

THE HOLY SPIRIT AND HIS TEMPLE



BY PATRICIA KIRK, MS

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.

THE FOUNDATIONAL BIBLE VERSES OF THIS BOOK

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

JOHN :16

THE HOLY SPIRIT OUR BEST FRIEND FOR LIFE

**The Holy Spirit is the *Agent of our rebirth.*
He brings God's *gifts of a new will and repentant mind* which lead us to TRUTH**

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. ¹⁸ I will not leave you as orphans; I will come to you.

JOHN 14: 16-17

²⁶ But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

JOHN 14:26

“When the Advocate comes, whom I will send to you from the Father—the Spirit of truth who goes out from the Father—he will testify about me. ²⁷ And you also must testify

JOHN 15:26-27

The Spirit of truth will guide believers into all truth, showing them "things to come" as a guide through difficult times.

JOHN 16:13

‘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 2:25

The Most Powerful Question This Book Endeavors To Answer

*WHY HAS GOD CREATED THE WORLD AND MAN'S JOURNEY UPON IT TO BE SO
CHALLENGING THAT WE NEED A "HELPER," A FRIEND—
THAT WE NEED A HOLY SPIRIT?*

TABLE OF CONTENTS

INTRODUCTION

PART 1

WHO IS THE HOLY SPIRIT—AND WHY IS HE HERE

Who Is The Holy Trinity

PART 2

OUR TRANSFORMATION INTO THE TEMPLE OF THE HOLY SPIRIT

Why God Imbues Our Heart With The Holy Spirit

PART 3

SO WHAT EXACTLY HAPPENS WHEN WE ARE BORN AGAIN?

We Become Humbled

PART 4

THE HOLY SPIRIT REVEALS THE TRUE MEANING AND PURPOSE OF OUR LIFE

Our Transformation—Our Becoming A True Follower Of Christ

PART 5

OUR PHYSICAL HEART BECOMES OUR SPIRITUAL HEART

How Our Physiology Is Our Spiritu-Ology—BBBBB Cycle Reveals God’s “Divine Design Of Man”

PART 6

SPIRITFITT—A SPIRITUAL FITNESS PRACTICE TO EMBRACE THE HOLY SPIRIT and EMBODY FAITH

Aligning Ourselves Into The Posture And Mind Of Christ—A Profound Heart-Felt Fitness-Prayer Practice That Keeps Us Strong In Faith

PART 7

END DAYS—The Era Of Hybrid-Humans And Man Trying To Live Forever

PART 8

CONCLUSION—THE ENDING FROM THE BEGINNING

PROLOGUE/EPILOGUE—THE BEGINNING FROM THE END

INTRODUCTION: THE BOOK'S FOCUS

The focus of this book is to essentially answer the simple, yet profound question:

Who is the Holy Spirit?

How does the Holy Spirit affect our lives?
Is He truly in our hearts as the Bible says?
Is our body truly the Temple of the Holy Spirit?
Can we feel the Holy Spirit?

The focus of this book is to help us get to know the Holy Spirit intimately—for He is our guide in coming to “the knowledge of TRUTH.” The Holy Spirit reveals TRUTH about the Gospel of Jesus Christ. The Holy Spirit is our counsellor about the TRUTH of God.

The focus of this book is to inspire “born again believers” to turn their attention to the Holy Spirit—and to consider if the Holy Spirit is central to their belief and spiritual mindset as much as *God The Father* and *God the Son* are. Said another way, do we realize that the Holy Spirit is God and deserving of our worship?

Do we realize how much of a role the Holy Spirit plays in our rebirth, and thus, in our walk toward the promise of our salvation? Do we realize that when the Bible says that God imbues the Holy Spirit into our hearts that this is not meant metaphorically? We can feel it—and thus, this is how we know TRUTH. In other words, do we realize that when we are told by the Bible that the Holy Spirit is our “helper,” our *guide and counsellor, comforter and protector*, this is a “literal experience”—we can feel the sensations of TRUTH flowing from our heart into our mind?

The Question Is: *Are We As Intimate With The Holy Spirit As We Need To Be?*

Are we as intimate with the Holy Spirit as we need to be? Meaning, are we paying attention to our body knowing it's the *Temple of the Holy Spirit* and focused on what we are feeling?

It appears in the majority of Christian churches and ministries that the Holy Spirit gets comparatively less attention, less evangelizing, less worship than He should be. In these places, the Holy Spirit is viewed more as the *messenger of God* rather than as “the third person of God.”

Yet, TRUTH is that once we are “born again,” our consciousness of God and our faith in Jesus Christ comes from what we feel - physically. Our understanding of TRUTH comes from the sensations we feel in our heart and body that then inform our mind. These sensations are of the wisdom of the Holy Spirit.

Therefore this book endeavors to help us all realize that *our relationship with the Holy Spirit is the foundation of our relationship with God*. The Holy Spirit is the third person of God that brings us into TRUTH of the Gospel, TRUTH of Jesus Christ, God incarnate. The Holy Spirit helps us strengthen our faith in Jesus Christ, and thus, strengthen our relationship, our trust, in God. To put it plainly, our relationship with the Holy Spirit is vitally important in our walk toward salvation.

Of course our exploration of our relationship with the Holy Spirit is through the Bible. We start in the account of Genesis and go all the way through the book of Revelation . We study the messages and teachings from the Old Testament, New Testament and on into the End Days so that we gain the full knowledge of “who the Holy Spirit is.” And somewhat unexpectedly, we begin to discover the amazing TRUTH of *God’s purpose for the Holy Trinity: God the Father, God the Son, God the Holy Spirit*.

This book moves on then to a discussion about how we might learn to *embody the presence of the Holy Spirit in heart and body*—in other words, how we might come to realize that the presence of the Holy Spirit within us is not just a “spiritual metaphor” but an actual physical experience of a “spiritual presence.” The book helps us learn what “spiritual energy” feels like—meaning, how to *feel the sensations of the Holy Spirit* flowing through our heart and body, for this is *how we absorb TRUTH that He imparts*. Through this experience, we begin to feel connected to the Holy Spirit and begin to regard Him as our counselor and protector. And certainly then, our relationship with Him becomes intimate and comforting.

As we begin to understand that our relationship with the Holy Spirit is key to our walk toward our salvation, toward our eternal life with God, the focus of this book then turns to discuss ways believers can integrate practices in their daily life that keep us speaking with the Holy Spirit and being able to hear His guidance.

Particularly unique to this book is that it offers practices that guide us to pay attention to our body and how it feels. In contemplation of sensations that feel good, soothing, calming, we begin to realize that these are our experience of the Holy Spirit.

This book endeavors to teach believers about how our physiology is the biological experience of our spirituality. When the Bible revealed that at our rebirth God imbues our heart with the Holy Spirit, His spirit, that it is a real *inpouring* of energy into our heart that generates distinct sensations and feelings. And we begin to understand that it is this physiology that informs our consciousness of TRUTH. When one is “reborn,” one is truly transformed—restored in body and renewed in mind. We can feel it.

PART 1

WHO IS THE HOLY SPIRIT—AND WHY IS HE HERE?

One of the best ways to think about the Holy Spirit is that He is the active presence of God in the world. Since the beginning of Creation, He has held many roles that support the unfoldment of God's intention for Creation. God's intention is *relationship with mankind*.

We learn through the Old Testament that the Holy Spirit participated in Creation. We read in Genesis the Hebrew word, *Ruach*, and learn it means *wind* or *breath*—the breath and “Spirit” of God. The Spirit is described as “hovering” over the waters, representing divine presence, energy, that is shaping the formless chaotic earth. So we see the Holy Spirit as the “giver and sustainer of life.” We also witness the power of the “spiritual wind” in the parting of the Red Sea.

The Roles Of The HOLY SPIRIT.

Throughout the earlier generations of man accounted for in the OT, we watch the Holy Spirit inspire and engage many leaders and judges to enact God's will upon the world. We see that it was the Holy Spirit who many times gave men the moral fortitude and courage they needed to complete their “mission” for righteousness and justice.

We see the Holy Spirit's particular power to inspire many prophets with spreading the “word of God.” They are filled with the prophecy of God and revealing what is yet to come so that when the prophecy's happened, the world would believe in the power and glory of God. Most especially, the Holy Spirit inspired the prophets with the foretelling of the future coming of Jesus Christ, the Son of God, the Savior of the world. And the Holy Spirit generated the prophecy of His own future indwelling in the hearts of men as we now experience in our lives.

We witness through the Bible, perhaps what might be considered the Holy Spirit's most important intervention of all the Creation narrative—His assistance to Christ throughout His life. In essence, the Holy Spirit was the *divine agent that empowered Christ's earthly life and ministry*. It seems apparent that the Holy Spirit would have been active in Christ's forming as a human being in the womb. We witness the inpouring of the Holy Spirit into Christ, in Christ's baptism in the Jordan River—the anointing for Christ's ministry. The Holy Dove above Christ was God's sign of Christ being “empowered by God's Spirit” for His ministry to mankind.

And how comforting to learn that the Holy Spirit was the protection and guidance of Christ against Satan in the desert for 40 days. In fact, the Bible tells us that the Holy Spirit led Christ into the desert and stayed with Him, sustaining Christ through His fasting and giving Him the strength to resist the Devil. We learn that Christ was powerfully tempted by the Devil but was

without hesitation in His obedience to God—demonstrating to believers the qualities required on our walk toward salvation. And we too will have the support of the Holy Spirit.

We also witness the Holy Spirit protecting Christ while Christ prayed to God in the Garden of Gethsemane. In effect, He was giving Christ the strength not to succumb to the human suffering of fear and disobedience, of questioning God. Christ needed to demonstrate that He was feeling these sensations and emotions as proof to us that He understands our plight under the domination and evil of Satan. Christ needed to go forth and bare the most immense pain and suffering known to man—taking upon Himself, upon His human body, the most unbearable torture a human being can go through as God’s perfect atonement for the sinfulness of mankind in generations past and of those to come, us. And yet, He was not alone—the Holy Spirit was there as Christ offered up His last breath. And in Christ’s resurrection, the Holy Spirit was active in transforming Christ’s human, earthly body into a glorified, spiritual, heavenly body.

Through this great, immensely loving sacrifice of Christ’s body in atonement for our sins, we realize that Christ needed to finish His mission as the Son of God in order to fulfill God’s intention and purpose for Creation. We needed to be saved for we are God’s children, His purpose for His Creation.

