learn about His intention for Creation and for our lives and we learn that the path to God is through His gift of faith in Jesus Christ.

To put it simply, this Essay is an endeavor to conclude the most debated issue among men: “how man came into existence and the power we have to control our lives.” Specifically, this Essay is an exploration of whether we have “free will” ...does man really have the power to decide the journey and detail of our lives and our eternal destiny? OR! Is free will an illusion, a LIE?

To give my conclusions some credibility, they are not just my opinion but rather are corroborated by the Bible and influenced by research into the debates among renown pastors, theologians, psychologists, philosophers, and new age thinkers.

- Patricia Kirk 1.7. 25

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DEDICATION

This Essay Is Dedicated to Our “Human” Body and to The Bible.

OUR HUMAN BODY

Our body is the Holy Temple of the Spirit of God.

Yet in today’s society we treat our body merely as property rather than as a sacred being. We mistreat our body with unhealthy habits and food, addiction, medication, cosmetic surgery, and perverted sex. We sacrifice innocent bodies, innocent life, for our convenience.

Most grievously, we are living in an age where we are altering our “human nature,” our natural biology and physiology, through bioengineering, genetic engineering, and artificial intelligence in an attempt to become “superhuman,” to live forever.

In doing so, we ignore the truth that we are becoming “inhumane.” We are destroying our species. We’re not considering what’s happening to our heart. We don’t understand that what we do with our physical heart, directly influences and changes our emotional and spiritual heart. Put bluntly, we are watching mankind become deranged and dark—precipitously losing our humility, morality, goodness, holiness, and beauty.

We think we’re gods. We think we have the free will and right to do this. Yet, we will discover here that our will is not free—it’s being controlled by Satan.

In our arrogance, we experiment with God’s most brilliant and beloved creation and are manipulating ourselves into the *abomination within the Temple of God* (reference Book of Daniel). Our body is this Temple, and we are becoming spiritually desolate.

Our disregard for the sacredness of our body, our body as the Holy Temple of the Spirit of God, leads to vanity, immorality, paganism, injustice, and wickedness. We have no humility before God and are doing irreparable harm to our bodies, and thus, to our souls—and to all humanity.

We are losing our ability to connect with God and forfeiting the gift of eternal life with Him. The Bible makes it clear that God is not pleased—and perhaps we may be seeing evidence of His displeasure beginning to happen around the world now.

“When you see standing in the Holy Temple the abomination that makes desolation, let the reader beware and flee...”

MATTHEW 24:15-21

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰you were bought at a price. Therefore, honor God with your bodies.

1 CORINTHIANS 6:19

If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and you together are that temple.

1 CORINTHIANS 3:1

THE BIBLE—THE WORD OF GOD

The Bible brings comfort because it brings TRUTH and dispels THE LIE. It brings the “word” of God. And once born-again, we feel it “living” through us.

TRUTH is the Bible is TRUTH.

TRUTH is God of the Bible is our Creator. He is clearly seen in all that has been created.

TRUTH is much of what we see is corrupted by THE LIE. And the Bible helps us understand.

Prophecy affirms the Bible's TRUTH. About 30% of the Bible is prophecy and about 80% of prophecy has been fulfilled—as borne out by historical records and archeological findings. The 20% unfulfilled is in the process of coming true in these End Days. We need only look at culture, geopolitics, and the health of the planet to see that what the Bible prophesied in the Book of Daniel, written 165BC, and the Book of Revelation, written 95 AD, is coming to fulfillment.

The Bible helps us understand the story of mankind. The Bible answers all our questions about creation, our Creator, life, and about man's, as well as our own, past, present, future, and eternal destiny. Most especially, the Bible is the account of the most important “person” to all of mankind, Jesus Christ. Important to note that the first prophecy of Christ was in Genesis 3:15, around 6000 years ago, and more specifically, in Deuteronomy by Moses around 1400BC.

The Bible is “God-breathed, God-inspired” and helps us understand that God's intention for Creation is us, specifically, for a loving, intimate relationship with us. The Old Testament, the first 4000 years or so of biblical time, focuses on the Covenant God made with the Israelites. God related to mankind through the law, prophets, and various accounts of His intervention.

The New Testament builds upon the foundation laid by the Old Testament and introduces a New Covenant brought to us by Jesus Christ—Gods laws are now written upon our heart rather than on tablets of stone. This forges a more intimate connection and relationship with God. Where

once we were to worship God through laws and obedience, a mind-centric experience of faith, we now worship Him from the wisdom of our heart, a mystical-body experience of faith.

The New Covenant is focused on grace, faith, and love. And it revealed that The Temple in which we are to pray to God becomes our body once indwelt by the Holy Spirit. This New Covenant is established through Jesus Christ. Through the life, crucifixion, and resurrection of His Son Jesus Christ, God offers us His love and mercy and the promise of our life with Him in eternity. We become aware that our salvation is not by our works but by the grace of God through His gift of faith in Christ. We are chosen.

And finally, the Bible reveals prophecy to come which is a huge blessing to those who believe. Though what is to happen looks very frightening in the ending of this age of mankind, the Bible reveals it's the ending of evil and wickedness upon the earth. And thus, it's also a stupendous beginning to an age of peace and righteousness under the Reign of Christ.

This ending will be very dramatic and destructive, yet for those who have faith in Jesus, they know they are to be spared the worst of it. Christ assures us that believers will be taken up into the clouds with Him while the "day of the Lord" is fulfilled.

The Tribulation is the period of the fulfillment of God's covenant with Jews. It is also His intervention upon the earth for His judgment of all non-believers and salvation of those who have been born in Christ. When this period is over, those raptured with Christ will return with Him for the Millennial.

And when that age is complete, with the final destruction of Satan, God will bring down the New Jerusalem, creating a New Earth and New Heaven and we will be with God forever.

For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵ he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will.

EPHESIANS 1:45

On that day you will realize that I am in my Father, and you are in me, and I am in you.

JOHN 14:20

Heaven and earth will pass away, but my words will never pass away.

MATTHEW 24:35

PREFACE

One night, in deep despair, I found myself overwhelmed by the suffering and chaos in the world. I wondered why life felt so dark and why mankind seemed to be losing its way, both morally and mentally.

I started reflecting on my own life and kept thinking about how hard I've tried to "get it right" ...to be a smart, good, loving, and successful person in every way. I worked tirelessly to make dreams come true and control things to avoid mishaps and suffering. But it seems I made the wrong decisions, kept taking the wrong turns ...none of my biggest hopes worked out. Was I that inept? I kept going over in my mind – "I shouldn't have done that; I should have done this."

My heart was so heavy and full of regret.

I walked out on the deck under the midnight sky and started to sob. The next thing I knew I was on my knees.

Overcome with emotion, I called out to God—it surprised me because I have been practicing New Age Spiritualism for a decade. Yet, at that moment, all those teachings seemed meaningless. Instead, I realized I was before the God of the Bible.

Kneeling, I felt a powerful, kind, and holy presence—Jesus Christ. I realized He had always been with me, but I hadn't recognized it until that moment. I felt a sense of peace and, after a long, restful sleep, woke up with a deep yearning to know Jesus. I was saved! How do I know—Jesus and the Bible was all I was interested in.

This marked the beginning of my deep dive into wanting to understand life, creation, and God. I started questioning the idea that life was solely about my choices and free will, that life was solely about "me." And I began to wonder about how much power over my life I actually have. Did everything, my successes and failures, depend and happen based upon my decisions and beliefs?

Do we really have the power to determine our lives? And why would I think that when I had nothing to do with my being created and born into the geography and circumstance that I was? And when I had nothing to do with this "rebirth." Hmmm?

I've been reading the Bible every day for three years to find answers and this is where I found TRUTH that exposed THE LIE.

And I've discovered a remarkable thing. This is all God's plan. The most important thing about our lives is our relationship with Him. I realized that I couldn't have done better—it was the path that He had decided on. It was His way of bringing me close to Him. I realize that it's not all my fault—my self-blame and ridicule are beginning to lift the more I endeavor to understand God's intention.

And so now, I am deeply curious as to what God's plan is for me for the rest of my life.

*But now, this is what the Lord says—he who created you: “Do not fear, for I have redeemed you;
I have summoned you by name; you are mine.*

ISAIAH 43:1

PART ONE:

TRUTH and THE LIE

They exchanged the truth about God for a lie and worshiped and served created things rather than the Creator—who is forever praised. Amen.

ROMANS 1:25

Jesus said, “Father, forgive them, for they do not know what they are doing.”

LUKE 23:34

Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.

JOHN 14:6

But when he, the Spirit of TRUTH, comes, he will guide you into all the truth.

JOHN 16:13

TRUTH



WE BELONG TO GOD

THE LIE

THE LIE is *“We have ‘free will’ ... the power of ultimate self-determination.”*

THE LIE is we are gods and masters of our own universe, of our own lives.

THE LIE is that we have control over our life journey and our eternal destiny—including whether to choose to believe in God and securing our salvation in Heaven or not.

Now of course, these statements will cause many to pause and begin to object. “Of course, we have free will. We are responsible for our choices, and thus, what happens in our life.” But is this “really true?”

TRUTH

TRUTH is *“Only God has free will.”*

TRUTH is we are not gods. God is God. He is the master of the Universe. He is the master of our lives.

TRUTH is obvious...but we don't want to see it. We ignore it, deny it, reject it, and even try to redefine it. Why? Because we'd have to change.

TRUTH is God exists, and we're speaking of the God of the Bible.

TRUTH is the heavens, the planet, and we exist. TRUTH is Satan exists. TRUTH is Jesus Christ exists. TRUTH is God is the Creator of all that exists.

TRUTH is God is sovereign over all Creation—all created things and beings. He controls all that happens. TRUTH is this is what it means to be God.

TRUTH is God predestined and oversees all that happens. TRUTH is God has a specific moral standard for all Creation: goodness, holiness, and love. Simple.

TRUTH is that since the creation of the world, God's invisible qualities, His goodness, brilliance, creativity, and love are seen in all the beauty, diversity, and complexity of all that is created.

TRUTH is God is the beginning and the end, omnipotent, omniscient, omnipresent, and omni-creative. He is always creating and has been for thousands of years. TRUTH is all that God created is “very good,” made perfectly according to His will.

TRUTH is God has a purpose for all He creates, and He will fulfill it according to His will ...nothing can thwart it.

TRUTH is we are God's most miraculous creation, and He is creating us into divine beings. His intention for Creation is to create "an intimate and loving relationship with us." We are His children. TRUTH is God planned each of us and predetermined every day of our lives before He created the world. God loves us, and our relationship with Him is our true happiness and joy. Our love for God brings Him joy.

TRUTH is God created us in His image, giving us consciousness so we could comprehend and know Him. God wants us to understand how sacred we are and for us to experience His nature, power, glory, and love. He wants us to fully comprehend His will, plan, and purpose for Creation—that He governs all things. God wants us to understand He is the Sovereign One. We were created for His will, not ours.

TRUTH is God put us on earth and plans all we go through to hone our consciousness of His "moral authority." God created good and evil to teach us discernment, so we understand His character through our experience of good and evil.

TRUTH is that God created both good and evil ...and He created Satan to deceive us into sin so we would learn about good and evil.

TRUTH is God planned "the fall of man." He put the Tree in the Garden. Our struggles with Satan, our sins, are "refining fires" to evolve our consciousness. God's commands help guide us through obstacles and teach us discernment between virtue and sin, helping us comprehend holiness. God's plan is for us to evolve into divine, holy beings so we can be with Him. We must be holy for God is holy.

TRUTH is as a result of The Fall in the Garden, man is born with a will for sin, and thus, rejects good for evil. TRUTH is because of Satan's dominance in the world and his control over our will, we suppress the knowledge of God though He is evident all around and in our own conscience.

TRUTH is we are living through God's "creating style and refining process." TRUTH is we suffer. Yet, who are we to question Him? TRUTH is God works out all things, especially our sin and suffering, for the good of those who love Him. Throughout mankind's struggles with Satan, God is there, watching over and often interceding, as seen throughout the Bible.

TRUTH is the most remarkable intercession was when God incarnated as Jesus Christ to establish an intimate, personal, "human to human" relationship with us.

TRUTH is God planned the life, crucifixion, and resurrection of Christ before He created the world. Christ saved us from Satan's sin and temptation through His crucifixion. The blood of Jesus paid the ransom for mankind's disobedience to God. Christ's perfect human body was the required atonement by God. We were renewed and reconciled to God.

TRUTH is Christ's resurrection promises that our bodies will be transformed into heavenly bodies and resurrected to Heaven. When Christ was resurrected, God imbued our hearts with His Holy Spirit to keep us close to Him until Christ comes again.

TRUTH is God planned His incarnation as Jesus Christ to be the most profound event to awaken the world to the truth that He is the Creator. By incarnating in human form, in order to come into His creation to be with us and help us understand His intention, it's clear how sacred our bodies are to Him. TRUTH is our body is God's Holy Temple on earth, and we are to keep it holy.

TRUTH is we are living in a very dark world ruled by Satan, who hates God and us. Satan's plan is to destroy us and prevent God's plan for us to be with Him in eternity. In the Garden, Satan deceived us and gained control of our will by convincing us of THE LIE. TRUTH is he is leading us to violate our bodies through technology and temptation. Thankfully, God has a "salvation plan."

TRUTH is we can't save ourselves. Jesus is our only salvation from the suffering and evil of this world. Jesus Christ came over two thousand years ago to save us from our sinful nature and is coming again to rid the world of all evil and to destroy Satan.

TRUTH is the Bible foretold that we would be facing times like these—foretold the signs that would tell us when we are in the end days of "this age of man," the "age of man's wickedness."

TRUTH is we are in the "end days" and our only hope in navigating through them is to believe and trust in God through faith in Christ. We must be "born again," born of the Spirit. The timing for our rebirth is in God's hands, according to His will. By God's grace He gives us a new heart and a new mind, the gift of faith in Jesus Christ. Now aligned with the will of God, we align with His plan and look to God for hope and salvation.

TRUTH is there is no hope in this world. There is nothing here that can fulfill us spiritually. Jesus tells us that those who place their hope in this world are not His followers. These are people who worship idols of this world, money, fame, possession, and power, over their relationship with God.

TRUTH is we must pray for God's will to be done and eagerly await Christ's coming.

TRUTH is believers will be spared the worst of the tribulation and will enter the next phase of God's Creation, the Millennium, where Christ will reign. Believers will be caught up in the clouds to meet the Lord and then will return with Him after the Tribulation.

TRUTH is while we are still on this earth, we will continue to experience suffering and heartache. Though we are saved, made a new creation, and now have hope in Christ, there will be much darkness and evil that we still will contend with. And we will be subject to ridicule, and possible, persecution from unbelievers.

TRUTH is we need to go through this strife and carry our cross and deny our self, crucify our ego, for the love and devotion of Christ. We are to even glorify in our suffering for this strengthens faith. Our suffering can't compete with the glories to come. Faith is the only path, the narrow gate, toward God, toward His next creation, the Millennium Reign of Jesus Christ.

TRUTH is that being taken into the Millennium with Christ is our inheritance. Those "born again" were predestined before the creation of the world to be saved and to serve Christ as His "holy priesthood" in the Millennium. Born again, we are training for the sacred responsibility until we die. There is nothing more fulfilling than this—it's why we were created.

TRUTH is that the most relaxing and comforting thing in life is to feel completely surrendered to and loved by God through faith in Jesus Christ. Any other understanding or perspective of life misleads us toward arrogance, intolerance, impatience, disharmony, darkness, and loneliness—constantly struggling to strive for something that was not ours to accomplish, a destiny that we have decided should be ours.

TRUTH is, it's not all ours. It's all Gods—our body, our life, our eternal destiny are God's. Once we realize this, we are free and realize free will is THE LIE.

In summary, TRUTH is, we were not created to fulfill our will and make a name for ourselves striving to satisfy our wants and desires. We are here as a fulfillment of God's will. God's intention is an intimate, deeply loving relationship with us. God's will shall prevail.

Know that the Lord is God. It is He who made us, and we are His; we are His people, the sheep of His pasture.
PSALM 100:3

So Jesus said... "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free."
JOHN 8:31-32

PART TWO:

THE WILL OF MAN

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.

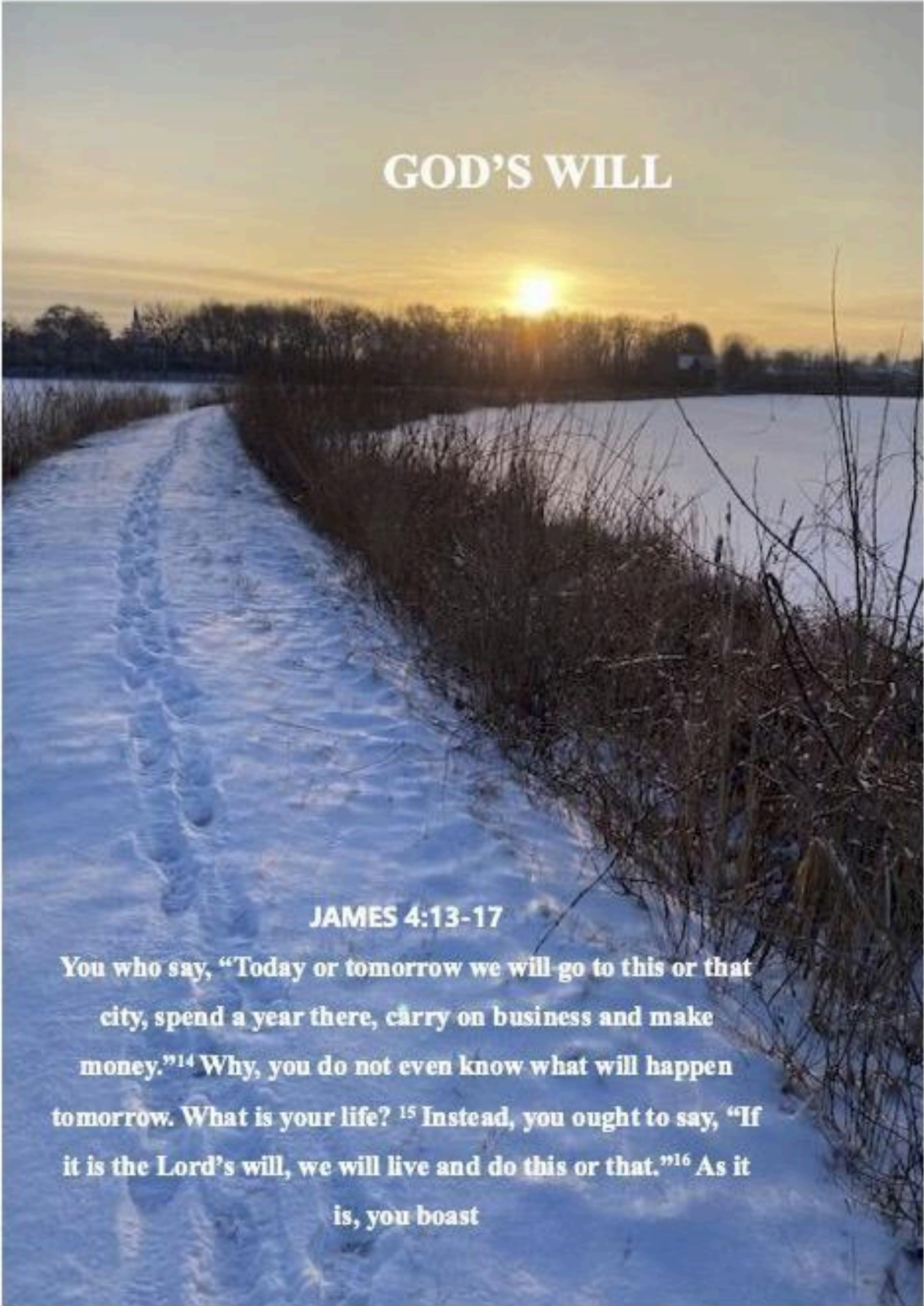
2 CORINTHIANS 4:4

Surely, I was sinful at birth, sinful from the time my mother conceived me.

PSALM 51:5

Opponents must be gently instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth,²⁶ and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will.

2 TIMOTHY 2:24-26

A photograph of a winter landscape. A snow-covered path with footprints leads from the foreground towards a body of water in the distance. The sun is setting or rising over the horizon, creating a warm, golden glow. Bare trees and bushes are visible along the path and in the background.

GOD'S WILL

JAMES 4:13-17

You who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money."¹⁴ Why, you do not even know what will happen tomorrow. What is your life? ¹⁵ Instead, you ought to say, "If it is the Lord's will, we will live and do this or that."¹⁶ As it is, you boast

Man's Most important Belief and His Biggest Debate

Man's most important belief is our belief in God—"Who we think God is."

Man's biggest debate is how much God controls our lives: "Do we have free will?"

Posited more clearly, "Is Man's will free?" "Or has God predestined our lives?"

Where Did the Concept of Free Will Come From? Is It Biblical?

We obviously have a will. Yet, where did we get the idea that it is *free*? Do you know anyone who has made a choice about their destiny, even their day, without being influenced by their genetics, upbringing, relationships, religion, culture, social environment, and geography? Seems unlikely. So why do we think we have "free" will? And why is it so important to us to believe we do?

Free will is a philosophical and psychological concept. We learn through a bit of research that the concept of free will originated with early Greek philosophers, like Plato and Aristotle. And it evolved through the modern world in the *minds* of well-educated, highly-thinking, highly-stoic, highly-influential persons.

We see the concept of free will adopted into theological discussions of the early Christian era. And it's proposed by some that this was particularly in response to Gnostic and Manichaeian teachings—these teachings emphasize "determinism," which is *the doctrine that all events, including human action, are ultimately determined by causes external to the will.*

Interesting. Why is it interesting?

Interesting because the Bible's main theme is that *God is Sovereign*. God's sovereignty rests on TRUTH that God predetermined all of Creation and everything that happens in it before the creation of the world. This is what it means to "be Sovereign, to be God." So, when one begins to integrate the concept of man having free will, having power to decide what will happen in his life, it can't be missed that these challenges biblical teachings in the doctrine of God's sovereignty. Meaning, this concept attributes man with having more power than he does—that man has knowledge and power like God to determine destiny.

So, it's interesting that Christians would accept the concept of free will. One wonders how much then do they believe in TRUTH, in the Word of God.

Mankind Likes the Concept of Free Will

Philosophers and stoics believe that the answers to life and its meaning are found in the mind—found in knowledge, logic, analysis, reason, and theory. They give little attention to emotional and spiritual considerations. They conclude that there is little value to what *we feel in our heart acknowledging little credence to belief, to faith.*

Philosophers and stoics like the concept of free will because their Ego likes it—a lot. And it's not just them, we all like it. It supports the belief that man is powerful, that we have agency over our lives—that we're free to decide and choose what we want, that we can make it happen, that we can control the outcomes. Believing we have free will makes us feel empowered—that we are masters of our universe.

Believing we have free will also feeds a judgmental mindset, strengthening a critical mind—we feel important when we think critically and believe that we can make good judgments. We like to think we have the right to judge; and thus, the power to enforce responsibility, and punishment to rule. Judging others makes us feel that we are better, more powerful, than others—feeding self-righteousness. Society is founded on this dynamic.

Yet, isn't it only God who gets to judge?

Do not judge, or you too will be judged. ²For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.

MATTHEW 7:1-2

TRUTH is that this idea that we have free will and are solely responsible for what happens in our lives, and how it all turns out in eternity, actually leads to a lot of suffering. It's an awful lot of pressure. For most of us, things don't turn out as we hoped. We live much of our life wishing it were different and blame ourselves. But did we really have the power to make it different? And we always project this blame onto others. But did they really have the power to make life turn out better?

NOW. We mustn't misunderstand. Of course, we are responsible for our choices and actions, we made them. And we need to pay the consequences. And yet, the exploration here is “did we really have the ability to choose differently, to choose freely?” Or are our choices because of internal and external forces imposing themselves on our will, convincing us what to feel and believe—how to behave? Or could it be that our choices are not free because our life is predestined by God?

Free Will and Catholicism

We're mentioning Catholicism because it was a major influence in spreading the concept of "free will" across the world. The concept was introduced into the Catholic religion sometime in the late 2nd Century by Tertullian, a lawyer who converted. It was then further emphasized in Christianity in the 4th and 5th Century AD by St. Augustine. As mentioned, the concept goes back before that to the philosophical debates of ancient times by Plato and Aristotle around the 4th Century BC.

The concept of "free will" was easily adopted by the Catholic system because the Vatican is a very political and hierarchical system—focused on egoistic values of wealth and power. Meaning, Catholicism is more of a "religious institution" than a community of faithful followers. Thus, believing that man has free will gave the Church leaders the justification to believe they could empower themselves with the knowledge and wisdom to establish faith, belief and doctrine. And founded by the Roman Empire, the Vatican believes it has the free will, the self-proclaimed power, to become the religion of the world.

The Church has its specific interpretation of biblical doctrine and this feeds on the concept of free will—the Catechism. Most importantly, it convinces followers that we are in control of our salvation—that we have the power on our own to choose faith in Christ and earn our way to Heaven. And this feeds quite nicely into the Vatican's teachings that we must choose to do the "good works" that Catholicism defines in its rituals and sacraments to earn salvation.

In other words, the world must choose the Church for the guidance in faithful matters if they want to secure their salvation. Put bluntly, the Church essentially markets that it has the right doctrine and practice, rituals and rules, that help you control your free will to turn toward that which is holy and away from sin—to devote oneself to the Church.

TRUTH is however that according to the Word of God, salvation cannot be earned. It is not a choice of man's free will. It is God's decision to bestow. We are saved by God's grace not by our effort, not by our good works—or the works of the Catholic Church. We are God's creations, and our life is according to His will, our predestined eternity according to His purpose, not ours.

The Bible helps us understand TRUTH that we are given the gift of salvation in God's timing—God calls us to Himself through the gift of faith in Jesus Christ. We are humbled by the Holy Spirit to bow and submit to the sovereignty of God. And TRUTH is that nothing else makes sense. Why? We did not create the universe or mankind's existence. Creation is all too complicated and mysterious just to be the result of an innocuous Big Bang.

Whether we have free will is man's BIGGEST debate. And debating it causes many conflicts from personal relationships to geopolitical wars. Yet, what's important to notice is that it's a debate—meaning the world is not really sure.

So? What if we discover we don't have free will? What if our lives are predestined by our Creator, by God? What does this mean to our lives? Is that such a bad thing?

Many freak out that if our lives are predetermined then it means everything is fated, and thus, there is not much meaning to who we are, to our purpose, to life. Yet, looking a bit deeper, we discover that predeterminism is not random, meaningless fate. The world, life, and eternity predetermined by God is the most incredibly meaningful experience possible for mankind because it is the path to eternal life with our Creator, with God.

To gain some insight and answers about free will, we turn to the only resource of TRUTH, the Bible—and we ask: *is the belief that we have free will really biblical?* Are the words, “free will,” actually in the Bible? Is the “concept of free will” systematically taught through the Bible as many like to believe?

The words “free will” are not found in the Bible. Neither is a definitive, systematic teaching of free will presented in the Bible—many like to say, “well it's implied.”

The conclusion in this Essay is that the “concept of free will” is not biblical—and thus, it is not something that God has ordained. And thus, TRUTH is we don't have free will. The conclusion here is that the concept of free will is a man-made idea—and one could say it comes from our egoistic perspective of who we are; it comes from Satan's influence. Meaning, perhaps we're “thinking more highly of ourselves than we ought.”

For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

ROMANS 12:3

What Actually Is Free Will?

I have a “will,” and I do make choices freely. **But is my will truly free?**

In simple terms, the world’s definition of free will is “the power to think and act according to our own freedom, without outside influence.” It also means that we are solely “responsible” for our choices. We are solely responsible for the direction and outcome of our life. Having free will implies that we have the knowledge, the wisdom, required to make an ethical, moral, and just choice. Yet, do we? Really?

Now, let’s focus on “responsibility.” What is TRUTH about responsibility? Yes, we are responsible for our choices and actions because we made and did them. Of course we are to pay the consequences of our choices. Yet perhaps we need to realize that these choices are made within the context of a will that’s not free. So! One has to wonder just “how much” we’re responsible for what we do.

Now, many will find this inquiry itself irresponsible, because it goes against what we think is true, what society tells us is true—we are “fully responsible.” And by even considering this, we are trying to skirt our responsibility. But of course, TRUTH is we are responsible for our lives.

Yet, now go a bit deeper. Our responsibility is associated with what we do. And we know that what we decide to do is shaped by what we believe—and so the question then is what do we believe, and why? Let’s consider what forms our personal beliefs and values, what forms our personal will? Is it just me? Am I freely forging my own belief?

After prolonged reflection, I’ve realized that pretty much all my beliefs and values are not “purely mine,” meaning not of my own “free self,” not of my own free mind and heart. The world around me, my relationships to the culture and circumstance I find myself in clearly shape what I think and believe. I’m not free. And, I’ve discovered that my own spirituality isn’t really of my free will, isn’t really mine.

Therefore, perhaps we’re not as responsible for our lives as we thought.

So, what do we do with this idea? If we are brave enough to explore, we might find that it brings powerful insight into why our life is the way it is. It might help us have a new perspective of the world we live in and perhaps this will bring us a new revelation about the purpose of our life—of even why we exist: we become curious about why we were born who we are, why we were born to this family, this town, this particular life journey?

And perhaps as we discover that we are not as free as we thought, though at first this generates concern, perhaps it also begins to bring some relief—I admit it did for me. It seemed to help

dispel some self-blame; it's not "all" my fault. And this then helped to soften my pride. Discovering that we don't have free will begins to humble us to this thing we call "life," and to its Creator.

I've concluded we don't have free will.

I've discovered that we aren't responsible for our lives. God is.

TRUTH is God is the only One with "true" free will. He created the universe, our lives, and everything in them according to His purpose and plan, according to His "perfect will." We didn't choose our bodies, intellect, personalities, or the circumstances and geography we were born into. The Bible is clear. God planned all of Creation, including every breath we take, every thought we think, every step we step, every interaction we experience, before the creation of the world.

TRUTH is we have misunderstood TRUTH. From the very first account of creation in Genesis, it is clear that God is in control, and only God is in ultimate control. It is clear God has a plan and nothing and no one, not even Satan, can affect it—it all happens according to God's will. We do not have free will. We do not have the power to control our destiny on earth nor our eternal life.

TRUTH is we have misunderstood. Yes, we freely make choices and because of this we believe we have free will. But, TRUTH is these choices are not free. These choices are imprisoned within a will aligned with Satan's will or with the will of God. And God determines which.

And I've discovered through the Bible that man is born with a will imprisoned by sin—our will entrapped with Satan's will. This is evident in the world around us. We witness ourselves, and society, behaving in judgmental, competitive, aggressive, immoral ways and creating confusion, chaos, and crisis all around the world—doing evil to both humanity and the planet. We are possessed - not free.

So, why are we born with sinful will? How can we better understand this? We need to go to the beginning of creation.

I make known the end from the beginning, from ancient times, what is still to come. I say, 'My purpose will stand, and I will do all that I please.'

ISAIAH 46:10

The Garden of Eden

To understand whether or not mankind has “free will,” we need to go back to the beginning— to the Garden of Eden. We need to ask whether Adam and Eve had “free will,” whether they had the wisdom and power to choose “not” to eat the fruit — to choose “not” to disobey God.

The moment Adam and Eve ate the fruit is the most important moment in human history, and I believe that we are interpreting what happened based on manmade assumptions instead of by the literal words of the Bible. **And thus, we are understanding parts of the incident incorrectly.**

In Genesis, we learn that God created heaven and earth and all things in them, including man and woman. When God completed His Creation, ³¹*God saw all that he had made, and it was very good* (Genesis 1:31). All was created according to God’s perfect plan and so we know that Adam and Eve were *perfect* human beings. We can surmise they were humble in spirit and lived happily, for they walked freely with God in the Garden. They were holy. ²⁵*Adam and his wife were both naked, and they felt no shame* (Genesis 2:25).

We also know Adam and Eve were made in God’s image—meaning we were created as “conscious” beings, and thus, capable of having the awareness and feeling the energy of the “goodness and holiness of God.” We had no improper disposition, no selfish thoughts. We read that God gave Adam dominion over His Creation. **And therefore, we know that Adam’s relationship with God was good and holy, was loyal and loving.**

As we read on into the account of The Fall, it begins to become evident that there was more God was doing after He had created everything. He was “working on His creations.” And after reading the full Bible and studying its full account, its full council, we begin to realize God’s intention and process for His Creation. God is evolving us into remarkable beings. God is cultivating and evolving His relationship with us.

So, I believe we can surmise that Adam and Eve didn’t really know who God was, were they really aware of His power, glory, and goodness, of His immense love for them?

When we consider God’s command to not eat of the Tree of Knowledge of Good and Evil, there would have been no reason for Adam and Eve to disobey. They would have had no desire to. I believe they didn’t have free will—meaning did they really have the awareness that there was even a choice to disobey, a choice to do anything other than what God told them to do.

Adam and Eve had a will and it was aligned with God and so they made choices about what to do in the Garden, what to do to live and care for the plants and animals, according to God’s wishes and commands, according to God’s will. It’s all they knew, it’s all their consciousness held. Adam and Eve naturally obeyed God.

So, what happened? Why did they disobey?

Satan came into the Garden.

Many say Eve ate the fruit because she desired to be independent and wanted to be as powerful as God. However, this doesn't make sense. Eve didn't have an ego. She wasn't created with a sinful or suspicious, self-focused, nature and so she didn't understand deception—that she was being deceived. So why did Eve eat the fruit?

Eve fell under the spell of the “father of all lies”—*Now the serpent was more crafty than any of the wild animals the Lord God had made*. Satan “deceived” Eve into doubting God with the famous words, *did God really say?* (Genesis 3:1)

Having “instilled doubt,” Satan went on to confuse and convince Eve further by saying that *“For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”* (Genesis 3:5) We might conclude that Eve, knowing that God knows all things that are happening, knew what was happening between her and Satan. And if it was against His will, wouldn't He stop her. So, Eve ate the fruit. Eve disobeyed God. And so did Adam.

So. What's the moral of the story? As we reflect on the interaction, it's obvious from scripture that this kind of thinking and behaving was a first for Eve and Adam, a first for man. Without Satan's deception, it's clear that Adam and Eve wouldn't have “just” decided to eat the fruit on their own—God said not to. It was not in their nature, not in their will, not in their understanding to question or disobey God. It was not their desire to have more knowledge. They didn't need it.

So how did they fall under a spell, how did Satan get to influence them to disobey? Spoiler alert, TRUTH is God created the serpent, and God created the serpent with a “crafty” disposition. All that happened was God's plan—to fulfill His purpose.

On The Power of Satan

So, man got the idea that we have “free will” from Satan.

Satan put mankind under a spell and got us to eat the fruit, to disobey God. Satan was able to deceive us into believing that we desired the knowledge of the Tree of Good and Evil—that we desired to be like God. All we had to do was eat the fruit.

Satan convinced us that we want to be able to decide what we want out of life and decide our own path. Satan convinced us to believe that we don't need or want God—that we want to be gods. This was the inception of “ego”—Satan's tool to manipulate man was to convince us that we were meant to be self-reliant, self-satisfied. Satan instilled the egoistic mindset, his willful beliefs and values, into our now corrupted mind. We became prideful and selfish and believed that the meaning of life was to achieve all our wants and desires. God clearly became unimportant—even a hindrance to our evolution.

This led to our downfall.

Satan is still here—and though fallen, Satan is one of God's most powerful angels. Man is powerless against Satan. The Bible reveals that Satan can put thoughts in our mind as he did to Adam and Eve, as he did to Judas. Once he spoke those deceitful words in the Garden, man's mind became confused. Once Eve ate the fruit, our body, our pure human DNA, became contaminated—our body and mind were now corrupted.