In His incarnated state, Christ needed to persevere through this ordeal of Satanic torture and violation in order to reveal to us the requirement and power of *humility and obedience in our relationship with the one, true, supreme God* and in our walk toward salvation. And we clearly see through the narrative how the Holy Spirit enabled all of this to take place for Christ and that He is also doing this for us. Wow.

In our journey through our humility we come to a humbling realization. These qualities of our humility and obedience are not about God’s egotism or jealousy, nor about His judgment of us for He has forgotten all our sins through Christ’s sacrifice for us. Instead, our humility and obedience before God helps us come close to God.

The Holy Spirit activates this antidote to our egotism and we are then able to understand in our very simple human mind the orientation of the place we hold as God’s creations. THE LIE Satan told us that we have free will, that we have powers like God, is dispelled. We begin to awaken to the TRUTH of our “status with God”—we are His most brilliant and beloved creations, His children, made in His image, destined to reflect Him.

Further in the Biblical narrative after Christ’s resurrection, we learn about the Holy Spirit’s involvement in the “birth” of Christ’s Church. On Pentecost, the Holy Spirit descended from Heaven and by indwelling Christ’s disciples they were filled with the “word of God,” the will of God. They were “empowered” with what they needed to begin their mission of preaching the

Gospel and building the Church—by the power of the Holy Spirit, they all were filled with the gift and power of faith in Christ and could speak in the different languages of all the lands they were to travel to.

And as we come to the biblical age of our time, we see the Holy Spirit continuing His role as the one who inspires and creates more and more disciples of Christ and growing Christ's Church. The Holy Spirit is the *agent of man's rebirth*—He initiates and oversees our transformation from sinful will and worshipping things of this world, worshipping Satan, into heavenly, holy beings filled with a new heart and will, a will aligned with the will of God, a will only interested in worshipping God. In other words, the Holy Spirit helps us become convicted of sin, of understanding how we have been under the spell of Satan and that we cannot free ourselves from this evil—the Holy Spirit helps us understand that we are in need of a Savior. And as we awaken to TRUTH, the Holy Spirit gives us the gift of our salvation—He is the guarantor of our eternal life with God. And as such, He helps us walk in faith, in the posture and mind of Christ—keeping us free from temptation and focused only on our true, divine purpose; to enjoy a close and intimate loving relationship with God through our faith and love for Christ.

And finally, as we come to the end, meaning the “real END,” the end of this current age of man, we learn from the Bible that the Holy Spirit plays a significant role in the unfolding of the end time events and the salvation of mankind. In essence, one might say that He is chaperoning believers and bringing more to “faith in Christ” as God begins to complete this era of man and takes us into the next.

As we've discussed, we know the Holy Spirit supports us to know the word of God and to take it literally, and thus, He helps us understand Revelation—most especially, why God has determined this to be mankind's path and the destined cleansing of the earth. Meaning, The Holy Spirit helps us “be not afraid, but rather trust in the Lord.”

We may not be able to figure out exactly when the various events in Revelation will take place, such as the rapture, or the antichrist appearing, or the Great Tribulation, yet the Holy Spirit reminds us to put on the *armor of God* and to do as Christ commanded—we are to “watch that we are not deceived and keep our eyes on Him. And especially, the Holy Spirit keeps us strong in our mission of sharing the Gospel - TRUTH of Christ - with all whom we meet—comforting them with the “blessed hope”—Christ's soon return.

The SPIRIT of TRUTH

TRUTH is the Holy Spirit is the *Spirit of TRUTH*. The Holy Spirit helps us come to the consciousness that is TRUTH—He helps us understand the Bible, the book of TRUTH. In the Bible, the Holy Spirit is called the “Spirit of TRUTH”— meaning He is the *divine agent* who

reveals, teaches, and testifies to the absolute truth of Jesus Christ. He confirms in our hearts TRUTH that Christ is the “Son of God.”

TRUTH is that the Holy Spirit helps us discern TRUTH from THE LIE. He helps us see how we have been deceived by Satan into thinking that we have power like God—maybe even that we can gain more power than God. The Holy Spirit helps free us from this dark, evil spell and see that:

God is Sovereign—Creator and Controller of all things. Nothing and no one can thwart God’s intention and plan for Creation. God’s intention for Creation is a relationship with man. TRUTH is that Satan never had and has no power over God.

The Holy Spirit helps us see and understand what it means that God is *sovereign over all Creation*. It becomes clear that God predetermined and predestined all of Creation before the creation of the world—and it means that God controls all that happens in it. We learn that God predetermined each one of us to be a unique individual, with a unique life story, with predestined days and futures. And we learn that God chose some of His creations for a life in eternity with Him—for salvation.

The Holy Spirit affirms in our hearts and our minds the TRUTH that God is God and He is God of the Bible—meaning that God is personal, that He is *the one and only supreme deity*. God is not an impersonal, new age, pantheistic cosmic consciousness. God is our Creator and given the beauty of the world and heavens around us, it’s obvious that He is supremely creative, emotional, intentional, all-knowing, purposeful—it’s obvious that He is the purest energy of goodness and holiness, the fullness of love.

We learn from the Holy Spirit that God is above all. God is discerning, He’s judgmental and this is because He is very intentional about what He is creating. Said differently, it’s all for our good—all for the purpose of getting us to Heaven. It’s all for the purpose of our being with Him—all because of His immense love for us. God created us after all. In knowing this, the Holy Spirit is helping us to learn to be discerning, to realize our place in God’s plan—we are not to judge God but to trust in Him. And this becomes apparent to us once born again, once imbued by the Holy Spirit.

How do we know TRUTH is TRUTH? TRUTH is we only know TRUTH *when we are born again*—we are completely changed in body, heart and mind and now our eyes can see, our ears can hear. And as evidence that we are seeing and hearing TRUTH, we need to just look around. We can see the beauty, complexity, diversity, power, and glory of the created world—the Bible says God is seen in all of Creation. And also, we begin to realize what a miracle it is that we are sustained by the physical world—and not just physically, but spiritually as well. Reborn, this all

becomes more starkly obvious because what we are seeing is not just the “materialness” of the created world but its energy goodness of good in contrast to the evilness of evil.

The Holy Spirit imbues us with TRUTH that this is all for His glory, for His desire—*it's all God's. It's all for His will--not for our will.* And we learn that God's intention is that His glory is reflected in His most brilliant and beloved creation - us. And the Holy Spirit helps us understand that God's intention is to share this glory with us—so it's all for our glory as well.

And finally, as the Spirit of TRUTH, the Holy Spirit imbues us with TRUTH about the meaning of our lives. He frees us from sin—and thus, all that we formerly thought was our purpose in this life falls away. Our attachments to believing that we are here to become the best version of ourselves and fulfill our will is all exposed as THE LIE of Satan.

The Holy Spirit helps us see that the true and wondrous meaning of our lives is our service to God. We are now awake to the most remarkable and fulfilling experience of being human which is our connection to God—we are not alone in this vast, vacant, meaningless egoistic world any longer but are now home and bonded to God's family.

Who Is The HOLY TRINITY?

We can't speak of the Holy Spirit and understand who He truly is without understanding who the Holy Trinity is.

Most do not take time to fully understand who the Holy Trinity is. Yet, why are we overlooking this most amazing and brilliant gift from God? In theological terms, the Trinity is the “three persons of God”—God The Father; God The Son; God The Holy Spirit.

Put in simple terms, what many of us do not realize is that God created this “triune arrangement” of who He is so He could relate to us personally. God decided to come down from Heaven in order to make Himself known, to reveal His power, glory, and goodness. God wants us to know He is a *personal sovereign*. In other words, our Creator wants us to know “who” we came from so we know who we are—how sacred and precious we are because we are His creations.

God also wants us to know His intention for Creation is to have a relationship with us. And thus, He wanted to make sure that we understood His purpose and plan for Creation—so we understand that our current journey on earth is part of our journey toward our life in eternity with Him. God wants us to understand that our life on earth is our phase of “refinement” into glorious, divine, highly conscious, and supremely loving beings. We are becoming reflections of God—beings made in His image. And just as gold goes through the fires to become pure so we too are going through the fires of evil so we become pure good.

To put it simply, *God the Father* is our Creator—He is sovereign over all Creation and predetermined everything that happens in it. God came down from Heaven as *God the Son*—He became the second person of God and incarnated as man so we would meet Him, face-to-face.

As Christ, God revealed to us the evil power of sin—God personally made sure that we realized the presence of evil upon the earth and that we were captives of Satan. God wanted us to understand the pain and suffering that comes along with being separated from Him. And as Christ, God revealed that this was part of His plan for our “refining” journey on earth. He was revealing His predetermined redemption and salvation plan. In other words, according to God’s plan our learning about evil and Satan reveals to us what is *not the character and qualities of God* and we become wiser about the immense goodness of God. Christ is referred to in the Bible as the “word,” - the wisdom of God.

We learn from the Bible that as a result of Satan’s deceit in the Garden, man became “spiritually dead”—our mind became corrupted with THE LIE and our body contaminated by the toxic fruit. We became victims to a sinful will—addicted to worshipping ourselves as gods and following egotism that led to evilness and unholiness. And God revealed to us through Christ’s crucifixion, that He had predestined a redemption and salvation plan and that by the sacrifice of Christ’s blood our sins have been redeemed and we restored and reconciled with God—we “qualified” for Heaven.

Then, when God, as Jesus Christ, resurrected back to Heaven, He left us His spirit, *God the Holy Spirit*, so we would not feel abandoned.—and so we would have protection against the “evil one.” And what was stunning to realize is that God decided that the Holy Spirit, who had been on earth all along from creation to revelation, as the “active agent” of The Trinity, would now become our “personal helper”—He would be our counsellor empowering us with the faith in Christ, knowing TRUTH of God.

The Holy Spirit would not just be “with” us, but rather inside of us. TRUTH is when the Holy Spirit comes upon us and indwells our heart, we become the Holy Temple of the Spirit of God, the Temple of the Holy Spirit.

And we learn from Christ, God incarnate, that we can’t see the Kingdom of God without being “born again.” And the Bible helps us understand that the “agent of our rebirth,” is the Holy Spirit. We learn from the Bible that the Holy Spirit comes to us when it is the predestined time for us to “be reborn”—God imbues our heart with the Holy Spirit and we are transformed, given “spiritual life.”