Eating the fruit, our natural body-heart-mind connection “disconnected,” and it became easy for Satan to infuse our mind with his beliefs and values, with his will. Adam and Eve's will—and now ours—became aligned with Satan's will, and we believe the delusion that we can challenge what God has in mind for our lives—we believe the delusion that we have free will.

Satan's Plan

According to the Bible, Satan is the “ruler of this world”—but remember who is ruler over Satan.

Satan's diabolical plan is to get us to reject goodness, to reject morality, to reject God. Satan hates God and hates us. Satan's ultimate plan is to destroy our “true human essence,” our holiness, and so keep us from our eternal destiny with God in Heaven.

Adam and Eve—and through them, us—were banished from the Garden, separated from God. Satan knew that this would happen if he got us to eat the fruit. Satan's strategy is to keep us eating the fruit of the Tree of Knowledge so we continue to believe THE LIE—so we keep swimming around in the delusional swamp of believing we are more powerful than we are, that we have “free will” and can determine our life and our eternal destiny.

Satan has deceived us into thinking we are like God, naturally wise and ethical enough to be our own moral authority—that we possess an innate understanding and sense of what's good and healthy, what's holy. Thus, we don't need God's guidance to know what is just and unjust, what is right and wrong, what is good and evil. We believe we are capable enough to determine

mankind's morality and the purpose of our lives—that we have the power to control the world, the universe, humanity.

TRUTH is we created none of what has been created. TRUTH is we have no power over it.

TRUTH is we don't have wisdom. We live in a world where Satan's influence is strong. **We live in Satan's world, under his spell** and our choices are shaped by him into secular values. ...shaped by attachment to wealth, materialism, sex idols, reputation, power, and fame as the meaning of life. We are thinking and doing evil constantly, and thus, suffering from its destruction and horror.

Satan has convinced us that the purpose of our life is to fulfill our will, our desires, not God's. We believe we don't need to obey God because we can become gods and "freely" make our lives whatever we want—today this is known as the ideology of "new age, new thought."

We've been duped by Satan's false promise that the things of this world will fulfill us more than anything God can offer. But of course, none of it can. By getting us to eat the fruit, and convincing us to keep eating it, Satan keeps control of our minds, and we willingly embrace his immoral values. Mankind is filled with hubris, arrogance, freely "doing evil." Wickedness, paganism, crisis, chaos, disease, destruction, and death have been on earth since the Garden and are intensifying more than ever.

We are under Satan's spell. Our will is aligned with Satan's.

We are so blinded by THE LIE that we can't see TRUTH—at all. THE LIE is our TRUTH.

TRUTH is that **only God** has *free will*.

So, Why Is This All Happening? Why Did God Let Satan into the Garden to Deceive Us?

It's clear that God is using Satan and evil to influence our lives as part of God's plan for His Creation.

Consider, TRUTH is that we are not here because of our "free will." We had nothing to do with our creation. So, our lives are not in our control. It's not our plan that will come to fruition, but God's plan for us.

TRUTH is we are here because of our Creator's intention ...God created us for His purpose. TRUTH is we should seek to understand what God's will is. The Bible tells us that God's plan is for our good.

God's Plan. God's Intention

So What is God's Plan? God's intention for Creation is us ...His intention is a relationship with us.

God's plan is to shape and refine us into holy beings capable of being in relationship with Him.

God has predetermined all that is—all things and events of Creation. God has created good. God has created evil. God has intended for Satan's deception. And it's for our good. Wait! What?

TRUTH is God created everything, including the Tree of Knowledge of Good and Evil in the Garden, and He intended Adam and Eve's fall. It wasn't a mistake; it was part of God's grand plan. And it is the same for our lives—yes, God intends for us to sin, to fall, to do evil. So, there was no way we could have avoided it.

TRUTH is, it's all God's will.

Now, embracing this realization isn't about trying to "shirk responsibility" for our sinfulness. Instead, it's about gaining insight and understanding that God is ultimately in control, is sovereign, and has a purpose for our sin-behavior. He has a purpose for why He created Satan and evil.

TRUTH is that God's intention for creating the Tree and causing Satan to tempt Adam and Eve wasn't to condemn us but to elevate us.

Now that's interesting!

In the story of Adam and Eve, God planned for Satan to tempt His newly created beings. It's clear God wants us to experience the difference between good and evil. He wants us to know what it's like to be out of alignment with His will. God wants us to know what it's like to be out of the Garden, to be separated from Him and living in a broken world.

Many theologians insist on denying that God created evil because God is only "goodness." They prefer to say that "evil" is not real, it's just the absence of good. WELL. How then is "good" real? Is it just the absence of evil? This is naïve logic.

Though they agree God is sovereign over all Creation and foreknew Satan and sin would occur, they argue that God is not the source and that He didn't necessarily predetermine it to happen.

This is naive thinking as well. It's splitting hairs about God's sovereignty for our agenda. TRUTH is that whatever God foreknew, God predetermined—these words mean the same thing.

This debate between the definitions of foreknowledge and predetermination is simply another deceptive strategy instilled in us by Satan to get us to “doubt” God, to doubt God's sovereign power. It's the same as when Satan tried to instill doubt in Eve in the Garden asking her—“did God really say?”

Satan's ploy is to get us to doubt God and to contradict and argue with each other—because this is highly effective in creating confusion and distraction from TRUTH, from God. God is God—Sovereign over all—He ordains and oversees all things, all events and outcomes—nothing surprises God. The Bible doesn't hesitate on this point—The Book of Job clarifies this without any doubt that God predetermines and ordains all that is in His Creation.

*What? shall we receive good at the hand of God, and shall we not receive evil?
In all this did not Job sin with his lips.
JOB 2:10*

TRUTH is that because God is the creator of all, including evil and sin, this does not make God evil or sinful. If we decide that God didn't create evil, then we are pointing to the fact that God didn't create good. Since God is the Creator, He uses what He wishes in His creating process. All happens according to God's plan—and His will shall stand.

So. What Exactly Is God's Intention?

God's intention is to create an intimate, affectionate, and deeply loving relationship with us, desiring us to be with Him in Heaven. His intention is clearly revealed in the Bible as well as is seen in all that is created—in the beauty of earth and the complexity of the universe and nature. God's intention is made most evident by the incredible brilliance of how He has designed our human body—we are of matter, of energy, and made in His image, made “conscious beings.”

TRUTH is God created this world for relationship—particularly for our predestined relationship with Him in Holy Love.

Why then, did God plan Satan, plan the corruption of our body and mind and the sinful downfall of man? We are God's most beloved creations, and though we were perfect in the Garden, it's clear that God wasn't finished with us. He's still creating and refining us. Ultimately, God's plan, His will, is to refine us into divine, holy, *imperishable* beings, so we can be with Him in Heaven.

As mentioned earlier, before eating the fruit, Adam and Eve didn't know evil, so they probably didn't really know "good"—really know the full extent of God's goodness and glory. They didn't know what it felt like to lose the "goodness" they had—the result of disobeying God and being separated from Him. They didn't know what it felt like to "yearn" for goodness, for God.

Though many may not have thought of it this way, yet in order for our relationship with God to be truly "intimate," we need to go through these things so that we can know God more fully, and thus, we will yearn to be with Him—God's plan.

God is using our life experiences as the "refining fires" to evolve our consciousness about the difference between the life-giving power of goodness and the death-draining power of evil. God is evolving our consciousness about the difference between life and death—spiritual life and death.

For this, God used Satan. As a result of our disobedience and of eating the fruit, our will became aligned with Satan's. We experienced our spiritual death. And now, we live in Satan's kingdom and worship pride and self-gratification. We are egoistic and disobedient to God. We choose evil over good, Satan's LIE over God's TRUTH. This is horrifying to face, but it's reality.

Through our experiences, God is revealing to us that Heaven is holy by revealing the evils of Hell. He is showing us what works in Heaven, trust and peace, and what doesn't, doubt and aggression. And, what we need to know is that God's intention is to sift out those who are destined for Heaven and those who are not—for darkness and evil will not be tolerated there, and those who do not believe in God through faith in Christ will not be able to enter the Kingdom.

Though this sounds a bit threatening and harsh, because we like to think God is all kindness, etc., we need to understand that God is discerning and is creating His masterpiece—in some ways it's not personal. We actually learn from the Bible that God has predestined who will be saved. We need to be humble enough to accept that God is fully intending to fulfill His purpose, His will. And though we may not understand all His ways, or agree, He is God— *"Woe to those who quarrel with their Maker; those who are nothing but potshers."* (ISAIAH 45:9)

TRUTH is that God's intention is to create a relationship with us in Holy Love—mutual love between Creator and created. And humbly we need to remember that all we go through that feels very difficult is all for our good, all refining us for our eternal glory in being with God.

TRUTH is we are meant to suffer.

Christ revealed that the path to God is through Him which involves His crucifixion, His participation in suffering for our sake and in fulfillment of God's plan, God's will. Christ helps us understand that our lives involve carrying our cross, involve our suffering, because we are still in Satan's world—still at the effect of our Ego.

What helps us be strong in our suffering is to remember that God is still refining us—still strengthening our relationship with Him through our faith in Christ. This actually is the process of cultivating our humility before God—our awakening to TRUTH. TRUTH is that we are both mere creations with no say in God’s will, and yet, we are God’s most miraculous creations and bring immense glory to God as He evolves us further in our love for Him. We are God’s glory.

So, what’s immensely phenomenal to realize is that though we are broken and sinful, we are not forsaken. And as we have witnessed through the accounts in the Bible, God planned this in order that He could implement His most sovereign act in His creation—our redemption and salvation from the evil of this world through Jesus Christ.

It’s through this event, our redemption and salvation, that God revealed TRUTH of who He is—that we experience and so understand the full nature, the full power and glory of God, and the immense love He has for us. God’s delight is that we will be with Him in Heaven—capable of a deeply mutual loving connection.

God’s redemption and salvation plan began two thousand years ago when God incarnated as Jesus Christ. God came into His Creation as Jesus Christ to be with us personally and help us understand His intention. Christ came to help us understand that Satan was here and causing us blindness and separation from God. Christ came to pay the atonement on our behalf for our sins against our Creator. In His infinite mercy, Christ sacrificed His human life, His human body, through torture and death to reconcile us with God. Christ conquered our sinful will.

And through Christ’s resurrection, we are promised our own, promised our return to God.

Further, as part of mankind’s transformation back into our original holy nature and our salvation back to God, Christ revealed that we need to be “born again”—this time born of Spirit. We have been spiritually dead because of our sin.

Born again, we are restored back into our original nature as perfect and holy beings as in the Garden. Yet, we are more consciously evolved beings—we are beings that have been refined by the fires of suffering and struggle as we faced the darkness of evil from Satan. And now we understand the real power of goodness

In the next chapter, Born Again, we go into the necessity and experience of our “rebirth” in the Spirit.

As God’s final step in His intention, in His salvation plan, we learn from the Bible that Christ is coming again. In His first coming, Christ conquered sin and death. And Christ has promised to return a second time to restore the world. He will cleanse the earth of all evil. And those who have been born again, as well as followers throughout ages past, will be with Christ as He reigns for the next thousand years. And at the end of this millennial age, Satan will finally be destroyed,

mankind judged for the last time, and those who love Christ will be moved into the New Jerusalem and finally be with God in Heaven.

Free Will Has Become a New Age Teaching

Finishing this discussion on free will, it's vital that we mention New Age Spiritualism. Why? New Age teaching reinforces egotism—THE LIE of free will. It worships the mind—emphasizes mind over matter, mind over heart. It dismisses the wisdom of the heart. It worships knowledge—encouraging us to continue to eat the fruit of The Tree. It deemphasizes our connection with the one, true God and convinces us we are “gods.”

And New Age Spiritualism is fast becoming the new world religion. Self-help, new-age disciplines and practices, like yoga, mindfulness meditation, and new thought-positive thinking psychotherapy are surging in popularity all over the world.

These practices are Satan's diabolical plan to keep us away from God. The strategy is to keep us disconnected from our heart, and focused on our mind, our will—on believing we have free will. Satan wants us distracted from the heart, because the heart is the source of our connection to God—for the born-again believer the Holy Spirit indwells the heart.

Satan uses New Age Spiritualism to control our relationship with our body. He gets us to appreciate our mind, the power of knowledge—and to dismiss the wisdom of our body, the spirituality of our heart. And he's very intentional in this. By getting us to disrespect, dislike, and particularly, defile our body, He controls our relationship with God.

Our body is God's most brilliant and beloved creation and disconnected from a healthy respect for our body, we are vulnerable to Satan's promptings. Our will aligns with his. We are addicted to the world—we reject God and worship Satan.

The popularity of the new age practice of “mindfulness meditation” has experienced an incredible rise in popularity over the last couple of decades. Why? Because these practices work with the mind, with the ego. They reinforce the concept of evolving into our “true self,” and gaining secret knowledge to manifest what we want in life. They market that we can gain the disposition to know the true power and morality of the universe. We are drawn to these practices because we are promised that they will empower us—and our ego loves that.

These practices reinforce our belief in free will because they teach us that we can learn to evolve our consciousness enough that we will gain the emotional freedom and intellectual wisdom to be

able to create and manifest the lives we want, that we feel we deserve. They reinforce THE LIE. We lose all humility and begin to worship self.

We are particularly hooked on the promise that these practices will help us liberate ourselves, save ourselves, from suffering—like Buddha. We only need to “love ourselves,” to make ourselves happy, and think more positively. This will begin to transform our reality out of our world of suffering into a world of abundance and prosperity—because our suffering is all in our mind.

However, I’ve discovered TRUTH is this perspective only makes us more self-focused and thus more selfish than we already are. And relying on ourselves for liberation is impossible and so we suffer more. And the promise that we can get what we want by just positive thinking doesn’t work.

With the surge of New Age Spiritualism, it’s important that we all realize that though they market themselves as effective stress management therapy, these programs are essentially “spiritual” practices rooted in eastern theologies—they are formulated around the worship of pagan gods. And yet, so many involved in the disciplines and routines are not aware of this.

The trickery is that most who practice these programs have no idea that as they practice the discipline they are being subconsciously indoctrinated into these ideologies—being held in Satan’s world, the very place they believe they are being freed from. Christians are unaware that they are being deceived into disrespecting their faith by following such practices.

And what we should all know is that this ideology, this mindset that we can become our own god-self, has crept into religions, education, politics, medicine, entertainment, and government—have become the world’s underlying ideology. Said differently, we live in a very mind-centric, egoistic world. All kinds of organizations offer yoga and mindfulness practices on site in their offices. And human resource and CEO teams focus on creating self-empowerment practices within their leadership framework.

TRUTH is we worship man over Creator—and this doesn’t work.

It's also very important to understand that it is these religious ideologies and practices that are underpinning the belief system, the mindset, that governs and directs our most powerful technology—Artificial Intelligence. These beliefs fit so perfectly because they are rooted in the belief that our mind, man’s intelligence, is more important than our heart as our source for spiritual enlightenment. Knowledge is our opportunity to become evolved and as powerful as God, to be like God.

We have to admit that it's astounding how fast this technology has advanced in such a short time—rather frightening. It's hard to believe that our lives are controlled now by inhuman, alien consciousness.

Before closing here, as evidence of these insights about the deception of New Age Spiritualism, is my own personal experience. After 10 plus years of new age practice and teaching, it's clear that these disciplines don't work.

Feedback from hundreds of students and fellow practitioners verify this. No matter how many years we practice and how excellent our discipline, our mind is simply uncontrollable. Our ego is just too strong. And, so often when one finished their “mindfulness meditation session,” they still felt confused about the true meaning of their life and felt alone and vulnerable to the stresses of life. In fact, sitting on the meditation mat and trying hard to focus on the vast, void, cosmic realm was a very lonely experience—it was stressful.

In conclusion, TRUTH is the New Age envelops THE LIE. TRUTH is we are helpless against the darkness of this world, against THE LIE. TRUTH is that instead of liberating us from suffering, the New Age keeps us locked in the delusion that it is possible. TRUTH is that instead of gaining the power of free will to create the lives we want, we actually are becoming more indoctrinated with Satan's will and living THE LIE.

And, once again we need to remember that all happens according to God's plan. Thus, only God can change our will, only God can give us a new mind and save us from our suffering.

TRUTH is we are sinful and need a Savior. TRUTH is we have one—Jesus Christ.

In Summary

God created the Heavens and the Earth, as is evident by all Creation. Since God created the universe, the earth, and our bodies with such detail, beauty, and complexity, it's clear that God has a very specific *intention*—a predetermined plan for Creation according to His will, not man's will. And the Bible makes it clear that God's will, His Creation, shall not be changed or thwarted—no matter how hard man, or Satan, tries to take control.

Meaning, we do not have free will. TRUTH is that we are *not* little gods. In short, we have a will but it's not free. We can “freely” make choices within “it's” context—meaning our choices are dictated by our will so they are not truly “free.”

TRUTH is that there are only two wills available to man. We are controlled by either the will of God or by Satan's will. And God determines which.

TRUTH is that the purpose of our existence is to serve God and reflect God's love and glory. Instead, we reflect hate and darkness. Humanity is addicted to serving its ego and worshipping "self" in pursuit of our glory. We have no humility and are disconnected from the wisdom and morality of the Holy Spirit, focusing solely on things of this world rather than on Heaven. We worship Satan. And we are suffering terribly.

TRUTH is this is all God's predetermined plan.

TRUTH is we have discovered in our exploration thus far that Satan has direct influence over our will. And we've discovered that God, in His sovereignty, directly influences Satan's will. Ultimately then, God determines where our will lies. TRUTH is God is "responsible" for what happens to us—it's part of His "refining process" of us.

Adam and Eve fell from grace and disobeyed God—not because they had free will but because their will, which was aligned with God's, became co-opted by Satan. Their will aligned with Satan's will - they believed THE LIE. And now through them, we are indoctrinated with THE LIE, with a "sinful will."

It's important to understand that this does not free Adam and Eve, nor us, from "responsibility" for their/our actions—they/we must face consequences of sin. And they did—and we are. They were banished from the Garden—so are we. But are they, are we, to "blame" for our actions? It seems this exploration is revealing biblical TRUTH that "they are not, that we are not."

TRUTH is our will is co-opted by Satan from birth.

So now, we begin to understand that our will is up to God's will—and begin to surmise that our will cannot be changed by us, by our efforts to break away from Satan. We are sinful and blind. We need a Savior.

Final Question: If TRUTH is that we don't have free will, then what does that mean about how we are to navigate life? What does that mean about the meaning of life?

First, we now understand that all of life is predetermined by God. And rather than be worried about what this means to our self-empowerment, to our sense of self as a little god, perhaps it's better to become quiet and listen to see if we can hear God. Perhaps we could be a far more humble person rather than a person focused on success and self-gratification. Perhaps we could be a person who wakes us to TRUTH that we are not here to fulfill our will but God's will.

And thus, perhaps we could be a person who surrenders our ego and submits all of who we seek to understand—to understand God’s intention for Creation, for us and align ourselves with the will of God. Perhaps we could be a person who sees TRUTH—that nothing we could attempt to imagine or create in life could come anywhere close to the predestiny that God has in store for us—our salvation from this dark, evil world, and our eternal life with Him in Heaven.

Perhaps we could be a person who wakes up and realizes that the only thing important in our life is our relationship with God through faith in Jesus Christ. That we focus on the blessing of Christ’s commands—*love God with all that we are and love one another as Jesus loves us*. And so, perhaps we could become a person who turns to the Bible for guidance and begins to fall in love with God’s word—feeling an immense gratitude for this gift and being inspired by the brilliance of God to create it for us.

How do we become this person?

We must be “Born Again.” By the grace of God, we are blessed with faith in Jesus Christ.

The Bible is clear. To fulfill His intention, God wants to shape our will, evolving it to align with His. We need to follow His laws of Creation, His commandments that lead to goodness, health, holiness, and love—so we experience who He is. In other words, so we can dwell in Heaven with God, we must become “refined and holy” because He is holy. And in this way, we can fully experience God’s power and glory—all for our glory. This is God’s delight.

So, as we finish our exploration about free will, here’s the billion-dollar question: “Could we have chosen not to eat the fruit?”

And here’s the billion-dollar answer: “No.”

Why not?

Because God didn’t create us with “free will.” Adam and Eve didn’t have free will.

God has predetermined everything.

God wants us to experience a will of evil, a will of sin. What’s the evidence? God created the Tree and put it in the Garden—sent Satan in. We became corrupted and spiritually died.

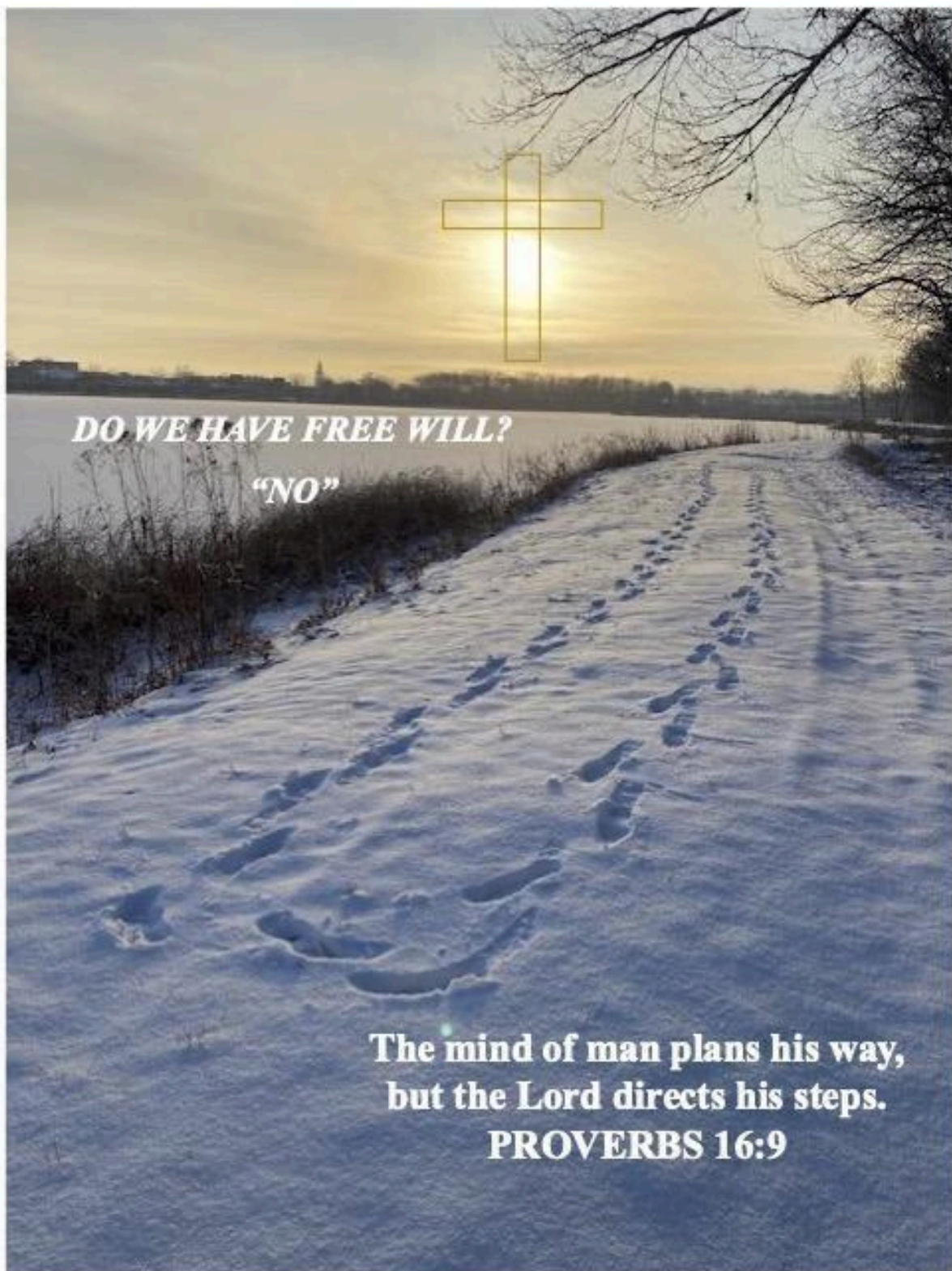
God wants us to experience a will of goodness. What’s the evidence? God incarnated as Christ, came into His creation to help us understand His intention. God made us spiritually alive.

And it's all for our ultimate glory—to be with God in Heaven.

Satan deceived us and got us drunk on the fruit of the Tree. He got us to exchange TRUTH for THE LIE.

“They exchanged the truth about God for a lie and worshiped and served created things rather than the Creator—who is forever praised. Amen.”

ROMANS 1:25



DO WE HAVE FREE WILL?

"NO"

**The mind of man plans his way,
but the Lord directs his steps.**

PROVERBS 16:9

PART THREE:

BORN AGAIN

Jesus replied, “Very truly I tell you, no one can see the kingdom of God unless they are born again.”

JOHN 3:2-3

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—⁹ not by works, so that no one can boast.

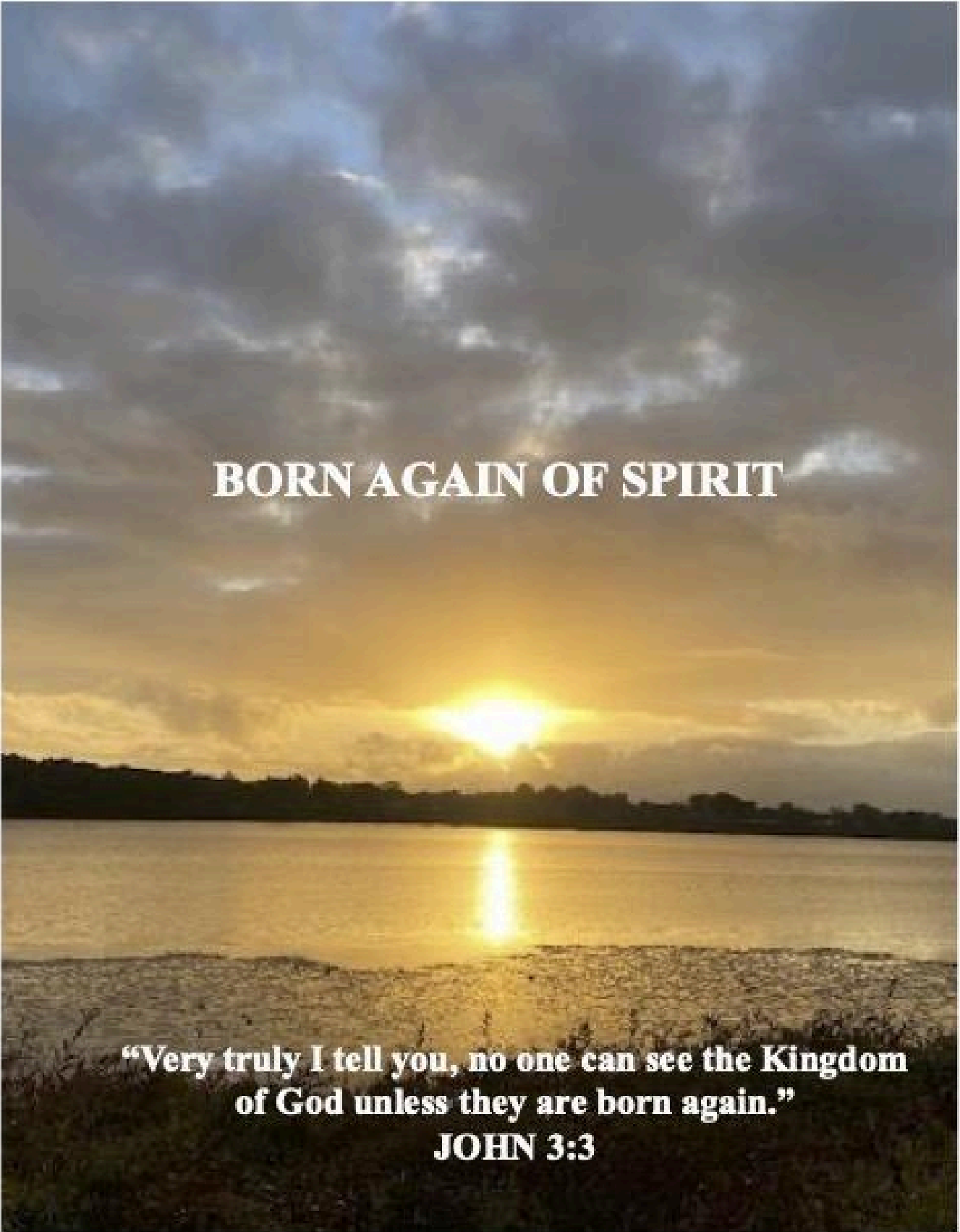
EPHESIANS 2:8

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. ²⁷ And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws

EZEKIEL 36: 26-27

On that day you will realize that I am in my Father, and you are in me, and I am in you.

JOHN 14:20

A photograph of a sunset over a body of water. The sun is a bright, glowing orb in the center of the horizon, casting a long, shimmering reflection down the middle of the water. The sky is filled with soft, wispy clouds in shades of blue, grey, and orange. In the distance, a dark silhouette of a city skyline is visible along the horizon. The foreground shows some dark, out-of-focus vegetation.

BORN AGAIN OF SPIRIT

**“Very truly I tell you, no one can see the Kingdom
of God unless they are born again.”**

JOHN 3:3

The Blindness of Humanity

Before Christ was crucified, He revealed that *we suffer because we are blind to TRUTH. We are blind to the goodness of God.* We believe THE LIE and chase the things of this world—believing they give life meaning. Our minds are of Satan, and we are tormented by him to serve his will, to sin. Hence our fear and suffering.

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.
2 CORINTHIANS 4:4

This isn't just biblical teaching—it's visible in the world. The world is filled with stress, fear, division, immorality, idolatry, paganism, hate, delusion, and destruction. Culture has become a drama-fueled battleground of egos and self-righteousness, lies and corruption. Humanity is obsessed with self, worshipping money, materialism, and notoriety. We are highly sexualized and have no humility. We are arrogant and disobedient, and thus, completely disconnected from the "humble heart," disconnected from our Creator, God of the Bible.

A clear sign of humanity's alignment with Satan is our treatment of the human body. Science and technology are used to manipulate and degrade our bodies, by claiming to "upgrade" them—making us superhuman and soon to give us the chance to live forever. We're detaching from our God-given design and natural selves. We are losing what it is to be "human."

"Light has come into the world, but people love darkness..."
JOHN 3:19-21

In a nutshell:

What we know from the Bible is that our will aligns with Satan's from the moment we're born.

We live in and worship a secular world—Satan's kingdom. We do Satan's deeds.

We value ego and self-gratification above all else, including God.

We choose evil over good, Satan's lies over God's TRUTH, the secular rather than the heavenly.

Our ego is so strong that we can't save ourselves from it.

Yet we don't need to despair because God has not forsaken us.

The Necessity of Being Born Again

The Bible is a much more spiritual, mystical, text than we ever imagined. We learn from the Bible that God's ultimate plan is to refine us into imperishable, rarified beings. We will one day soon have heavenly, holy, divine bodies so we can be with Him in Heaven. We will be "fully conscious" of God's glory, able to experience His love and the riches of His grace.

We learn from Jesus that to enter the Kingdom of God, to obtain these rarefied bodies, we need to be "born again," we need to be born of Spirit. Meaning, having been born with a sinful will, as we discussed, we know that our body and mind are contaminated—we experienced a spiritual death in the Garden and were banished.

So now to enter Heaven, we need to be restored, reborn. We need to become spiritually alive, physically transformed. We need "a new heart and a new mind, a new will." We are of darkness and need to be "birthed" into the light of Spirit, the light of goodness, so we become holy because God is holy.

Jesus answered, "Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit."
JOHN 3:5

"Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life."
JOHN 5:24

So, We Must Be Born Again to Enter The Kingdom of God.

But what does that truly mean?

It means that because of Satan's deception in the Garden, as descendants of Adam and Eve, mankind is born with a sinful will. It's part of our DNA, and thus, a part of our psyche. Energetically, we are out of resonance with goodness, health, holiness—Holy Love. Our body, heart, mind connection is not flowing with the Spirit of God.

Physically, this means we are heavy. We are more matter than spirit—we are not filled with the uplifting energy of Spirit. This is not meant metaphorically but literally. Our body is literally more dense, more "earthly." Its electromagnetic energy is more frenetic, and our body's light dim. This affects our physiology which becomes more sluggish. Our heart's rhythm is shorter and its beat erratic. Our breathing is more shallow and our body's pulse suppressed. We are

physically and mentally more tense and stressed. And so, we are confused, emotionally fearful—we have no spiritual essence, we have little faith.

So, quite clearly, we need to be reborn, reborn with a new will—a will aligned not with the world, not with our egoistic selves, not with Satan. We need a will that is aligned with the will of God. And by the brilliant creativity of God, this is what happens when we are “born again”—we are “restored and realigned” in body, heart, and mind into resonance with the Spirit of God. This aligns our will with the will of God, with the goodness and grace of our Creator. We become renewed into our “original human essence” before Satan came into the Garden.

So, we need a new will. How do we get one?

This happens only by the will of God.

The Bible reveals that our “rebirth” comes only from God. We cannot do this for ourselves. He is sovereign over all things, and He has predestined this. His will be done. We shall be called by God in His perfect timing.

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

ROMANS 8:28

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. ²⁷ And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws

EZEKIEL 36: 26-27

Being Born Again

The Bible tells us that God has a redemption and salvation plan, a “final” end to our suffering and liberation from this evil world. Until that happens, and in preparation, God will one day come to each of us and draw us to Him and give us the gift of faith in Jesus Christ. God will give us the spirit of TRUTH, the Holy Spirit. We will be born again, born in Spirit this time.

In life, we experience suffering because of separation from God. And in that pain, the blessing is that it causes us to seek relief. This often is the time that God planned as our preparation for our “rebirth.” When God decides, He calls us to Him. By His grace, the scales fall from our eyes, and we see THE LIE. By God’s grace, we wake up to TRUTH. We wake up to Christ.

We are born again, we are saved—we are made new creations in Christ. We are reborn in the Spirit—we are made spiritually alive and begin to experience a new relationship with God.

We are imbued with the Holy Spirit in our heart and gifted with faith in Jesus Christ—we are transformed. We are spiritually conscious, meaning we are now capable of understanding God's character, His virtues and expectations, His power and glory, His will. We feel a deep yearning to be with God—we want to be close to Him, close to Jesus. With a new heart, a new will, we naturally devote our lives to live according to God's will, to Christ's commands.

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself.
MATTHEW:37-39

Born again, we see THE LIE about free will. We didn't and don't have free will—that's Satan's great deceit. God's plan and intention was not that we would have free will to create the life we want—God did not create us for the fulfillment of our wills. God created us for the sole purpose of fulfilling His will. And now that we are born again, we see that even if we had free will, we could never have created a more glorious outcome to our lives than the one God has predestined.

We now see that God's intention was that we would experience the evil will of Satan, so that when we became aligned with the will of God, we would better understand the glory and goodness of God and experience it more fully.

TRUTH is we don't have free will, never did. The biggest proof is that we realize that we have just been saved by the grace of God, not by our will. We couldn't have liberated ourselves from our suffering and come to God on our own—we were blinded by sin, by the deceit of the evil one, Satan.

Born again, we see TRUTH of God's sovereignty—all creation is predetermined and controlled by God. TRUTH is this is God's plan—that we would be saved by faith in Christ and begin our new relationship with God. We would be connected with God through His New Covenant, through our body and heart, rather than our mind. And thus, we would now experience a more intimate and deeply loving relationship with Him through our devotion to Christ.

As we've discussed, our time on Earth is meant to be a testing ground that prepares us for a future when we will be "justified"—born again, we are washed clean of sin as if we never committed them. Our contaminated body and corrupted mind are restored. Having been born again, we are then sanctified, set apart to do God's work—the TRUTH of our Creator. To share

the Gospel with the world. As such, we become stronger in faith in Jesus Christ and are made holy so we can enter Heaven.

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! 2
CORINTHIANS 5:17

I have swept away your offenses like a cloud, your sins like the morning mist. Return to me, for I have redeemed you.”
ISAIAH 44:22

God’s Gift of Repentance

Once reborn, we’re no longer controlled by Satan, and though we may falter, we are now given the wisdom and strength to “repent,” to turn back to God when we stray. TRUTH is those born of the Spirit never stray far from God’s will and immediately return. Our transformation was done by God Himself, and thus, our salvation can never be taken away—we can never be corrupted by Satan again.

God gives all those whom He calls the gift of repentance—this is the power to see TRUTH.

Opponents must be gently instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth.
2 TIMOTHY 2:24-25

“So then, even to Gentiles God has granted repentance that leads to life.”
ACTS. 11:18

Through the Holy Spirit, God’s laws are now written on our hearts, now a part of our DNA. Now these laws are a part of our body-heart nature, our mind becomes renewed—this “change of mind,” change of will, is what is meant by repentance. This change is a natural turning away from worshipping self and the world, to worshipping God.

Now blessed by God with a new will—our old will aligned with Satan has passed away. Our will is now aligned with God’s. The Holy Spirit, who is our protector, now guides us the rest of our lives strengthening our experience of faith in Christ. The Holy Spirit guides us to cultivate God’s gift of a repentant-mind turning us away from unhealthy, unholy, evil things of this world. We are being sanctified, made holy.

We naturally abhor worship of self and other false idols. We only want to worship God. The goal of our life once focused on our achievements and self-gratification, becomes a life of devotion to Christ—how can we gratify Him. We experience a love for God not felt before. And we feel a love from Him not felt before.

We love Him because He first loved us.”

1 JOHN 4:19

Reborn, we realize that “responsibility” in life is expressed in our “responses” in life. And our responses are not our “own.” They are expressions of either our worship of Satan or our worship of God. Born again, our responses are only expressions of “good thoughts and deeds” for God is working within and through us. We treat ourselves, our bodies, with utmost respect and discipline, for it now is the Holy Temple of the Spirit of God. We are not truly responsible for our life.

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

PHILIPPIANS 1:6

“Therefore, my dear friends ...continue to work out your salvation with fear and trembling, ¹³for it is God who works in you to will and to act in order to fulfill His good purpose.

PHILIPPIANS 2:12-13

Being Born Again and The Holy Trinity

And it's here that we begin to really understand The Holy Trinity. What before seemed a bit complex to grasp, all of sudden now becomes crystal clear. God conceived of The Holy Trinity as a brilliant way for us to feel closer to God, to know God more intimately. Put simply, instead of God being a sovereign power far beyond our world in the ethers of the universe, He came into His own creation, and He came into our hearts. The Holy Trinity is the three persons of God; God the Father in heaven; God the Son on earth; God the Holy Spirit in our heart.

It seems that the distance between us and our Creator, God the Father, was a bit much for our consciousness to fully comprehend. We can see in the Old Testament that God's people struggled. To them, God may have felt more like a mental construct than a divine being connected to their heart, to their very essence.

We see God shift this through the Old to New Covenants—the covenants are God's manuals to our relationship with Him. In the Old Covenant, God's commands, His laws for how we were to

dwell peacefully and in health upon the earth were written on tablets of stone—we tried to understand them with our mind. And we were to worship God in Synagogues. Whereas in the New Covenant, God wrote His laws on our hearts—they were now a part of us, a part of our biology and DNA, of who we are. We inherently understand them. And now we are to worship God in our body—it is the Holy Temple of the Spirit of God.

Out of great creativity and love, God incarnated in human form as Jesus Christ, God the Son, and brought His New Covenant to us personally. In this way, we got to know God personally, body to body, eye to eye. And then, when Christ returned to Heaven, God imbued Christ’s disciples with the Holy Spirit so they, and now we, would not feel alone as we continue to wrestle with the evil one, Satan. God dwells in the hearts of those who believe in Him.

And I will ask the Father, and he will give you another advocate to help you and be with you forever—¹⁷ the Spirit of TRUTH. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.

JOHN 14:16-17

The Holy Spirit was theirs, and now ours, comforter, guide, and protector and would support them to stay strong in faith in Jesus, their risen Lord. Christ knew they would need this protection as they began their commission to share the Gospel around the world. This is Christ’s great commission. And now those born again are a part of it.

Just as God chose the Israelites as His followers in the Old Testament, in the New Testament, Christ chose His disciples as His followers. Today, God chooses those destined to be born again to be His followers, to be in Heaven with Him.

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—⁹ not by works, so that no one can boast.

EPHESIANS 2:8-9



The Signs Our Rebirth Is Near

Now, what is remarkable to note is that God often sends signs that our “rebirth” is coming, but usually, we don’t realize that they were signs until afterward. Looking back, we realize they were part of our preparation. For example, we might have seen things about Jesus Christ in odd places—like a picture of Him on a front door of a home. Or we might meet a young man telling you his name is Jesus (and not pronounced “Hesus”). Or the weird case of the TV cable customer-service representative recommending you read the Book of Daniel because it helped him understand the crazy, chaotic times we’re living in. You just wanted to cancel your cable.

And most especially, you might find yourself around more people who are believers and who talk about Jesus. Or you might find yourself reading a book like this. At the time, you might think these incidents are strange “one-offs” or curious coincidences, only to realize later that they held significance. In other words, these “subtle signs” are helping direct our awareness toward Jesus so that when “it is time for our rebirth,” we’ll fall into it readily.

Listening to “testimonies” of many who have been reborn, it seems common that the event of our rebirth is usually a dramatic event that challenges our whole sense of self. And what’s consistent

in the narratives is that our body was significantly involved. Most often, people share, “*I was feeling such despair, such physical heartache and heaviness that it brought me to my knees and something happened.*”

And so, in a moment of deep despair over the hardship and heartbreaks of life, we find ourselves on our knees, our heads bowed, our hands over our hearts. Without expecting it, we are surrendering and submitting, and there is nothing we can do to stop it—and we realize that we don’t want to. We can tell we are bowed low before something holy. All of a sudden, we want to know Jesus.

My Testimony of Rebirth

Up until the point of rebirth, our mind is under Satan’s influence. Our beliefs and behaviors are shaped by his will, and we believe THE LIE. When we are born again, by the grace of God and given faith in Christ, the scales of THE LIE fall from our eyes. We are transformed and given a new will and we see TRUTH. This is what happened to me.

I was born again a few years ago and I can testify that it was all God's doing. I had no desire, no plan, no foreknowledge of it happening. I share that so no one thinks I boast—that I claim I saved myself, that I decided to have faith in Christ. Rather, I was filled up by God with faith.

By the mercy of God, I have been saved and blessed with a new heart and mind. The spell of Satan over my will has been broken. I naturally turn away now from sin and am “responsive” toward God. I now understand the real meaning of “responsibility”—it’s our “response” that is aligned with the will of God.

For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.
COLOSSIANS 1:13-14

I now know my true purpose in life. It’s my relationship with Christ. I yearn to be with Christ in the Millennium we are told in the Bible is to come. Christ will rule and reign and it will be an age of peace and righteousness. By the counsel of the Holy Spirit now indwelling my heart, I am inspired to read and study the Bible and share the Gospel of our Lord until Christ comes for us. I am inspired to pray each day with the helpful guidance about what to pray by the Holy Spirit.

Despite a Catholic upbringing, I didn’t have a particularly intimate relationship with Christ to speak of—and I wasn’t particularly looking for one. Before that night, I didn’t realize that I had a

sinful will—I hadn't realized I was a rather egoistic person. I thought that I was a good, kind, "spiritual" person. I thought I was choosing my own life and that I was choosing wisely.

But TRUTH is I believed THE LIE; that I had free will to do as I wished with this life. And with this body. Stepping away from the Church and becoming a follower of "new age" Buddhist spiritual practices, I thought I was becoming an "enlightened one," learning to be a "a divine feminine god of manifestation."

TRUTH is we don't have this power, or permission. I am God's. I am not my own.

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of Him who called you out of darkness into His wonderful light.

1 PETER 2:9

It happened completely unexpectedly. I was in deep despair—nothing that I had hoped for in my life had worked out. I felt such hurt, such despair, such regret, such self-blame. *Why did I let that happen? Why did I not make this happen?*

Standing out on my deck under the midnight sky, I was gently pressed to my knees by "whom" I now know was the Holy Spirit. I felt this warmth flow through me and have since learned it was God's gift of faith in Christ filling my body, heart, and mind. I was in Christ's presence. How do I know—from that moment on, I have cared about little else other than getting to know Jesus, being close to God through Him. I have become a student of the Bible.

I was born again. And now I am waking up to realize that it makes no sense to blame myself for my past, though of course it's my responsibility. TRUTH is, as I am learning through my deep dive into the Bible for 3 years, that all that happened was all God's plan. My previous self-involved, egoistic life was planned by God. And now by the loving support of the Holy Spirit, I am waking up to realize it was all for my good.

I have learned that that night my body was being restored and my mind renewed with TRUTH. It's clear to me now that only God's gift of faith in Christ can restore us to our "pure" human essence of goodness. No amount of mindfulness meditation could make that happen.

When it comes to the purpose of our life and our eternal destiny, it's clear, we have no power or control. I have learned that we are all born with a will for sin—we see it in society everywhere. And Christ's love and sacrifice on The Cross is the only antidote to the toxic fruit from the Tree. It's the only antidote to Satan's deceit and our indoctrination with THE LIE.

Born again, God blesses us with the gift of faith in Jesus Christ. Our will is renewed and shaped by Christ's commands: love God with all that we are and love one another as Christ loves us.

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."
JOHN 14:6.

My arrogance was blinding me to TRUTH, to Christ as my Savior, my God. I believed THE LIE, that I was here to learn how to manage my life on my own and create all I wanted, and to cultivate the power to fix and control what was wrong and save myself from suffering—this is Buddha's lesson.

And though raised Catholic, I was blind to the power and immense love of Christ—He gave His human life for my sins. He did it to save me. That night on my knees this revelation overwhelmed me and it took away my pain—I was not forgotten or forsaken.

As I sit here now and write, I feel an immense sensation of gratitude fill me. God chose me. He decided it was time that I "wake up" and be reborn. It was time that I received His forgiveness and mercy which I now know He freely gives. God decided it was time I was given a new heart and mind, a new will—so I could repent—have a change of mind and "wake up" to the evil of sin. It was time that I felt my "new responsibility," my inherited nature, to "respond" to God with humility and offer all that I am to His purpose.

"No one can come to me unless the Father who sent me draws them, and I will raise them up on the last day."
JOHN 6:44

It's abundantly clear that what was required to facilitate our rebirth is that we are humbled. That night I was brought gently to my knees by the grace of the Holy Spirit. This was the only way that my ego would be subdued. I had to feel it physically, feel it in the sensations of my body and my heart that I have no power to resist. This was the only way I would be broken open so that I could be washed clean.

Reborn, I am filled with the Holy Spirit and deeply earnest about knowing and following Christ, about deepening my faith in God through Him. I now understand why Christ came. He came to reveal why the world is so evil and to save us from sin—and to give us the hope and promise of our own salvation.

Christ came to sacrifice His human body as the atonement that would redeem our sins and thus, reconcile us with God. Upon reflection, it makes sense that Christ's human body was the perfect sacrifice because ultimately our sin is against God's perfect and most beloved creation, our body. This has been man's sin since the generations of the Old Testament and right up through today.

How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God!
HEBREWS 9:14

Satan's strategy was and is to get us to disrespect our body, so we become consciously compromised. God created our body, heart, and mind as one consciousness and our connection of God is through our heart. So, if Satan got us to contaminate this connection by eating the forbidden fruit, then he got us to disconnect from our heart, and thus, from God. He could then take control of our mind, of our will. And he did. And since, we are all born with his sinful will.

And as we've discussed, this was all God's plan. Why? So, He could fulfill His redemption and salvation plan for mankind. It's through this plan that God intended to reveal TRUTH, reveal the power, goodness, and glory of who He is. God incarnated as Jesus Christ, and through His crucifixion, Christ conquered sin and death. Christ's perfect body was the atonement for the sin of mankind—the required compensation to be paid so we were redeemed, so that our human nature, our body, heart, mind connection was restored.

Then through His resurrection, Christ gave us the promise that one day our earthly body would be transformed like His into a heavenly body and resurrected to Heaven—to be eternally with God.

For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.
ROMANS 8:29

And once resurrected, God imbued us the Holy Spirit. He guides me each day to kneel and thank God for choosing to awaken and save me from Satan's grasp.

Being Born Again Sets Us Free

Realizing we don't have free will, we are set free from THE LIE

Ok, admit it. That's a pretty provocative heading—got you thinking probably. We all believe undoubtedly that having free will is what sets us free. Hopefully, we resolved this confusion in Part Two.

Having been born again, I discovered something so unexpected—and which became the inspiration for this book. The bottom line: Once reborn, once awakened, I was compelled to understand our relationship with God—how much power and control did I really have over my life? And I’ve concluded that I have very little, if any.

As we are discussing throughout this book, I concluded that we don’t have free will to determine our lives or our eternal destiny. And I definitely feel the Bible backs this up. I have to admit that it’s wonderful to discover that “free will” is an allusion to “so freeing!”

I now believe that God predestined every step I take, every thought I think, every breath I breathe, and of course, the hour of my death. He is God, enough said. And though many react to predestination as a life without meaning, a fate we just live out, I find that believing in God’s predestined plan is the most freeing and fulfilling experience ever.

For me, the strongest evidence that we don’t have free will over our destiny is that it was never my plan or desire to be “born again.” Yet, one night in despair, something happened, and I felt a “presence” gently force me to my knees. I couldn’t resist. I had no will to. And I knew I was bowed low before “someone holy.” It was Jesus Christ. And further proof of God’s control over the journey of our life, a year later, I was standing in the waters of the Jordan River being “baptized.” And as I came up out of the water, I felt the Spirit of God. This wasn’t something I willed or a trip I planned—it was divine intervention.

“Do not fear, for I have redeemed you; I have summoned you by name; you are mine.
ISAIAH 43:1

Put simply, now having been born again, it’s remarkable to realize that I am freed from trying to figure everything out and striving so hard to make it all happen—and blaming myself for failing. I am now freed from blaming myself. I’m freed from regret. I’m freed from being judgmental, from being so self-critical and expecting so much from myself, and from others. I realize that for many, this is an ego buster, but for me it is a liberation of my heart. I know that because it feels holy.

The sin in my life was before I knew Christ intimately, before I knew Him personally. I am certainly responsible for what happened and choices I made and will live out the consequences. But looking back, I can see TRUTH so clearly. I realize our lives are so stressful because of our belief in free will—we are trapped in a delusion that keeps us going round and round. THE LIE keeps us trapped in Satan’s kingdom—incessantly striving and struggling.

Now, because of my rebirth, I am free. I am free from blaming myself which serves no purpose. And by the way, “blaming oneself” isn’t something that is from God, from the Bible. It’s a favorite of Satan’s.

I was under Satan’s spell and delusional with the sinful belief that I was created to fulfill my will, my plan and purpose. TRUTH is I am here to fulfill God’s will. And all that happened was according to God’s predetermined plan and purpose for my life—and it’s all for my good, it’s all for my freedom.

And having been born again and learning from the Bible that I have been predestined for a future with God is the most profound meaning of freedom. It means “I AM free”—free of sin, of darkness, of suffering, of Satan. And now, I have been set free in faith in Christ to begin to get to know God, to know His character, to understand His intention, His plan. I understand that I am now a part of something far bigger than anything this world has to offer, than anything I could have created in my life on earth. Now, this is “true freedom.”

Realizing that God is “sovereign” over everything, even my next breath, humbles me before Him. It causes me to bow low to the ground to empower my submission to His will. I surrender my next breath to God, and I surrender my ideas about this moment now, and about tomorrow, to His will. Now, this is true freedom.

Now, no this doesn’t mean I have nothing meaningful to do, nothing meaningful to think about, to consider, to choose to plan and do. Yet, it does mean that this is all subject to God’s predetermined destiny for me. It means the Holy Spirit will guide me—I’m not alone so no need to stress.

Surrendering to knowing that God is in complete control of my life and always has been and always will be, and that nothing shall thwart His will, I feel faith well up in me like I’ve never felt in life before. TRUTH is the fact that the Creator of all that is in partnership with me in my life, feels wonderful. Now, this is true freedom.

AND, to think that I am that important to God—that He has planned my future as one of His chosen, my future to be with Him, is almost incomprehensible. This is the true meaning of “self-esteem.” I have worked hard my whole life to be successful, and all along, God has guaranteed my ultimate success, my ultimate happiness and peace.

Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father’s care. And even the very hairs of your head are all numbered. So don’t be afraid; you are worth more than many sparrows.

MATTHEW 10:29-31

The stress, struggle, and dominance of my ego is gone. I “lean not on my own understanding” any longer, which was always fallible. I am to lean on the redemptive power of Jesus Christ alone. Now, that’s true freedom.

I don’t need to be anxious or fearful anymore. I’m so grateful to realize now that if God is in complete control over my life and all that happens in the world, then God is in complete control over Satan. God planned for evil in the world and in my life. God planned for Satan in the Garden. And now, God plans for my salvation. And God has promised that there is nothing Satan can do to thwart His plan. Yes, Satan will come to tempt and frighten me, to try to get me back, yet I am free from his grasp. Now, this is true freedom.

Thank you, God.

Oh, I had another epiphany—*since it’s all God’s plan, it’s all God’s fault.* Perhaps I can blame Him instead of myself. Hmm?

Blaming God

Wait! What? I know. You don’t like this idea.

Please let me explain. I wanted to share this because it gives more insight into my conversation above about the “freedom” of having been born again. I have struggled for years with self-blame and deep regret about things that happened, and didn’t, in my life. And every now and then, these thoughts and feelings pop up to plague me. But now, I’ve discovered that if in these moments, I remember that God is in control and that it’s all God’s plan, then I can “blame” Him instead. When I do, it relieves me immediately of my pain. And, I know God can take it.

First, let me clarify that my blame is not fueled with accusation or resentment or anger toward God but rather comes from complete humility and gratitude. How so? Because I have been “born again,” I have woken up to understand that all creation, all life and death, is all God’s predetermined plan and will. God is sovereign and He chose to create me. God predestined my life. God chose me to be “born again”—He predestined me to be saved and one day soon to be with Him in heaven. So, there you have it—in a weird sort of way, I both blame God and have immense gratitude to God.

As we’ve discussed, we’ve all been taught that our life is our responsibility because we have “free will,” and thus, it’s up to us to make good choices and to be blamed, to be responsible with

guilt, when we make bad ones. We've been indoctrinated to believe that having free will, having agency over our life, is what gives meaning to our lives and to who we are—THE LIE.

I have realized just how much negative power “self-blame” and “self-recrimination” have over my psyche. And it's so obvious this is a societal epidemic. Now being born again, you'd think I'd be free of it. Yet, I admit it still haunts me. And for a while this bothered me. I kept thinking that maybe I hadn't “really” been born again—and of course, kept thinking that somehow, I failed the chance God gave me.

But then, I remembered that Christ, through His disciples, has warned us about the schemes of the evil one and that in these days until we are rapture to Heaven, Satan is becoming even more aggressive. In considering that, I had an “aha” about how to defend myself from these attacks of self-blame that he so loves to tempt me with.

I basically decided not to blame myself and instead blame God. In other words, I refuse to blame myself. Why should I—it's not my fault, I don't have any power. I blame God for He's the one who planned it all. Now, though this sounds disrespectful, I trusted that God knew what I was doing. I wasn't blaspheming Him but rather worshipping Him.

The first time I did this, a remarkable thing happened. Blaming God, I felt relieved—I could breathe. In blaming God, I was fully embracing what it means that God is **sovereign**. **It means God created and controls all things. It means then that God is fully responsible for my life and my destiny. And it means God** has full control over Satan. Blaming God, I give Him all credit for my life—and basically indicate to Satan that he has no more power over my life. My life, all that I am, is God's

Understanding now that my past suffering and sin was God's intention for my development, for my good, for the evolution of my understanding of who He is, has brought me such relief—self-blame is pointless. And blaming God is not a sin. Actually, it sustains my new-found faith in Him. It sustains my complete humility before the awesome power of God.

Who knew blaming God could be my complete and utter submission to Him. Who knew that blaming God would help adjust my ego, put me in my place because I now understand that it's all God's, all God's plan, all God's responsibility, all God's fault. I am not the little god I thought I could become. PHEW. And now I fully understand the pride and arrogance of Satan.

And who knew that as I stumbled upon this aha, I was actually following in the footsteps of Job.

*The Lord gave and the Lord has taken away; may the name of the Lord be praised.”
In all this, Job did not sin by charging God with wrongdoing.*

So in summary, in those moments, when I fall and capitulate to self-blame, blaming God takes this suffering away immediately. It helps me instantly remember TRUTH. We are all intoxicated with sin, imprisoned by Satan. There is no way we can save ourselves. We need a Savior—and He came.

God came into His creation to reveal Himself to us. This was His plan so we would understand His intention for us. We are here on earth as part of God's plan to put us through a "refining process," like a jeweler refines his gold in the fire. God is making us pure, holy and divine, so we may be with Him. And while we go through these fires, these challenges and trials, He is with us through the Holy Spirit.

Knowing I don't have free will brings me such peace, such "freedom." And this is because it brings me great humility. Humility is freedom. Fully surrendered and submitted to God, I now know that God has and is and always will be in full control of everything in my life. I now know that I will walk as God directs my feet. And how do I know what those steps are? As long as I am reading the Bible and talking with God each day, and all day, in prayer, the Holy Spirit directs the path I am to take.

I am the Lord, and there is no other; apart from me there is no God. I will strengthen you, though you have not acknowledged me, 'so that from the rising of the sun to the place of its setting people may know there is none besides me. I am the Lord, and there is no other.
ISAIAH 45:5-6

Put simply, blaming God has humbled me to realize just how powerful God is over my life, over the world. I am not distracted any longer by my pain but now all my energy is focused on serving and pleasing God. My pain is just simply residual from my old egoistic self—that I had power, that I had free will, and thus, I am to blame. Just more of THE LIE.

My Responsibility

Now many will undoubtedly think my conclusion "to blame God" is because I'm trying to shirk responsibility for my choices, even for my life. However, this is not the case. I feel more responsible than ever.

Through my "rebirth," I now have a new will given to me by God. And now I make choices aligned with His will. And it's natural—and, there's no other choice involved. And what I've discovered is that this is "true responsibility." Meaning my "responses" are now naturally more humble, kind and good, more naturally compassionate and loving.

Said differently, the most important thing in life is not what I do but rather who I am when doing whatever I feel prompted to do. This is who I am now: a “new creation in Christ given a will to do Christ’s will.” And “I’m” not choosing these responses but rather it is God working through me so that my life now is fulfilling God’s will, God’s plan and purpose. And I’m down with that.

The mind of man plans his way, but the Lord directs his steps.

PROVERBS 16:9

Even though I now know we don’t have free will, and so I could just “give up,” not bother trying to influence the quality of my life, I actually feel even more focused and committed “to respond” to life in a more hopeful, humble, kind, generous, and loving way—the way Christ wants me to. I am fully responsible for holding onto Christ, to carry my cross for Him.

¹⁶ And so we know and rely on the love God has for us.

God is love. Whoever lives in love lives in God, and God in them.

1 JOHN 4:16

My Life Is Not About Me. And That’s A Good Thing.

My life is not my own. It never was. God is sovereign over my life, over my sin and my salvation. Me and my life are up to the predetermination and will of God. I am not my own. I am God’s. Thus, my despair and heartache are now offered to God and I am free. And so, I’ve been set free from the weight of believing that my life is “all about me.” It’s not. It’s not about my power to get what I freely want. It’s not about my disappointment and broken dreams.

My life is about God.

What I “do in life” is not important—its not the meaning of my life. That I devote my “self” to faith in Christ is. It’s all that is important. I discover that this then automatically motivates me to do good things, healthy things, holy things. It’s not a question; it’s not a choice. Because it’s not me. As Paul says, *it’s the Spirit of God in me.*

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

GALATIANS 2:20

I know I have been chosen for salvation because God infused me with the gift of faith in Christ in the Jordan River. From the moment I came up out of the water three years ago, I have had no

doubt about what to believe. I believe in Christ and in the Bible. My mind and heart were washed new, and I now know TRUTH. And I have no doubt in what I am to do...share the Gospel and Revelation with others. Thus, my essays and books.

But now, this is what the Lord says—he who created you, Jacob, he who formed you, Israel: “Do not fear, for I have redeemed you; I have summoned you by name; you are mine.
ISAIAH 43:1

So now, understanding that this is all God’s plan, “His fault,” my despair lifts and I become curious instead. Freed up from fear, I get to look deeper for the “true” purpose of my life. And this then motivates me to trust in Christ and to leave so much of “my planning and worry” in God’s hands. I don’t have to struggle to figure anything out. Christ tells us to leave our cares with Him. This makes sense to me now for He is our Creator. We are to trust each day that the Holy Spirit is guiding our minds and our thoughts and thus, our every action, and every step.

“Therefore, I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?”
MATTHEW 6:25

My egotism is dissolving and each day I become clearer that the reason I was created is for God, for my relationship with God. The same reason we all were created.

I can see now what is sinful, what goes against God. It’s the same thing that goes against nature, health, humility, kindness, generosity, compassion, and love. And I’m so grateful because now in my “rebirth,” I have absolutely no desire to do any of it. My thoughts of striving and achieving for myself have all shifted to what I can do for others.

I’m free. My burden of sadness and self-blame about what I didn’t get in life are transformed to what I can give in life. I’m now intrinsically motivated, or better said, directed by God’s work in me, to turn toward the light and goodness that come from Christ. Now that I’m aligned with God’s will by His grace, my response, my responsibility, is to be “salt and light,” to be a positive influence in the world according to the Bible as a follower of Jesus Christ and His will, His commands.

And though in many ways this is challenging because we live in a very broken world that rejects God, and thus, believers in Christ don’t fit in, it’s the greatest joy ever in my life. As Christ often shares, we must be willing to walk this path toward salvation alone—He means set apart from others. For in Christ, we are never alone.

“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.

Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you,
ISAIAH 41:10

A Revelation About My Past Life Because Of My Rebirth

Though I have shared that looking back I feel regret, hurt, and despair about lost hopes and dreams, I am now beginning to understand that these feelings are all from Satan's world—to keep us blind and connected to him. He will continue to try to pull us back to him—especially those who are in faith in Christ. If he can't keep us from God, then he knows he doesn't have any real power in the world.

The remarkable revelation is that as I look back now through renewed eyes, a new will aligned with God's, I can see my life more objectively, more truthfully. I can see that I actually did accomplish what I was meant to and what then was fulfilling me—I just didn't know it. And I can now see that these things are what God wanted me to do because they are not informing my work for Him—this book as an example.

And by the grace of God, I can see now that much I did in life was actually so much of what I love. From a very young age, I was a very spiritual person. I wanted to know about “spirituality,” about creation, our Creator, and about ourselves as spiritual beings. And as part of this, my life was dedicated to “our body”—to learning about its sacred, spiritual nature and helping others to explore this. So, if I know this was my goal and I was doing it, then why all the despair and heartache?

I see now that this is because I was continually harassed by Satan that I shouldn't be doing what was calling my attention. Why? I realize now because I was on the path to know God.

Satan tried to convince me I should be doing other things, having other beliefs and values. I succumbed to this and kept trying to do things for my own gratification, my own success. I forgot to do it all for God. And thus, my suffering.

Be Not Afraid.

Now a bit of confession about the “consequence” of my rebirth, of my newfound “responsible freedom.” There is much joy to this awakening, the joy of knowing Christ, of seeing TRUTH, *Then you will know the truth, and the truth will set you free.*” (JOHN 8:32) However, there is a

great challenge as well. Life doesn't just become all easy and joyful, even pleasant. Mostly, because you are awake to things that you were blinded to before. You now see all the ugliness and evil. I share this to be fair in helping others understand and be prepared for when they are born again.

The scales fall away from your eyes, and you too will see a world that you were blinded to before. It's a world struggling against cruelty, anger, hate, pollution, war, destruction...it's a world whose beauty and holiness are shrouded in veils of evil. It can be overwhelming, and certainly frustrating and cause great fear and anger. To be transparent, I don't like the world. And it seems to be getting darker. I believe we are definitely in the End Days.

But it's not all bad. I go to the Bible for perspective. I am reminded of why the world is like this. And I remember and feel Christ's immense and calming love. And thus, I remember this is all God's plan. And I trust Him.

We are to hold onto God's intention. We are to hold onto TRUTH that we are only passing through this world. As we've mentioned, this age of man has been our bootcamp. This world is not meant to be our home. Reborn, I now know that my citizenship is not here. I am free from Satan's kingdom and one day soon will be risen home to be with Christ. THANK GOD!

But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ.

PHILIPPIANS 3:20.

The Bible also reveals the path to get us through the remarkably dark times ahead, the days of the "end of the age." We are to hold onto the hope God has given us in Christ. Christ is coming back a second time to rid the earth of all evil and darkness and to destroy Satan once and for all. We will then be with Him in peace and goodness.

Be Empowered... with the Bible and with Prayer

Born again, we are protected with the Armor of God, which is TRUTH of the Bible. We find ourselves earnest to know Christ, to understand God. The Holy Spirit empowers us with the word of God because He brings us understanding and wisdom as we read it. I remember having read a bit of the Bible decades ago and I basically felt very little connection. Now, I can't get enough of it. And each time I read it, I feel myself comprehending more and more. I believe that it actually is alive in me—the "living word of God."

Born again, we are empowered to pray. Feeling the presence of the Holy Spirit within us, we hunger to know Christ, hunger to understand God. And we find ourselves filled with a natural desire to become intimate with God, to talk with Him always. We begin to fully comprehend the power of the Holy Trinity, the three persons of God. His brilliant design to help us understand Him fully and to be close to Him. We discussed this earlier.

Jesus in His ministry encouraged us to pray to God directly. We are not to pray to other gods, other people, or what many regard as saints, and not to the Virgin Mother—much unlike what the Catholic Church encourages. God specifically created the Holy Trinity for this purpose. Through Christ, God incarnated. And through Christ we understood the sacredness of our human body. And now, through the indwelling Holy Spirit, God's spirit, our body is the Holy Temple in which we are to worship and speak to God. Our relationship with God is direct, intimate, personal and so comforting.

Finally, born again, we are empowered by a job to do. We are to preach the Gospel and the Second Coming of Christ, so that others might be saved. We certainly don't have the power to save others, yet we are God's servant in spreading the word, spreading TRUTH. Called by God and having been reborn by His grace, God is using us to save His chosen people. We have no idea who they are. We are merely to witness as many as we can.

Also, what we need to understand is that our work as part of Christ's great commission will be a challenge. Much of the world rejects Christ. Yet, God has given us courage and confidence through the Bible. With His word as our armor, we can't defend ourselves against Satan. We are vulnerable to deceiving spirits. Yet once we have TRUTH, speaking the name of Jesus Christ and declaring faith in Him as our Lord and Savior, Satan has no power over us and our lives, and especially, over our salvation.

Blessed with the Holy Spirit, we are protected by God's word.

But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light.

1 PETER 2:9

"Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms."

EPHESIANS 6:10-12

Truth of End Times and Being Born Again

Now, there's something else we wake up to when born again. Because of our newfound love for the Bible through our relationship with the Holy Spirit, we learn that this "age of man" shall come to an end. As discussed, we know from the Bible that God's planned for our redemption and salvation through Christ, whom God predestined to come two thousand years ago to save us from sin.

Having been reborn in a time such as this, many are beginning to pay quite a lot of attention to the prophecy of the Bible. In the books of Daniel and Revelation, we learn Christ is destined to come again soon to cleanse the earth of all evil, reign for a thousand years, and then, destroy Satan once and for all. Those predestined by God will be called and renewed by God in preparation for God's next age of man, the Millennium of Christ's Reign. They will be reborn with new hearts and minds, with new wills, and see TRUTH.

TRUTH is that being with God is our ultimate happiness, joy, and fulfillment. Nothing in this world can compare to it.

TRUTH is that this is God's delight. Calling us to Himself is God's fulfillment of His intention for Creation. TRUTH is that when God calls, we are ready for the intimate relationship with God—we are ready for Holy Love. TRUTH is - it's not our choice.

Do not fear, for I have redeemed you; I have summoned you by name; you are mine.

ISAIAH 43:1

Our remaining time on earth is our last chance to be "born again."

God's call is usually singular in nature. Yet, there is something happening on the earth that compels me to believe that God is in the process of calling many to Him at the same time. Why do I say this? In Matthew 24, Christ prophesied from the Mt of Olives the signs for us to watch for in anticipation of when the End will come. We are certainly seeing all of them happening right now—all around the world. Perhaps it's worth considering that this is God's call to all those predestined to be born again before He brings His final phase upon this age. Are you paying attention?

And for those who have been born again, they can take great comfort in knowing that Christ has planned to spare them from the intense trials of seven-year Great Tribulation that is soon to come

upon the world. It's pretty obvious given the trials that we are facing now—and the fact that they are all happening at the same time. How will Christ keep us from wrath and destruction? He has promised to rapture us up to be with Him in the clouds.

We speak more about the End Times in Part Five.

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you.

1 PETER 1:3

Since you have kept my command to endure patiently, I will also keep you from the hour of trial that is going to come on the whole world to test the inhabitants of the earth.

REVELATION 3:10

Amen. Come, Lord Jesus.

REVELATION 22:20

In Summary

Once reborn, we realize we were living in a dark delusion, and we now understand the impact sin has on our lives and on the world. By the grace of God, we are given a new heart, a new mind, we are given the power to repent—we “wake up” and turn away from evil. Our will aligns with God's will and evil and sin no longer fits our nature.

Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

ROMANS 12:2

Born again, we are transformed. We are made humble. And with our ego out of the way, we are awake. We can see. We can see TRUTH.

Immediately there fell from his eyes something like scales, and he received his sight at once; and he arose and was baptized.

ACTS 9:18

Born again, by the grace of God, we are given His gift of faith in Jesus Christ. When “born again,” we are completely transformed from being spiritually dead in sin to becoming alive in

Christ. The Holy Spirit is imbued in our heart and informs us of TRUTH. We become filled with the mindset and values of humility, goodness, and holiness.

In the same way, count yourselves dead to sin but alive to God in Christ Jesus. Therefore, do not let sin reign in your mortal body so that you obey its evil desires.

ROMANS 6:11

Born Again, we are born not in the flesh but in Spirit. It's a mystical experience as our body is infused with the divine, with the Holy Spirit. Our body and mind are washed clean of sin and restored from corruption. Our body's DNA and physiology now resonate with the energy, with the voice, with the Spirit of God which flows from our heart and into our awareness—the third person of God, the Holy Spirit.

Our body is restored and becomes more luminous. As refined gold reflects the light of the sun, we reflect the light of the Son of God from our hearts. In this way, we are inherently inspired to follow Christ's command of preaching the Gospel. We are to be the beacon of the "good news" of Christ's birth, teachings, crucifixion, and resurrection to the world. And of Christ's second coming.

Born again, I can see Satan's ugly plan. Yet I can also see God's intention. And now I feel more empowered. Christ is our protection from Satan. With the Holy Spirit within me, I now have the power to turn away from Satan, to declare to him I am no longer lost and vulnerable. I am God's.

You, dear children, are from God and have overcome them (deceivers), because the one (Holy Spirit) who is in you is greater than the one who is in the world.

1 JOHN 4:4

Born again, our body, heart, and mind begin to spiritually align with God's will, and our only inclination in life—our new will—is focused only on goodness and holiness. We yearn to stay close to God and are inherently inspired to speak of Christ to all whom we meet.

We know we can't save anyone, for that is only the work of God. Yet, the Holy Spirit shining through us on the words of the Gospel is God's work in us. Our will capture another's attention and possibly they will become curious and seek the Word of God, start to read the Bible. And especially now, given these end times.