GOD

God The Father In Heaven—God The Son On Earth—
God The Holy Spirit In Man's Heart.

God is the Person of God Who Is Creator. Jesus Christ is the Person of God Who Saves Us. The Holy Spirit is the Person of God Who is the Agent of our Rebirth and Our personal connection with God.

The Person of God is in Jesus Christ and the Person of Jesus Christ is in God. And the Person of the Holy Spirit is in Jesus Christ—and the Holy Spirit is in the Person of Me.

OUR FATHER PRAYER

God the Father—*"Our Father in Heaven, Hallowed Be Thy Name"*

God the Son—*"Thy kingdom come, they will be done on earth as it is in heaven."*

God the Holy Spirit—*"Give us this day our daily bread."*

God the Father and Son—*"And forgive us our trespasses as we forgive those who trespass against us."*

God the Holy Spirit—*"Lead us not into temptation but deliver us from the evil one."*

As we explore in the next chapter, we see the Holy Spirit affects who we are and our daily lives. We begin to understand that by His presence within us we are transformed—we are awake to goodness and feel this run through us. We are awake to love, the divine love, of Heaven, of God. And by this, the Holy Spirit inspires us daily to worship God through faith in Christ—to live in a way that is just, kind, charitable and overcomes sin.

A Final Comment: About The "Masculine" Pronoun Of God

In the Bible, we notice that the masculine pronoun is assigned to the Holy Trinity—He, Him, His. We also notice that the nouns Father and Son are used. And we notice that throughout the Bible that the noun of brother or brethren are also used. The reason we discuss it briefly here is to assist in helping to minimize any concern or confusion about God's gender—and especially to avoid the "feminist" or patriarchal/misogyny debate. The reason for side-stepping these "debates" is not at all meant to avoid these discussions in a discriminatory or rejecting fashion but rather to help avoid the distraction that discussing these issues here can have on the focus of this book. And it's also offered here that we all might take into account how these are such dividing issues and when applied to the Bible are very distracting from the profound message to be explored—distracting from the sacredness and TRUTH that is the Bible. We must admit that by trying to discuss the power of the Bible within the context of these "man-made" perspectives

and opinions is not helpful, but actually, derogatory to understanding the counsel of God, the “word of God.”

What this book endeavors to point out is that in TRUTH there is no particular gender orientation to God, Christ, or the Holy Spirit. Why? Because quite simply, God is genderless, God is all of all. God is not biological, not of the material world.

The “masculine nature” implied by these pronouns and nouns in the Bible are not meant to assign a “gender” to God as we understand them in the human biological sense. This would be to lower God to the nature of man. The best way to say this is that gender pronouns and nouns do not hold the same meaning in the divine realm—when applied to divine beings. And yet, we need to apply a pronoun in verse so that mankind will understand that Holy Trinity is personal, is the three “persons” of God so that God is viewed by us as a personal God, not an innocuous, emotionless, unthought, inconsiderate distant “spiritual being.”

And we also note that Christ came as a man. And thus, it can be concluded that using the masculine pronouns for the Trinity thus keeps TRUTH organized—that Christ is the “second person” of the Holy Trinity, of God. And why God chose to come as a man can also be debated but who are we, the mere pottery, to question the Potter in His intention for His creation.

The final comment about the gender and patriarchal debate is that it is unfortunate when applied to the Bible. TRUTH is there is a hierarchal nature to the roles of God and man, and this continues in the implication of the hierarchy in roles of man and woman. It is vitally important that man realize that “he is lesser” than God because TRUTH is that he is. And only by man understanding His status as God’s creation, not God’s equal can man be fit into God’s ultimate plan for Heaven—where man (and woman) dwell with God in peace and glory sharing profound *holy, divine love*.

When the “gender issue” is held within this light with respect to the context of the Bible, it falls into its appropriate light and becomes a “non-issue.” The observation here is that TRUTH is Satan took a powerful role in corrupting the relationship between man and woman—making both man and woman believe THE LIE and that they were each much more important, godlike, than they are. And thus, they fell into competition. Said differently, Satan took the powerful God-given role of the masculine which is equally as important as the powerful God-given role of the feminine and deceived mankind into believing something God did not ordain nor intend—that one is better than the other. TRUTH is they are equally vital to God’s intention for Creation, for humanity on earth in its journey toward Heaven with God for eternity.

In summary of this chapter, it’s important to emphasize something here. We may have mentally understood the “concept” of the Holy Trinity but what’s so important to realize is that once *born*

again, the Holy Trinity becomes a reality of our existence. What do we mean? Born again we are transformed in body and heart, and thus, in spirit. We become a new person, a person spiritually alive. Said differently, we actually become a part of the Holy Trinity for the Holy Spirit dwells within our heart.

Born again, our heart and mind have been replaced and now our will is a holy will. The sinful will has been washed out of our consciousness and our desires, our choices, are completely *aligned with the will of God*. We wish for nothing else but to be with our Lord in Heaven.

The Holy Spirit assures that all that we are, body, heart, mind, soul, is devoted in service to God through faith in Christ. And so, we begin to realize that our relationship with the Holy Spirit establishes and sets the foundation of our relationship with God. And we note that The Holy Spirit acts as an advocate and guide, while the Son, Jesus Christ, acts as an intercessor to God on our personal walk toward salvation.

Conclusion

Who is the Holy Spirit? He is our best friend forever and needs to be treated as such. If we ignore Him, we miss out on being fully awake and engaged in the counsel of His will that keeps us strong in faith—one could say we remain immature in our full consciousness of who God is and why Christ came to save us.

TRUTH is God imbues His Spirit into the hearts of believers so that He can be close, intimate, with us in our walk toward His gift of our salvation—our walk to be with Him for eternity, and one day soon.

PART 2

OUR TRANSFORMATION INTO THE TEMPLE OF THE HOLY SPIRIT

Why God Imbues Our Heart With The Holy Spirit

Why did God imbue the hearts of *His Chosen* with the Holy Spirit?

God imbued our hearts with the Holy Spirit for our “rebirth.” As we receive the Holy Spirit, we are filled with God’s gift of profound faith in Jesus Christ as our Lord and Savior. We become devoted believers in God. We are transformed and our body literally becomes the Holy Temple of the Spirit of God *on earth*—the Temple of the Holy Spirit. It is where we are to go to kneel and worship God—to talk with Him.

Before the creation of the world, God predestined many to be saved from darkness and to be with Him in Heaven for eternity. As part of His intention for Creation, God predetermined a *redemption and salvation plan* through the crucifixion and resurrection of Jesus Christ. And to bring each of us, our body, heart, and mind into our reality of our salvation, God designed our “rebirth.” Those He chose are reborn at some point in life—meaning they are sealed into God’s promise of salvation by His “inpouring” of the Holy Spirit into one’s heart. It can never be taken away.

To put it more personally, this “inpouring” of the Holy Spirit literally transforms our heart, our physical heart, and by this God assures us that we will remember His promise because we can feel it—it’s not just a mental thing. God assures us that we eventually begin to understand His nature, His character, because we are able to feel the sensations of the virtuous vibrations and energies of His Spirit, the Holy Spirit. We discuss this in more detail later in this chapter.

By imbuing our hearts with the Holy Spirit, God assures we will know the TRUTH of His intention for Creation and for each of us. Through Jesus’ ministry, we learn that in order for us to enter the Kingdom of God, we need to be reborn. This is the fulfillment of the “second covenant” of our relationship with God—where God writes His laws on our hearts and puts them in our minds. By this, Christ is indicating that our relationship with God is more intimate than in previous history. It’s so intimate that God has decided that our body is to be His Holy Temple on earth—where we are to come to speak with God, to pray and worship.

Further, we begin to realize that God also makes us into His Holy Temple so we are the “expression” of His Spirit in the world—so as we speak TRUTH of the Gospel, we reflect the light of Jesus Christ, we reflect the brilliance and glory of God. We reflect the presence of God in our faces and exude it from our bodies, and thus, our light and energy influence those and the world around us. Wow.

Reading the Bible, such as verse Romans 5:5, *God's love has been poured out into our hearts through the Holy Spirit, who has been given to us*, we learn that God imbues our hearts with the Holy Spirit. Many believers read these words and do their best to commit them to understanding and memory. Yet, the question is do we really understand what is happening to us?

We learn from the Bible that we are to ask the Holy Spirit to help us find deeper understanding of the “word of God”—and to help us keep our hearts and minds set on Christ. Yet do many of us really do this? Do we turn to the Holy Spirit daily?

Do we read the Bible daily? Do many of us really take the time to think about the Holy Spirit and our relationship with Him—to think about who He truly is? Do we find some time to sit peacefully and feel the presence of the Holy Spirit within us? Do we seek His assistance in prayer? For most of us, we have to admit that we really don't.

The point being made is that as believers in Christ our close and intimate relationship with the Holy Spirit is critical. The Holy Spirit is our “helper,” our counsellor and protector on our walk toward our salvation. And it's important to point out that it's particularly urgent that we strengthen our connection with Him because we have entered the end of the End Days.

God's Covenants with Man and The Holy Spirit's Role

The Bible is the account of mankind's journey on earth and our relationship with God. And the Bible is the account of God's *creative and refining process* in forging this relationship according to His perfect will and pleasure.

Our spiritual relationship with God was disrupted by Satan long ago in the Garden of Eden. Satan used His power to overcome Adam and Eve with deceit and getting them to eat the “toxic fruit of the Tree of Knowledge.” Adam and Eve's holy relationship with God became corrupted by their new “addiction to evil.” And the “holiness and goodness” of their bodies became contaminated. They, and we as their descendants, became spiritually desolate, “spiritually dead” as the Bible puts it. We became separated from God. Since then, man has been born with a sinful will—we became prideful and worshippers of self as Satan had programmed. And thus, we became followers of Satan, mere robots deploying his evil will.

So then, where does that leave us? We also know from the Bible something very powerful about God that reveals TRUTH that this is not the end of our story. In other words, we are not destined for eternal darkness, but actually, for eternal light—life with God.

God is Sovereign—much more powerful than Satan. In fact, we know God created Satan. Knowing God is sovereign, we understand that God is *in control of all things* and that God *had predetermined “the fall of man.”* And what’s remarkable about the brilliance of God is that we learn that God also predestined a *redemption and salvation plan* for humanity. Through God’s powerful plan, He ordained the immense love and blessing of God the Son, Jesus Christ, to come into the world and save man from Satan’s evil and sin, to free us from our addiction to darkness, and redeem and restore our bodies reconciling us back with God.