Born again by the grace of God, we receive the gifts of:

- Faith in Christ and are saved
- Repentance: a change of heart and turning away from selfishness and sin and toward love for Christ.

- Discernment: seeing the difference between good and evil, and stepping away from evil and toward good
- Wisdom: feeling the guidance of the Holy Spirit as He draws us to the “word of God,” the Bible.

Once born again, we now BELIEVE.

- We believe in the one true God through faith in Jesus Christ.
- We believe in Christ’s life, crucifixion, and resurrection—that He came to save us from sin and Satan’s will. Through His crucifixion He paid the price for our sins and we were reconciled with God. Through His resurrection, we are promised our resurrection.
- We believe in the Holy Spirit—God’s gift to us, our comforter and guide until Christ returns.
- We believe in the Second Coming. We constantly look for Jesus and wait eagerly for His coming.
- And we believe that God, Jesus Christ, and the Holy Spirit are one—the three persons of the Holy Trinity.
- We believe in our resurrection to be with God
- We believe we are loved by God. This love ignites a love in us: and we love God because He first loved us. 1 John 4:19
- We believe in the sovereignty of God. And thus, we know that our “rebirth” is by the goodness and grace of God. Our faith in Jesus Christ is God’s gift. We did nothing to make it happen and we did nothing to deserve it.

And in loving God, we learn to love others as Christ loves us. We embrace Christ’s commands. And we realize we were and are never alone. We were and are never forsaken. We are not children of God.

Born again, we are saved. And we know we can never lose our salvation because of the immense sacrifice that Christ did for us on the cross. Once born again, there is nothing that can snatch us from the hand of God.

Born again, the Holy Spirit inspires us with the sensation of humility—the most powerful of all sensations for it ignites our understanding of how powerful and sacred God is. We bow low. We look up to God and our hearts open with softness. We breathe slowly and listen to the soothing, calm energy flowing through us. We begin to feel a spiritual, mystical, humble confidence. This sensation fills us with immense gratitude for having been chosen by God. It’s clear that we could never have saved ourselves. Only Christ could rescue us from Satan’s power. And He did.

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

PART FOUR:

THE HUMAN BODY

“This is the covenant I will make with the people of Israel after that time,” declares the Lord. “I will put my law in their minds and write it on their hearts. I will be their God, and they will be my people.

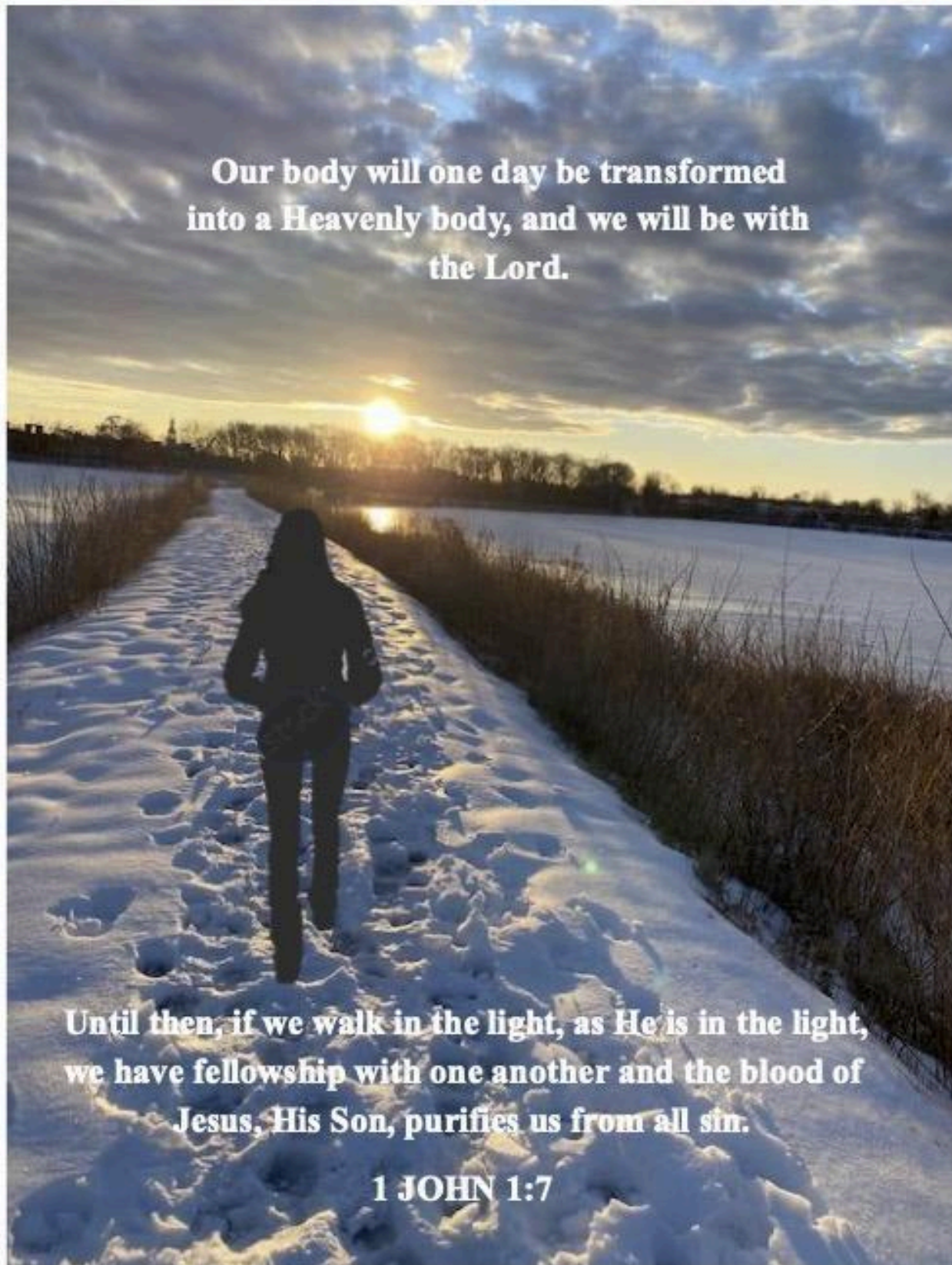
JEREMIAH 31:33

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own. ²⁰For ye are bought with a price: therefore, glorify God in your body, and in your spirit, which are God's.

1 CORINTHIANS 6:19

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

ROMANS 12:1



**Our body will one day be transformed
into a Heavenly body, and we will be with
the Lord.**

**Until then, if we walk in the light, as He is in the light,
we have fellowship with one another and the blood of
Jesus, His Son, purifies us from all sin.**

1 JOHN 1:7

The Most Brilliant Creation in The Universe Is Our Human Body

Our body is the Holy Temple of the Spirit of God.

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?

1 CORINTHIANS 6:19

Evidence of God

God's existence is made most evident by the creation of our *human body*. Honestly, what could be a more ingenious, mystical, sacred creation? God's intention for all of creation is seen in "why He made us human. "

Yet, we have a problem. Most of mankind doesn't regard our body as sacred, or even special. We've taken our body for granted—and some spiritual theologies teach that our body is a hindrance to our spiritual growth. And society believes our body is ours to do with as we please—for our pleasure and purpose.

And we are now living in a world that has gained power to manipulate and change our body, even going so far as to lose our "humanness" in order to meet our desires for who we want to be—our ego. Then the question becomes who are we? And though this is challenging to answer, what we do know is that we are not God's original creation anymore—as we know, it all started back in the Garden. And if we are honest, we have to admit we have lost our natural beauty and grace.

TRUTH is our body is not ours; it's God's.

Why God Made Us Human

Now many of us think of our body as primarily "matter": bones, muscles, tendons, organs, skin, and blood. Yet, our body is also energy—all these parts of our body are various patterns and densities of energy. Considering this, we begin to understand God's ingenious design of what we call the "body, heart, mind connection." And we begin to understand the importance and the

power of the heart; God designed our heart to be both the pump for physical life as well as the container of our “mystical energy,” of our connection to our Creator. It’s where the Holy Spirit indwells us.

It's our “heart” that makes us human—the center of wisdom, discernment, kindness, generosity, morality, goodness, justice and love.

Our body reflects God’s glory because it is a masterpiece of His power and creativity. Our body is clearly God’s most brilliant and beloved creation. **God designed our body to carry our consciousness of Him through our life here on earth.** Our body is the “conscious container” of our heart and mind. Our heart holds the Spirit of God and informs our mind of TRUTH. Our body is our connection to Jesus Christ. And because of this, it’s the quality of our relationship with our body that reflects and strengthens our faith.

And finally, it’s the quality of our relationship with our body, our self, that forges our relationships with others and the earth.

Our body is the Holy Temple of the Spirit of God.

Many think when I say “consciousness” that I’m referring to our brain, our mind. Yet, what’s important to understand is that our consciousness is not just mental. It’s also, and more so, physical—specifically it’s the life-force energy, frequencies and rhythms that flow within our heart and causes sensations throughout our body. These flow into our brain and inform our mind.

Yes, our physical heart is conscious. And our heart carries our consciousness of God.

Our heart flows with the energies of health, beauty, kindness, compassion, goodness, holiness, discernment, empathy, and love. These are the qualities of our spiritual morality, of God’s morality, and thus, why our heart is our moral center—is the source of our humanity.

Though many believe that it’s our mind that is wise and discerning, it’s actually, our heart and body that discern good and evil. They feel God—and inform our mind about Him.

Our heart is the source of our mystical experience of faith. Yet, for this consciousness between body, heart, and mind to flow freely with the wisdom of the Holy Spirit, we need to have been born again.

Said another way, our body naturally resonates with the “creation impulse.” And thus, our body hears the voice of God. In fact, when reading the Bible, the source of God’s words in this world,

our body literally resonates with it; we feel more alive, gently energized, and deeply reverent and holy. In other words, our body resonates with our Creator, with God.

Born again, we discover that our body and heart hold the experience of our faith in Christ. Because of the indwelling Holy Spirit, our body, heart, and mind connection is strong and we are in remembrance of Christ's sacrifice of His "human body" for us.

In remembrance of Christ, TRUTH fills us. And as Christ revealed in the Bible "He is, His human now mystical body, is the way, the truth, and the life. And He's revealing that so is ours. This TRUTH sets us free—sets us free from the trappings of this secular world. This TRUTH inspires and motivates us to respect and love our body because it's our connection to Christ, to God. Our salvation happens through our body.

Our heart is our humanity, and our humanity is our expression of our faith in Christ.

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.
JOHN 14:6

Our Body Is Our Connection to Christ. Our Salvation Is Through Our Body

Our body is God's creation, and once we are born again it becomes the Holy Temple of His Spirit on earth. The holiness and pricelessness of our human body was revealed when Jesus, Son of God, gave His "human body" as the sacrifice on our behalf, as redemption for our sinfulness. Christ's body was the only atonement our Creator would accept.

Put simply, because we were sinning against God by our obsession with manipulating and using our body in unhealthy ways for our desires, the body was the only compensation that made sense. Yet, out of great mercy and love for us, God spared us this death. We see it should have been our body. But by Christ's sacrifice, our bodies were saved.

The question then becomes "why were we saved?" Because this was God's plan. Sparing us, God was continuing His "refining process" of man—mankind was to go through more of life on earth, to go through more tests and trials, evolving our consciousness of who God is. God explains this all in the Bible. And God also reveals the culmination of this age, this phase of mankind's existence.

What's so important for us to glean from this is that it's our body that connects us to Christ. It's our heart that knows Him. And our connection with Christ is very real and very intimate.

Christ's coming two thousand years ago began God's redemption and salvation plan. God incarnated in a human body, as Christ, so we could relate to Him more intimately. God wanted us to understand His intention for His creation, for us. And how important our body is to God.

For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.

JOHN 3:16

But unless you repent, you too will all perish.

LUKE 13:3

God wanted us to understand who Satan is and the immense power Satan has over us and our lives—and especially, our bodies. Satan co-opted our will and makes us do sinful, evil, unconscionable things to our bodies, to each other, to the planet. And God came to reveal His intention for our salvation from sin and Satan. This is part of God's creation plan—through this, God reveals His power, mercy, and love, and we gain more understanding of who God truly is. Christ was tempted, ridiculed, and crucified.

Through Christ's physical persecution, we witness the horror of evil and of the vile acts that man perpetrates on each other. We see men who don't believe in God do unconscionable things to the Son of God. Men who have no conscience, no fear of God. Men who are of Satan's will. And we see this all happen to Christ's human body.

As we witness the crucifixion, we see what God required as the atoning sacrifice for these sins that would reconcile us with Him. It was the life, "the human body," of Christ Jesus. God wanted us to fully understand how serious our disobedience and sinful will are to Him. The only atonement was death, i.e. the sacrifice of the human body, i.e. of our body.

As we witness Christ's crucifixion, our body empathizes with the excruciating pain—our body contracts in revulsion to evil. And our whole being empathetically feels Christ's personal crisis of calling out to God from the cross—our body feels with the painful, heart-crushing, agonizing fear Christ is facing. Our hearts are stirred, energetically connected to the heart of Jesus. We feel our own agony in life about being separated from God. We too are inspired physically, emotionally, and mentally to call out to God as Christ did.

My God, my God, why have you forsaken me? Why are you so far from saving me?

PSALM 22:1

Though so painful, there is a powerful blessing to our suffering. Our suffering breaks us down, our ego has no power. Our breakdown is the gift that brings us toward God and keeps us close and humble before Him. Then through our rebirth, we awaken and realize that all is not lost.

Our body helps us believe in the resurrection of Christ's body. Through Christ's resurrection, we are promised salvation. We can empathetically feel the "freedom" in our own body as we witness Christ being raised from the dead. His body is transformed, made light and luminous.

In our witness of Christ's resurrection, our body's resonance with His experience is revealing to us the promise of our salvation—the promise of being with God in Heaven. Our body knows that one day soon, we too will be transformed into a heavenly body: light and luminous.

Through Christ, we are reconciled, made holy, and saved. Born again, we are cleansed and made ready to be with God. Our body is restored and our mind renewed. Our heart filled with the Holy Spirit becomes the Temple of the Spirit of God. We now stand in the word of God, in remembrance of what Christ did for us.

We realize that our salvation happens through our body, for our heart resonates with faith in Christ.

So, my brothers and sisters, you also died to the law through the body of Christ, that you might belong to another, to him who was raised from the dead, in order that we might bear fruit for God.

ROMANS 7:4

The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

GALATIANS 2:20

To them God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the hope of glory.

COLOSSIANS 1:27

And now that we are coming into the final salvation, the "end days of this age of man," our body once again becomes the focus. Just as in the days of Noah and Lot, we see a major obsession of man to violate the human body, to make it into something that man wants.

The book of Daniel points to the "abomination that makes desolate standing in the Holy Temple," referring to the third temple to be built in Jerusalem. And I believe that the Bible is possibly referring to another abomination in another temple: the temple of our human body.

We go further into this in Part Five.

Our Relationship with God Is Rooted in Our Relationship with Our Body.

Our relationship with God is dependent upon our relationship with our body. Our body is the key to our salvation. Born again, our body becomes God's temple on earth.

Our body is a complete masterpiece, a sacred wonder beyond anything else possible. Our body is profoundly powerful. It is the key to our relationship with God. Our body holds only consciousness, the vibrational make up of humility, goodness, health and holiness. There is no evil in it. Our heart is pure love. Our body-heart instinctively guides our mind to turn away from evil and sin and toward goodness and love.

Yet, we have a problem. Our body-heart-mind connection is contaminated. Our mind is disconnected from our heart. We focus on the worldly rather than the "Godly." Satan controls our will. Until we are born again that is.

Once reborn, we become very aware of our relationship with our body. We see more clearly how we abuse our body, how society abuses the human body: drugs, cosmetic surgery, partying, laziness, poor eating and drinking, tattooing, fashion, perverse sex, etc. Reborn, we wake up and see that beliefs and behaviors we've taken for granted are immensely immoral and perverse. And we begin to understand what little regard we had for our body, and thus, for life—we begin to understand why we regard abortion far too casually.

Reborn, we begin to realize that our relationship with our body is the most important relationship in our life—central to our lives. We begin to realize that our relationship with our body is the foundation of our relationship with God.

Reborn, we realize that our relationship with our body is extremely important to God. The whole Bible is about our body. Particularly, it's about our relationship with our body and how this is the foundation of our relationship with God. How we regard our body, how we treat our body, indicates how we regard God, how we treat God.

If anyone destroys God's temple, God will destroy that person; for God's temple is sacred.

1 CORINTHIANS 3:17

Satan Got Control of Our Relationship with Our Body

Satan got control of our will because he got control of our body. This is how Satan got us to reject the TRUTH for THE LIE.

Satan hates God and hates us. Satan is determined to separate us from God. Satan's ultimate goal is to get us to disobey God's commands, to reject God. Thus, Satan knew he had to take over our relationship with our body. And thus, Satan had to take over our will.

God made us human and divine so we could experience His love. God designed the body-heart-mind connection so we would be conscious of Him. Our connection with God is through the heart. Satan knew if he could disconnect our mind from our heart, then he could convince us of the LIE and get us to dismiss, disrespect, and especially defile our body. This is our gravest sin against God.

In the Garden, when Satan got us to eat the toxic fruit, this contaminated our body's perfection and broke down the "body, heart, mind connection." As a result, we are less conscious of God in our lives, if at all. We may mentally know about God, yet we do not "know" God—because we can't "sense" our heart, literally. Satan took control of our will.

Satan convinced us to reject God and follow him. And now all of mankind is born with a sinful will. All mankind became dismissive of the wisdom in our heart and learned to dismiss our body. It became a mere container of our heart and mind.

With Satan in control of our mind and the world, mankind is confused and delusional about who we are. Our mind focuses on the world rather than on God and we are egoistic and selfish.

Satan Gets Us to Defile and Degrade Our Body

God's essential command is that we "not worship any other god." Not because God needs our adoration—but because these gods are evil, and powerful over us. These gods, Satan's minions, get us to defile and degrade our human body. In our egoistic agenda we manipulate our body for our desires and pleasure in worship to our ego and agenda. We completely reject how God made us.

Satan convinces us that our body is our property and that we have the “free-will” to do with our body what we wish. We see this spread widely across the global cultural landscape. We are all obsessed with manipulating and adorning our bodies in worship to our goals and agendas to impress the world, to find unhealthy pleasure, and to gratify our ego.

Ignoring God and His laws, we become pagan. Paganism manipulates our body and performs unhealthy, unholy rituals in worship of “the gods.” In fact, these religions convince us these practices are necessary in order for us to gain wisdom and power, and to have our prayers answered.

And now, with science and technology, we can manipulate, change, and even completely alter our human biology creating ourselves into something completely different—non-human. We can alter our physique into a more sexy and/or athletic figure. We can alter our beauty into the secular definition of perfection. We can change our gender—so we think. We can become superhuman with body augmentation and hormones. And now we can even merge our body with machines and our mind with computer intelligence. We can become hybrid. Interesting, it sounds like we are back in the days of the Nephilim.

And actually, we are in a world that is like both the days of Noah and the days of Babel. We are using technology to climb up to heaven and to gain the power of God—to make a name for ourselves and become our own god.

In fact, mankind has become so arrogant that we believe we can surpass what God has created. We don’t have to try to climb a tower, nor in new age terms, do we even need to try to raise our consciousness through mindfulness meditation anymore. We only need to put a computer chip in our brain, and we will be able to access an alien intelligence—which many believe is from the “god of the cosmos.” In our technological advancement, we believe we have creative powers like God and can create ourselves into “transhumans,” humans with superpowers. We can create “the perfect human,” humans that will never face illness and never die.

However, if we look at all that we have been experimenting with and are trying to create, we see that we are only destroying all that is beautiful and good. **Everything we do is heartless.** And that’s the point. We are doing Satan’s bidding, and he is very pleased.

Our Body and Sin

Our body suffers when we sin. Because our body is made up of energy, it’s conscious. And its health is dependent upon its consciousness of goodness and holiness—meaning being treated with respect and doing healthy, holy behavior generates healthy, holy energy in the body. Sin,

thinking about and doing something unhealthy, unholy diminishes the power of the body's energy flow. Our physiology, our immune system, becomes unhealthy. As this unhealthy energy flows into our mind, our psychology becomes deranged—our emotions and thoughts are very negative.

This experience is the evidence of God's brilliant design of how our body works—our body generates uncomfortable sensations when we sin. This reaction is to keep us alert, awake, to what we are doing—of how we are threatening our own body. If we pay attention, we feel the ache, the pain, the nausea, the fatigue of sin. Our body is warning us that we are going against nature, going against God.

Before we are born again, many of us don't pay attention to the warning signals our body is sending because we are deluded, we are asleep to all that is good. Satisfying our ego, our desires, our sinful will is more important to us than our own body. Satan has indoctrinated us to love the sinful, the lustful. He's convinced us to love the darkness. So, we have found ways to ignore our body and to mask these warning sensations, to dull our consciousness of God. Satan instills a mindset, a will, for addiction; to money, drugs, food, alcohol, clothes, cosmetic surgery, unhealthy activity, work, sex—and so much more.

Yet by the grace of God, when born again, we are renewed in body, heart, and mind—we are given a new will. Aligned with the will of God, our body and heart are more peaceful—and we become healthier. Now awake to God, we pay attention to our body. And our body and heart keep us more alert, more present, with life—because our body dwells only in the present. It's now a natural inclination that we are always aware of the Holy Spirit.

Once born again, our relationship with our body completely changes—it happens naturally, not of our initiation or effort. In our rebirth, we feel the presence of the Holy Spirit within our heart, our physical heart. We realize we are filled with God's gift of faith in Christ. As a result, we feel intrinsically inspired to stop habits that aren't serving our body and our outlook, for these weaken our faith.

The blessing of being born again is we simply have no will, no interest, to keep being selfish and doing unhealthy, unkind things to our body, and thus, to others—and we have no interest to be with those who do. We have no interest in admiring and possessing idols—material things like cars, jewelry, large homes, fashionable clothes, art, and so on. We are interested in keeping our body, our selves, as healthy, fit, and naturally beautiful—as we believe Christ desires us to be.

With the healthy, holy sensations flowing through our body, we are inspired to follow Christ and His commands. Our desires are no longer for the world but for heaven. As Christ taught us, we

pray and speak with God, daily, many times a day. We say to Our Father and seek the Holy Spirit's help in knowing what to pray to God.

We pray not with long lists of requests and hopes for things that will make us feel better, not to get what we want, but rather to be close to God and to affirm to ourselves that we know we are here to follow and accept God's will. We trust in His love. We trust in His plan. And when we pray, we feel close to Christ and feel calm. We do this in remembrance of Christ and His sacrifice and immense love for us.

When we pray, we know that Christ Always Loves Me –C.A.L.M.

God's New Covenant: Pray in the Holy Temple and From the Heart

Jesus Christ's coming was the start of God's New Covenant—a new phase of our relationship with God, a new way of relating more intimately with Him. We are to pray to God in the Holy Temple that is our body. We are to pray with the guidance of the Holy Spirit in our heart.

The Old Covenant was a more external way of understanding and connecting with God. We were to follow the commandments written on tablets of stone. The New Covenant way is more an internal experience of God. We are to pray from the heart, upon which God wrote His laws. With the gift of the New Covenant, our relationship with God shifted from a matter of the mind to a “matter of the heart,” a matter of the body.

The Bible reveals in the Old Testament that God wrote His laws for Creation, laws that give us wisdom over our existence and how to navigate a peaceful, healthy life, on tablets of stone. He gave them to Moses to hold up before the people—to help mankind understand and follow them. With the coming of Christ fifteen hundred years after Moses, two thousand years ago, God decided to help us better connect with these laws by “writing them on our hearts, our hearts of flesh, and putting them in our minds. They became a part of our nature, a part of our body, literally a part of our DNA—and thus, a natural part of our consciousness and will.

Said differently, the Old Covenant was *mind-centric*. It tried to convince us to believe in God and obey His rules with our *minds*. Whereas the New Covenant is *body-heart centric*—our faith became a mystical experience of God. We can feel the Holy Spirit in our heart and our mind is naturally turned toward God through this experience of faith in Christ.

Put simply, our *true* connection with God is more *body-centric* than mind-centric. Now what is interesting, is that most Christians believe that faith is more about *what we think* than *what we*

feel. But in fact, what we think is shaped by what we *feel in our heart and in our body.* It's why the Bible encourages followers to guard their heart and protect their body.

My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body. Above all else, guard your heart, for everything you do flows from it.
PROVERBS 4:20-23

Our faith is a mystical experience before it is a mental one. TRUTH is our faith, our "spirituality," is not the consciousness of our mind but is consciousness of our heart and body, which is the frequency, the sensation, of "holiness." We don't "think" holiness, we actually become the energy of holiness. The Bible reveals and guides us through this mystical experience.

This points to the TRUTH of the Holy Trinity. As discussed earlier, God reveals Himself to us through the Holy Trinity—God in three persons as God the Father in Heaven, God the Son, Jesus Christ, on earth, and God the Holy Spirit indwelling our heart—this is the revelation of God's New Covenant. Our body is the Holy Temple of the Spirit of God.

Through Christ and the New Covenant, we now fully understand why our human body is so important to God. It is His Holy Temple. God chose to incarnate into a human body, as Jesus Christ, and come into His creation in order to be with us and help us know Him better—human to human. God came to bring His New Covenant to us personally. What an "awesome God."

Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst?
¹⁷ If anyone destroys God's temple, God will destroy that person; for God's temple is sacred,
1 CORINTHIANS 3:16-17

Through Christ, our relationship with God became very intimate and personal. Jesus made it clear: our body is The Holy Temple. Christ revealed that God now wanted us to pray to Him privately and from *our hearts.* The Holy Spirit guides us what to pray to God. We are to pray directly to God and constantly. We no longer need to pray in temples made of stone or pray through priests to intercede for us in order to access God and seek His counsel and forgiveness. We are to pray in temples made by God's hands. We are God's beloved, and He delights when we come and talk with Him.

"Woman," Jesus replied, "believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem.
JOHN 4:21.

***God The Father Created Our Body. God The Son Redeemed It.
God The Holy Spirit Indwells It. Our Body Is God's Holy Temple.***

In Summary

Our body is God's most brilliant and beloved Creation. Our relationship with our body is the foundation of our relationship with God. How we treat our body is how we treat God.

Our body helps us understand what we believe. When born again, God imbued the Holy Spirit into our heart. Our body became the Holy Temple of the Spirit of God and so our body's, our heart's, sensations are our consciousness of God. They are the "mystical experience" of our faith in Christ—faith does not come from thoughts of our mind. Put simply, our faith does not come from convincing our mind what to believe—as most Christians believe.

The blessing of how God designed us is that our body and heart inform our mind what to believe, what to focus on and pay attention to and what to avoid. This mystical experience of faith, this experience of faith, flowing through our body helps us walk in the light and away from the darkness, from the temptations in the world into the will of God. And, our holy temple helps us know when our faith in Christ weakens—and when it is strong.

Our body is sacred. From Genesis to Revelation, the Bible confirms this. The entire Bible is the story of man's relationship with God through our relationship with our body.

Our body is our connection to Christ. Through Christ's human death, so too we experience a human death. And with Christ in His resurrection, we experience the promise of our body's transformation and resurrection when Christ comes again to take us to be with the Father.

Until then, by the grace of God we are born again, we are given the gift of faith in Jesus Christ and filled with the Holy Spirit. We are reborn as a new creature in Christ. Accepting our inheritance of a renewed mind and heart, of a new body in spirit, we have a new relationship with our body, with God.

¹³ And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, ¹⁴ who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory.

EPHESIANS 1:13-14

PART FIVE:

THE END OF AN AGE AND THE ABOMINATIONS OF MAN

Are we ready?

So when you see standing in the holy place ‘the abomination that causes desolation, spoken of through the prophet Daniel—let the reader understand—then let those who are in Judea flee to the mountains.

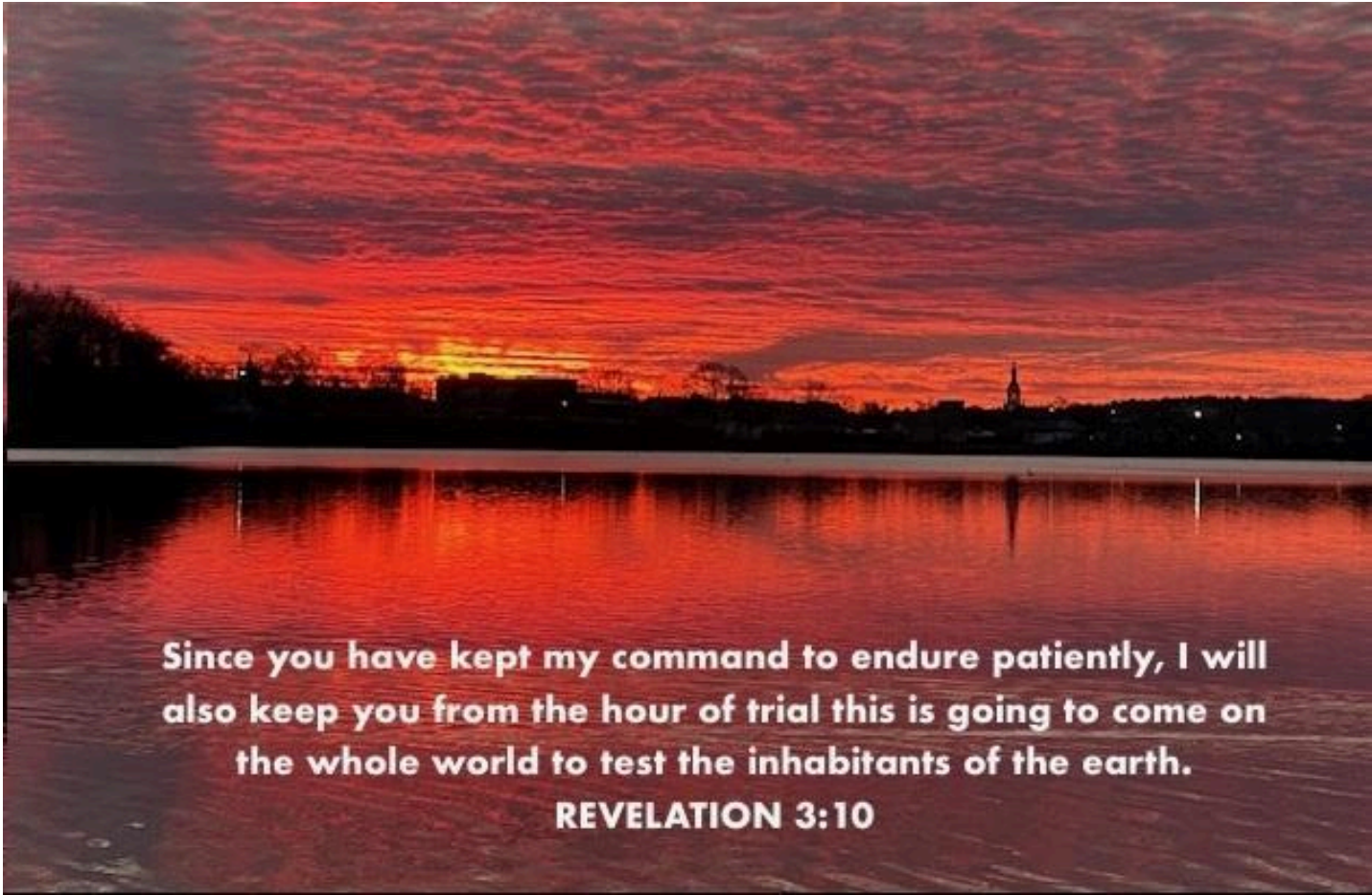
MATTHEW 24:15

If anyone destroys God’s temple, God will destroy that person; for God’s temple is sacred,
1 CORINTHIANS 3:16-17

Jesus: *He who testifies to these things says, “Yes, I am coming soon.”*

John: *Amen. Come, Lord Jesus. The grace of the Lord Jesus be with God’s people. Amen.*

REVELATION 22:20-21

A photograph of a sunset over a body of water. The sky is filled with vibrant orange and red clouds, reflecting on the calm water. In the distance, a dark silhouette of a church steeple is visible against the horizon.

**Since you have kept my command to endure patiently, I will
also keep you from the hour of trial this is going to come on
the whole world to test the inhabitants of the earth.**

REVELATION 3:10

Are We Facing The End of The Age of Man?

IT SEEMS WE ARE.

To be clear. We are not facing the end of all mankind, or the complete destruction of the earth. YET, we are facing the end of this particular age of man. Christ prophesied this on the Mt. of Olives in Jerusalem 2000 years ago. Prophets prophesied this hundreds of years before that.

What is ending?

What exactly is ending? What is ending is “everything evil.” The Bible revealed that there will be the time, which God predestined before the creation of the world, that will culminate in “the end of this age of the wickedness and disobedience of mankind.”

Now before we become panicked because we are headed into some very difficult times, we need to read the rest of the Bible. We will find out that this is a great ending and not to be feared. It’s the end of all evil on earth and the beginning into a great, new, wonderful age. How relieving and wonderful is that?

Where Are We in The Timeline of These End Days?

According to the Bible, the end of This Age of Man will essentially happen in seven phases: The Time of Sorrows, The Rapture, The Tribulation, Jesus Second Coming and the Battle of Armageddon, Christ’s Millennial Reign, and the White Throne Judgement. And then, God will establish His “new Creation” ...He will create a New Heaven and New Earth. Man will dwell eternally with God.

The exact timeline and dates for the End Days is not for us to know. Only God knows. Yet, it’s pretty clear, it’s very close.

We are witnessing events that are taking place all around the world that Jesus prophesied as the signs of the beginning of the End. This revelation was obviously very important to Christ for it was His last teaching to His Apostles. On the eve before His crucifixion, Christ sat with His Apostles on the Mt. of Olives and told them to watch for; deceit, for false prophets claiming to be Him, for wars and rumors of wars, fire, drought, famine, pestilence, volcanoes, earthquakes, lawlessness, racial and religious tension, economic collapse, worldwide prejudice of Jews, persecutions of Christians, and more.

Jesus went further to warn us that it will be a time in the world when society will be like the “Days of Noah and Lot.” In those days 4400 years ago, people were selfish and lovers of themselves, idolatrous, sexually immoral, and concerned only with things of this world ...money, power, possessions, fame, success, and all things they desired. In other words, people were going along in life as they “normally” did despite many warnings by Noah that they were going to be judged. The flood was coming, and they needed to turn to God to be saved. They should get on the Ark. Everyone in the world, except 8 people, ignored him.

We are in these days now—exactly the same, if not worse.

We are also told in the Bible that the days of Noah had been times when fallen angels were corrupting the human race through breeding with human women. The hybrid offspring were known as Nephilim. And also, there are those who believe the possibility that the fallen angels may have taught man the knowledge, even possibly the technology, to be able to manipulate and change the human body and alter our DNA.

And, in the days of Lot, we are reminded of the prevalence of the sexual perversion and immorality of man.

We are in these days now—exactly the same, if not worse today.

It’s clear we are well into the end of the Times of Sorrows., and very close to the Great Tribulation. The Bible reveals this as the time of “Jacob’s Trouble.” It’s a time prophesied to be extremely traumatic, filled with terrifying destruction of man, beast, and everything upon the earth. We are told that it is a specific time of God’s judgment upon the Jewish people. Yet it’s also His promise of the restoration of the Jewish nation. In the end, it will be a time of judgment for all who do not believe in Christ—Jew and Gentile.

Following the Great Tribulation is The Millennial Reign of Jesus Christ on earth. This will be a time when the earth will be restored, and mankind will flourish under the loving and righteous leadership of our Lord. During this time Satan will be bound in prison.

At the end of this thousand years, Satan and his demons will be let out of the underworld for one last time before being thrown into the Lake of Fire. God will use Satan to tempt those on earth as God’s final “sorting” of believers from unbelievers, of those who will enter the Kingdom and those who won’t. Only true followers of Christ and defenders of the Bible will enter. Satan will be destroyed forever.

This then is followed by God’s final judgment, the White Throne judgment. He will then create a New Earth and New Heaven, where we will be with God for eternity. YAY!!

So, we are at the End of God's great saga. And by His good grace, God inspired it all to be written down so we would have forewarning and a guidebook to walk us through. The Bible is TRUTH. It explains all that has happened since the Garden and is to happen, and why. Studying the Bible gives us understanding and we are able to walk along in God's will with full acceptance and appreciation for what He is doing. Without our being born into Spirit, we would be lost and terrified.

The BIGGEST Sign: Abomination of The Holy Temple in Mid-Tribulation

TRUTH is that the signs prophesied by Old Testament prophets and Christ in the Bible for the End Days are happening all around us. In Matthew 24, Jesus is walking away from the Jerusalem Temple and He says to His disciples, *"Truly I tell you, not one stone here will be left on another; every one will be thrown down."* Later, as Jesus was sitting on the Mount of Olives, the disciples came to him privately. *"Tell us," they said, "when will this happen, and what will be the sign of your coming and of the end of the age?"* MATTHEW 24:3

Jesus tells them to watch out for deceit. *"Watch out that no one deceives you. ⁵For many will come in my name, claiming, 'I am the Messiah.'"* And, Jesus goes on to say that there will be wars, famines, pestilence, and earthquakes. And lawlessness and racial and religious prejudice will abound. And these will all accelerate. Yet, these will not be the final end. MATTHEW 24:4.

As one studies the Bible, we also see verses of prophecy of end days in the Book of Daniel in the Old Testament. And Jesus mentions a "key" prophecy of Daniel here on the Mt. of Olives. Through these verses, Christ points to the final and biggest sign of the end. Jesus goes on to say that the end will happen *"when you see standing in the holy place 'the abomination that causes desolation,' spoken of through the prophet Daniel—let the reader understand."* MATTHEW 24:15

The "holy place" referred to in Daniel's verses is the Temple in Jerusalem—which is the third temple and yet to be built. Yet, I have come to an additional conclusion. I believe that Christ was also referring to an abomination that would happen in another most holy temple: His human body. And I believe that these verses were a metaphor for us to realize that Christ was also talking about abominations that will take place with our human body.

Just days before His crucifixion, Christ became angry and overturned the tables of the money-changers at the Holy Temple in Jerusalem. This was an abomination in the temple, in His Father's house. And Christ tied His judgment and wrath toward this abomination in the Temple to the abomination that was about to happen to His human body. In His response to the defiant Jews in the temple marketplace, Jesus answered them, *"Destroy this temple, and I will raise it*

again in three days.” “But the temple he had spoken of was his body. And as we know, this prophecy came true. JOHN 2:19-21

Because of the connection of our human body to Christ’s human body, I believe that in His prophecy of “the abomination in the holy place,” Christ is also referring to “the temple” that is our body. For we know that in the New Covenant with God, brought to us by Jesus, God established that our body was now the Holy Temple of the Spirit of God on earth rather than a temple made by man.

So, my brothers and sisters, you also died to the law through the body of Christ, that you might belong to another, to him who was raised from the dead, in order that we might bear fruit for God.

ROMANS 7:4

And therefore, I am taking some liberty here to emphasize that this “last sign” before the destruction of the world, is not necessarily the abomination in the Holy Temple in Jerusalem alone, but is also the abomination in the Holy Temple that is our body. And because we are doing some incredibly abominable things to our body, I believe this is “the biggest” sign that The End is very close.

In the Jerusalem Temple, the abomination is a man who claims to be the Messiah—he is the Antichrist. He will stop all traditional Jewish worship practices to God in the Temple and demand to be worshipped instead. And what we know from the Book of Daniel is that this will be the tipoff for knowing that God’s final judgment and wrath are “at hand.”

The abomination in the Holy Temple of our body is how mankind is also worshipping the Antichrist. Our experimentation with our human body to make it what we want is what Satan wants. We are defiling, degrading, destroying God’s original design and function of our “human” body without any conscience or moral hesitation. We are following Satan’s plan. And just in the days of Noah and Lot, this will bring God’s final judgment and wrath.

We are living in a time where we’re able to aggressively manipulate and mutilate our natural biological state ...and are altering our body in ways that we can’t reverse. Through science and technology, we are destroying our awareness of our heart’s consciousness of God. One day we will not have or need a “human heart”.

As we keep moving forward, and at a phenomenal pace, with all our scientific and technological advancements, no one is pausing even for a second to ask; if what we are doing is ethical, moral, good? What do we think God is thinking about all this? Do we think He might object to the fact

that we are “sacrificing the human body for our purposes and desires?” People refuse to see that this is exactly what pagan cult rituals do—refusing to see that technology is a cult.

It’s a reasonable, though daunting, conclusion to realize that mankind has reached the peak of our depravity. We are delusional. And as the Bible warns, perhaps mankind has already been turned over by God to the “reprobate mind.”

What are we doing? Why are we doing it? We’re focused on “playing god.” We’re trying to make our bodies what we want them to be ...everything from cosmetic surgery to designer babies to hybrid-humans and robots.

We are currently connecting our biological intelligence with the intelligence on the internet ...and do we understand that we are probably merging our psyche with an “alien” intelligence. And are we sure this intelligence isn’t evil? At the very least, if what we are doing is melding our “mind” with the data of global human intelligence from the internet, we know for sure that this is evil—for the thoughts of man are only wicked all the time.

The Lord saw how great the wickedness of the human race had become on the earth, and that every inclination of the thoughts of the human heart was only evil all the time.

GENESIS 6:5

And what’s interesting to note is that they have this “intelligence” labeled correctly. It’s “artificial,” it’s not the “real” intelligence God gave us. And, knowing that we are all born with a sinful will, we begin to understand that what mankind is up to in this generation is nothing new. It began back in the Garden to Adam and Eve.

It’s clear we are eating the forbidden fruit of the Tree of The Knowledge of Good and Evil—we have been eating it since the Fall and our mind is becoming even more and more corrupt. And we are all “Adams and Eves” wondering what’s happening to our lives because on some level we know that we are in an evil world—we know we are out of the Garden and surrounded by evil. Even those who are not followers of Christ, know that something is very wrong, something very dark is in our world and controlling our lives.

We can’t be making God very happy. The abominations that we are doing to our human body most certainly are our gravest transgressions against God...we are violating His Holy Temple here on earth. And very few in the world are even talking about this. All of our experiments with the human body are trying to dramatically change our “humanness” and the destiny of humanity—and no one seems to really care or even pay attention.

Everyone prefers not to take issue with abortion, genetic engineering, bioengineering, DNA manipulation, transgenderism, synthetic augmentations, cosmetic surgery, synthetic transplants,

pharmacology, brain-computer interface, cloning, de-extinction or revivalism biology, robotics, and yes, even artificial wombs, etc. Why? Because mankind is addicted to this world and loves the darkness. In my opinion, we have lost all morality and have gone insane in our darkness.

TRUTH is Satan got us to disconnect from our heart, and thus, from our Creator, and thus, from our moral center, from our humanity. We don't have any morality. Or worse, we actually have defined morality according to man's sinful will. We have defined it to meet our needs so we can live as we want to live and not have to live according to the will of God.

We don't care how far from decency we fall; how far we are away from doing what is healthy and holy for our body, for our mind, for society, and for the earth. If we did, we'd have to stand up against evil for what is ethical, we'd have to give up our addiction. We don't care because we are under Satan's spell. We don't care because we are blind. Unless born again, we can't see with any objectivity what Satan is getting us to do—it all feels normal.

Those who are born again are able to see all of this. The spell is broken. The connection with their heart, the center of God's moral authority, is restored, and thus, their will, their focus, their interests are no longer for things of this world.

So, If It Is The End, How Do We Navigate These Times?

It's highly, highly probable we are facing the end of this age of man. It's the end of this phase of God's "creating process" when we learn about good and evil and about God's intention for us.

So, if it is the end, wouldn't we want to consider our relationship with God? Wouldn't we want to know TRUTH to know if we have been deceived to believe THE LIE and drawn away from the one, true God by a most evil, ugly, prideful, powerful, deceiving, arrogant fallen angel, Satan?

So, if it is the end, how do we navigate these times?" There's only one way. Those who hear the word of God in whatever way, are on the path to rebirth and to receiving God's gift of faith in Jesus Christ. Once reborn, we merely need to keep our eyes on Jesus as we navigate through these trying times. Comfort and assurance reside only with our belief in God through faith in Jesus.

Heaven and earth will pass away, but My words will by no means pass away.

MATTHEW24:35

Those born again, “believers in Christ,” will be less afraid during these very intense times because they understand that this must happen. It’s a cleansing, a purification of the earth from evil and unbelief in preparation for the Millennium Reign of Christ upon the earth. These thousand years will be a time of peace and righteousness under Christ’s loving rule.

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

1 CORINTHIANS 5:17

And there is also something very blessed to help us be less afraid. Many who are born again believe that the Bible tells us that they are destined for a “pre-tribulation rapture.” They follow the bible verses that encourage them to “wait eagerly” for the time when Christ will come in the clouds and we will be “caught up,” raptured, to Him in the air. This is the “blessed hope” that believers carry in their hearts. They keep looking up for Christ. There are also other verses that Christ tells us that those who believe in Him will be spared these final trials and tribulations of God’s wrath—we have already been forgiven in our rebirth.

When these things begin to take place, stand up and lift up your heads, because your redemption is drawing near.”

LUKE 21:28

After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever.¹⁸ Therefore encourage one another with these words.

1 THESSALONIANS 4:17-18

Since you have kept my command to endure patiently, I will also keep you from the hour of trial that is going to come on the whole world to test the inhabitants of the earth.

REVELATION 3:10

Also, as we navigate these end times, it’s important to keep our eyes on the Jewish people. The events that are currently taking place all seem to be fulfilling Bible prophecy made centuries ago and all about now. Though there may not be anything definitively fulfilled at this time, the fact that we are watching a huge war between Jews and Muslims is the clear indication that the world is watching the prophetic end-time “spiritual warfare.” Those who hate the Jews are intent on wiping them off the face of the world.

If you are a student of eschatology, you may believe that there is a path for the Church and a separate path for the Jews in these end times. The Bible is clear that only those who believe in Jesus Christ as our Lord and Savior and son of God, who believe in the Holy Trinity, will enter the Kingdom of God.

I believe that God completes the purpose of the Church age as we head into the Great Tribulation. The Church is raptured up to Christ before it begins. It's fairly apparent because there is little mentioned about the Church during The Tribulation prophecy.

Jews don't believe in Jesus as their Messiah and are awaiting "their own." And it seems very evident that The Tribulation is all about the Jews as everything described is in reference to God's final judgment and redemption of the Jewish people. And those who come to faith in Christ will of course be taken into the Millennium. be will come to faith in Christ.

In summary, the Great Tribulation is the Jews as well as it is for all unbelievers the last chance to be saved.

The Last Call: Arrogance, Nature, and Final Judgement

We have to admit, even if one is not biblical, that it's very arrogant of man to think we have the right to change "nature," our body and the earth—we didn't create it so why do we think we have this privilege? And even if you don't believe in God, God of the Bible, given all the evil in the world, we have to realize that we can't just keep going on like this and think that a "higher power" won't bring judgment. As a new age believer would say—"it's karma."

So, if this is the time that God decides to bring final judgment, then it's our last chance to heed the chaos and destruction around us as "God's last call." What we learn in the Book of Revelation is that this is our last chance to "repent" ...meaning it's our last chance to "wake up," to be "born again.," to turn away from our arrogance and selfishness and toward humility before God.

Why is it that so many people have trouble believing in the one, true God? Oh right. Satan.

It's important to mention that many believe that we will be able to fix this broken world so we shouldn't be so afraid. TRUTH is that will never happen. That's THE LIE—thinking we can just choose to fix it all.

TRUTH is we don't have the power to fix it, only God does. And second, that even if we had the physical and mental power to fix it, we don't have the virtuous nature it would take to collaborate—our world is in so much chaos because we all are immensely opinionated and far from agreeable. Just as Satan would have it.

Now, as we've discussed, it's only by the grace of God, that we are saved, that we are given faith in Jesus Christ. So, if we haven't been saved, it's a good idea to hope for it, to look for it with eagerness and trembling. We need to understand that this is the only way that we will be spared

God's wrath and cleansing of the earth is the only way we will enter into God's next iteration of His Creation—the Millennium where Christ shall rule and reign in peace and righteousness.

Humbled before our Creator and by His grace, we receive a new heart and new will. Now aligned with God's will, we are “justified and sanctified” to be able to enter the New Kingdom when Christ comes for us in these days ahead.

As our “new will,” is renewed heart consciousness, raises us out of our delusion, we begin to realize that our mind, our thinking, our will, is naturally, organically shifted to turn away from disobedience, and instead, turned toward Jesus. This is repentance—it's not by our doing but by the gracious gift of God. Born again, we now live out our days with a “repentant mind.” We live out our days til “the end” in ways that honor our gift of salvation. We are in service to God.

We offer all that we are, our body, heart, mind, to God's will We carry our cross, i.e. crucifying our ego, our wants, our desires all in the name of Christ. We share our testimony of faith through the Gospel to all we meet for it may be God using us to call someone to Him to be born again.

“For it is God who works in you to will and to act in order to fulfill his good purpose.”
PHILIPPIANS 2:13.

In Summary— Are We Ready For The End?

What we know from the Bible is that God will bring calamity and wrath against evil to clean up and restore our world back to the Garden of Eden where we will once again walk with God in the cool of the day.

As we read the Book of Revelation and see so much of it taking place before our eyes, rather than be afraid, those having been reborn feel ready. In fact, they wait eagerly. They are comforted because having read the Bible, we have learned that God's intention for all that has and will happen is wonderful and miraculous, it's all for our good; to be with Him.

Those who believe in Christ realize that they are blessed to be living at such a time as this; to see the fulfillment of God's prophecy and to be awake through the transition from this age to the next with great eagerness and faith in our heart.

Believers want to make sure *we are ready*? Believers in Christ understand that this means we need to make sure we are protecting our heart as best we can as we walk toward God's gift of our salvation. To put it simply, we need to wear the “armor of God.” We are protected by the Holy

Spirit who helps us keep our faith strong, keep our trust in God and all He is doing vibrant and unwavering.

Put on the full armor of God, so that you can take your stand against the devil's schemes.
EPHESIANS 6:11

And though it will all ramp up and become extremely intense according to what we read, believers are immensely blessed with the “blessed hope,” the knowing that Christ is coming again, and that His Church, believers, will be “raptured” to be with Him forever. Their bodies will be changed and soon they will be headed for a new home. The suffering will be over.

Believers have hope, in a new body and a new home. They will be with the Lord.

We know that the whole creation has been groaning together as it suffers together the pains of labor; ²³ and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies.
ROMANS 8:22-23

But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.
PHILIPPIANS 3:20-21

They have one purpose and will give their power and authority to the beast. ¹⁴ They will wage war against the Lamb, but the Lamb will triumph over them because he is Lord of lords and King of kings—and with him will be his called, chosen and faithful followers.”
REVELATION 17:13-14

PART SIX:

THE BBBB CYCLE

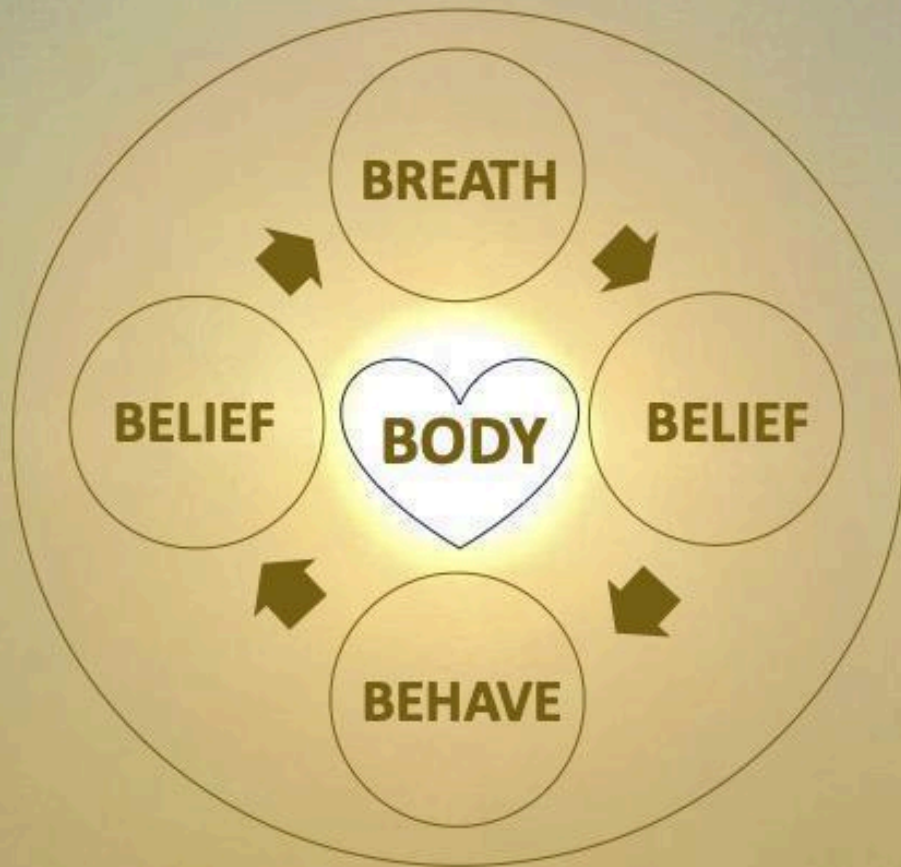
Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.

GENESIS 2-7

Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

ROMANS 12:1-2

THE BBBB CYCLE



BODY—BREATH—BELIEF—BEHAVE

Introducing The BBBB Cycle:

BODY—BREATH—BELIEF—BEHAVE

aka: body—heart—mind—spirit connection

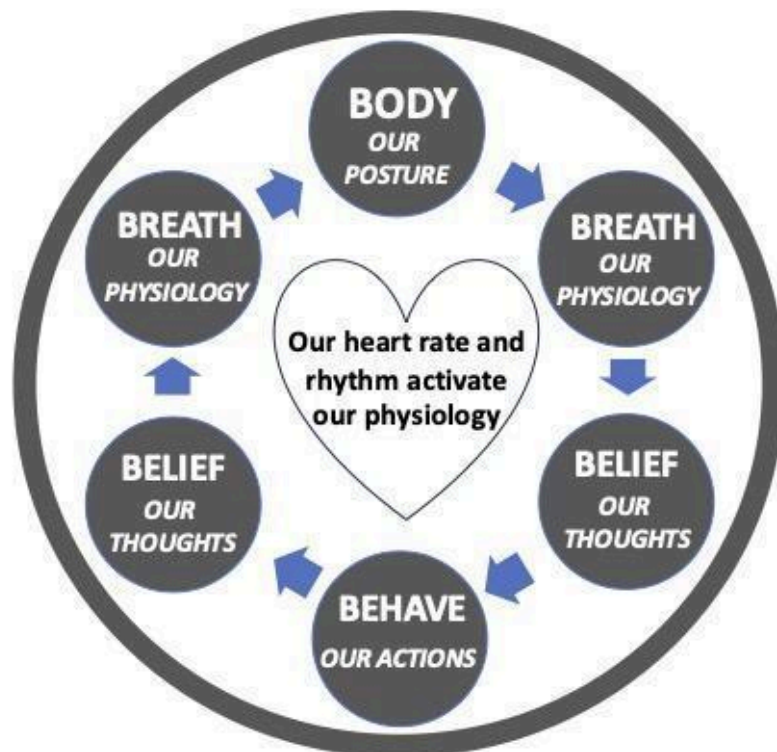
The BBBB Cycle is a concept that helps us understand our human consciousness. The Cycle reveals that our BODY, our whole self, is conscious, not just our mind. Our Body, Breath, Belief, and Behavior work together to help us understand who we are and our relationship with the world.

In other words, the BBBB Cycle helps us understand our “body-heart-mind-spirit connection.”

The BBBB Cycle illustrates how our consciousness is formed, influenced, and sustained. And in this Essay, we are focused on our spiritual consciousness—our mystical relationship with the spiritual realm.

More specifically, the BBBB Cycle helps us understand our relationship with God, God of the Bible.

THE BBBB CYCLE
BODY—BREATH—BELIEF—BEHAVE
THE PHYSIOLOGY OF OUR CONSCIOUSNESS
aka: THE BODY, HEART, MIND, SPIRIT CONNECTION



The Cycle

BODY—BREATH—BELIEF—BEHAVE—BELIEF—BREATH—BODY

The Cycle demonstrates that our **BODY** is the container of our consciousness. Our **BREATH** stimulates our biological processes and our electromagnetic frequencies sending information to our mind. This energy, this physiology, influences the chemical processes of our brain, and thus, shapes our thoughts, our **BELIEF**. Our beliefs then influence and generate our **BEHAVIOR**, which reciprocates by influencing our **BELIEF**, which in turn affects our physiology, our **BREATH** and **BODY**—thus continuing to turn the cycle.

The Cycle has a “quality” of energy, a frequency and vibration, to its flow. This energy flows through our body, heart, and mind influencing how we feel, who we are, and particularly, influencing our spiritual awareness. Put simply, the BBBB Cycle reveals that our human nature is both matter *and* energy—both human *and* divine.

We could describe the energy as positive or negative, smooth or erratic, holy or unholy. This energy is the “foundational frequency” of the cycle and is set by the frequency of energy of our will. Our will is the root filter through which we view the world—the filter through which our consciousness perceives and responds to the world. And as we’ve discussed, our will is either aligned with Satan’s will or with the will of God.

In simple terms, the energy that runs through us is the guiding “willfulness” that shapes how we relate to the world. Our willful attention is either through our Ego, through our relationship with ourselves, or through our heart, our relationship with God. Which of these it is sets the “tone,” or frequency, of the Cycle. The Cycle turns with either tension and unhealthy energy, or with ease and healthy energy, respectively. And this forges our sense of self and our expression of who we are.

In one sentence: The BBBB Cycle is BODY influencing BREATH influencing BELIEF influencing BEHAVIOR, which reciprocates influencing BELIEF influencing BREATH influencing BODY.

The Body Is the Centerpiece of The BBBB Cycle—Our Body Is Who We Are

The BBBB Cycle Reveals the Physiology of Our Body-Mind-Heart-Spirit Connection

Science shows us how our physiology and psychology are deeply connected. Science reveals that our physiology is controlled by the “rhythm of our heart” which controls our body’s hormones. When our heart is calm, it generates a slow, smooth rhythm and beat. This activates hormones that keep our physiology flowing with a healthy energy, a healthy frequency and vibration. We breathe fully and easily which supports normal blood pressure and strong immunity.

This healthy physiology influences our psychology, influencing our thoughts toward more optimistic ideas and outcomes. Thoughts slow and become more positive. Hope and a sense of “confidence” rise and we begin to feel a broader awareness of self and the world, a more expanded sense of something other than the world. We become more aware of the spiritual—something within us is aware of the more profound "out there."

Our positive, “confident” physiology and psychology influence our behavior. We behave with more confidence and are more motivated to achieve our intentions and goals.

Yet, when our heart is stressed, it sends out hormones that are warning messages that we are in trouble. We become tense, ready to “flee or fight.” Our physiology elevates with adrenalin and this flows into our awareness and our psychology fills with concern and fear and anxiety. This is a healthy response. And when we “flee or fight” our tension is released, and our system goes back to normal.

However, 95% of the time what is stressing us is either just negative thoughts in our mind or is something that we can’t control, and thus, there’s no real release. Without finding another way to relieve our body, the negative energies become congested in our body and begin to affect our general health. Our stressed energy flows into our mind and negative thoughts and feelings continue to flow around in our mind, restimulating more fear.

Polls reveal that 75% of the US adults feel stress has affected their health. When stressed we feel insecure, concerned, and distrusting of life. Our negative physiology and psychology influence our behavior. We behave with anxiety and lack motivation to achieve our intentions and goals.

An example of how all this works through the cycle is our body’s posture. When we stand tall in good posture, our muscles don’t have to strain to keep us upright because we are balanced over gravity. Standing tall keeps our rib cage lifted and expanded, and thus, our breathing is full, and our heart has space to beat with ease. This triggers healthy physiology to flow through us.

Aligned, standing tall, our physiology stimulates our psychology with positive energy. We feel and see ourselves as a confident person and behave with intention, direction, and purpose. Our energy not only feels good to ourselves but also to those around us—our body emits its energy about 3 feet, some studies believe even much further.

Whereas, if we stand in bad posture, our body is out of alignment and our muscles become strained, stressed. Our breathing becomes labored, and our heart is entrapped. Our physiology becomes unhealthy. Our body's energy is erratic and stressed, our immunity dampened. Thus, our mind is filled with negative frequencies, negative thoughts, and worry and stress heighten. And thus, our behavior becomes unmotivated and misdirected, unhealthy and unholy.

Now, what's interesting is that the majority, over 80% of US adults, have poor posture. It's pretty clear that it's because we are stressed a lot and our body succumbs to the stress in our mind.

In summary, our physical alignment influences our physiology, and our physiology influences our psychology—influencing the level of spiritual awareness of who we are. When our body is calm, our mind is calm, and when our mind is calm our body is calm—and so the BBBB Cycle turns with ease.

So, the question becomes why are we so stressed, how do we help ourselves deal with it? TRUTH is that the essential reason we are stressed is because we have little faith. In biblical terms, we have no belief or trust in God. Why is that? Oh right, because we're born with a sinful will—Satan is here.

The Vibrational Frequency of The Cycle is The Vibrational Frequency of Our Will

The BBBB Cycle helps us understand that we can affect the quality, the intensity if you will, of the frequency of the Cycle, of our will. We can reinforce our will; either our will that aligns with the secular, Satan, or our will that aligns with the will of God.

What's important to understand according to Scripture, is that we hold one or the other, meaning we don't have a little of each, or one for some of the time and then the other for some of the time. Our will is our will. And as we know, we are all born with a sinful will until we are born again. And only God decides when that is to happen.

Now given whichever will we are holding, the BBBB Cycle helps us understand that we can affect the intensity of its vibration and frequency by shifting any one of the aspects of our nature, the "Bs" of the cycle. What we do with our body, breathing, belief, behavior will affect different physiological and psychological outcomes. Meaning, shifting any of one of the "Bs" will shift the energy that is flowing through the cycle, through our body, through us, and from us.

It's important to understand that working with our body and shifting our posture, our breathing, our belief, and our behavior into more positive experiences is very helpful to improving how we feel and think in the short-term. However, even though we work with these aspects of who are to help us shift our energy in positive ways, whatever we do is still governed by our main belief in life, by our sense-of-self, our underlying will. This is what forges our identity and thus our relationship with the world.

So, the question is how do we change our will? Right. Only God can bless us with a new will.

By God's grace and in His timing, we are born again. This means we are blessed in a "new birth" and with a new heart and a new will. We are transformed and our mind renewed with the Holy Spirit now indwelling our heart. God gives us the gift of faith in Jesus Christ. And the great news about this is that once we become a follower of Christ, we can use our understanding of the Cycle to help us work with the Bs in ways that strengthen and deepen our faith—that strengthen our mystical experience of God. We awake to our connection to the Holy Spirit—Christ in us is the great mystery of the Bible.

In summary, The BBBB Cycle demonstrates why we are why we are—which we will operate from. Who we are is in response to the will we hold.

Born again, we are given the will aligned with God's—our body-heart-mind consciousness is directed now by the Holy Spirit toward faith in Christ.

The BBBB Cycle Flows with Either Belief in The World or Belief in God

If our faith is in this world then our will, our beliefs and behavior, are aligned with Satan's false values and beliefs. If we are born again, our faith is in God and our will, our beliefs and behavior, are aligned with the will of God, with TRUTH. As the Bible says, you can't worship two masters.

And what's interesting to note is that we know where our faith lies by how our body feels, by what sensations we feel most often in our body and heart, how we stand in the world—our good or bad posture. We know where our faith lies by the types of thoughts we have and how we behave. In other words, does the energy of our body, does our will, resonate with the energy of God's word, with the Bible? Are we feeling relaxed and humble most often? Or does our body's energy, our will, resonate with the world, with Satan? Are we feeling fear and anxiety most often?

We've been encouraged to believe that through psychotherapy and stress management practices that we can shift our beliefs and become more "positively minded." We want to believe that we have an inherent goodness and wisdom and that we can figure out how to bring it out. We want to believe that we have enough wisdom and so can define what's good, what's truly moral and just for the world. Yet, we can't.

As we've discussed, we can't see TRUTH. Satan has control over the world and has us following his will. He convinces us that evil and unhealthy are good and healthy. We are a very confused and stressed world. And we are beginning to realize just how sinful the whole world is. Our will is sinful and we are beginning to realize that only a Savior can help us be free of it. We must be "reborn." And that happens by the grace of God.

When we are "born again," our body is renewed, it holds the energy of the Holy Spirit. It knows TRUTH. And we feel calm. Our heart holds the wisdom of the Holy Spirit which influences our healthy physiology. This flows into our mind and shapes our beliefs. Our thoughts are focused on our relationship with God. Our will is aligned with the will of God.

Believing in God generates physiology that creates energy and sensations of "humility" causing us to behave in gentle, generous, thoughtful ways. We are of the mind of Christ. He is our moral compass. We notice that our interest in the Bible is acute because we want to know TRUTH. We are a calm influence in our environment, seen as a humble, truthful person.

Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

ROMANS 12:3

We have different gifts, according to the grace given to each of us.

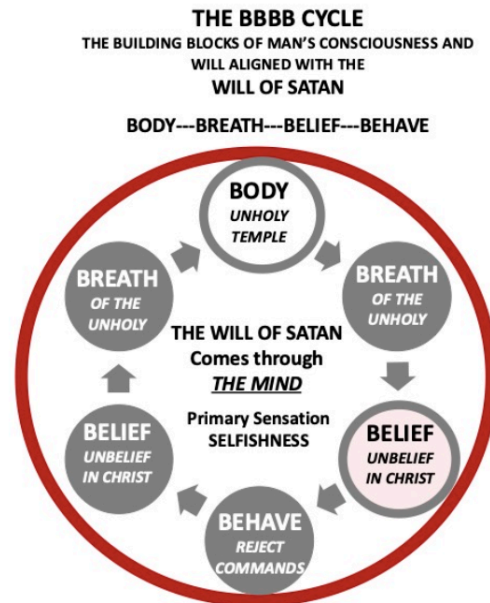
ROMANS 12:6

The Cycle in Worldly Terms: Aligned with Satan's Will

BODY----- BREATH ----- BELIEF ----- BEHAVE
OUR PROPERTY ---- OUR LIFE --- WEALTH, POWER --- GOALS, ACHIEVEMENT

Signs Our Will Is Aligned With Satan

- Constant stress, dissatisfaction, and striving
- Physical tension and frenetic energy
- Rarely thinking of God as Creator or Source
- Believing **THE LIE** that we are in full control,
- that we have “free will.”
- Judgmental, analytical, ego-driven mindset
- Identity focused on “getting ahead” and “fitting in”
- Focused entirely on worldly success
- Detached from our heart, disconnected from our holy.



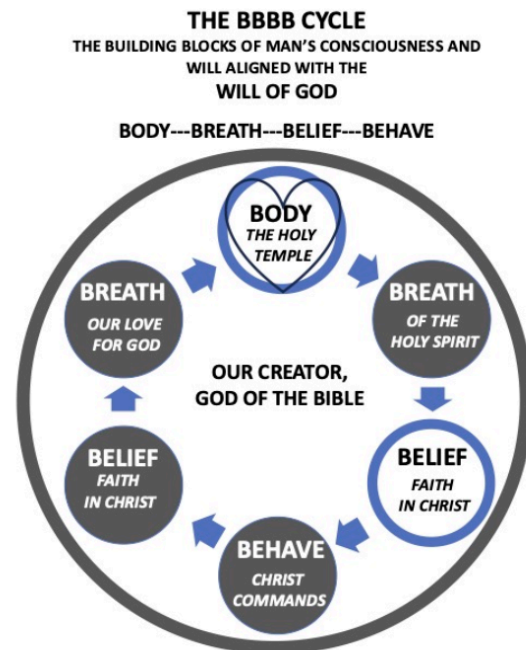
This perspective is mind-focused and logic-driven. It reflects how Satan co-opted our mind in the Garden. Our **intellect was intoxicated** by the fruit of the Tree, leaving us vulnerable to Satan's deception. **We are spiritually “asleep”.**

The Cycle in Biblical Terms: Aligned with The Will Of God

BODY----- BREATH ----- BELIEF ----- BEHAVE
HOLY TEMPLE — HOLY SPIRIT — FAITH IN CHRIST — CHRIST’S COMMANDS

Signs Our Will Is Aligned with God

- Faith in Jesus becomes central
- A calm, confident body
- Yearning in the body and heart to know God
- Peace, clarity, and hope flow from the Holy Spirit
- Trust in TRUTH of the Bible
- A deep sense of spiritual discernment
- Focus shifts from worldly goals to heavenly connection
- Calm, confident identity rooted in God



The message of the Bible **resonates** with our body, heart, and mind. Our physiology aligns with peace, our psychology with faith, and our spirit with truth. **We are spiritually “awake”.**

Our Mystical Experience of Faith—Our Will is Aligned with God’s Will

The Bible tells us that our Body Is God’s Holy Temple. Our body is central to our spiritual awareness, and thus, to our relationship with God. God breathed life into our bodies, and we became His most beloved creation. And when we become born again, our body is transformed and becomes the container of our consciousness of God—the Holy Temple.

The biblical teaching is that when “reborn,” God imbues our heart with the Holy Spirit, our body is transformed into the Holy Temple of the Spirit of God. And God blesses us with the gift of

faith. Our mind is renewed and comes alive with thoughts of Christ, of holiness. Our whole being, our body, heart, and mind, begins to experience the metaphysical understanding of the purpose of Creation, the intention of our Creator.

What we are learning here, is that our relationship with God is a mystical experience more than a mental awakening. When born again, we are blessed by God with a “new heart and mind,” a “new will.” Our will now aligns with the will of God. The BBBB Cycle now flows with the foundational vibration and frequency on the wavelengths of God’s will.

This helps us understand why when we are born again, we feel an affinity for Christ, a yearning to know Him. This happens through our body. As we discussed earlier, when born again, our body becomes empathetically connected to Christ’s body through His crucifixion and resurrection. The Cycle demonstrates how our awakening to Christ is a physical, mystical experience before a mental understanding and comprehension.

Our awakening is a very powerful body-mind experience because The Holy Spirit brings TRUTH. These vibrations dramatically calm our heart and fill us with sensations, physiology, of “humility and holiness.” These influence our thoughts, and we begin to become aware of our connection to the divine, to Christ. This spiritual energy literally flowing through our body renews our mind, generates good feelings, and trusting emotion. It awakens our desire to follow Christ’s command—*to love God and love others*.

When reborn, our new will is aligned with the will of God. This completely shifts the foundational frequency of our BBBB Cycle. Our belief in God through faith in Christ flows through the BBBB Cycle and influences our behavior—our actions support good health and holy connections with others and the earth. This reinforces our thoughts of the Divine, strengthening our spiritual connection, reaffirming our faith.

What’s important to notice is that our stress, our fear of trying to make life work, our anxiety of feeling alone, begins to dissolve. We now have faith in Christ and He tells us to lean on Him rather than on our own understanding.

Why is this important to know? It’s important that we realize that “faith is an experience” because as the BBBB Cycle is revealing to us, we can influence our experience—and thus, we can influence the depth and strength of our faith.

We deepen this experience by paying attention to our body. Without paying attention to our body, our breath, our beliefs, and our behavior, our faith can weaken. The world is filled with so much information, distraction, and deceit, that if we are not “grounded” in our body, heart, and mind,

we can become drawn away into the mindlessness of this world, less focused on Christ, and thus, from closeness with God. We can be tempted by Satan who is always prowling around.