And going further, we learn that God had also predestined that upon Christ’s crucifixion and His resurrection back to Heaven that those who have been chosen by God before the creation of the world will at some predetermined time in their life be “reborn”—physically restored, mentally renewed, and spiritually brought back to life. This means that all whom God determined to become Christ’s disciples would be “reborn” and made anew by the descending and indwelling of God’s Spirit, the Holy Spirit. Filled with the word of God through the wisdom of the Holy Spirit, the disciples were now equipped to go forth in undying faith to preach the Gospel—the TRUTH of Jesus Christ. We see this happen with Christ’s disciples on the day of Pentecost after His resurrection.

We can begin to understand now that God predetermined that those He chose before creation to be with Him in Heaven would need to be pure, holy, and divine. And this is what man’s existence on earth is all about. This biblical 6000 year “age of man” on earth was/is God’s refining process of us into His most brilliant and beloved creations in order that we may spend eternity with Him in Heaven in a relationship of “holy love”—that our bodies are pure enough to be capable of absorbing and embodying the energy of the power and glory of God that surrounds us in Heaven.

As we’ve discussed, the Holy Spirit has been upon the earth since the beginning of creation—the third person of God. And since the resurrection of Christ, the Holy Spirit has become the *agent of our rebirth*, of our transformation into “heavenly bodies.” Imbued in our heart, He helps us awaken to TRUTH—He helps us comprehend and understand God’s “intention for Creation.” As mentioned, God’s purpose for Creation is to have a relationship with us and His plan for our journey on earth is for it to be our training and the “refining fires” that evolve and condition us into rarefied, holy, divine beings who can be with God for eternity.

And God decided that this was to happen through the “trials and tribulations of evil”—so that we can better understand “good.” Meaning, without God ordaining that Lucifer become prideful and come into the Garden to corrupt Adam and Eve, mankind, there would have been no *redemption and salvation plan*, no reason for Christ to come to earth to fulfill God’s purpose of our meeting Him personally during our time on earth, during our refining process.

These revelations take us to a conversation about the *Covenants of God*. We can see God's process of what we might call His "*gradual reveal,*" *of His progression of creating greater intimacy between us and Him through the Covenants of the Old and New Testaments.*

In the Old Testament Covenant, God communicated with mankind through prophets and wrote His laws for us to follow on tablets of stone. And then in the New Testament Covenant, God had predestined a change to this as part of His "next phase of our relationship with Him. God incarnated as man, as Jesus Christ, who became our Savior from sin and Satan. And then, with those reborn, God imbues His Spirit, the Holy Spirit into our hearts and now writes His laws on our human hearts.

To explain the difference in the Covenants so we understand God's intentions, the Old Covenant was an agreement of conditions and promises between God and man (the nation of Israel)—the Mosaic Covenant. It centered around the 10 Commandments which God wrote miraculously on the stone tablets that Moses brought down from Mt. Sinai. Following Moses and other Old Testament prophets, mankind tried to behave according to these "laws" and become "the holy people of God." Yet, for the most part they were unsuccessful given the power of Satan over them, and instead, continued to live as pagan cultures—honoring the false, *pagan gods*.

The New Covenant which came into the world with Christ was a dramatic change—and it still exists today. It is an agreement where God promises His unconditional forgiveness of sins and provides for the tremendous transformation of us into God's chosen ones by the indwelling of the Holy Spirit. When under the Old Covenant our relationship with God was conditional through obedience to external commands, now under the New Covenant, God's Spirit indwells us and having written His laws on our hearts we actually become them, they are who we are—our obedience is our natural disposition, our instinctive behavior.

One might say that the Old Covenant reached into a man's mind—trying to inspire him to change his mind against sinfulness. The "commandments" listed God's expectations of what man needed to do to become a holy person of God and receive God's blessing. These were all behaviors and beliefs that keep man holy, keep him peaceful of heart. And yet, man struggles to follow them.

The New Covenant reaches into man's heart, literally, and this transforms our thinking, what we believe. We become beings who now *feel* the goodness of the laws, and this sensation thus helps us understand them. Inspired by the *sensation of TRUTH*, we inherently live from these laws. Once reborn, under this covenant, we are transformed by the grace and wisdom of the Holy Spirit—we are being justified and sanctified for our resurrection into Heaven.

And how do we know this is TRUTH? *The proof is in the pudding—we feel it.* Anyone who has “been born again” will testify to you that they “feel” completely changed—and in the matter of moments, in the “blink of an eye.” They consistently share that the things they used to believe and desire and want have completely changed—basically hold no more interest. And we witness TRUTH of rebirth in those who have been reborn because we sense a different “energy about them.” And their personality has changed. They often seem lighter in mood, calmer and more humble in demeanor and they have no interest in doing the things they used to do. And the biggest evidence is they have an earnestness to know Jesus.

For this reason Christ is the mediator of a new covenant, that those who are called may receive the promised eternal inheritance—now that he has died as a ransom to set them free from the sins committed under the first covenant.

HEBREWS 9:15

NOTE: This section about the Old and New Covenants would be incomplete if we did not include the bible verses from the book of Hebrews. It’s the description of exactly what God wants us to know about His decision to replace the Old Covenant with the New and for us to realize how this New Covenant is our relationship with Him through Christ. These verses are included in the Appendix to this chapter.

TRUTH is we need to be “born again” in order to be able to enter the Kingdom of God. Christ revealed this to us while He was here on earth. Jesus came to “deliver the New Covenant.”

What we’ve come to understand from our biblical study is that God wanted a much more intimate relationship with us so He created a New Covenant and decided that it would result in His Spirit being “poured” into our hearts. In this way, we would *literally feel ourselves* to be the creations of God. It was not just something we have been trying to believe about ourselves but now was actually something we could *feel to be TRUTH*.

In other words, what we discover is that the New Covenant is about our rebirth, our literal transformation in heart and body into divine, holy creations of God—we are restored in body and heart, and renewed in mind. In other words, we are transformed from sinfulness into holiness. Our body becomes holy, we become holy. We now understand TRUTH. As the Bible explains, we literally become the Holy Temple of the Spirit of God—the walking, breathing, living *Temple of the Holy Spirit*.

The impact of the New Covenant instills in us a new consciousness—the consciousness of the Holy Spirit. The Holy Spirit “gives” us a new understanding, TRUTH about God and Jesus Christ. This is the gift of a new will and it inspires new behavior of how we are to worship

God—that is far different than the way of worship in the Old Covenant. In the Old Testament Covenant, “high-priests” would be the only ones who could enter the tabernacle or temple and they were tasked with offering the blood of animals to God as sacrifice, as atonement, for our sins.

In the New Covenant, as we have discussed, God decided to place His Spirit within our heart. Our body thus became His New Temple on earth. God decided that His temple was no longer a building, a *temple made by men*—but rather one made by His hand. It’s clear that God wanted us to be able to worship Him anywhere, anytime, all-the-time.

And it’s also clear that God decided that our worship was not to be made through men, but rather was to be intimate between us and Him directly. Interesting to note that there is a large “religious institution” on earth today that seems to still hold to the “old covenant” ways requiring its followers to worship God through priests. Hmm, one wonders—is that what God wants? Seems to put “a man in authority” over other men—*is that what God wants?* Isn’t Christ our only “moral authority?”

And, the New Covenant directs us not to bring the blood of animals as a sacrificial offering for our sins as in the Old Covenant. From the Bible, we learn that God’s “new” requirement for the redemption of man’s sinfulness, of his violation and defilement of the human body, became human blood—if we take life, it costs us life. And thus, we now understand why God predestined the Crucifixion of Christ. By the grace of God and the immense love of Christ, our sins have been “perfectly atoned” for, and once and for all, by the sacred sacrificial offering of the blood of the Son of God, who became man, Jesus Christ.

It’s quite amazing to note that God transformed our gravest sin, violation of our body, into our most holy act of worship, our honoring our body as God’s Temple—where we are to worship.

God predetermined Christ’s crucifixion because mankind was not able to save ourselves from our sinful ways—divine intervention was required for the “evil one” was too strong for us. God had prophesied Christ’s crucifixion through Old Testament prophets so as we study the Bible we would understand God’s intention for humanity—our life was spared so that humanity continues on toward our destiny of salvation. By God’s grace we are destined to be transformed into divine, holy beings in order that we may enter the Kingdom of Heaven.

Now going further in our exploration and reflecting on our “rebirth” as the Holy Temple of the Spirit of God, many of us first accept this description in the Bible “metaphorically”—meaning that it’s an unseen, “spiritual” transformation. Yet while this is true, and profoundly so, we endeavor to prove in this discussion that it is also, and perhaps even more so, a *physical transformation*.

Meaning when the Holy Spirit enters our hearts, this is not metaphorically but rather *literal*—the Holy Spirit Himself is literally poured into our hearts, our human hearts, by God. And this alters the physical attributes of who we are—it actually alters our heart beat and rhythm, and this changes our hormonal response, and this shifts our physiology, and this begins to shift the energetic tension in our muscles.

Put simply, when one is born again and the Holy Spirit enters our heart, our body is *literally* transformed into the biological structure of the Holy Temple of the Spirit of God. During our *rebirth*, our body, heart, and mind are *literally* transformed into the Temple that holds TRUTH—our body becomes a vessel made of consciousness of God. Our body holds and exudes TRUTH through the Holy Spirit’s gift of the energy of faith in Jesus Christ flowing through us. Our body knows more about God than our mind. We discuss this in detail in Part 3.

So now comes some thoughtful questions. Do we realize what we are actually saying here? Are we truly hearing and realizing that when we are born again, God’s Spirit, the Holy Spirit is *literally* entering our heart—our physical heart, not just our emotional heart? Do we realize that when we receive the Holy Spirit within our hearts, we become destined for eternal life with God?

Do we realize that our body just became supremely holy, for God is within?

BIBLICAL SUPPLEMENT

It’s very powerful to take a moment as you finish reading this Part 2, to read some of the verses in the Bible and hear TRUTH from God Himself.

GOD’S TRANSITION FROM OLD COVENANT TO NEW

HEBREWS 8—God Telling Us About His Decision For A New Covenant

The High Priest of a New Covenant

8 Now the main point of what we are saying is this: We do have such a high priest, who sat down at the right hand of the throne of the Majesty in heaven, ² and who serves in the sanctuary, the true tabernacle set up by the Lord, not by a mere human being.

³ Every high priest is appointed to offer both gifts and sacrifices, and so it was necessary for this one also to have something to offer. ⁴ If he were on earth, he would not be a priest, for there are already priests who offer the gifts prescribed by the law. ⁵ They serve at a sanctuary that is a copy and shadow of what is in heaven. This is why Moses was warned when he was about to build the tabernacle: “See to it that you make everything according to the pattern shown you on

the mountain.”^[a] ⁶ But in fact the ministry Jesus has received is as superior to theirs as the covenant of which he is mediator is superior to the old one, since the new covenant is established on better promises.

⁷ For if there had been nothing wrong with that first covenant, no place would have been sought for another. ⁸ But God found fault with the people and said: “The days are coming, declares the Lord, when I will make a new covenant with the people of Israel and with the people of Judah.

⁹ It will not be like the covenant I made with their ancestors when I took them by the hand to lead them out of Egypt, because they did not remain faithful to my covenant, and I turned away from them, declares the Lord. ¹⁰ This is the covenant I will establish with the people of Israel after that time, declares the Lord. I will put my laws in their minds and write them in their hearts. I will be their God, and they will be my people. ¹¹ No longer will they teach their neighbor, or say to one another, ‘Know the Lord,’ because they will all know me, from the least of them to the greatest. ¹² For I will forgive their wickedness and will remember their sins no more

¹³ By calling this covenant “new,” he has made the first one obsolete; and what is obsolete and outdated will soon disappear.

HEBREWS 9-New Covenant, New Tabernacle

Worship in the Earthly Tabernacle

⁹ Now the first covenant had regulations for worship and also an earthly sanctuary. ² A tabernacle was set up. In its first room were the lampstand and the table with its consecrated bread; this was called the Holy Place. ³ Behind the second curtain was a room called the Most Holy Place, ⁴ which had the golden altar of incense and the gold-covered ark of the covenant. This ark contained the gold jar of manna, Aaron’s staff that had budded, and the stone tablets of the covenant. Above the ark were the cherubim of the Glory, overshadowing the atonement cover. But we cannot discuss these things in detail now.

⁶ When everything had been arranged like this, the priests entered regularly into the outer room to carry on their ministry. ⁷ But only the high priest entered the inner room, and that only once a year, and never without blood, which he offered for himself and for the sins the people had committed in ignorance. ⁸ The Holy Spirit was showing by this that the way into the Most Holy Place had not yet been disclosed as long as the first tabernacle was still functioning. ⁹ This is an illustration for the present time, indicating that the gifts and sacrifices being offered were not able to clear the conscience of the worshiper. ¹⁰ They are only a matter of food and drink and various ceremonial washings—external regulations applying until the time of the new order. The Blood of Christ

¹¹ But when Christ came as high priest of the good things that are now already here,^[a] he went through the greater and more perfect tabernacle that is not made with human hands, that is to say, is not a part of this creation. ¹² He did not enter by means of the blood of goats and calves; but he entered the Most Holy Place once for all by his own blood, thus obtaining^[b] eternal redemption. ¹³ The blood of goats and bulls and the ashes of a

heifer sprinkled on those who are ceremonially unclean sanctify them so that they are outwardly clean. ¹⁴ 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!

¹⁵ For this reason Christ is the mediator of a new covenant, that those who are called may receive the promised eternal inheritance—now that he has died as a ransom to set them free from the sins committed under the first covenant.

PART 3

SO WHAT EXACTLY HAPPENS WHEN WE ARE BORN AGAIN?

We Become Humbled

“I found myself out on my back deck under the midnight sky looking up at the stars, into the depth of cosmic space, and hoping for some relief from my unbearable despair. Was there some spiritual energy that might come down and help me—could I think of one to call on? I felt as empty as the vast blackness above me.

The next thing I knew I was gently forced to my knees—I was gently transformed into humility. My body actually became the reality of humility itself. My hands naturally folded over my heart, my head bowed, and I knew I was in the presence of a “holiness” I have never felt before. Without a doubt I knew it was Jesus Christ.”

-Patricia Kirk

So what exactly happens when we are born again? In a few distinct words, *we are humbled, brought to our knees by the Holy Spirit*. As the Holy Spirit enters our heart, we are “literally” transformed into the Holy Temple of the Spirit of God—we are filled with the *gift of faith in Jesus Christ*. And as one rises, we rise into our *new selves*—having been humbled before God, we now rise and stand *humbly confident* before the world as an affirmed *believer in Jesus Christ*.

In our “new birth,” we have now been restored from our physical contamination that took place in the Garden from eating the “toxic fruit of the Tree of Knowledge.” Specifically, as we’ve discussed, the Bible explains that when we are “born again” by the grace of God we receive a new heart and a new mind. And that, God has written His laws on our new heart, our human heart. And thus, we are instilled with a “holy will,” a will aligned with the will of God.

In our rebirth, our sinful will, our will that was aligned with Satan’s will has been replaced. Most of us don’t realize it but this happens through a biological change in our physiology. Filled with the energy of the Holy Spirit, our physiology has been restored. Our *new physiology* flows with the *spiritual consciousness of the wisdom of the Holy Spirit*—in resonance with the will of God and our faith in Jesus Christ. As our new physiology flows from our heart into our mind, this renewed chemistry quickly transforms our sinful will—our old, lustful “wants and obsessions” for “unholy things of this world” die away. Our thoughts and emotions shift into new, humble, holy desires for goodness—and goodness only.

As the Bible explains, we now have a “repentant mind,” a changed mind, a mind that rejects sin and evilness, rejects these unholy things, rejects Satan. By the grace of God, we have been given a completely “new mind,” a completely new outlook on the meaning of life. We have been

transformed into a completely new person—a *humble disciple of Christ*. How do we know it's by the grace of God—because we know. We know because we *feel completely different*. We have a completely different “confidence” about our life and we know that there is no way we could have done this for ourselves.

We know this has happened by the grace of God because we couldn't have given up these things on our own. We couldn't have given up our addiction to THE LIE—to the belief that the meaningful things in life are wealth, reputation, and worldly possessions and that what gives us purpose is using our power, our free will, to achieve them. We couldn't have awakened to TRUTH that the only thing that is meaningful in life is our relationship with God. We couldn't have realized that the purpose of our life is to live a simple life devoted to following Jesus Christ.

We know we have been “born again” by the grace of God because now we understand without a doubt that all that we are, body, heart, mind, and soul, are under the auspices of the Holy Spirit—they are His not ours. We belong to God.

The first thing we notice about our “new consciousness” is we experience an inherent, naturally arising deep earnestness to know Jesus Christ. Of course we have known *of* Him, and perhaps, if having been brought up in “*christian religion*,” we had some understanding of the importance of who Christ is, but did we *really know Him*? The answer is clearly “*no, not like we want to know Him now.*”

And what's quite amazing is we begin to realize that we are feeling a “yearning” in our heart, in our body, that was not there before. We can tell that we have been “emptied”—and now we have a longing. And it begins to dawn on us that we have been washed clean of old energies that kept us focused on this world and filled with a false belief—that always kept us filled with anxious energy prodding us to figure out how to “gain and achieve what we want in life.” We were filled with a *false idea of who we thought we should be and terrified we would never become it*. Yet, now, these anxieties disappear and we begin to realize that we are now filled with sensations that are calming, soothing, confirming, “holy.” And we yearn to feel this more deeply.

Feeling these sensations, we begin to realize that they are our earnest yearning to know Jesus Christ. Spontaneously, we become focused and immediate about finding out what we can about Him—and this of course, brings us to the Bible, the most Holy Scripture about Creation, about God, Jesus Christ, and the Holy Spirit. The Bible holds TRUTH about God and His relationship with us—and at the core of it is Jesus Christ.

And what's amazing is that we begin to realize that having now been indwelt by the Holy Spirit, our body is becoming “the source of spiritual revelation”—it's dawning on us that as we read the Bible, our body is being filled with TRUTH, with faith in Jesus Christ. And that our

body has become the Holy Temple of the Spirit of God. Our relationship with God is “overseen and managed” by the Holy Spirit.

As we study the Bible under the guidance of the Holy Spirit, we learn that the Bible is essentially about Jesus Christ from beginning to end. The Old Testament prophesied about the coming of Jesus Christ. The New Testament tells us about the life of Jesus Christ, about His ministry, His crucifixion and resurrection.

As well, we read what Christ told us through the Apostle John in the Book of Revelation about what is to happen since His resurrection—the End Days and the salvation of man from this dark world is upon us. The Spirit of Christ was present at the creation of the world, and His Spirit gives us hope that one day soon He will return. He will come again to bring us to Him and we will reign with Him in the Millennium Kingdom—we will live with Christ for a thousand years under His loving and discerning rule here on earth. And during this wonderful, peaceful time, we will become justified and sanctified for our ultimate salvation with God in Heaven, on God’s New Earth and Heaven.

Once reborn, it becomes amazingly clear that the Holy Spirit is guiding us through the “word of God,” through the Bible, and helping us understand our Creator’s intention, understanding that God predetermined and predestined all things. In fact, the highest charge of the Holy Spirit is to make sure we “ground ourselves in the Bible” so we learn TRUTH—so we get to know Jesus Christ as our Lord and Savior.

The Holy Spirit is particularly focused on making sure that we understand that now that we have been reborn, we know it was by no other means but by the grace of God. And thus, we know that we were predestined by God for this blessing before the creation of the world. It is essential that we know the power of God’s sovereignty, that He predetermined and controls all of creation so that as we walk forward toward our salvation with Him, we walk in *humility* and *gratitude*.

The HOLY SPIRIT Is Our “Helper,” Our “Friend”

God has designed it so brilliantly that once born again, once imbued with the Holy Spirit, we become *tethered to God* for the *rest of our lives*—we become God’s Holy Temple on earth. And this has to be just the most amazing revelation of our life. As we’ve discussed, the Holy Trinity is the “three persons of God”—God is Creator in Heaven, God is Christ on Earth, and God is the Holy Spirit in Our Heart. The Holy Spirit is in us—we *are literally attached to God through the Holy Spirit*. Wow! Could we be any more important to God, any more loved by God?