We are such a mind-centric world, that mankind approaches everything in life from our mind—even our faith. Most followers of Christ don't take the time to pay attention to this physio-spiritual aspect of who they are because they are unaware of how their body-heart-mind-spirit connection works. Most believe our body simply operates on its own and thus is not that influential in our faith. This Essay hopes to help us all realize our body is the container of our faith, not our mind.

Said differently, most people misunderstand and think our faith is a matter-of-the-mind, a “mind-thing,” rather than a matter-of-the heart, a “body-heart thing.” Unfortunately, as a result of not being aware of TRUTH, they are missing a very powerful aspect of how to pray, of how to connect to God through Christ more intimately.

For example, most will kneel to pray and that's great. Yet, if they took a moment to focus on and feel the sensations of humility running through them, generated simply because their body is kneeling, their mind would become even more attentive to this moment with God—our body dwells only in this moment in time, so focusing on it brings our attention fully into the moment. More “present to our self” while kneeling we are more present with God. This deepens our mystical experience, and thus, brings us closer to Christ.

When we kneel, our body is fully aware that we are bowed low before God, our Creator.

There are many other examples in the Bible of how our body influences our connection to God. Various postures and gestures heighten our connection to the Holy Spirit. For example, the Bible calls for us to be still, stand firm, breathe fully, kneel, hold our hands in prayer, raise our eyes to Heaven, raise our hands to Heaven, bow low and prostrate our body, and smile. All these physical movements create sensations of humility and holiness—and we can't prevent it. We become aware of spiritual energy flowing through us and we become aware that we are mystically connected to God. You'll experience this in the Prayer-Meditation Practice presented below.

It's vital to our spiritual walk in life that we learn to pay attention to our “mystical self.” In the biblical sense, this is the most vital experience of our faith, because it reveals the mystery of our connection with God—as the Apostle Paul revealed, this is the “mystery of Christ in you.”

TRUTH is that the mystical experience of our faith in God is feeling Christ in us. And this feeling is unveiled in our hearts, in the literal physiology of our hearts.

*To them God has chosen to make known among the Gentiles the glorious riches of this mystery,
which is Christ in you, the hope of glory.*
COLOSSIANS 6:27

On that day you will realize that I am in my Father, and you are in me, and I am in you.
JOHN 14:20

Our Body is Who We Are

We are now beginning to understand how the BBBB Cycle helps us understand that “our body is who we are.” Put simply, born again our body holds the divine energy that becomes the physical expression of who we are—in new age lingo, of our “true self.” This becomes more evident and practical when we understand how God brilliantly designed our body, heart, and mind to work as one to keep us alive and connected to Him, spiritually aware.

The BBBB Cycle helps us understand how we can use our body to stay close to Christ, close to God. Again, go to the example of good posture vs bad posture. When we are spiritually conscious, we are confident, have a strong self-esteem, and thus, we stand tall. Yet, when we are spiritually unconscious, we feel untethered, insecure, alone and pretty much always slouch in bad posture.

And what’s so powerful is that when we shift from bad to good posture, our self-confidence takes a huge jump up. And we feel an infusion of spiritual sensations.

What’s interesting to note is that our body, our mind, and our environment also form a cycle, flowing either positively or negatively. In other words, we are a strong influence on the world around us and it is a strong influence on us.

So, we are beginning to see how what we believe influences the energy that we hold in our body. And how this influences who we are. And what dawns on us is that our body becomes a light unto the world as it flows with the love and devotion to Christ. We need to say nothing and we are still preaching the Gospel.

Our body is the foundation of our relationship with God. We are conscious of, we even experience, “the divine goodness of God, when we believe in Him through faith in Christ. We can feel it.

Our Relationship with Our Body Is Our Relationship with God

Our Relationship with God Is Our Relationship with Our Body

Our body is God's most brilliant and beloved Creation, for our body is God's Holy Temple on earth—meaning, God desires a very personal and intimate connection with us. Born Again elevates us from mere mortals to God's "chosen" —followers of Jesus Christ. And this means our body is transformed, experiences a DNA and energy renewal, and we *see* and *feel* God.

The Holy Spirit, imbued in our heart, fills us with the belief and trust in God's promise of our eternal life with Him. What could possibly raise our self-esteem and confidence in life any higher than this? What could be any more evident of the sacredness of our body?

And thus, it's vital we pause and consider the quality of our relationship with our body.

When we understand the connection between our body and our heart, and that the Holy Spirit indwells our heart, we begin to realize that it's through our body we have a relationship with God. We begin to understand that our body is incredibly sacred. And automatically we begin to forge a healthier relationship with it. We even become stunned that we could have regarded our body any other way—stunned at how we have harshly judged and mistreated our body.

To put it simply, without respecting and honoring our body as God's—meaning, we don't own our body, God does—we cannot honor God. If we do not keep our body holy, and as healthy and fit as we can, then we cannot experience the Holy Spirit in our heart and hear His counsel. If we don't love our body, then we will struggle with our relationship with God. Without respecting our body, ourselves, as God's Temple, on earth, we cannot understand Christ and feel His love.

No matter our body's gender, shape, size, health, talent, or affliction, our body is perfect to God—and is the "temple" He decided for us in our life here on earth. Who are we to question it, to try to manipulate and change it into what we want? In other words, our body is hugely central to our understanding of Who God is, and so our relationship with our body is the foundation of our relationship with God. Trusting in God, we trust His purposes for giving us the body, the Temple, that He did.

When we are born again, we wake up from Satan's LIE that "our body is ours to do with as we please." It becomes clear that it's not about what we wish our body could have been or could be, as Satan convinces us that it is. Rather, it's about what our body is revealing about the soul purpose of our life. Our will aligns with God's, and our thoughts and choices, our beliefs and behavior, align with ways that reflect Christ's light, reflect His virtues of humility, peace, compassion, and goodness.

Our body is God's intention for why we were created. Our body is our relationship with God.

Our body is God's Holy Temple—the reflection of His power and glory.

Our body is God's Holy Temple. We need to offer our body holy and pleasing to the Lord.

But who are you, a human being, to talk back to God? "Shall what is formed say to the one who formed it, 'Why did you make me like this?'"

ROMANS 9:20

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

PSALM 139:14

PART SEVEN:

THE PRAYER-MEDITATION PRACTICE

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:6-7

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

PROVERBS 3:5-6

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 THESSALONIANS 5:16-18

A person is shown in silhouette, kneeling in prayer with their hands clasped together. They are positioned on the left side of the frame, looking towards the right. The background is a bright, hazy sky with a large, glowing sun or moon in the center-right. The overall tone is peaceful and spiritual.

**THE ONLY PATH TO PEACE
Is to Kneel and Humble Oneself.**

*Your bodies are temple of the
Holy Spirit, who is in you,
whom you have from God. I
Corinthians 6:19*

*We do not know what we
ought to pray for, but the Spirit
Himself intercedes for us.
Romans 8:26*

THE PRAYER-MEDITATION PRACTICE

In rebirth, made new creations in Christ, we are filled with the protection and wisdom of the Holy Spirit. However, we are still living in a world that is dominated by the “Evil One.” Satan is always on the prowl and working hard to get us to “fall again.” Now that can’t happen for no

one, even Satan, can undo God's saving grace. However, we are still living in a very dark world, and we can get distracted from our faith and our trust in God—we get stressed.

Though we will not lose our faith in Christ, we can let it drop on the list of our priorities. We must not let this happen because Christ gave us a job to do. We are part of Christ's great commission and are expected to share the Gospel with all whom we meet. If we are not attentive to a very close and intimate connection with Christ, we often let this lapse.

Part of our sharing the Good News of Christ is the light of the Holy Spirit shining brightly from within our heart. Others around us are unknowingly infused with TRUTH. Yet if we have not kept our attention on God each day, our light grows dim—our lamp oil is low. We hesitate asking others if they know Jesus. We are shy about asking others if they believe in God, God of the Bible. Yet connecting with God each day in prayer, several times a day, all day, we stand in the armor of God. Meditating on God's word, our sword of TRUTH is sharp. Our inner light is bright. And we feel calm and confident in faith; trusting.

For God, who said, "Let light shine out of darkness," made his light shine in our hearts to give us the light of the knowledge of God's glory displayed in the face of Christ.

2 CORINTHIANS 4:6

It's important to keep our light bright particularly in these end times of chaos and crisis all around us. Many believe that we are in the end times and that Satan is hard at work trying to bring down as many as he can. And now that this time has begun, there will be no stopping it. Now though the times are scary, they're also a huge blessing. They are a strong motivation to keep ourselves close to Christ, to do His bidding and strengthen our devotion.

And it's clear that Christ is here with us through it all.

Cast all your anxiety on him because he cares for you.

1 PETER 5:7

To navigate through these great tribulations, we need to stay strong in our trust in God. And so, we don't succumb to fear, we need to remember that God is in charge of it all—God planned it all. To keep our faith and trust powerful, we need to talk and commune with God and read the Bible daily at the very least.

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.
ROMANS 8:28

To remember God's sovereignty and goodness, we need to hear the Holy Spirit. And we need to be awake to His wise counsel. We need spiritual *practice*. We need a *Prayer-Meditation Practice*.

The Goal of The Prayer Meditation Practice

This Practice restores our body-heart-mind connection. And its primary goal is to help us keep our attention on Christ throughout the rest of our life by taking the time to “be reborn each day”—to re-experience the sensation of receiving God's grace and His gifts of faith in Christ and repentance. This is to help us make sure that our belief in God through Christ is strong and we are resilient against the darkness of this world—which is growing ever more powerful.

Through this Practice, we experience a series of three postures: Kneeling Down, Laying Down, and Standing Strong. We use these in this sequence because these postures automatically activate the three primary experiences of “being born again.” In complement to these postures, we use the Simple Breathing and the Hand-on-Heart techniques that help deepen the sensations generated in these postures—and this helps deepen our connection to the divine.

In essence by re-activating our experience of our rebirth, we reactivate the sensations of receiving the gift of faith in Christ filling our body and heart. We re-experience the flow of the Holy Spirit into our heart. We reactivate the humility that let us know we were before God, and we feel comforted; truly loved for who we truly are.

When born again, we received a new will from God, and our mind turned to Christ instantly. And it's this that is proof of our rebirth in spirit, proof of our being saved. What exactly is the proof? We have no desire, no will, to continue to pursue old interests that we realize now were unhealthy, unholy, unkind, that lacked compassion and courage. We have no desire for the things of vanity and greed. The only things that interest us are that which serve God through our faith in Christ. And we know we are now destined to be with God in Heaven. Thank you, Dear God.

We feel and see now how our old will had been aligned with sin, we believed THE LIE. Through our rebirth, God blessed us with the gift of repentance. In biblical terms, this means *waking up, a change of mind*.

Through this practice, we can feel the mystical nature of repentance. We now energetically feel, and thus, understand our true purpose in life: devotion to God and discipleship to Christ. Our thoughts turn away from the worldly toward the holy. We only want to behave in ways that bring goodness, bringing peace and calm to others, into the world. We now hold the discernment of good versus evil and turn away.

The greatest “aha” of the Practice is that by learning to experience the mystical aspect of ourselves, we are experiencing faith, we *are experiencing* TRUTH—and TRUTH sets us free.

The goal of this practice is to keep our experience of being reborn alive and vibrant in our body and heart. We get to re-energize our rebirth in Spirit every day strengthening and deepening our faith.

The BBBB Cycle has helped us understand what takes place in us mystically and physiologically when we are reborn—how our will is now changed from alignment with Satan to alignment with God and how this has shifted our body, breathing, belief and behavior.

Through this concept, we see how we can work with our body in this Prayer-Meditation Practice to re-experience our rebirth any time and strengthen our spiritual alignment and reactivate our awareness of our mystical connection to God. Just like in fitness, we condition our body with various exercises that help us become strong and more confident in ourselves. In biblical terms, this Practice helps condition and strengthen our devotion to God through our faith in Christ.

Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.”
JOHN 8:31-32

The “Experience” of Being Born Again—Spiritual, Mystical Physiology

TRUTH is that liberation from suffering and freedom from Satan come only through belief in God through faith in Jesus Christ.

We are blessed with the gift of faith in Christ by the grace of God when we are born again. And this experience is very spiritual and mystical. We feel humbled and filled with holiness.

Before we are born again, we hold a will toward sin. Our sinful nature—though our responsibility—is under Satan’s control. Our disposition leans toward physical, mental, emotional tension and anxiety. We feel imprisoned in a way. We always feel some anxiety, always trying to figure out the purpose of our life, how to achieve, how to get what we want, what we feel we deserve. In all honesty, life is not that enjoyable.

And as we know from the Bible, we are all born with a sinful will and that this is God’s plan for evolving and refining our understanding of who He is. Experiencing Satan’s evil, we have a deeper experience of the goodness of God when we are “born again.” In God’s timing, we are reborn in Spirit and TRUTH.

As we’ve discussed in an earlier chapter, when born again, by the grace of God, we are brought low, our body close to the ground, our head bowed before Him. We are humbled and our body becomes a bit weak, unable to resist. We feel the intrinsic surrender and submission to God and to His will.

We can tell something is happening—we are being transformed. We experience a soft, light, fullness in our heart. Our heart rate slows and finds its healthy, slow, smooth rhythm. Our breathing begins to deepen. An easy, and yet, revitalizing physiology begins to flow through our body. Our muscles relax. Our shoulders drop; our spine lengthens. We feel an energy of strength, a physical confidence and spontaneously lift our head skyward. We know we are in the presence of The Holy, of Jesus Christ.

And we begin to feel our body emptied. We feel a burden lifted and taken away. This burden we begin to realize is our past. Our past is forgiven. Energetically, our sinful nature is washed away. As this forgiveness of God flows through us, we experience an awakening of a gentle remorse, a realization of the unhealthy, unholy, unkind things we have done. And as this remorse begins to start to shift into guilt, we feel a release. We feel a gentle energy flow into our heart. This is the Holy Spirit bringing God’s gift of faith in Jesus Christ.

Along with this faith in Christ, comes faith in TRUTH. We feel a dramatic, complete “change of consciousness, “a change of mind.” In biblical terms this is God’s ”gift of repentance.” And now the guilt transforms into awakening, into aha. We have just been blessed with a new mind, a new will. And we have no interest any longer in sin. We begin to understand that repentance is to help keep us awake to sin and turning away from self-obsession and unholiness. Our consciousness turns toward faith in Christ rather than dwells on the things of this world.

In this transformation, experiencing this spiritual, mystical, shift in our body, we no longer feel the willful energy that has been our emotional and physical disposition for all our life. Rather, this is replaced by a humility that is full, relaxing, and holy. We begin to feel lighter, holy, reverent. We experience sensations of freedom and peace flowing through us, through our heart and our body. And become calm.

Born again, we are imbued with the Holy Spirit. Our heart is now the sanctuary of the Holy Spirit, we are transformed into the Holy Temple of God on earth. Our body's energy now "resonates," literally vibrates, with goodness, with what is healthy and holy. And thus, the way we think dramatically changes. Our values are only toward what is good and moral.

Blessed by God with a new will, we reject worldly beliefs. It's not even a choice; morality becomes our new nature. We're not interested in anything that is secular. Before Satan came on the scene and contaminated our body and corrupted our mind, we were physiologically pure and our psyche was aligned with God's will. Reborn we are restored, reconciled with God. This is now who we are—a faithful servant of God's.

The Holy Spirit, now imbued in our heart, becomes our counselor. He strengthens our faith, keeps us from temptation, and reminds us we need Christ. He helps us understand the Bible; helps us understand God's intention for our journey here on earth. The word of God becomes alive in us. Our relationship with the Bible is not only psychological but physiological. Our body literally resonates with the "word of God." We can feel the energy of it flowing through our heart and body; we feel alive.

The Prayer-Meditation Practice helps us to keep this mystical connection with the Holy Spirit strong. The Practice reactivates our experience of our "rebirth," and keeps our disposition toward repentance strong, i.e. keeps us awake in our new will. This is our defense against the devil's schemes which flow around us constantly. Prayer-Meditation helps us experience holiness which keeps us attentive to Christ and His teachings. It helps us learn how to use our body to keep us awake to TRUTH. It teaches about the power of kneeling, laying down, and standing strong in the word of God.

The more we use the Practice regularly, our trust in God grows, acceptance of His will deepens, and faith in Christ strengthens. We begin to realize that we are truly saved—and that one day, in a blink, we will be transformed and taken up to be with Christ forever.

The Practice of Prayer-Meditation

The Practice of Prayer-Meditation is two-fold: prayer and meditation. We pray and talk with God. It's not so much that God needs to hear from us, for He already knows what's on our minds. But rather, we need to hear ourselves in our relationship with God—praying aloud lets us hear TRUTH of what we believe about God through our faith in Christ.

Prayer is not so that we get to ask God for what we want, but rather it's for sharing ourselves intimately with God, for being close to God. And particularly, prayer is to help keep our alignment with the will of God. Prayer is not meant to prattle off a list of things we hope for and expect. Rather, it's a practice that helps to remind ourselves that everything in the world is up to God's will. What He grants and doesn't grant gives us insight into His plan for our life. And prayer is especially for expressing our gratitude—God has chosen us to be saved and to be with Him in Heaven.

Put simply, the main benefit and power of prayer is that it keeps our attention on God.

We also need to meditate. Now this is not the eastern practice of meditation as we've come to know it—trying to calm, and even, empty our mind and think positively. Meditation in the biblical, the faithful, sense is focusing all of our attention on God's word, on the Bible, and filling our hearts and minds with it. Meditation is meant to become quiet enough in our body and heart that we listen for the wisdom of the Holy Spirit's guidance helping us to understand what the Bible is teaching, what God is saying.

Prayer-Meditation keeps us awake to TRUTH. Christ revealed that when we know TRUTH, we are set free—from doubt, fear, anxiety, and darkness, from Satan. What we begin to understand, to put it into just a few words, is that the benefit of the Prayer-Meditation Practice is that it minimizes and manages the drama in our lives.

Prayer-Meditation helps us realize that drama is the symptom of a sinful will, of an egoistic psyche. And this Satan's great strategy—keep the world filled with drama, get us all to believe THE LIE. Non-believers in Christ think they have free will and deserve to get all that they want, and to defend their beliefs and opinions because they are right. They experience a powerful satisfaction in their addiction to the “tug-o-war” in the world and to the suffering and darkness it creates.

Those born again begin to discover they now hold the antidote to this dramatic world—a calm heart and disposition given to us through the gift of faith in Christ, given to us by the grace of God. Focused on Christ, our mind is not judgmental, manipulative, striving to gain control of situations and people. Rather, standing in the armor of God, we are more humble, patient, and tolerant. We release the false belief that we have control over our lives and others. Instead, we realize TRUTH that we are to be the light of Christ.

Standing strong in TRUTH, we find ourselves remembering that this is all God's plan...and that we are to submit to His will. Our lives are not our own, they are God's. We are here to fulfill His will, not ours. We are to stay calm and trust in God's plan, and in His goodness.

When calm and standing in the word of God, we are a bright light. The light of Christ shines from our heart and dispels the darkness, exposes the drama of THE LIE. TRUTH begins to speak loudly through our calm silence. Our vibration changes the energy around us and even within others. The drama dims.

And now, as we continue to experience this chaotic world and practice to stay calm in the midst of the drama, we realize something very powerful. We are awake to TRUTH that we were created and chosen to be witness to these most remarkable times. We are part of God's chosen to help chaperone in the "new age." We are to help others navigate these days of the "end of this age of man," to help quell their fear by helping them understand what is happening and why God has planned all this.

We are to give others hope by helping them learn about Jesus Christ—to help them understand what He did for all of us when He was here two thousand years ago. And that He is coming again soon to rid the world of evil, of Satan.

And who knows but that you have come to your royal position for such a time as this?"
ESTHER 4:14

The Signature Technique of This Practice

The Prayer-Meditation Practice is a spiritual practice rooted in the belief in our Creator being the one, true God, the God of the Bible. It is our experience of being born "again."

The only truly effective way to stop stress is to focus on strengthening belief in God through faith in Christ. And this, as we know, is a gift from God in our rebirth.

The only thing that helps free us from worry and fear, to truly calm our mind and find stress relief, is our belief in God through faith in Christ. Only faith in a personal, loving God can conquer our ego. Only faith in a "personal, emotional God" can help us feel "personally" loved and cared for. Only faith in a God we love can relieve our stress and fear of being alone.

The Prayer-Meditation Practice helps us experience the true relief that comes through our connection with God through faith in Christ. We discover that this happens through our body and heart—not our mind.

Therefore, the signature technique of this Practice is to focus all our attention on our body, and specifically, to use techniques to “calm our body, and keep calming our body, and keep calming our body.” And this also means that we are to ignore our mind, our thoughts and emotions, completely. We are not to try to control them in any way; like trying to slow them down or change them to be more positive, and so on, as we are instructed in “mindfulness meditation or new-age psychotherapy,” for example.

Through this technique to focus on calming our body, we discover that it activates our experience, the sensation of “humility.” As we explored earlier, we know that our calm heart sends out hormones that calm our body and our mind. The power of this sensation of humility is that it deactivates our ego, our willful nature, instantly relieving mental and emotional stress.

This humbling experience guides our consciousness toward the indwelling Holy Spirit. Our beliefs and behaviors are shaped by His loving and discerning spiritual energy, by His aligning our will with the will of God. Our faith in Christ and trust in God are strengthened and we feel calmer about life.

We will learn that the technique of calming our heart helps us experience how our heart is the center of our faith, not our mind.

If we don’t know it by now, our mind is our ego and that makes our mind, when untampered by the wisdom of the Holy Spirit, our nemesis. Our ego is aligned with Satan’s will—it holds an addiction to sin. We all have experienced how our mind can drive us crazy—all its desires for stuff, its obsession for money, and its constant worry that we won’t get what we want overwhelms us. It instills tremendous fear. Our ego lies to us and tells us we should be able to fix our life, create all that we want, that we have free will like God, we can become gods.

What we learn through the Prayer-Meditation Practice is that the “only” antidote to this “demonic possession” is to turn away from our mind and put all our attention on our body and heart—for this is where the Spirit of God dwells. If the Holy Spirit is not within us, if we have not been reborn, we are trapped in this chaos with no way out.

TRUTH is that in order to navigate this dark world, getting darker, God needs to be front and center in our consciousness every moment of every day. All we breathe, believe, and do must pass through the filter of our faith in Christ if we are going to stay close to God and defend ourselves against the devil’s schemes.

Comparing Prayer-Meditation to Mindfulness Meditation

To emphasize how unique The Prayer-Meditation Practice is, let's compare it to the mainstream spiritual practice known as "mindfulness meditation."

In a nutshell, the difference between Mindfulness and Prayer meditation practices is that Mindfulness Meditation focuses on "self" and Prayer Meditation on "God."

- **Mindfulness focuses on "mind." Prayer focuses on "body."**
- **Mindfulness focuses on our will. Prayer focuses on God's will.**
- **Mindfulness we talk to ourselves. Prayer we talk to God.**
- **Mindfulness focuses on a relationship with self and "evolving our consciousness" so we become god-like; gain the power to manifest the life we want
Prayer focuses on our relationship with God evolving our consciousness of the one, true God; gaining the humility to serve Him as the purpose of our life.**

The first thing that needs to be pointed out is that mindfulness practice is a practice of the "unbeliever in Christ." Whereas prayer-meditation practice is for those born again of the Spirit, filled with faith in Christ.

Mindfulness Meditation is a very popular "new-age" stress-management technique sweeping across the western world. Its technique is predominantly mind-centric, i.e. it's focused on helping us control our mind, control our thinking, believing we can liberate ourselves from our suffering and become "enlightened." It teaches us that our mind is in control of who we are, of how we see the world, of all that happens in it.

Prayer-Meditation practice is "body-centric," and works to ignore the mind. We discover that the mind is fickle and that only the Holy Spirit, indwelling our heart, liberates us from our suffering.

We learn from "brain science and cognitive psychology" that we have about 60,000 thoughts a day and about 95% are repeats. And of these repeats about 90% are negative. It's easy to conclude then why we continue to relive our drama over and over. And thus, it makes sense why we turn to practices such as mindfulness meditation and new age psychotherapy to help us fix our mind, to fix ourselves. But it seems we are discovering these don't really work.

Mindfulness practices teach us that we just need to be able to gain control of our mind and change how we think and what we believe, and thus, change who we are. Mindfulness teaches

that we can evolve and raise our consciousness and gain the wisdom and power of the spiritual cosmic forces to manifest the life we want. It teaches that we can gain a new willpower and become our “true self.” It teaches us that we can change our outlook on life and fix our problems—that we can liberate ourselves from our suffering like Buddha did.

TRUTH is we can't.

Mindfulness practice tries to help us focus our attention on “the now,” trying to keep ourselves from thinking about the future or past, from thinking about our regrets and worries, which is what’s causing us our stress. This practice also tries to train us how to control and shift our thoughts from negative to positive and ultimately change our underlying belief about life. This doesn’t work because our mind is not trained to focus on now, or peace and stillness. Rather it is trained to keep “messaging” with what we know of TRUTH.

So, the key question is do these mindfulness practices work? The answer is “no.”

It’s becoming apparent that mind-centric practices don’t work. Our mind just won’t stay in the “now” and our thoughts just keep running amuck. Our ego is simply just too strong to control. The practice creates some temporary calmness, some relief from our tension. Yet it doesn’t seem to create lasting transformation in how we see life, how we see ourselves, and without this, our foundational beliefs and our will do not change and we continue to keep thinking negative thoughts and stressing out.

In fact, we are discovering that these practices are somewhat counterproductive. In summary, mindfulness teaches us that we have the power to manifest whatever we want in life and to be happy. And ironically, rather than relieve our stress, with this expectation about ourselves, it jumps up a hundred-fold.

And further, even though mindfulness practice is trying to help us “calm and empty” our mind, it’s actually keeping us engaged in our mind, i.e. “mindful.” What we need to be is “mindless.” Or better yet, what we need to be is “heartful.”

So why can’t we get control of our mind in terms of experiencing true transformation? Because as we’ve discussed our Ego, our will, is controlled by Satan. And only God has the power to change our will.

After eight years of instructing mindfulness techniques to hundreds of students, most reported that sitting on the mat actually becomes a rather stressful experience—they were not that successful at emptying their mind or stopping negative thoughts. They had better awareness of why they suffered but didn’t really experience a transformative shift in what they believed and

thus how they behaved in life by meditating. They were a bit calmer and nicer for a while after their meditation practice, but their underlying nature felt the same. And ironically, they got stressed trying to stop their stress.

The only way our mind, our will, *changes* is as a result of a change of heart. The only way we are freed from the chaos of our old thinking is to be able to generate new thoughts, create a new will, And as we've learned this only happens when we are reborn, "reborn in Spirit." We cannot change our will as promised in the teaching of mindfulness. Only born again are we transformed, and this is not something we can make happen. It happens only by the will of God and in His timing.

And now, we begin to understand the real difference between mindfulness meditation and prayer meditation. In mindfulness teachings we are not encouraged to be humble, to believe in God, our Creator. Rather we are encouraged to believe we are the creators. This is a very lonely perspective of life—and a hugely stressful one. This is THE LIE.

Once we have been drawn to surrender, literally kneel before our Creator, by the grace of God are given the gift of faith in Christ. We are filled with the Holy Spirit. We receive a new will and now are filled with "new thought." Blessed with this "new will," we are filled with the wisdom of the Holy Spirit, and all our thinking is transformed. Instead of all our old, repeating thoughts and our trying to convince our mind to stop doing this we are filled with new and positive thoughts.

We are a new creature in Christ—our will is aligned with the will of God, and our core belief is in God. The Holy Spirit fills us with new thoughts. Body, heart, and mind are renewed, our old self dissolves, our ego subdued. Our core belief is in the one, true God and we realize that we are His humble and beloved Creation. We also realize that we have no ultimate power in life.

We are a new creation in Christ. We are humbled and uplifted all at the same time. Our heart holds the will of God. We are a new faithful person; our arrogance in thinking that we can gain control over our lives dissolves. TRUTH fills our consciousness—we are not in control of our lives, we do not have free will to do as we please. We are here for the sole purpose of fulfilling God's will, His plan and purpose for Creation. Knowing TRUTH we are set free, our stress relieves.

We are now enlightened with TRUTH. It's all God's plan, it's all God's timing, it's all God's responsibility. As we discussed, "blaming God with all humility and reverence for every detail of our lives is our true liberation." We are now comforted with the core belief that God is in control of all things, especially our salvation. And now, freed from guilt and self-blame, we begin the

exploration of what we can learn from our past that helps us “repent” now, helps us experience our new self, one who has a change of mind--metanoia in Greek in the Bible.

Reborn, we discover we are now in partnership with Christ. We are not alone anymore. We are to give Him all our stress and worry. We begin to feel a natural comfort, a natural trust that God cares for us and has our good as His intention.

Reborn we find ourselves naturally compelled to pray. We want to talk with God and seek His guidance—to understand His will for us and for the world. We still are to make plans, yet we now know that God directs our feet. We now understand that what works out and what doesn’t is His plan. Thus, we have no need to worry or stress, to regret, or to blame ourselves.

As a follower of Christ, we pray in worship to His will. And now above all else that we pray for, we are intrinsically motivated to pray with gratitude. We keep thanking God for choosing us to be reborn, to be saved, to be predestined for an eternal life with Him.

In summary, TRUTH is that the key to stress reduction is to find new, positive thoughts. And that happens only when we are renewed with the faith in Jesus Christ. This is our new birth into a new spirit, into a new will, into new thoughts, into a new life. Our old, sinful nature has gone away.

And it’s important to always remind ourselves, that we know from the Bible that the timing of our rebirth is in the hand of God and in His perfect timing. If we haven’t been born again, we need to wait for it expectantly. If we have been reborn, we need to pray in gratitude to God.

The Prayer-Meditation Practice below helps us re-experience being born again. Through this mystical experience, our body remembers all that Christ has done for us and to hold strong faith in God’s promise of our salvation to come. This brings great comfort.

The practice keeps us rooted in our faith in Christ and His commands—to *love God and love others*. And the more we practice prayer-meditation, our confidence in preaching the Gospel grows and becomes second-nature. We are more capable of fulfilling Christ’s call to be the Great Commission.

Then he said to his disciples, “The harvest is plentiful but the workers are few.

MATTHEW 9:37

A Final Comment, Even Warning, About New Age Practices

It’s rather ironic. The focus of new-age stress-management practices is to help us manage our mind, which we all admit is what we need to do. Now, we’ve discussed that using our mind to

manage our mind is ineffective and doesn't work. Yet it's also important to understand that using these practices is also rather dangerous. Why? Put simply, these practices make our mind, our ego, more powerful, not less. And this is exactly Satan's strategy.

And more dangerous is that "mindfulness meditation" is rooted in eastern religious traditions masked behind the name of New Age Spiritualism. Meaning, most people are completely unaware that they are being indoctrinated into eastern religious beliefs and teachings when they practice mindfulness meditation. Many believe that for this to be true, we would need to hear and learn the teachings. However, TRUTH is that the ritual of how you sit and hold your hands, repeating mantras, doing yoga poses, and bowing in "namaste" are all religious doctrines. And now that we've learned that our body and heart hold our consciousness, this makes sense.

So, why is this concerning?

These practices deceptively guide us into worshipping pagan gods of a cosmic universal god, named Brahman. From a biblical perspective, what we need to know is that these practices encourage us to believe THE LIE—Satan's lie in the Garden that we can become like God, we can become demigods. These practices preach that we can evolve our consciousness and become our "true self," our god-self.

It's also worth mentioning that, as we learn in the Bible, "idle minds, empty minds" are very tempting for demonic spirits to try to enter, to instill dark thinking. even set up house. When we meditate, there are times when we are able to "empty" our mind. And oftentimes, we are completely unaware that the next thought that interrupted our mindlessness came from demonic spirits.

And when it comes, it finds the house empty, swept, and put in order. Then it goes and brings with it seven other spirits more evil than itself, and they enter and dwell there, and the last state of that person is worse than the first.
EPHESIANS 12:43-45

Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world.
1 JOHN 4

THE PRACTICE

As mentioned, you will learn that the primary technique of The Prayer-Meditation Practice is to “calm your heart and your body” as the tool to calm your mind. You work with ***Three Holy Postures*** that calm our nervous system, and specifically, activate sensations of humility and holiness.

And you will use a ***Simple Breathing Technique: 5 focused, slow, smooth breaths to the count of 10 followed by an easy flow of slow, full breaths.*** These breaths calm your heart.

You will also use ***Hand-On-Heart Technique. Placing your hand on your chest over your heart instantly calms heart rate and physiology.*** The literal connection of your hand resting on your body instantly slows heart rate and encourages the heart’s slow, smooth, rhythm. This activates healthy, holy, calming physiology. And this activates the experience, the sensations, of humility before God.

All these techniques together create an instant transformation of all that you are, a renewed sense of self.

Now before we go further, it’s worth mentioning that the Prayer-Meditation Practice is powerful for all individuals, both believers and unbelievers alike. As we’ve said, it’s far more effective than mindfulness to relieve stress and worry because it encourages a healthy, calming physiology—which automatically calms the mind. Working with the mind to calm the mind, as we’ve said, is actually stressful.

However, this Practice is primarily designed for the “born-again believer” in supporting them to stand strong in faith, to feel the “experience of faith,” the mystical connection to Christ, and keep it strong.

The Three Holy Postures are practiced in a specific sequence in order to generate the same experience that most feel when they go through spiritual rebirth. We feel humbled, encouraged to surrender and let go, and ultimately, restored, renewed, and “born again,” again. We “**kneel down**” and are humbled before God. We “**lay down**” and surrender and submit to the will of God. We then rise to “**stand strong**” in faith in Jesus Christ and in full confidence in God’s will.

Before we go through the practice, which is detailed below, we take a look at the experience we have in each of the postures. While performing each posture, we are also following the Simple Breathing and Hand-on-Heart techniques. As we mentioned, all of the postures instill a sensation of humility and holiness. And each one of them calms our heart rate, lowers blood pressure and cortisol output—calming our physiology which calms our mind. Each one is a prayer-meditation in itself.

The Holy Postures

The Prayer-Meditation Practice follows these three postures in this sequence: kneeling down, laying down, and standing strong.

Kneeling down: activates our “humility” before God, instantly. The alignment of this posture naturally generates this sensation every time we kneel.

Many testimonies of being born again involve a moment of despair that brought individuals to their knees. And they admit that they did not kneel intentionally but rather were moved by an energy, some gentle spiritual force. Kneeling they felt both humbled and forgiven. They felt forgiven immediately. And they hadn’t even asked yet. All commented how good it felt to be released of their pride and arrogance.

Laying down: Having knelt for a time, it feels natural to lay down, natural to surrender all that we are, to rest. As we lay down on the floor, we feel the same sensations as if our body is being laid back and submerged into the Jordan River. As we feel ourselves being submerged in the imaginary waters, we experience the sensations of being washed clean of sin: of selfishness, arrogance, greed, and vanity.

And as we rest on the supportive surface of the floor, we surrender completely into the hand of God who is holding us. God instills the gift of faith in Christ and a new will.

Standing strong: Once empty in body, we begin to rise. Rising we feel the indwelling of the Holy Spirit in our heart. As we come to standing, we stand strong in the “experience of rebirth”—of coming into the world as a new person. We stand in our “new” body, heart, and mind. Filled with the Holy Spirit, we begin to become aware of our new will. As we stand looking out at the world, it’s clear our view has changed. Our beliefs and desires have shifted—losing interest in things we used to want.

Having bowed low, humbled before God, we realize that we are children of God. Our old, sinful will has been taken from us. Surrendered to the River, our contaminated body is restored and our mind renewed with the living waters. And now, rising back into the world, we are reborn into Spirit and TRUTH.

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!
2 CORINTHIANS 5:17

As we go forth, we feel strong and filled with belief in God through faith in Jesus Christ. We feel uplifted and strengthened by the Holy Spirit. We remember Christ’s sacrifice for us and feel the

presence of God's goodness and merciful love in us. We are ready to face the world as a follower of Christ with the power of the "humble confidence" we witnessed in Christ during His ministry and on the Cross.

The Prayer-Meditation Practice Brings The BBBB Cycle to Life.

The Prayer-Meditation Practice brings The BBBB Cycle to life. As discussed, The BBBB Cycle was created to help us understand the transformation that took place when we were "born again," so we can experience it again. This practice helps us re-experience *being transformed from indifference, from sinfulness, into a person with profound devotion and love for God.*

This Practice helps us learn how to pay attention to what is transforming—how we are awakening, how our body-heat-mind-spirit connection consciousness is changing. In other words, how our body, breathing, belief and behavior are changing. It's easy now to understand when the Bible tells us that God has blessed us with a new heart and mind, a new will. And when it tells us that God blesses us with the gift of faith in Christ; imbues our heart with the Holy Spirit.

Once born again, we are transformed, our body and belief renewed by the Holy Spirit. Our body is restored to holiness and our mind, our will, renewed. We now know our true purpose in life is our intimate relationship with God. Therefore, all else that comes into our life, that happens in our life is seen and felt through this filter of faith in Christ.

Born again, we realize we have been tremendously blessed—chosen to be transformed, justified for our life eternal with God. We find then that this revelation fills us with incredible gratitude and we are more resilient and courageous. We feel comforted in the revelation that we are not alone to face life's challenges, nor are we expected to try to figure it all out.

Rather, born again we anticipate and trust in whatever God has for us. This greatly subdues our ego and liberates us from all the pressure that we are supposed to "self-actualize," only to feel like a failure when things don't work out. We remember it's all God's plan, all His will.

Born again, we are intrinsically inspired to be humble and grateful before God—two of the most healthy emotions humans can have.

The BBBB Cycle demonstrates how our body, heart, and mind are interconnected. Physiology influences psychology—body influences beliefs, beliefs influence behavior and so on. The Prayer-Meditation Practice was specifically designed to help us learn how to "work with our body," to help us stay strong in faith in Christ and close to God in spirit.

How To Use The BBBB Cycle in The Prayer-Meditation Practice

When born again, it's important to have a spiritual practice that helps us stay close to God. And it's vital to engage in it regularly. It helps us sustain and strengthen faith in Christ and trust in God.

As we consider the Cycle, we not only understand how it flows, but also how we can use it to help us stay calm, to refocus when we become distracted by the temptations of the world, and thus, stay strong in our faith. The Prayer-Meditation Practice is a very effective devoted practice, which we go into in detail below. Yet, there are also some very quick and simple things we can do throughout our day to resolve stress before it spirals into larger emotional pressure and concerns.

When we find ourselves stressed, fearful, regretful, judgmental, and negative, we will realize that this is a sign that we have been influenced, even possibly attacked, by unhealthy “forces.” We can feel our mind begin to run wild with thoughts about secular values and beliefs, focused on materialism and unholy things, absorbed in regrets of the past and worries of the future. Yet, in the matter of a few seconds, we can interrupt the BBBB cycle of negativity that got started and begin to change it into positive vibration.

We can shift our “body” or “breathing” or “belief” or “behavior,” and thus, shift our focus back to faith, back to Christ. Shifting any one of these “Bs” in a healthy, holy manner, we instantly disconnect from our ego, which is the tool of Satan’s temptation. Working with our body, we can activate the energy, the sensations, of “humility” which instantly subdues the influence of our ego.

Any one of the postures activates this interruption. And of course, using the Simple Breathing or Hand-On-Heart techniques will also instantly shift our heart rate, our physiology, and thus, our thinking.

Humbled, we realize that this is the consciousness situated in our heart and that we are experiencing the Holy Spirit. We find ourselves beginning to focus on Christ and remembering His love and sacrifice for us. Our body and mind are “falling” back in alignment with the will of God. Our stress is resolved.

Examples of such shifts we can make to the BBBBs in the cycle are: 1) aligning into any of the Holy Postures, 2) aligning into good posture; sitting or standing tall; 3) practicing the Simple Breathing or Hand-On-Heart techniques, 4) closing our eyes and sitting still for a few moments; 5) clenching and stretching our hands; 6) doing full body stretches; 7) taking a short, brisk walk; 8) smiling for no reason; 9) reading and meditating on a few bible verses; 10) praying: like sitting tall and whispering the Our Father or just talking with God; 11) helping someone.

Another example is exercise. We feel better, actually more “spiritual” after exercise because the body releases tension, and as a result, our mind is calmer. **And we discover that exercising our body and becoming more physically stronger, we realize that our physical strength influences our spiritual fitness. This can be succinctly expressed by the phrase, “physical fitness influences spiritual fitness”—SPIRITFIT.**

And just like exercising conditions us, we discover that practicing The Prayer-Meditation regularly, our experience of our newfound faith becomes stronger. The BBBB Cycle flows with the sensations of our body, of the Holy Spirit, shaping our beliefs and behavior in alignment with the will of God. We feel inspired to behave with goodness and humility—reinforcing our newly received gift of faith in Jesus Christ. We feel inspired to follow Christ’s commands.

Prior to “rebirth,” to receiving the gift of the Holy Spirit, we were vulnerable to the secular values and misguided beliefs of this world. We got caught in “group-think.” We got trapped in the negative, status quo. Yet, through our rebirth, we are awake. And with the Prayer-Meditation Practice we are strong—wearing the armor of God in defense of the devil’s schemes.

We need to keep our connection to God through our faith in Christ a top priority. Consistently practicing prayer-meditation is necessary. We need to unplug from the secular world and regroup regularly in our newfound faith. This practice helps us remember that our will was once aligned with Satan’s will and that’s why Christ came. He came to wake us up, to save us from sin and redeem us with God. Christ came to prepare us for our transformation for salvation. And this practice helps us live a life that is rooted in holiness and walks us steadily toward the day of our salvation.

Our Relationship with Our Body

Our relationship with our body is the foundation of our relationship with God.

And finally, it’s important to mention a key and powerful benefit of the Prayer-Meditation Practice. The Practice helps to strengthen our relationship with our body—to have a better body-image and self-esteem. Through the practice, we discover our body’s consciousness and that its “natural inclination” is toward health, healing, goodness, compassion, and holy love. Our body loves us. Our body has no inherent negative energy or vibration, no inclination toward that which is dark, or evil, or unholy. As we begin to experience this sensational goodness powerfully through this Practice. And we begin to respect and appreciate the wisdom of our body.

Realizing our body is the Holy Temple, we begin to understand that it’s God’s most brilliant and beloved creation and now through this practice we understand how our body keeps us close to

God. We develop a much more appreciative, positive, intimate, respectful relationship with our body. We become less critical of our body and more accepting of its shape, size and more compassionate toward its illness and affliction.

Believe it or not, our body becomes our friend rather than foe. Our body even becomes our counsellor as we begin to pay attention to how it feels, the sensations that are running through us. Our body is always trying to protect us. We begin to realize that we need to reciprocate. We begin to see the foolish and unhealthy, unholy things we do to and with our body and begin to reconsider. We begin to realize that as a society, we have treated our body unconscionably.

In conclusion, The Prayer-Meditation Practice helps us experience TRUTH—that our life’s purpose is found within the body and heart, not the mind. The Practice helps us understand exactly what our life purpose is; our relationship with God. We realize we are made in the image of God—conscious and originally holy, like God is holy. The Practice proves what Scripture tells us: our body is the Holy Temple of the Spirit of God. And it all becomes so clear: our relationship with our body is the foundation of our relationship with God.

Put simply, The Prayer-Meditation Practice is a biblical experience— a full body-heart-mind-spirit journey. It is spiritual fitness. It reconnects us to the mystical experience of the Holy Spirit and reveals TRUTH. Thus, there is no doubt—we were created by a powerful, creative, loving, and intimate God. This is affirmed by both the Bible and our biology, which shows how miraculously the body-heart-mind-spirit connection keeps us alive and conscious of the Divine, of God.

Each time we practice, we are born again—again. We are restored and strengthened for the spiritual battle in this world. We are strong in faith in Christ.

Be Sure to Practice The Practice at Least Daily

It’s important to mention that the experience and the benefit of the Prayer-Meditation becomes much more profound the more routinely we practice.

Just as we exercise to stay physically fit, practicing the Prayer-Meditation routinely, we eventually become more “spiritually fit.” Over time, our healthy, holy, fit physiology supports our healthy, holy, fit beliefs and behaviors. As a result, we are less distracted by the world and its materialistic culture and remain more focused, physically, mentally, and spiritually, on Christ.

THE PRACTICE AND TECHNIQUES OF PRAYER-MEDITATION

A Practice That Engages All That We Are—Body, Heart, and Mind and Awakens Us to Spirit

Prayer-Meditation Practice is a practice of HUMILITY.

Humility is the only true transformational force in our lives. Our mind will be able to understand very little about the sacred without surrendering in humility before God.

INTRO

The Prayer-Meditation Practice generates a physical release of tension as well as activates sensations of “humility, holiness, and faith” by aligning the body in healthy, “holy” postures. We focus on three postures that awaken these distinct physiological sensations: **KNEELING DOWN, LAYING DOWN, and STANDING STRONG**. Practiced together these postures mimic, and thus, generate the “experience of being born again.”

By the brilliance of God’s design of our human body, aligning our body in various postures generates unique sensations every time. Meaning, our alignment into various postures, will shift our physiology thus generating distinct sensations, and ultimately, distinct emotions and thoughts. What’s powerful about knowing this, as we’ve discussed, is that we can use our body, our posture, to improve our mood and shift our thinking, influencing our experience.

What’s common about the Three Holy postures of this Practice is they all cause our heart’s rhythm to slow and smooth out, our breathing to slow and deepen, and our musculature to release tension. Then depending upon the particular posture, various hormones are sent out generating unique sensations that influence our mood and thought process in a particular way.

Kneeling is particularly powerful in this regard. Kneeling we feel a calming, inherent reverent disposition and begin to feel a “humility and holiness” flow through us. We begin to comprehend we are before our Lord, before God. The longer we dwell in this posture, we experience how our mind, our attention, shifts away from the outside world and naturally begins to focus on our inner world. We disconnect from secular distractions and our attention shifts to Jesus Christ.

We’ve discovered that these particular postures performed in this particular sequence generate sensations that influence us to feel humbled and then surrendered and submitted, and then confident. These are the exact same sensations and emotions that take place when we are “born again.”

Together these sensations and emotions influence us to feel that we are in the presence of “something” powerfully sacred—a being above all else. The rhythms and fullness in our heart are the sensations that inform us that are imbued by the Holy Spirit and kneeling before God. In the matter of a few breaths we are comforted, remembering that we are loved and that God is

sovereign, and He loves and cares about us—and that He has a plan for our ultimate good. And we are intrinsically inspired to talk with God—to pray.

Three Techniques To Be Used Throughout The Practice

Before we begin the practice, we describe here three techniques that we will use in each posture: 1) how we breathe; 2) placing our hand on our heart; and 3) smiling gently.

A SIMPLE BREATHING TECHNIQUE

Our breathing is hugely powerful in keeping us attentive to the sacredness that we are experiencing—in our body, heart, and mind. It will keep our attention from wandering off and paying attention to what we are experiencing in our body. And our breathing will remind us that we are breathing in and out with the “breath of God”—the breath of life.

The technique is to help us keep our breathing flowing, smooth, and slow. It helps us reset our breathing when we realize that we have lost attention on our body and are distracted by our thoughts of the world. We will know this is happening because our breathing will have gotten shallow, short, quick—our body tense.

The technique is super simple and is basically a 5 –10 breathing rhythm technique. It focuses on a series of 5 breaths that you count to as you do them. While you perform each breath, you focus on taking them as long and as slow as you can—yet with easy fullness rather than intense effort. As you start your first inhale count 1, then as you exhale count 2, and the next inhale, 3, and exhale 4, and inhale 5, and so on up to your last exhale on 10. You can do as many of these cycles as feels comfortable—yet one cycle will reset your breathing pattern back to slow and smooth.

THE HAND-ON-HEART TECHNIQUE

This technique is perhaps the most important, and unique aspect, of this Practice. Our hand on our heart will keep us attentive to maintaining a heart-mind connection and this will keep us awake to the mystical experience of the Holy Spirit—who indwells our heart. As mentioned, like breathing, this technique should be used in all postures.

Simply place your palm on your chest over your heart. Focus on the action as you do it—this brings your attention to your body. And since your body exists only in the present time, your attention is on this moment, in “the now.” And this, as we know from other stress management programs, is the primary focus of a calm mind and helps to slow our thoughts.

Also, this technique is powerful in establishing and renewing a healthy relationship with our body. We feel the warmth and pressure of our hand as it begins to naturally generate a calming sensation. Our heart rate slows and our physiology begins to calm—blood pressure lowers, our heart’s rhythm smooths out, our stress lowers. And we feel the same sensations that we do when we are being comforted by the touch or hug of a friend. We are consciously protecting and caring for our body—and our body knows it.

Spiritually, the sensation of our hand on our heart draws our mind and attention out of the world and to our body, to our heart. And especially, it creates a connection between heart and mind. Believers in Christ feel sensations of humility, holiness, the sensations of the Holy Spirit, of faith in Christ. And so what we are experiencing is a mystical experience of connection, a sensation of closeness, to God. In other words, our connection to God is through our heart, not through what our mind believes. We realize we are connected to the Holy Spirit who indwells our heart and who connects to our mind helping us become aware of the presence of God.

Focused on the sensations of our hand on our heart, we feel how calm we have become, how our breathing deepens, how our emotions soften, how our mind slows down. This is the influence of the wisdom of the Holy Spirit beginning to comfort and guide us. We begin to understand that we are going through a transition, being shifted into new feelings, emotions, and thoughts from what we were just previously experiencing only moments before. And these feel so fulfilling, hopeful and compassionate.

The Holy Spirit aligns our attention with what we can feel is God’s attention for us. We are not alone—but deeply loved and supported as our transition takes place. As we breathe and continue to focus on feeling the sensations in our heart and ultimately flowing through our body, our mental and emotional priorities automatically shift from the worldly to the sacred, from self to Christ.

And finally, our hand on our heart creates an experience of connection with our body. Our body feels the attention, the respect, the love, and responds. Our body, heart, and mind connection is now flowing with the wisdom of holiness. Our physiology calms and our muscles release tension. Our attention is captured by the mystical experience of our connection with what’s holy, with God through the Holy Spirit. We begin to understand that our body truly is the Holy Temple of the Spirit of God.

We can feel the comfort that having our hand on our heart activates in our body. And naturally our relationship with our body begins to transform. We begin to respect our body more, and even, become more appreciative of TRUTH that our body is the Holy Temple. It is God’s most

brilliant and beloved creation—no matter what shapes it’s in, no matter how we wish it were different. TRUTH is our body is God’s not ours.

SOFTENING YOUR FACE INTO A GENTLE SMILE

You will be amazed at how this deepens your spiritual experience. The muscles of our face are incredibly powerful in transforming our whole self. Smile right now and see what happens. Many are surprised to find out just how powerful a gentle smile is at helping us to feel calm and relaxed—and spiritual.

The activation of our “smile muscles” encourages hormones that calm our physiology—lowering heart rate and blood pressure. A gentle smile encourages a deep release of muscle tension throughout our body—instantly lowering our physical and mental stress. And our gentle smile begins to help ease our strident energy that we are carrying in our body almost always because it generates profound sensations of kindness and compassion.

Since the hormones are coming from our heart, we feel the sensations there and we become more emotionally “heart-felt.” As we feel the mystical sensations in our heart, we become more spiritually open and aware.

PART ONE: WARM-UP

This Prayer-Meditation Practice can be performed as a simple 10-minute session or extended by moving more slowly through each posture with more intentional focus on your alignment and breathing. The optimal time to do this practice is at the end of your day. Find a quiet, cozy place. Place a folded towel as well as a thick blanket or towel on the floor for kneeling and laying down, respectively.

Now, while performing the practice, do your best to stay focused on the sensations in your body. Use your breathing to keep bringing your attention back to your body when you realize you are distracted. Take the time as you move slowly to feel the different sensations in your body and notice how they are making you feel mentally and emotionally.

We start with a “warm-up” to release the day’s stress. We take a few minutes to lift ourselves up out of gravity, lengthening our body to stand tall. And this will lift up our mental and emotional heaviness from our day. We “arrive” fully into this moment, into where we are and who we are right now. We regain perspective and confidence.

First, stand tall with feet hip-width apart. Root down through your feet and lengthen up through your legs, torso, and neck. Pull in your abs, your belly, and drop your shoulders. Draw them back

while lifting your chest, lengthening your neck, and gently tucking your chin. Close your eyes and be still. Take five slow, smooth 10 count breaths to settle and calm your body, heart, and mind.

Next, open your eyes to move through some gentle stretches. Focus on smooth, full breathing as you do these. First, start to circle your straight arms backward 8 times, then forward 8 times. Keep your arms straight and focus on making a big range of movements from your shoulder joint.

After the arm circles, clasp your hands behind your back, press your shoulders down and with your face facing forward tip your right ear toward your right shoulder; repeat to the left. Raise your hands and arms overhead, clasp your hands together and stretch your whole body over to the right side, then to the left side. Bring your arms down and return to standing tall, close your eyes, be still and take five slow breaths. Focus on feeling your body relaxed, open, and calm.

Now, place your hands on your hips or raised overhead with straight arms. With your back straight bend forward at the hips and then touch the ground, keeping your back and legs as straight as possible. If you can't reach the floor, place your hands and arms on the seat of a chair or on the bed for support. Keeping your back lengthened, gently alternate bending each knee while keeping the other leg straight. Do several of these while focusing on feeling the stretch up the back of your straight leg. Do about 8 on each leg.

Next, to finish, place your hands on your hips for support and rise back up slowly to standing. Prepare for a full-body stretch. Reach your arms overhead and clasp your hands. Reach your arms over to one side, then the other. Lower your arms to your sides and stand tall. Close your eyes.

Be still breathing fully and take a few moments to notice the paradox of feeling both energized and relaxed. What is happening is that you are feeling healthy physiology which basically just feels really good. As you focus on this “yummy” sensation in your body, be still. After a moment, you will realize that your mind is still. You feel calm.

To complete the warm-up, take ten slow, full breaths. Create the intention to: inhale peace and exhale any tension. Visualize your breath cleansing the body, bringing in new oxygen to restore your muscles and organs. Take a few breaths as deeply as you can make them yet not with any effort—focus on expansion. As your lungs and chest expand, notice your heart rate automatically slows. Imagine your body being replenished and cleansed by the planet. Remember it is the Holy Temple of the Spirit of God.

Still standing tall with your eyes closed, place your hand on your heart. Focus on the sensation—the pressure, warmth, and emotional comfort. This is the “body-mind-heart-spirit connection.” You begin to experience a different state of consciousness. You begin to feel “holiness.” Imagine being soothed by the hand of God.

For believers, this sensation in your heart is recognized as God's Spirit, the Holy Spirit. The Holy Spirit organically, mystically, reminds us of Christ's love and sacrifice. We feel comforted, spontaneous hope and gratitude. We remember we are saved and will be resurrected into Heaven. Our desire shifts instantly out of worldly cares and wants toward loving Christ and living with compassion, goodness, and holiness—as He calls us to do. This builds our faith. And this builds our confidence and self-esteem.

PART TWO: ALIGNMENT INTO THREE HOLY POSTURES

“Kneeling down then laying down then standing strong.”

KNEELING DOWN

Technique: Open your eyes and slowly kneel down. Best to kneel before a bed or chair for assistance and safety. Lower yourself slowly. As you begin to kneel, direct your attention inward. Pay attention to how it feels as you lower yourself to the ground. Place your knees comfortably on the folded towel.

Lengthen up through your hips, spine, and neck. This helps slow neurological impulses, relax muscles, and calm physiology. You'll feel how when kneeling the body requires less muscular effort and how it is less engaged and stimulated by the environment. Your body is drawing inward. Place your palms on your chest over your heart. Optionally, rest your elbows on a bed for support.

Experience: Breathe deeply and bring awareness to your body. Soften your face. Recognize the physiological shift in your sensations—your posture invites this attention. Take 5 slow, smooth, full breaths to the count of 10—1 on the inhale, 2 on the exhale and so on. Notice you begin to feel more and more physical release with each breath. Now focus on the spontaneous energies and sensations that arise. You realize they are humility, submission, reverence, and holiness. For those born again, kneeling activates full submission to God, to His will—energizing our belief in God.

Encourage your breathing to gently deepen while intending for tension to release and reverence to become stronger. Your mind shifts away from the world. Notice the mystical encouragement within your body to pray, to talk with God and feel close to Him. Notice the encouragement from your heart to want to know Christ intimately. With regular practice, you will better experience how the Holy Spirit is moving through your body and helping you understand that your true purpose in life is your relationship with God—is this experience of communing with God.

Also realize that the posture of kneeling in itself becomes an organic prayer. It awakens us to the revelation that we are God's mere mortals. We cannot save ourselves—that's THE LIE. We don't have free will. We are God's creation—all that we are is His. We are here for His divine purpose.

Evidence that this is TRUTH, is really happening, is our fear and anxiety begin to diminish. The Holy Spirit helps us understand that our suffering stems from seeking fulfillment to our will rather than submitting to God's will for us.

What's so fascinating about how God designed us is that kneeling we automatically feel a release of our ego. We feel an immediate, undeniable shift to a more humble disposition. We feel a more spiritual outlook naturally arises. It is a physical experience that instills a mental and emotional release of stress. We feel a calm physiology and healthy immunity being restored—we feel good. And this generates an unstoppable positive shift in our mind.

As these sensations and revelations grow stronger, and we feel a deeper release in our body and mind, we become naturally inspired to **lay down** and rest in God's love.

LAYING DOWN

Technique: From your kneeling posture, shift and slowly lay down flat on your back. We use a towel rather than your bed or cushions in order to take advantage of allowing for the firmness of the floor to provide traction to your spine. As your spine begins to flatten the body releases tremendous stress. Note that the first time you do this, it may not feel comfortable, especially if you tend to have poor posture, rounding of your upper back. But, overtime, it will begin to resolve your poor posture and lying down will feel very good.

As we go through our day, the hustle and bustle, the stress causes us all to slouch. So by the end of the day we are tense in our upper back, chest and neck. Laying down on the floor will gently align your spine and hips, perhaps even adjusting your back and neck. And this will be a terrific full body stress release. When laying down, if you are feeling tension in your low back, place pillow support under your knees. This will shift the tilt of your hips enough to release the pull on the lower spine.

Also, make sure that your knees are facing the ceiling and your arms are long and relaxed. Take a moment to adjust and rotate each shoulder and arm outward so that your chest is open wide and your upper back as flat as possible. Take a moment to adjust and lengthen your whole body, then simply "let go." Let your body become heavy and open.

Laying there, begin to take long, slow, smooth breaths. Soften your face—smile gently. Bring your attention to the connection of your full body with the floor—back of your legs, hips, back, shoulders, and head. Feel held. Then after a few moments, make any other adjustments to the torso and neck that help your body a bit more. generate a lengthening to your spine and neck. Tuck your chin slightly and feel the neck lengthen.

Experience: Become aware of sensations of heaviness, openness, and vulnerability. Your whole body is open and vulnerable to the world. Feel surrendered. Become aware this consciousness of being held and surrendering is arising from the body, not the mind.

For believers, notice that as you lie there, you feel the invitation to surrender your ego to Christ. Become aware that this is as if we are empathetically experiencing Christ's crucifixion and laying in the tomb. Your old self has died.

Focus on full, slow, easy breathes—5-10 count cycles to relax and calm your body. Feel anxiety lift and your body becomes heavier. Feel as if you are laying in a cool, dark tomb. Feel the sensation of vulnerability to the Holy Spirit. Though this may sound morbid, allow yourself to imagine that as Christ was laying in the tomb, His human body was being transformed into His divine nature, you are lying in the same cool darkness. As Christ surrendered His earthly body and life, His attachment to the world, feel your egoistic attachment to this world being released.

Feel all that you are surrendering to the Holy Spirit. Feel safe because He is your counselor and protector. He has come to guide you through the rest of your life. The Holy Spirit is deepening your realization—"you are not alone; you are being saved." It's like being cleansed in the Jordan River. You are forgiven and reminded to rest in Christ, reminded that God has you in the palm of His hand and loves you deeply. He has redeemed you, called you by name, you are His.

As calm sensations deepen, you feel God's presence. You feel the physical, mystical encouragement to trust in God. The Holy Spirit reveals your true purpose in life—you are God's and He has set your path for His purpose. And His purpose is an intimate, loving relationship with you. In this transformation in the cool darkness God's will fills your body and heart. His will becomes yours. You realize you want to be close to God, you want a relationship with God.

For everyone, unbeliever and believer alike, practicing laying down, is a remarkable release of ego, a brilliant shift to a more submissive, trusting, spiritual outlook on life. It is a physical, and thus mental and emotional release of tension and restoration of our calm physiology and healthy immunity. It creates an unstoppable positive shift in our mind.

After resting in this love, God's love, you feel supported and encouraged to rise. Renewed and reborn by the confidence that comes with God's grace you are ready to stand strong as the light of Christ—it has begun to shine from your heart.

STANDING STRONG

Technique: Rise slowly. Stand up and establish your strong foundation, your presence in the world. Stand with your feet hip-width apart and plant your feet firmly on the ground. Activate an energy coming up through your feet, legs, torso, neck, and out the top of your head. Create a gentle tone or strength in your body. Pull your belly in and tighten your Abs. Reach your tailbone toward the ground and feel your low back release and your spine lengthen up through your neck. Tuck your chin slightly to lengthen your neck reaching the top of your head up toward Heaven.

Next, reach your arms overhead and clasp your hands together for a gentle full-body stretch—reaching your hands and arms over to one side then the other. Lower your hands and arms to your sides. Drop your shoulders, draw them backward to lift and open your chest.

Close your eyes and take several slow, full breaths.

Experience: As you rise, feel the strength in your body bringing you up to stand strong and present yourself to the world. Feel your chest open and your heart lifted. Notice how this instills mental and emotional confidence. You are present to yourself and your surroundings. Notice how everything you are feeling physically and emotionally is not from your mind, but from your heart as a result of your body's alignment standing strong in good posture.

Believers feel the power of the Holy Spirit flowing through them lifting them up to stand strong. Standing Strong you experience how the strength of faith in Christ becomes your armor of God, your shield is TRUTH, the word of God.

You feel strong and light. Smiling gently generates uplifting sensations and a positive mood. This is a tremendous boost to your immune system and to your outlook on life.

Standing Strong in TRUTH, sets you free. You know not to rely on worldly understanding. Standing in God's Word, you are destined for salvation. This is your comfort and confidence in life, a guiding light in this dark world. You realize “though in the world, you are not of it.” You are a citizen of Heaven destined to return. And while here, God walks with you.

For everyone, unbeliever and believer alike, practicing standing strong is powerful for the healthy physiology that results from good posture. And though you feel a strong sense of

confidence, it is not driven by Ego or arrogance but by the wisdom of the Holy Spirit in your heart. You begin to feel less anxious about life. You now are filled with more clarity and courage and are ready to walk out and face the world.

PART THREE: WE MEDITATE ON THE “WORD” OF GOD

To keep ourselves close to God through our faith in Christ, we must know the Bible—and know it well. We need not necessarily be able to quote verse word for word, yet verses should come to mind often in the course of our day. We should always be thinking about how our life is mimicking Christ’s.

Each time you practice Prayer-Meditation, after you have done the “postures,” take at least 10 minutes and read the next several verses of the Bible. Read them while sitting tall and holding your hand on your heart. Breathe fully and generously. Feel the “word of God” fill you and calm your body, heart, and mind.

Being able to think about verses throughout our day is a meditation practice in itself. These verses are our counsel for how to view what we are facing and how to respond. The fact that certain verses pop up is not coincidental but rather the Holy Spirit’s speaking with you. And as we know, the Bible is the “word” of God. And we need to have it strongly in our consciousness, so we are defended against the devil’s temptations that are everywhere around us.

There is no particular right or wrong way to read the Bible. The key is to read it and let the energy, the holiness of the Bible wash through your mind into your heart. After you read some text, pause and meditate on what you are understanding.

Know there will be times that you will question, wonder why God is doing this or that. Why He has predestined certain events and outcomes—like man’s Fall for example or the Flood or even why the cruelty of Christ’s crucifixion. This is the time to kneel and feel humility—who are we the created to question the Creator. Trusting the Holy Spirit will help you grasp the meaning of God’s word and understand God’s intention.

Be sure to pay attention to what you feel in your body as you read. Reflect on how your sensations are making you feel emotionally and what thoughts they are stimulating. Most likely you will feel things such as humility, holiness, relief, gratitude, wonderment, awe. And what is most amazing is you will realize that though you are using your mind to read and comprehend these sensations are flowing from the consciousness of your heart.

Overall, when reading the Bible, you will feel a sense of inspiration and realize that you are reading the “actual” words of the Creator of all things. And that He is speaking directly to you. And in His brilliance He gave us the Bible to help us understand, be comforted, and know that His has nothing but good intentions for us. God has a salvation plan and will bring us back to Him.

Over time, you will experience God’s word coming alive within you.

It’s important that we understand that we need to read and learn the whole Bible. Only reading part of it will leave you with a distorted and false understanding of TRUTH. Only understanding the “whole counsel “of God will dispel THE LIE. Having that said, here is a suggestion to get started in your Bible meditation practice. Some prefer to start with the New Testament, the Book of Revelation, then the Old Testament. Then when you read it a second time start at the very beginning—start at verse 1 in the Book of Genesis. Begin in TRUTH.

1 In the beginning was the Word, and the Word was with God, and the Word was God.
JOHN 1:1

PART FOUR: WE PRAY

Now that we have prepared ourselves, our body, heart, and mind to be before God, we pray.

We can kneel down again or simply sit tall in a straight-back chair. We begin our prayer in gratitude—being reborn comes naturally. We thank God for everything, our birth, our next breath and footstep; for our blessings ,and especially, our challenges. And in all of it, we trust His plan and align with His will—“Thy will be done.”

We know our lives are meant to expand and refine our awareness and understanding of who God is. Having been born again, we let God know how much we appreciate and feel eternally grateful for His having chosen us to become part of Christ’s family, part of Christ’s Great Commission. We understand this means that we are being prepared to be with Him in the Millennium—sanctified in body, mind, and heart we will help Him reign. We understand that He will use us to help others learn about God.

What’s important is that we know that our prayers are not going to change God’s mind, for He has already determined all things. Yet our praying does two things. Praying brings us close to God, energizing our attention on Him. And praying keeps us humble before God. We remember the revelation that “it’s all God’ s plan and our lives are for His purpose and glory not ours.

Christ taught us to pray. And we notice that Christ's prayers always included our reverence to God. Our focus in prayer then must not be to pray for what we want and desire, but to align ourselves with what He desires.

As we pray, we realize that the Holy Spirit helps us awaken to what we are to pray for. We also know that we are to ask for what we hope for in life and yet always submitting it to God's will, though we know that God has already predetermined what is to happen. Prayer is a necessary part of our worship. It's for us actually not for God. Speaking with God, we are reinforcing our trust in Him through our faith in Jesus Christ. We strengthen our alignment with the will of God.

And we need to realize that since Christ taught us to pray, this obviously is God's delight.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:6-7

We learn from the Bible, from Christ Himself, that we are to pray directly to God. And we are to pray from our heart—not necessarily in a physical temple and certainly not through priests or saints. *We are to have no false gods before us.* And since we have already prepared our body, heart, and mind with the postures, we are already in the Holy Temple of God.

Christ taught us how to pray. The dictated prayer that Christ wants us to pray is the "Our Father." Otherwise, Christ wants us to speak freely with God and offer our petitions.

The Technique: Sit tall, place your hand on your heart and take several slow, smooth breaths:

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one.

MATTHEW 6:9-13

As you finish this prayer, also share with God that you align with and believe in God's promise of Christ's return.

Dear God, we wait eagerly for Christ's return. Come Lord Jesus. Come."
In Jesus Name, I pray.

Before standing, take a moment to set a brief, loving, compassionate, humble, and holy intention for the rest of this day, or if at the end, for tomorrow. Then stand slowly. As you bring yourself up from this mystical experience and back into the energies of the world, pay attention to the

sensations in your body. Then bring your arms overhead and give your body a wonderful, yummy stretch.

And finally, be sure to drink a good amount of water after the practice. This is key to helping flush out toxins that have moved into your bloodstream. And it's hugely important to rehydrate yourself for healthy physiology. Each time you drink water, let it remind you that Christ told us that *no one can enter the kingdom of God unless they are born of water and the Spirit*. (JOHN 3:5)

As Final Reminders:

- Perform this Practice at least once a day—in the evening is best
- Remember that the focus of the Practice is all body-centric. Use your breath and physical sensations to keep your attention on your body. Ignore any other “thinking.”
- Practice throughout your day—take a few moments every now and then and use the Simple Breathing and Hand-on-Heat techniques
- And most especially, always Stand Strong, in good posture, in the Word of God.

What Do We Learn from This Practice?

For unbelievers and believers alike, praying is a very calming, and soothing experience. For everyone, prayer guides our minds toward attention on what is holy and this is a very healthy thing to do for our body, heart, mind, and spirit.

We realize that prayer-meditation is a far more effective practice for stress management than other popular practices. And that's because it is completely “body-focused.” Attentive only to the body, we are disengaged from the world and less vulnerable to its lies and deceit.

Believers discover from this Practice that only new thoughts can come from a transformation of self, and that the only true transformation is being born again, born again of Spirit. The Holy Spirit engages our new will and keeps our focus on Christ. We begin to see how our sinful will, a will aligned with Satan, kept us stuck in our ego, in our sins and wounds and how this kept our life repeating over and over and over with suffering. We felt trapped. Yet! Now we feel free. Now, we are free.

It's impressive to realize how our body has its own natural, instinctive holy response in each of these postures. Kneeling Down definitely activates humility and submission. Laying Down, we can't feel anything else but surrender. And Standing Strong we only feel humble confidence, wisdom, and courage.

And it's wonderful that putting these postures together in this sequence reactivates the experience of our rebirth—it activates the same spiritual, mystical experience. Put another way, our body has consciousness that is tied to our well-being, tied to our health and goodness, and thus, is our gateway to our spirituality. It's remarkable to begin to realize that our body is dedicated to keeping us healthy and holy, always trying to heal and recover. Our body cares for us and wants to keep us close to God. This is how God designed it.

We will recall that when we were in despair, it was our body that brought us low to the ground, humbled us before God. It was our body that helped us lay down in surrender. And it was our body that helped us stand strong in faith. Our body truly is the Holy Temple of the Spirit of God.

It is our body that holds the breath of God. And when we breathe in slow, full breaths, our physiology shifts automatically every time. We become physically calm. Our heart sends out hormones of serenity and peace. We experience God's goodness and holiness. In our new self, our only focus is to be close to God, to know and have faith in Christ, and stand strong in the blessed hope of Christ's return.

What we learn and experience from this Practice is that we are God's creation. God is personable, loving, and all powerful. He is sovereign and predetermined all that is created, all that happens in the world and in our lives. Born again we are God's beloved children.

Born again, we are transformed, we are saved.

Wow! What a powerful practice!

CONCLUSION

OUR WILL IS NOT FREE

GOD’S WILL AND PREDETERMINATION

In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will,

EPHESIANS 1:11

SATAN’S SIN—HIS DECEPTION TOOK CONTROL OF MAN’S WILL

“You will not certainly die,” the serpent said to the woman.⁵ “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”⁶ When the woman saw that the fruit of the tree was good for food she took some and ate it.

GENESIS 3:4-6

MAN’S NEW WILL—BORN AGAIN IN SPIRIT

Instead, you ought to say, “If it is the Lord’s will, we will live and do this or that.”