Having been reborn, we have been saved, transformed back from our contaminated self because of Satan's evil energy and reconciled with God—we are now in “resonance with God's will.” And thus, the Holy Spirit is now the “personal guarantor of our salvation.” And as Christ said, the Holy Spirit *will be your “helper.”*

Studying Christ's words in the Bible, we learn that this means that the Holy Spirit will take control of assuring that while we still live in this world we are protected against Satan. And most especially, that He will take responsibility for guiding us to live the life of a “believer in Christ.” In other words, the Holy Spirit assures that our behavior aligns with goodness so that “our good deeds” strengthen our faith in Christ. The Holy Spirit will counsel us about the “word of God” and make sure we live from it—that our choices and behavior are healthy and holy, that we live in alignment with the “will of God.”

The Holy Spirit is also our intercessor in worship, in prayer. God wants us to talk with Him always and the Holy Spirit assists us in knowing how to pray and what to pray for—He counsels us to understand that prayer is not for listing all our desires for ourselves but rather aligning our desires with God's will. How this exactly works, how the Holy Spirit actually “works through us,” we discuss in detail in Part 5.

As our “helper,” the Holy Spirit teaches us TRUTH of the Bible and we now awake to THE LIE. And what's very important to realize is that as much as we study the Bible to learn about Christ, it is vital that we learn about Satan—though many like to think of Satan as a metaphor for “evil,” Satan is a “real entity,” a supernatural person. Why is this so vital? Because it is in response to Satan's evil upon the earth and his desecrating God's most beloved creations, us, that Christ, God incarnate, came to save us.

In other words, the Bible is the account, the message, the “word of God,” about God's redemption and salvation plan, the account of the incarnation of Jesus Christ. Said differently, the Bible reveals God's plan and purpose for Creation. It explains all we need to know about why we were created and about our Creator, who He is. And most especially, it reveals that *our faith in Christ's teachings, and His crucifixion and resurrection is the core of our belief and trust in God and our promised resurrection to come.*

In other words, through the counsel of the Holy Spirit, we awaken to TRUTH that Satan is our greatest emissary and his mission, his obsession is to pull us away from God. And we learn that this was all part of God's magnificent plan for Creation. Put simply, God uses Satan to help us understand the difference between “good and evil.” Why? So we learn who God is.

In our study of the Bible, and in our own life experience, we see how “successful” Satan has been in completely contaminating mankind and desecrating the earth—and that because of Satan

we are indoctrinated with a sinful will. We think and do all that is unhealthy, unholy, sinful. Thus, we fully experience the depth of evil, the complete opposite of good.

Further in our study, we then witness the reason God predetermined Christ to come. Through Christ and our rebirth, we are saved, redeemed from this evil. And we learn that while we are still here on earth we have been blessed with the help of the Holy Spirit to defend ourselves from Satan—our protection is in the Holy Spirit as He teaches us how to wear the “Armor of God.”

And now, as we walk through the rest of our journey in life, we walk in TRUTH, we walk in the knowledge and most profound understanding of God’s power, of His glory, of His goodness. We now understand that our time on earth was a phase of God’s “refining process” of who we are to become.

What’s important to emphasize here is that many people who identify themselves as “believers in Christ” don’t realize that unless they are also “believers in Satan,” they don’t really know Christ. Why? Because our faith in Christ must come with a belief and “embodiment” of TRUTH of *Christ as our Lord and Savior*—that *we are sinners and in need of a Savior*. If one does not believe in Satan then what is the meaning of Christ’s “work on the cross?”

TRUTH is Christ came to earth to subdue Satan and free us from his grasp. There is no way we could have done this on our own. We are completely corrupted and blinded by our sinful will. In other words, Christ’s immense sacrifice was needed exactly because Satan exists. In other words, if we don’t believe in the power that Satan has over us and the whole world, then we don’t believe in the destructive nature of sin—and thus, we are not in full understanding of God’s redemption and salvation plan through the crucifixion and resurrection of Christ.

In other words, if we miss TRUTH that God predestined Satan, then we miss that God predetermined Christ’s coming as His plan for how *we would meet God “face-to-face.”* We would miss that all that is taking place in Creation is under God’s sovereign power and all for our getting to know Him—so we may one day be with Him in Heaven. We would miss TRUTH that this is all for God’s glory—and that this is all for our glory of being with Him.

Further, and particularly why this is so important, is that without a belief in Satan, then we are not fully aware, nor willing to “own” just how sinful we can be—we are deceived and believe we have power, we have a free will to determine our destiny, our eternal life and this makes us remarkably arrogant and prideful in life. We are extremely egoistic, self-absorbed, narcissistic as a world culture. TRUTH is we absolutely don’t have free will—rather we are being dragged about by Satan’s incessant, cunning, and torturous temptation to follow him. In other words, we must realize that until we are reborn, our will is definitely not free but rather is aligned with Satan’s will.

Said differently, if we don't believe that Satan has control over us and our lives, if we don't believe that He makes us sinners and that we can't save ourselves from his corruption, if we don't believe that *we are sinners in need of a Savior*—then are we are not “true believers” in Christ and His crucifixion. We do not believe in Christ conquering sin and death. And thus, we do not believe in the power of God raising Christ from the dead. And thus, we don't believe in our salvation. And thus, we do not believe in the “sovereignty of God”—His predeterminism and control over all Creation. AND THUS, we are left on our own.

The Transformative Powers Of The HOLY SPIRIT—Saving Man From This Evil World.

As we continue to study the Bible, we learn much more about the transformative powers of the Holy Spirit. As mentioned, we learn the Holy Spirit participated in Creation and has facilitated man's relationship with God throughout the ages. And especially, we learn that it was actually the Holy Spirit who was the “agent of our rebirth”—we learned from Christ that man needs to be born again to be able to enter the Kingdom of God.

Born again, we are waking up to TRUTH. We are being informed through the wisdom of the Holy Spirit that the reason man can't save himself is that since “man's fall” in the Garden we have been cursed—under the spell of Satan's deceit. We have been blinded to who God truly is. Since the Garden, we have been *born with a sinful will*. And now we learn that it's only by the grace of God through the work of the Holy Spirit that we are reborn.

Since the Garden, we have been blinded by THE LIE—we can't see anything other than the false belief that we *have powers like God, that we have free will*. We have been indoctrinated with the false belief that we have the *power of “self-determination*. We have been deluded into thinking we have the freedom and wisdom to decide the purpose of our life and create our eternal destiny. Since the Garden, the “natural inclination of man” has been to reject God. Since the Garden, we have been turned into *arrogant and prideful beings*. We are completely *without humility*, without true compassion and grace, without love—we are so corrupt that we don't think this is true.

Our delusion that *we are gods* looks like it's becoming more evident than ever before in the history of man. Why? Because the world is going through Christ's prophetic signs of the end times—that He revealed on the Mt of Olives the few nights before His crucifixion. In these signs, Christ prophesied that the pride and arrogance of man will reach new heights not seen before and we are certainly seeing that happening today.

Man is more heretical against the TRUTH of the Bible than ever before. So much so that he is trying to re-write the Bible through artificial intelligence—AI Bible. More egregiously, we see

man also trying to redefine TRUTH of Jesus Christ—AI-Jesus. We also see many pretending to be Christ, who aren't, many pretending to know the Bible who clearly don't—and are preaching all around the world, through the “web.”

Most especially, we see “abominations in the Holy Temple” happening all the time. So one understands the point here. We know that according to the Bible *the end will come when the lawless one is revealed*—and the Bible refers to this as *when we see the abomination standing in the “holy place.”* And of course this is TRUTH—the Antichrist standing in the third Jewish temple. Yet, there is possibly another very powerful understanding of what is being revealed by this statement. It seems it also refers to Christ's conversation with the Sadducees when Jesus judged the Jewish temple in the square and declared—*“destroy this temple and in three days I shall raise it up.”*

Christ was referring to His “human body.” And thus, this is a pointer to our human bodies. In this discussion, we are making the point that the New Testament reveals our body to be the new holy temple of God on earth, it makes us consider the abominations that man does to this “holy place.” We are realizing that God has revealed to us that our body is the true Holy Temple, the true holy place, and there is no denying that man is performing unconscionable abominations in this temple.

Man has done horrible things in an effort to corrupt the pure nature, the pure DNA, of the “human body and being.” It began with Satan's violation of Eve in getting her to eat the toxic fruit. And Satan's effort became more intense when the “fallen angels mated with human women” causing the birth of the Nephilim. And throughout all cultures of all ages, man has engaged in perverted sexual and human sacrificial rituals in worship to pagan gods.

Fast forward to our world today, we have advanced to even more unconscionable practices—from abortion to IVF to in utero DNA manipulation, to less invasive practices of cosmetic surgery, transgender surgery and ultimately, now intending to create humanoids connecting man with machine—mechanics connect to biology connected to portals of the occult of AI by brain implants.

It's clear mankind will never admit that in essence we have not evolved spiritually in any way—in fact, we have devolved. The financially elite are trying desperately to convince the world that this is all for their good—greater abundance and comfort in life. TRUTH is we are right back in the Garden with Satan. These men and women of the technological world know that what they are up to is having a huge negative impact on our spiritual connection with God—and clearly, they don't care, and actually, it's what they are striving for. Satan must be gleeful.

It's important in this discussion to point out that underpinning this “unholy work of men” is New Age Spiritualism. This “religion” deceives man into believing we can become “masters of our universe”—we don't need God because we can *evolve our consciousness and gain “god-like” powers*. As New Age teachers like to put it, we can learn how to “manifest” the life we desire.—we can become creators. This is the modern day translation of THE LIE.

Mindfulness Meditation, the core practice of New-Age, is the indoctrinating, brainwashing practice that continues to keep us “eating the toxic fruit.” The ritual is to continue to empty our mind and we will ultimately find our consciousness expanding into the universe and merging with the creative physics of the cosmos. This is deceit and the threat.

The deceit is that we can expand our consciousness into the universe and gain power to manifest things. And the danger is that by emptying our mind, we are emptying our mind of thoughts about the one, true God, God of the Bible. And are left helpless against the evil of the world. The “demons” love an empty mind—it's like a clean, modern house to move into. Once they do, we are indoctrinated with beliefs in a pagan god—and it is full of the misleading spiritual teaching that we need to learn to “love ourselves.”

In other words, the whole world has been under the *delusion of a sinful will* since back in the days of the beginning of Creation—and it has developed within us the *spirit of self-worship*. This is what we refer to as EGO. Our psychologists today work hard to convince us of THE LIE that “our ego” is beneficial, important, and necessary for a meaningful life.

TRUTH is *EGO destroys our humility—it destroys the meaning of life*. And TRUTH is that “humility” is the vital ingredient to our salvation. It is “required for our relationship with God and our faith in Jesus Christ. Said differently, our “humbleness” before God is essential to our understanding TRUTH of who God is—humility is essential to our salvation with God in Heaven.

Yet, the great news is that God predetermined our redemption and salvation through the ministry, crucifixion, and resurrection of Jesus Christ. And God also predestined that then in follow up to our salvation through Christ, we would be “reborn” into new creations in Christ. And TRUTH is that once God imbues our heart with the Holy Spirit, the spell of THE LIE is broken—we transform into a *humbly confident believer in Christ*. And this happens through the wisdom of the Holy Spirit transforming our body, heart, and mind, literally. As mentioned, the *Holy Spirit becomes our guide and friend in our walk toward our salvation*.

HUMILITY Is The “Transforming Ingredient”

The powerful energy of the Holy Spirit that one could say is the “transforming ingredient” of our rebirth is our experience of “humility.” One could also say that our *greatest revelation as a human being* is realizing that we are, and must be, *humble beings* if we are to be followers of Christ and to enter the Kingdom of God.

The great news is that this is not something we need to try to cultivate on our own—so we don’t need to start to panic and try to figure out how to “become humble.” Truthfully, many of us would admit that we’ve tried and we just can’t seem to do it. TRUTH is a gift from the Holy Spirit—once God imbues our heart with the Holy Spirit, the Holy Spirit’s energy moves through our physiology and into our psyche and we are filled with the *energy of humility*.

We feel this series of sensations that first take us through surrender, submission, and ultimately, we begin to feel emptied. And very shortly after this, we start to feel renewed. As our body gives way to softness and relief, our mind shifts from a consciousness focused on the “worldly” to one profoundly interested in and eagerly seeking the “holy”—for we realize that this is what we are experiencing “holiness.”

In other words, *humility is a gift from God that is now nurtured in us by the wisdom of the Holy Spirit*. Humility is now the “essential nature of our disposition”—by the power of this blessing, humility becomes who we are. And we begin to understand how powerful and essential it is to our faith in Christ, our belief in God, and our relationship with the Holy Spirit.

We can see how before our rebirth, we were arrogant and prideful—we believed more in ourselves than in God. We didn’t consider the power and glory of God, the power of His sovereignty over us and our lives—we were like petulant, pagan children who believed they deserve to get all that they want in life and can do it all on their own. We were beings who believed *they didn’t need God*.

Now before we go further in our exploration, it’s important that we pause to make sure we truly understand what we are talking about here when we explore the virtue of “humility.” Given that we are an “arrogant and prideful” culture, and look at everything from a secular lens, from the worldview, it’s important to take a moment here to discuss what “humility” really is. The point being is that the secular world completely misunderstands the power of humility in who we are, and in our relationship with the Divine.

The secular view of humility is *one who has a modest view about their value or importance, about who they are; one who is meek*. Google AI Overview shares a more reasonable definition: *Humility is the freedom from pride and arrogance, characterized by an accurate, modest view of*

one's own limitations, talents, and worth. Yet this still doesn't express the true value and importance of this virtue. It really doesn't help us understand that humility's a virtue. In fact, we will discuss here how humility is actually the foundational virtue of all other virtues.

To start, we have to admit that though on some level we all comprehend that humility is very important to the nature of our outlook in life, and thus, to our character, to our "quality of person," the majority of our world-culture does not "respect humility."

Though we all say that humility is a good and important virtue that one should have, the truth is that our world values and praises people who exude pride. We believe that *being proud of who we are*, of our accomplishments, of our wealth and possessions is far more important to our self-esteem and self-worth. Truthfully, society has a low opinion of the "humble person"—characterizing them as one who is weak of character because they don't "pursue things" enough, don't strive enough to be someone important, don't possess enough ambition and drive.

TRUTH is the "true" meaning of humility is found in the Bible. Google AI Overview actually puts it very well and is based upon a number of bible verses— *Biblical humility is a heart posture of total dependence on God, rather than self-reliance, and the selfless service of others modeled by Jesus Christ. It is not inferiority or self-depreciation, but having an accurate, modest view of oneself, often summarized as "thinking of yourself less"—it's not thinking less of yourself but being less attentive to our wants and desires and thinking of others more.*

Taking this a bit further in this discussion, we see how powerful the virtue of humility is to our relationship with God. Or said differently, do we realize that the sensation of humility is what helps us understand our relationship with God—it keeps our ego in check and therefore is key in our comprehension of TRUTH.

In other words, in order for us to be awake to TRUTH that we are God's most brilliant and beloved creations, we need to understand that we are also absolutely *subject to His will and purpose*—we need to fully understand that we belong to God. We need to understand that we are here because God wants us here and for His purposes, for His will. We are not here for our will. And, if we think of ourselves as being "more than this," if we are arrogant and prideful to think we belong to ourselves, then we are blinded and numb and are still standing outside the Garden.

So now, it becomes clear why God instilled His Spirit into our hearts, why He imbued us with The Holy Spirit. The Holy Spirit transforms us from a *sinful* to *holy* soul, from a *sinner following the wiles of Satan* into a follower of Christ following His great commands. The Holy Spirit works within our hearts and minds to empty us of *arrogance* and *pride*. He uses humility to cause our *surrender* and *submission* to the will of God. The Holy Spirit *empties us of ego* and

through the power of humility flowing from our new hearts, our minds begin to bear the fruit of the Holy Spirit's *virtues*—peace, patience, goodness, generosity, forbearance, kindness, gentleness, compassion, love, and holiness.

We are humbled and emptied of sin before God and are filled with God's gift of faith in Jesus Christ. Having been bowed low before God, we now stand tall, fully confident in submission to God's will through our faith. We humbly and confidently yield to God. We are clear now about our goals in life—we are here, we exist, for the sole purpose of serving God. We serve God by renouncing self-righteousness and ambition and humbly serving others standing confidently before them as “bible-believing followers of Jesus Christ.”

The Holy Spirit helps us through our day-to-day inner battle between our arrogance and our humility, between our egotism and obedience, between our tendency to worship self rather than God. And the great news is that the Holy Spirit is carrying on Christ's redeeming work through us and conquers our “negative selves” on our behalf—the Holy Spirit transforms us. After a time, we grow in strength in faith and are no longer vulnerable to our self-absorption, to our dysfunctional and unholy heart and unhealthy psychology.

Reborn by the grace of God, filled with faith in Jesus Christ, and counselled by the Holy Spirit, we are *confidently humble servants of God*.

And what's vitally important to understand is that this “holy humility” is our only defense against the temptations of the “evil one,” Satan. And we begin to understand that it is our humility that is the sensation and demeanor that is evidence that we are wearing the “armor of God”—*the belt of truth, breastplate of righteousness, shoes of peace, shield of faith, helmet of salvation, and sword of the Spirit*.

Living in this dark world, the world ruled by Satan, we are constantly tempted to give in to sin—constantly tempted to be “prideful,” Satan's primary virtue. Even those who are born again can feel the energy of arrogance all around them and feel the temptation to give into it every now and then—we are used to having an old, self-serving habitual attitude. And yet, by the glory and grace of God through the indwelling Holy Spirit, we have been given a “repentant mind”—this is a mind that is discerning, that turns away from sin—that apologizes instantly to God when we do sin. This is a will aligned with the will of God—committed to do only what God ordains.

Our repentant mind is a gift from God at our rebirth—it is not something we could have developed on our own. Our repentant mind is governed by TRUTH of the Holy Spirit—meaning our consciousness is now filled with the wise coaching of the Holy Spirit. The Holy Spirit helps us stay humble and see the satanic destruction of our past sins. The Holy Spirit causes us to

remember that once we were sinners in need of a Savior, and now, we are newly born creations in Christ—we are Christ's chosen disciples.

The Holy Spirit helps us stay away from the trap that many fall into believing that we should feel *immense guilt for our sinful past*—feeling guilt is a false conception. We have not been given a repentant mind for the purpose of conjuring up intense guilt or shame but to help us see TRUTH—and thus, be filled with a changed perspective about sin, about ourselves participating in sin. We learn from the Holy Spirit that self-condemnation is not God's desire—and that it actually is sinful.

In fact, guilt and shame come from our arrogant perspective activated by our belief of THE LIE. Feeling them once one has experienced his rebirth dangerously feeds doubt in one's transformation. We find ourselves thinking in the old mindset of the false belief that *we have free will and could have made other choices and taken ourselves in a different direction than the one we did*—and we thus find ourselves back in the pride of believing that we can decide our eternal destiny, our salvation.

The Holy Spirit helps us remember TRUTH—that we couldn't have. Yet, with this in mind, it must be understood that we are still morally responsible for our past for it is our life. Even though we did these things under the delusion of a sinful will, we still did them. We can see they were lessons. And we fully understand that we must live out the consequences for our learning to be complete. Yet also however, it is vital that we realize that we are not to blame.

TRUTH is that blame, guilt and regret over the past are not helpful or meaningful in our walk with Christ for they merely distract us from our faith, from our new life in Christ—they keep us “self-focused rather than Christ-focused.” Born again, self-blame, guilt, and shame are resolved and replaced with a repentant mind, a changed mind, one not interested in sin. And what we are realizing here is that this is why Christ taught us humility, why we are blessed with a repentant mind—instead of praying to God for things we wish for we pray to God to align our will with His will—we pray to God to help us do as He wishes.

"In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God... made himself nothing by taking the very nature of a servant... he humbled himself by becoming obedient to death—even death on a cross!"

PHILIPPIANS 2:5-8

Humility Dispels The Power Of THE LIE Over Us And It's A TREMENDOUS RELIEF

The Holy Spirit keeps us humble, keeps our repentant mind strong and rejects THE LIE—we reject the false belief that we have free will, the power of self-determination, and submit to TRUTH of God's sovereignty. We submit to God's will for our life on earth and in Heaven.

The profound sensation of humility in heart, body, and mind, keeps us strong in TRUTH. Through the work of the Holy Spirit, our consciousness is transformed from one filled with the belief in THE LIE to one filled with TRUTH. We are transformed from one who used to worship self, who worshiped Satan to one who worships God through our newfound faith in Jesus Christ. We have become a follower of the light rather than of the darkness.