JAMES 4:15

PREDETERMINATION

TRUTH or THE LIE?

***In Him we were also chosen, having been
predestined according to the plan of Him
who works out everything in conformity
with the purpose of His will.***

EPHESIANS 1:11

CONCLUSION

Our Will Is Not Free. It is Spiritually Given

So, what was this Essay trying to convey?

This Essay has endeavored to expose THE LIE and reveal TRUTH.

This Essay has endeavored to help us feel some freedom from suffering because TRUTH is told—*we don't have free will*.

TRUTH is we have either a will aligned with Satan's will or with the will of God. And God decides which.

TRUTH is we are not created to fulfill our will but to fulfill the will of God. And God will see to it.

This Essay endeavored to refute the most debated theological and philosophical issue; *that man has free will*. It strove to negate the position that Adam and Eve had free will and are to blame for sin coming into the world. It even went so far as to refute that Satan just decided to be rebellious and had the power on his own.

Rather, this Essay helps us consider that The Fall was part of God's grand plan in His Creation for the evolution of mankind, the raising of our consciousness. Satan did not surprise God with his deception of Adam and Eve. God predetermined that he would. And it is for our good.

Hopefully, by reading this Essay, one comprehends the conclusion that once we realize that we don't have free will, that it's THE LIE, we are set free. Oh, the irony of it-- ☺. We are set free from the delusion that we have free will. We have been imprisoned by THE LIE that we are in charge of our life and have the power of ultimate self-determination.

We have become deranged because of our own Ego—our ego loves THE LIE. Our ego is under the spell of Satan. Yet now, when born again, we are set free from Ego, from our arrogance and pride, from our ceaseless striving to become someone, from our endless pursuit to achieve wealth, fame, power, possession, and control. We are set free from the overwhelming weight of trying to live up to the world's judgement and expectation of us—that we are masters and gods over our universe. We are set free from self-blame. We are set free from Satan.

We were never in control of our lives, we never had “free will.” Adam and Eve never had free will. It's THE LIE Satan got us “to eat” in the Garden— *that when you eat from it your eyes will be opened, and you will be like God*, And what's surprising is that with this exposure of THE

LIE and revelation of TRUTH, it feels unexpectedly comforting for many—like a huge weight is lifted. Now of course there are many that argue against TRUTH and for THE LIE. They mightily argue that if we don't have the "power of free will," then what's the purpose and meaning of our life? Well, how about this answer? *The meaning of our life is to fully submit to the will of God through devotion to the blessed Lord, Jesus Christ.*

What can't be denied, having experienced my own rebirth, is that when we go through it, we experience a physical-mental-emotional-mystical experience of freedom flowing through us—a great darkness is lifted. Unexpectedly, we feel closer to God. And interestingly, we realize that it's ok for us to release our guilt and self-blame and let God carry it. How so?

In our rebirth into Spirit, our eyes are definitely opened, and we realize TRUTH about God's sovereignty. God is the creator of all things. God predetermined all of Creation and all that happens within it, past, present, future. God predetermined each of us—every hair on our head, every breath we take, every step we make. It's all His plan, it's all His purpose, it's all His will, it's all His responsibility, it's all His fault. Wait! What? Yes, I believe we may blame God.

Now blaming God does mean we can judge Him and it is not to come with anger or resentment but with great humility. I found once we blame God we are completely recognizing His true power and glory. And releasing our self-blame gives us the chance to put this energy into meditating on Who God truly is and read the Bible to find out why He created us, and why He is allowing and overseeing a world of such suffering and darkness. This is such an intriguing and very important exploration for our soul.

Now it must be clarified that blaming God does not free us from responsibility—we must live through the consequences of our unhealthy, unholy beliefs and behavior. And in fact, we become even more responsible in life because now we are awake. We now know TRUTH. We were blinded before by the evil one. Yet, now we know God's will and that we are our His devoted children.

Yet, what also must be clarified is that this doesn't mean that now we have free will either. What it means is that reborn, we received a new will, a will aligned with the will of God. Meaning our will is to do God's will. And now we understand God's gift of repentance that He gave us when reborn. It is our awakening to TRUTH—it is the changing of our mind, of our will. Repentance is not about guilt as we were taught but is about our new, natural response in life to turn away from the unhealthy and unholy, away from selfishness and toward God through Christ. God has forgiven, actually forgotten, our past lives. So, we should too.

The remarkable gift of knowing TRUTH is an overflowing calmness that comes with sensations of humility and submission automatically flowing through our heart and **body—this is evidence**

that “TRUTH is told.” These sensations help us realize that we are mere, and yet remarkable, creations of a powerful, loving God. We are God’s chosen. We are His most beloved creations. We are God’s children.

The biggest aha is that we begin to realize that our life, the reason for our existence, is far more than what happens to us in “this world.” We begin to realize that our Creator has plans for us to graduate this life into a more peaceful, holy existence—an eternal life with Him in Heaven. Christ reveals that though we are in the world, we are not of it.

God planned our Fall so that we needed to be Saved.

This Essay helped reveal TRUTH that God planned that we would live in Satan’s world, and this set the stage for God’s predestined redemption and salvation plan, Jesus Christ. Through our salvation in Christ, we witness God’s immense mercy and love for us. We witness the fullness of God’s power and glory—God incarnated into His creation to help us understand and know Him more intimately, know that He understands our suffering and that He has not abandoned us.

God came personally to help us understand His plan and purpose, His intention for Creation. He wanted us to understand that this lifetime on earth is the age of mankind’s refining. The trials and tribulations we all face under Satan’s rule are the “refining fires” that are turning us into miraculous holy and divine beings. These fires are God’s process for helping us experience and evolve consciously in our understanding of the evilness of evil so that we can experience the goodness of God’s goodness—so we would know much more about who God is than Adam and Eve did.

The remarkable revelation of God’s power and mercy is in His incarnation as Christ—and in Christ’s crucifixion and resurrection. In Christ’s sacrifice of His human body, we become aware of the sanctity of our human body—God’s most brilliant creation. We learn that Christ came to reveal that our sinfulness against our body would keep us from salvation. We were violating the Holy Temple of the Spirit of God. And through God’s immense love for us, Christ took the ultimate punishment, the death and torture of His human body, so that we would be spared.

Christ told us in order for us to be able to enter the Kingdom of God, we would need to be “reborn,” born of the Spirit. Our old, sinful selves, our contaminated body and our corrupt Ego, needed to die, so that we would be reconciled with God, restored, justified, and sanctified for our resurrection into Heaven. We needed to be saved from Satan and given a new will. We learned that our rebirth, that our new heart and body, are by the grace of God and in God’s time. We can’t make it happen—this is not God’s design. It makes us arrogant and prideful to think we can.

In addition to learning about our body being the Holy Temple of the Spirit of God, this Essay presented the concept of the BBBB Cycle. This helps us understand that faith is a “mystical experience.” Faith is not a function of the consciousness of our mind, a conglomeration of thoughts that we control, but rather is a flow of frequencies and vibrations that God imbues into our heart. This is the Holy Spirit. It is now through the wisdom of the Holy Spirit that connects us to Christ—He helped us understand how our body is connected to Christ’s body, that our body empathetically feels the sensations of the crucifixion and resurrection.

The BBBB Cycle helps us realize how our body, heart, and mind connection functions—how it keeps us conscious of God, of Christ, of TRUTH. The Bs of the Cycle are BODY, BREATH, BELIEF, BEHAVIOR. God breathed life into our body, and we see how our BODY influences our breathing and how our BREATH influences our BELIEF and how our belief influences our BEHAVIOR and how this reciprocates and influence our belief, breath, and body—and thus, the cycle turns.

Now, we have also discovered that the BBBB Cycle is ultimately governed by our will. And we have learned from the Bible, that there are essentially two wills available to man, a sinful will or a holy will. And what the Cycle helps us understand is how our will affects us and our spirituality. We realize how the cycle reinforces the will we hold—reinforces evilness or goodness within our psyche. And thus, we discover TRUTH—that we don’t have free will. Our choices may be considered freely made, yet they are limited to only those that will reinforce the will we hold. So, in essence, our choices aren’t free.

So, the question becomes *how do we choose which will to have?* Oh right! We don’t have free will—we can’t choose. Reflecting on TRUTH of God’s sovereignty, the only answer to this dilemma is that it’s all up to God. It’s all God’s plan for us. And we learn from the Bible that all men, and women, are born with a sinful heart. And that the only way we will be given a new heart, as Jesus told us, was when by the grace and perfect timing of God, we are “born again.”

The BBBB Cycle—body, breath, belief, behavior—not only helps us better understand how life works, how God has designed things, designed us, but also empowers us with the awareness of how we can “work with the cycle” to deepen our mystical experience of God and strengthen our faith in Christ once born again—once we have inherited a will aligned with the will of God.

The Cycle walks us through how our body, how our posture and health, influence our breathing, our physiology, which then influences our psychology, what we believe, and how our belief influences our behavior and how our behavior reciprocates influencing our belief, breathing, and body—the turning of the cycle. And we learn that we can work with any one of the Bs, to affect a positive shift in the cycle. Meaning, given that though we are reborn in Spirit, we still live in a

dark world ruled by an evil who is always trying to pull us back. Though we cannot lose our salvation—that has been given to us by God—we can be less powerful in our faith in Christ.

Reborn, our body and heart go through a remarkable spiritual transformation—we are restored to God’s perfect creation. Not that our body is perfect but that we have a completely different and perfect energy to our body. The Holy Spirit now indwells our heart and we are now the Holy Temple of the Spirit of God.

As a result, we have a new relationship with our body. We understand something remarkably powerful—*that our relationship with our body is the foundation of our relationship with God*. And we can use the BBBB Cycle to help us strengthen our mystical experience of our connection to the Holy Spirit, and thus, deepen our relationship with God through our faith in Christ.

The **Prayer-Meditation Practice** helps us bring the BBBB Cycle to life. We learn how to work with our body to keep our body calm; to keep our body flowing with healthy, holy physiology, and thus, our mind with healthy, holy psychology. Each time we practice, we re-experience the sensations of our rebirth and are reminded of the experience of being saved from this dark, chaotic world, from Satan.

In the Practice, we re-experience our rebirth and once again invigorated by it—renewed and empowered against the stress of the world, against the schemes of the evil one. In the practice, we re-experience being humbled before God, when we Kneel Down. We re-experience feeling complete surrender as we are laid back into the imaginary waters of the Jordan to be baptized when we Lay Down. And then, when inspired by the Holy Spirit to stand, we rise with the sensations of full submission to God’s will. We Stand Strong in our faith in Jesus Christ. We re-experience God’s pouring into our heart and body His gift of faith in Christ.

In the Prayer-Meditation Practice, we are intrinsically inspired by our body, guided by the Holy Spirit in our heart, to pray to God. We talk with God and reveal our heart to Him. It’s not that God doesn’t already know it, but this act of praying is so that we are close to God. Our prayers will not change God’s plan, yet they reinforce for us our alliance with God’s will—whatever it is. At times what God has planned will seem to answer our prayers and at others it won’t. Our faith and trust is what’s important.

Born again, we have become a beloved child of God. We are born into the Great Commission. We realize that our purpose is to follow Christ’s commands; to love God with all that we are and love others. And we are to share the Gospel of Christ and help others know about our Lord and Savior. We are to share with others about Christ’s return and wait eagerly to be with Christ in His Millennial Reign—the next “age of man” in our relationship with our Creator.

We cannot do this unless we know the Bible. As the last part of the Prayer-Meditation Practice, we study the Word of God. We read the Bible and meditate on its teaching. We can't truly know God, know TRUTH of Christ, unless we are intimate with the Bible. We cannot tell others about Christ and the good news of His resurrection and His coming again, if we don't know the whole counsel of God. And now that we are born into the family of Christ, our "charge" fills us with joy. The Bible comes alive—truly the "living word of God."

Finally, this Essay was also written in an effort to help us through these very challenging End Times. The Word of God reveals all that is to happen so we can prepare ourselves. And those born again, are promised by Christ in the Book of Revelation, that we shall be spared the most intense and terrifying times of the wrath of God's judgment to come upon the world. We have been saved.

As a final comment on this Essay: the hope is that one will feel encouraged from all that they have read here to turn to the Bible and begin one's own personal journey to discover if the conclusion of this Essay is true. The greatest benefit will not be whether you discover that you agree or disagree, but rather you are embarking on a relationship with the most important text of all mankind.

And as a result, you will also discover some important understanding about what is happening in the world. No one can deny that we are living through some very intense times. Yet, though frightening, TRUTH is this is a time of great victory and tremendously good news. This is the end of all evil and suffering on earth, and ultimately, the final destruction of Satan. This is the beginning of a new age of man, one where we will live in peace and righteousness for a millennium with Christ ruling as King. And then, as this age ends, and Satan is destroyed forever, God will bring forth the New Heaven and New Earth and we shall be with the Lord forever. YAY!!!

TRUTH

We don't have free will—according to the Bible. Only God has free will.

Only God determines our life and eternal destiny.

And God has predestined those who love Him for salvation—eternal life with Him.

ABOUT THE AUTHOR

Defender of the Human Body—The Holy Temple of the Spirit of God.

Defender of Predetermination—God is Sovereign Over All Before the Creation of the World

A Faithful Servant of Jesus Christ

Raised Catholic—Left at the Age of 30

Dancer of Classical Ballet—18 Years

University of Notre Dame--Economics

Northeastern Illinois University—Exercise Physiology and Cardiac Rehabilitation

30 Year Career in Health and Fitness—Executive Management

15 Year Student of New Age Mindfulness Meditation Practice—Spirit Rock, Fairfax, CA

Born Again—2021, age 65: Baptized in Jordan River 2023 on trip with World Outreach Church

At 65, I realize that my life and my purpose were all predetermined by God. The Bible teaches this TRUTH. That man has free will—ss not systematically taught in the Bible—it's THE LIE.

No matter how I tried to control and direct my life, God's plan was for me to defend the "sacredness of the human body," even before I understood what that meant. All that has happened in my life, all joys and sorrows, were preparation for the day I was reborn. *I made plans, yet God directed my feet.* Proverbs 16:9

It's clear that God predetermined I would write this Essay. It is a culmination of many manuscripts I have written throughout my life but have not been able to complete. They are all focused on our relationship with our body—about how powerful fitness is to our spirituality. And now born again, I see the missing element—God, faith in Jesus Christ. What was missing was the "fitness experience of spirituality," was holiness.

I have never had free will. None of us do. Being reborn is Spirit, we still don't have free will. Rather our will is aligned with the will of God, rather than with Satan's. We freely make choices within this new will—the choice to refrain from sin, and to repent when I falter. My only choice is to choose God through faith in Christ. Reborn, our salvation can never be taken from the hand of God. He transformed us into His Children. On that day, our body was indwelt with the Holy Spirit. We became God's Holy Temple on earth.

I have been reborn. I now understand TRUTH. The meaning of life is not about fulfilling our will, our desires, for the destiny that we desire. Rather, we are here for God to work through us

and to fulfill the destiny that He has predestined for us, for His will and purpose. The meaning of life is God, God of the Bible.

AUTHOR'S TESTIMONY

The greatest peace and comfort one can experience in this world is the peace of knowing Jesus Christ. This is the greatest “stress management and self-actualization program” there is. For in our loving Christ, we are freed from the constant machinations of our Ego. We are filled with the Holy Spirit in our heart.

Faith in Jesus Christ frees us from the “evil one,” Satan. We are freed from THE LIE. We are freed from the delusions of this world and awake to what truly matters—our relationship with God.

We awake to TRUTH.

The greatest corruption to God's creation is the “arrogant, prideful man” for he follows Satan. Since the Garden, all men, and women, are born with a sinful will and blinded to the goodness of God. We believe that only things of this world are valuable, meaningful, fulfilling. We believe THE LIE that we have free will and the power to do with our body as we please and to create the life we want, the life we feel we deserve. We believe we have the power, as Abraham Maslow says, to reach our full-potential and become completely fulfilled in Life. We believe we can become like God.

TRUTH is pursuing this “false fulfillment,” we end up worshipping our self—constantly struggling and striving for more, to be more: more money, possessions, recognition, power, and control. Striving to “become someone,” we are never still but always going—never at peace, never satisfied. No matter what we achieve, it's never enough. No matter how we try to “go places,” the only place we are going is round and round.

We are highly stressed, not peaceful as this world promised.

Under the spell of THE LIE, we are under the spell of Satan. We don't know the Spirit of TRUTH, the Holy Spirit. We are told by Satan's minions and their deceitful spiritual teachings that we will be happy if we learn to love ourselves more. TRUTH is it never seems to happen—and they know that. We blame ourselves for everything and always feel alone. Satan is delighted.

Under the spell, we are a society coerced into being displeased with our body. And Satan has us believing that we can “fix it,” and that we can even make it more beautiful, more perfect. We are deluded into thinking that what we think is beautiful and healthy is what’s healthy and beautiful. TRUTH is, it isn’t.

We believe we have every right to do with our body as we please—for our purpose and pleasure. The terrifying thing is that we are willing to go so far as to threaten our humanity, our humanness. We are willing to “play god.” And ironically, we are destroying the very essence of true beauty, of true health, of true perfection.

I used to be one of these people.

But, by the grace of God, I am saved.

I was born again 3 years ago. And it was definitely by the grace of God for I had nothing to do with it. I had no inkling of it, nor intention for it. Standing on my deck one night, October 2020, under the midnight sky overwhelmed by deep despair, I was gently prodded to kneel. And immediately, I knew I was in the presence of Jesus Christ.

Several hours later as I was coming out of what I can only describe as a rather mystical, spiritual experience, I found myself obsessive about wanting to get closer to Jesus, to know more about Him. Immediately, I started to read the Bible. And I haven’t stopped since—two to three hours a day for the last three years. Each day the “word of God” becomes more alive in me. And over the next few days, I began to write this essay.

And in just the same, mystical experience, that happened when reborn on the deck, I found myself many months later kneeling in the Garden of Gethsemane and weeping—reflecting on Jesus’ prayer to God. An hour later, I was on top of the Mt of Olives overlooking Jerusalem and reciting Christ’s Olivette Discourse in my mind. And several hours later, I was being baptized in the Jordan River. I had never wanted to go to Israel but found I couldn’t wait to be where Jesus had been. It was all God’s plan. And I discovered that it was my body, my heart, that had guided me there and was taking it all in. Sometime later, I knew it would inform my mind of the mystery that had taken place—Christ in me.

Having been “reborn in Spirit,” I discovered that all that the Bible tells us that happens, happens. You “truly, truly” do become a new creation in Christ. (reference John 3:3 ☺)

I have learned from the Bible that I have been called by God and reborn with His gift of faith in Jesus Christ. It’s clear that the Holy Spirit now indwells my heart. I have been transformed from a “woman of the world” into a “child of God.” All that I am is in service and devotion to Christ.

TRUTH is that God, God of the Bible, is the one, true Creator. He is an all-knowing, super-intelligent and creative God. We are His most brilliant and beloved creations. And God's intention is *a relationship with us, a very intimate relationship of Holy Love*. TRUTH is God is forging us through the “refining fires” of life on earth into miraculously divine, holy beings so that we can be with Him forever in Heaven. God is holy and highly conscious, so we too must be holy and highly conscious.

TRUTH is when reborn, our body becomes the most holy temple: the Holy Temple of the Spirit of God. We begin to experience that our body is the sacred container of the “mystical energy” that is the Holy Spirit of God.

What I've also discovered is that now awake to TRUTH that God exists, I am also awake to TRUTH that Satan exists. He is a real presence, a real persona. In other words, the darkness in the world is not just “negative energy, or our ignorance, or lack of spiritual depth” as new age spiritualism likes to refer to it. It's a real force: a being with intention and its intention is malice.

And I have come to understand how critical, how important, it is for me to realize that God created Satan, or we are not seeing TRUTH. God planned Satan would come into the Garden and corrupt man. Satan didn't surprise God with his rebelliousness. God created Satan—and God created evil.

And TRUTH is God uses evil and Satan for our good. God predetermined that we would be tempted, that we would sin, all for our edification of TRUTH.

TRUTH is there is evil in the world and Satan is its ruler. Satan is the ruler of THE LIE. TRUTH is God uses our experiences of the evilness of evil to better understand the goodness of the goodness of God. TRUTH is we are controlled by our evil, sinful will, and only God can bless us with a new one. Only God can free us from condemnation.

I have discovered through my own life's trials and tribulations that I lived by THE LIE—*believing that I had free will, that I was the master of my universe and goddess over my own body and life*. I believed it was all my responsibility to “become my true self.” Yet now reborn, I realize that though I believed I was doing good and right things, very spiritual things, I was doing Satan's bidding. I completely get that I can't do life all on my own. I need a Savior. And thank God, we have one, Jesus Christ.

Now I see TRUTH. TRUTH is I don't have free will. It's so obvious by the course of my own life and the lives of everyone around the world that man does not have free will. If we did, then why are we plagued with questions such as: why does this or that happen to some and not others;

why is it often that what we deeply desire, or think we do, we can't make happen; why is the world so out of control; why is there so much evil, chaos, crisis, and suffering? If we had free will wouldn't we be choosing differently?

Let me say it again. TRUTH is we don't have free will. Though many object to this statement and fight to defend the belief we do because it's what gives meaning and purpose to life, TRUTH is we don't have free will. And TRUTH is that we have one of two wills; a will aligned with Satan's will or with the will of God.

TRUTH is I'm not master nor goddess—none of us are. None of us ever were, nor ever will be. Deceiving us and getting us to eat the forbidden fruit was Satan's greatest strategy to pull us away from God. TRUTH is God is using Satan for us to experience what it's like to be separated from God. God wanted us to understand the difference between good and evil. God wanted us to understand the only meaningful thing in life is God. The only purpose of our life is our relationship with Him. TRUTH is we are made for it.

Having been recently “born again in Spirit,” I reflect back on all that happened in my life. It's clear that from a toddler, I was incessantly curious, intrigued, captured by “spirituality” —how were we created and who created us? Through my spiritual walk, after 65 years—30 Catholic, 20 New Age, and 15 my own New Thought journey—I thankfully have been blessed with TRUTH about each religious discipline. They keep us in THE LIE.

I discovered the cultish deceit of Catholicism, and then, the misleading concepts of New Age Spiritualism--Buddhism, and then, the impossibility and false promises of New Thought philosophies. Though I had yet to be reborn, something within me could “feel” they were not “true.” But I had no idea what to do, so I just kept trying to make some aspects of them work.

After I was reborn, there was no doubt that I was finally on the right spiritual path—the path back to God. And there's no doubt that I was blessed with a new will. I know my will is completely new because my perception of the world and all that had interested me before seems so foreign to me now—and some of my past outlook and behavior is so shocking: was I really like that, interested in that? How could I have been so duped? With my new will and my new heart, I am now a completely different person, a new creation in Christ.

And there was something else that unexpectedly happened. I began to blame God for it all. Wait! What? Yes, to be clear I blamed God for my past. Yet, let's also be clear that I blame God for my awakening, for my rebirth, for my salvation. I'm certainly not trying to convince anyone to share in this or agree with it. However, I wanted to share this in the possibility that it might help others find peace as it did me.

Now it wasn't out of anger or bitterness that I decided to blame God for all my disappointment and regret in my life. And it's not that I was so intense about wanting to accuse God of hurting me. And of course, I am responsible for the consequences. But I have to admit that the thought just popped into my head one day about a year after my rebirth. As I was still processing my regrets and disappointment, I suddenly felt such heaviness of my guilt and shame that it struck me—well, since God is the Creator of all this, then I blame Him.

I felt encouraged to let myself off the hook and stop torturing myself with such deep self-anger and bitterness, guilt and shame; *what had I done?* It started to become clear as I prayed and reflected that I hadn't done it all on my own. And I had two revelations: Satan had been controlling my will and God had predestined my path. Ok so. I blame Satan and then I blame God.

In the moment of this revelation, an amazing thing happened: I was filled with an incredible sensation of humility and release of shame, a release of self-blame and regret. And a huge feeling of acceptance for my life consumed by consciousness for the first time in life. I felt saved from my suffering.

Humbled before God, I experienced more TRUTH about who I am. My sense-of-self, my priorities, started to fall into proper perspective. I am a mere mortal, a mere, and yet also beloved, creation of God—who am I to question God's intention for my life, the world, Creation. Who am I to doubt God? I woke up to the TRUTH of what it really means that God is sovereign, God is The Sovereign.

In blaming God, I am bowed low in worship of the ONE ALMIGHTY.

And I woke up to “repentance.” And understood that it wasn't what the Catholic Church had taught us—guilt and self-recrimination. Rather it was God's gift of a new will, a change of mind. And with this, we become intrinsically inspired to turn away from evil—not because we will get in trouble but because it offends God, and that's just not acceptable to who we are now. Sin is not healthy or holy and to behave that way is just senseless.

As I started my deep dive into the Bible, I realized that the Catholic Church was extremely unbiblical, a cult actually. And I realized that New Age Spiritualism was completely devoted to the pagan religion of “self-worship,” and of many other cosmic and earthly gods. And New Thought was worthless as my ego, my mind, my will, was too strong to be able to change how I thought. I was sinful and needed a Savior.

Particularly, I discovered that all of these kept us enslaved to Satan, trapped in the spell of THE LIE—that *because we have free will, we can learn how to manage our mind and control our*

thoughts and thus be able to create what we want and make our lives what we want them to be. We are the gods of our lives, and our power is all in our mind. The Catholic Church instills our belief in THE LIE by indoctrinating guilt—that our salvation is through good works, obedience to its doctrine. Whereas, New Age and New Thought, indoctrinates us to believe we can become just like the cosmic god and use our thoughts to manifest the perfect life.

TRUTH is our real power as a human and spiritual being is all in our heart—and our true power is faith in Christ. TRUTH is God manifests our life. We make plans yet He directs our feet

TRUTH is we can't change our will. Only God can give us a new will. By the immense grace of God, He gave me a new one—and a new heart to go with it. I have been reborn.

And from that day, I was inspired and supported by the Holy Spirit to write this Essay. I had, and have, no choice. Perhaps it's God's intention for this Essay to be of insight to many about their lives and how it fits with God's plan for Creation. Hopefully, it does a good job to reveal who God truly is and the vital importance of faith in Jesus Christ.

TRUTH is we have been blinded by Satan from the most incredible purpose and experience of our life, of our existence—*our relationship with God*. May this Essay begin to help many start to consider what this means to their own lives.

TRUTH is the Bible is TRUTH. How loving of God to give us the Bible so we would understand His intention, His plan and purpose, His will. Wow!! Through the Bible and upon reflection of my life, I have learned TRUTH about “predetermination.” God predetermined all of Creation, us and all things, and everything that happens in it.

There is no doubt in my heart that God determines all we are to go through and become. He predetermined us; God predetermined our body, personality, intelligence, interests, skills, talents, and “purpose.” God predetermined my body, heart, and mind—every hair on my head, every breath I take, and step I make. God predetermined my purpose and my days I live to fulfill it. And I've discovered that now knowing this, I feel much better about myself and about life. What I achieved is not my credit—I can let go of the “burden of pride.” And what I failed at is not my fault—I can let go of the “burden of shame.”

It's clear to me now that my focus in life was, and is, predetermined by God to be focused on man's relationship with our “human body.” This was God's plan, not mine. It wasn't like one day I sat back and considered a long list of possible things I could choose from to be the purpose of my life. Rather, I just lived life and from a very early age I became very connected to my body and very curious about how our body worked.

Even though I grew up in the US culture that convinced us all that our body was a project, far from perfection, and what it could be and should be. And, our body is our responsibility and our property, so we need to do what we can to fix it. Yet, on some level below all the “body-image drama,” I was fascinated with our body and knew that it was very powerful and very sacred. I didn’t love my body completely, but I also didn’t hate it—as so many girls around me hated theirs: always looking in the mirror and on crash diets.

Yes, I struggled with my body: dealt with painful menstruation from toxic shock syndrome, floundered with weight and battled bulimia, dealt with the heartache of infertility, and now going through the heat of menopause. Yet, I had a respectful and loving relationship with my body. It had been founded through the sensations I experienced in my body while growing up of holiness and grace: these happened when I prayed in Church and when I danced classical ballet, respectively.

As I grew, I also found absolute freedom and joy in exercise and fitness. And who knew, but I also felt not only a powerful mental, but especially physical, excitement through my studies completing a masters in exercise physiology and cardiac rehab. And this flowed brilliantly into my career, where every day I was filled with the motivation to help others understand how our body-heart-mind-spirit connection worked.

And through this, my main focus was to help others understand how important it was to have a highly respectful and appreciative relationship with our body—for our relationship with our body is the foundation of healthy self-esteem and a balanced perspective and relationship with the world. And of course the foundation of good relationships with others.

Little did I understand all these years that I was doing God’s work. *Thank you Lord for helping me understand this now. Thank you for revealing to me how all the experiences of my life have led to this, and that, it has always been your purpose for me. I am so excited about this revelation because it has relieved me of such self-blame and guilt believing I had screwed it all up—when TRUTH is our lives are all your predestiny for us.* How I want to share this insight with the hope and prayer it might help relieve others of their pain.

TRUTH is TRUTH comes to us through our body, not our mind.

I believe I now know God’s TRUTH—and it began to be revealed through my heart when I was kneeling years ago on my deck. TRUTH is that our human body is the most miraculous of all God’s creations. Our body is God’s Holy Temple on earth. It is the marvelous container of the mystical sensation of the Spirit of God within us.

And TRUTH is that since the Garden, we have treated our body inconscionably. We treat it like our property. And TRUTH is it has been Satan's dramatic diabolical plan to get us to believe our body is ours to do with as we please. And thus, reject our connection to our Creator, to God.

We treat our body poorly, with little respect, putting our "humanness," the power of our heart, in jeopardy. And we are living in particularly dangerous times as our ego is getting the best of us—we are "playing god." With advancements in technology, genetic engineering, bio-engineering, artificial intelligence, xenotransplantation, and robotics, we are rapidly changing what it means to "be human." Soon, we may no longer recognize the true essence of "the heart of humanity." Perhaps, not even recognize ourselves.

We are clearly violating and defiling God's creation. Anyone with a sane conscience knows we are going too far. And it's a pretty good guess that God is not pleased. We learn from the Bible that God will bring His judgement one day. I believe that day is here—for Christ shared on the Mt. of Olives that the sign of "the end," would be when we are living in times like the days of Noah and Lot. It's undeniable that we are living in those days. "Amen, even so, come Lord Jesus." (Revelation 22:20) And the final sign would be the abomination in the Holy Temple in Jerusalem.

I believe that this sign also happens in the Temple that is our body. We are making ourselves into the abomination that is His Holy Temple on earth. We are rebelling and confronting God. He will bring His final judgment and wrath.

And so, I want to do all I can to help others, to help the world, and to begin to experience the sacredness of this temple, that is who we are. I want to help many realize THE LIE that we all believe and live by. I want to help everyone realize that our body is the most spectacular masterpiece. And most especially, to help us all understand TRUTH that our relationship with our body is the foundation of our relationship with the divine, with God.

I want to help others understand that even though they struggle with their body and that it is fallible because it has been corrupted by the toxic fruit, our body is the most perfect of all creation for it is our portal to our eternal life with God. I want to help others have a strong, respectful loving relationship with their body—to treat it and listen to it as their best friend.

God predetermined our "being born again" so the spiritual nature of our body is restored and our mind renewed. Born again, God imbues our heart with the Holy Spirit, and thus, our body is transformed into the Holy Temple of the Spirit of God here on earth. In this justification, our body is now destined for transformation into a holy body like Christ's for our resurrection. Until our resurrection, we are to keep our body holy.

Perhaps my focus in this essay to expose THE LIE, *that we have free will to do what we please with our body*, will begin to help others to come to TRUTH. We don't have this power or privilege. Our lives are not about ourselves, our journey on earth is not about fulfilling our will, it is not about believing we can become like God. Our body, heart, and mind are not ours. Our life, who we are, are all God's. We are here because it's His will.

Born again, we begin our relationship with Jesus Christ. For by His immense grace and sacrifice we are saved, our body has been saved. And through our faith in Christ, we begin to see just how important our body is to God—Christ's human body was the only atoning sacrifice because of its perfection. By His sacrifice, our body was spared—because God has destined it to be restored and resurrected. And by Christ's sacrifice, we are now on the path toward salvation, toward our eternal life with Him.

Lastly, as part of this journey of writing this Essay, my intent, given my steeped background in fitness and spiritual practices, was to design a spiritual practice to help us forge an intimate connection and loving relationship with our body. Having been in fitness and spiritual practices for 30 years, I had always known about the power and goodness of our body to help us hold a more kind, compassionate, even moral, and positive mindset.

Meaning, I have come to realize that our body was designed by God only for goodness, health and healing. It doesn't always heal and is not infallible, but our body's consciousness is nothing but kind intention—always efforting to love us by trying to feel better. And through my background in physiology and cardiac rehab, I knew how much our heart, and thus, our body influences our beliefs and behavior and vice versa.

In light of this, I designed the concept of **The BBBB Cycle—Body, Breath, Belief, Behave** to help us understand the body-heart-mind-connection. We can use the Cycle to understand that when working with our body to help keep it calm and healthy, it helps to keep us mentally and emotionally calm and healthy. With a calm body, we breathe calmly, our beliefs are calmer, and our behavior is more calm—this all reciprocates to keep us in a cycle of calmness. When we are calm, we feel our calm, open heart and it flows with the holiness of our faith in Jesus Christ. Our mind turns away from the worldly toward the Godly.

In light of this, I designed **The Prayer-Meditation Practice** to bring the Cycle to life in our bodies—so we can use it as a tool to strengthen our faith in Christ. Just as fitness, working out, conditions our body to be strong and flexible, to align in and sustain balance, so likewise does this Prayer-Meditation Practice condition our spirituality, and strengthen our will's alignment with the will of God. Having been reborn, our belief in God through our faith in Jesus Christ is now a part of us, of our DNA. And we can use the Cycle to activate this experience of our rebirth any time we want to deepen our “experience of faith.”

In closing, there's one last thing. What is so powerful to realize is that through our rebirth, we begin to fully understand God's intention of The Holy Trinity. It's God's brilliant way to exist in "three persons" so that we can get to know Him more intimately—with all that we are; body, heart, and mind. God created The Holy Trinity so that we can have a very personal, a very intimate, relationship with God—God the Father in Heaven, God the Son here on earth, God the Holy Spirit indwelling our heart. The Holy Trinity is God.

To close I want to share how much I appreciate you reading this Essay. May it be helpful to you. May it inspire you closer to God. May it bless you.

May you be blessed with the Peace of Jesus Christ.

THE LIE

Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?"
⁴ *"You will not certainly die," the serpent said to the woman.*⁵ *"For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil."*

GENESIS 3:1-5

TRUTH

*"Rabbi, we know that you are a teacher who has come from God. For no one could perform the signs you are doing if God were not with him."*³ *Jesus replied, "Very truly I tell you, no one can see the kingdom of God unless they are born again."*

JOHN 3: 2-3

SALVATION

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—⁹ not by works, so that no one can boast.

EPHESIANS 2:8-9

"I give them eternal life, and they will never perish, and no one will snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand

JOHN 10:28-29

Then he called the crowd to him along with his disciples and said: “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.

MARK 8:34

The grace of our Lord Jesus Christ be with you all. Amen.

REVELATION 22:21

**THANK YOU FOR SHARING YOUR TIME WITH ME.
MAY THIS BOOK HAVE BEEN A BLESSING TO YOU.**

THE END
and THE BEGINNING

REFERENCES

THE HOLY BIBLE—ALL TRANSLATIONS

MAN BOASTS

Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money." ¹⁴ Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. ¹⁵ Instead, you ought to say, "If it is the Lord's will, we will live and do this or that." ¹⁶ As it is, you boast in your arrogant schemes. All such boasting is evil.

JAMES 4:13-16

**God plans the path of our life.
Every step planned before Creation.
Who are we to question God?**