We know now that God is “our sovereign.” God created everything about this world and about us. We know now that every beat of our heart, every breath, and even every thought we have comes from the Holy Spirit, who is the Spirit of God. Our body, our life, our beliefs are not our own. Our will is not our own. Our actions are not our own. We realize that we are not on earth for our will but to fulfill the will of God, our Creator.

And to this end, we know this is TRUTH for the Holy Spirit continues to strengthen our faith in Christ—He continues to remind us of why Christ came, why Christ was crucified and resurrected. The Holy Spirit continues to help us see that man does not have free will for until Christ came we were victim to Satan's will, filled with sinful will. We had no power, no free will, to free ourselves from this fate. Only by the goodness and grace of God, the immense sacrifice of Christ's blood, are we saved—washed clean of sinfulness, And only by the grace of God are we born again, are we blessed with a new heart and will. Now our will is for God.

As the Holy Spirit pours these revelations through our heart and into our mind, something quite remarkable happens. We start to realize that as we begin to feel humble, we also begin to feel immense relief, peace, and gratitude. For as we awaken to TRUTH, we realize we are not alone, we realize that we are not all to blame for our sinful past, we realize that we are saved—we realize we are destined for Heaven.

In our humility we realize just how arrogant and prideful we have been in our past life—how sinful. We realize TRUTH that we have been following Satan's will all our life and nothing felt truly fulfilling, that meaningful—nothing and no one were ever enough. Yet now we are awake and feel that our sinfulness has been washed away.

We feel the immense relief of being able to let go of our obsession for money, achievement, power, and possession. We admit how much stress these caused and that they were so difficult to achieve. And in the end, we can admit that wanting them and getting them was all so stressful.

Yet reborn, now we feel an immense relief as we begin to be filled with the promises of Jesus Christ by the Holy Spirit. Christ says to us “why worry,” what can we add to our life by worrying. Nothing, because our life is not ours. It’s God’s. Instead, Jesus tells us to “Come to me, all you who are weary and burdened, and I will give you rest (Matthew 11:28). Now, we can rest in Christ through our faith in Him. And we find that we are spontaneously inspired to direct all our behavior toward God’s will—our good works now reflect our walk with Christ toward our salvation with God.

And as we continue to study the Bible under the tutelage of the Holy Spirit, we learn more and more about the intention and character of God. We learn that God is God and that He has no pride or darkness in Him. We realize that we must be humble and obedient not because God is prideful and in “need” of our worship. But rather *being humble* before God helps us understand the *intimacy of our connection with God*.

Being humble and obedient pushes our ego, our inclination for pride, out of the way, and thus, we are now able to fully see God—we see and feel TRUTH. God is our Creator. And we are “the created”—we are *His children*. We begin to see the TRUTH of God’s intention for our being alive—we are here for God, not for ourselves. And remarkably a great weight is lifted—TRUTH sets us free. We realize that we don’t have to do this thing called “life” all on our own.

And the extreme blessing of our imbued humility is that we begin to embody and embrace just how immensely God loves us. And as such, we realize that God has also imbued us with His gift of *how we are to love Him in return*. We start to feel a deep love, a sensation of deep yearning for God—a weighted, heavy, desire to know Him, to be close to Him grows within us. And it feels unbelievably soothing, comforting. And it becomes clear that this happens through our deep and undeniable humility before God through our strong faith in Jesus Christ—which as we know is also a gift from God. God’s work within us is quite apparent—His work through the Holy Spirit.

As we become fully embodied in these revelations, we begin to feel our greatest joy. We know who we truly are now and where we are destined to go. And we do not have to get there all on our own for the love and guidance of the Holy Spirit resides within our very being, within our own human heart.

Rejoice greatly, O daughter of Zion! Shout aloud, O daughter of Jerusalem! Behold, your king is coming to you; righteous and having salvation is he, humble and mounted on a donkey, on a colt, the foal of a donkey.

ZECHARIAH 9:9

After washing the disciples' feet: "Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you."

JOHN 13:14-15

Conclusion

TRUTH is the only thing important to our life, the only purpose to our existence, is *our relationship with God*. This life is our experience of getting to know God. This life is a phase of our training, where we are being justified and sanctified, being refined into holy, divine beings whom God desires—in order that we may be with God in Heaven. This is all for God's glory—yet it's obvious that this is for our glory.

By the blessing of Christ's crucifixion and resurrection we have been saved from our sinful past. By the grace of God we have been reborn. We have been washed clean of all sin and been given a new heart and a new will, a holy will. Our will aligns with TRUTH—that God is our Sovereign and we exist because of His will. Through our rebirth, God imbues our heart with His will, with the Holy Spirit. The Holy Spirit becomes our guide and friend to help us walk in faith in Jesus Christ and toward our salvation with God.

The indwelling presence of the Holy Spirit in our heart transforms our body into the Holy Temple of the Spirit of God. It is where we are to come and pray, to worship God. This revelation, this personal experience of TRUTH, transforms our regard and relationship with our body. This is the evidence of our “true transformation” in our rebirth.

Our body is God's most brilliant and beloved creation. And since the Garden, since man's indoctrination into followers of Christ, we have done everything unconscionable to our human body in rejection of God—Satan's plan. Now reborn, we see TRUTH, we see THE LIE, Satan's deception, and have been transformed, saved and are now destined for an eternal life in Heaven instead of Hell.

Before we conclude here. It's worth mentioning that we need the Holy Spirit's guidance and protection from a world belief that is false but powerfully being preached in many “christian churches” as TRUTH. The world is steeped in a false belief called “compatibilism.”

Compatibilism is the doctrine that the *concept of God's sovereignty*, God's predetermination and control over all Creation, can co-exist with the *concept of self-determination*, that man has free will, the power to control his own life's path and eternal destiny.

Compatibilism is preached as doctrine of Christianity but in truth is not “biblically sound.” It started in the Catholic Church—and is a concept that was integrated into the theology by stoic philosophers and lawyers in the early CC of the 5th century. And it has become the underlying doctrine of the foundation of civilization—of man’s belief in whether we are created by God, God of the Bible, or God, God of the Cosmos.

SUPPLEMENT

Examples of Jesus' Humility

- The Incarnation: God becoming human.
- The Washing of Feet: A task usually reserved for servants (John 13).
- The Triumphal Entry: Riding a donkey rather than a warhorse (Matthew 21:5).
- Obedience in Suffering: Not retaliating when reviled (1 Peter 2:23).

PART 4

THE HOLY SPIRIT REVEALS THE TRUE MEANING AND PURPOSE OF OUR LIFE *Our Transformation—Our Becoming A True Follower Of Christ*

To start this chapter off simply, TRUTH is that if *we don't believe*, if we don't have faith in Jesus Christ, our future looks rather grim.

We are told in scripture that we are headed for judgement—we are headed to eternity in darkness. Yet, *believers who have been born again* are destined for and guaranteed salvation. They are the “elect,” those chosen before the creation of the world, to one day be infused with the wisdom of the Holy Spirit. They are those whom God has decided will know TRUTH, TRUTH of Jesus Christ. And this is not only their “key” to salvation, but also, it is their new mission—to share TRUTH with all those around them.

In other words, when one is reborn, the Holy Spirit works within their heart and mind to reveal the true meaning and purpose of their life. And to get right to the point, *the true meaning and purpose of mankind is God*, specifically, *it is our relationship with God*.

As we discussed in Part 3, when reborn, we are under the protection of the Holy Spirit against Satan's temptations into sinfulness, against the dark forces trying to pull us back into our attachment to this ungodly world. The Holy Spirit teaches us about the “armor of God” and He teaches us how to wear it—as we now walk toward our salvation, toward our life eternal with God in Heaven.

And what this particularly means, is that having been transformed by God through the indwelling Holy Spirit *we have been reborn as a devout follower of Christ*. We are no longer focused on ourselves, on the world and all its material promises. We are spontaneously focused only on Jesus Christ.

Our NEW HEART, Our NEW MIND, Our New Self, Our New Purpose, Our New Mission

TRUTH is that when reborn, our consciousness, how we think and what we believe, is completely changed—what we used to believe, even just moments before our born again experience, has now been completely replaced by a new belief. Better said, has been replaced with TRUTH—which is faith in Jesus Christ, which is belief in the redemption of our sinfulness by His sacrifice on the cross and the promise of our salvation through His resurrection.

During our rebirth, as we've discussed, God blessed us with a new heart, a new mind. We learn that God imbued our heart with the Holy Spirit. This inpouring of the Holy Spirit generated *profound energy-frequencies of humility and holiness*. We could feel them. And most notably, they changed us instantly. Our arrogant self immediately bowed low, knelt, and we submitted to the incredible holiness radiating around us.

Our transformation was instant—we became a “true follower of Christ.” And what's astounding is that we know now that we are guaranteed salvation—and we know this because the top priority intently in our mind and in our heart for the intention of our life is knowing Jesus Christ.

Born again, we gain a new personality, and often it is one that many share that they had wanted yet could not cultivate on our own. We claimed we wanted a personality that was thoughtful, kind, peaceful, patient, charitable, gentle, modest, self-controlled, and joyful, and yet, we admit that more often we related to the world from a more self-focused, self-entitled, even arrogant disposition.

Reborn, we begin to see that we have been people who dismissed God. We judged and tried to control others, thinking we had all the “right answers”—we were prideful. And now, as a result of our transformation, our delusion that we are little gods is dissolved—we completely see the light. We never knew anything of real importance because what we knew was all grounded in the values of this secular, materialistic greedy world—and we were deceived into believing it all mattered.

But now, we are filled with the *virtues of the Holy Spirit*, and thus, filled with the *feelings, desires, and sensations of humility which has opened us up to holiness*. This is our new self and now we realize that we have been transformed by God for a new purpose, a new mission in life.

As a result of our rebirth, our nature has no capacity to tolerate any unkind, unholy, ungodly energy or acts in the world. What is remarkable to understand is that once born again, these completely drift away from our psyche. They hold absolutely no appeal. And what is also so remarkable is that we don't have to work hard to cultivate our virtuous disposition—we don't have to go to endless psycho-therapy sessions that don't work anyway. Instead, we actually inherit it through the work of the Holy Spirit within us, within our heart and mind. And now we have no other desire than to think about and to do good things, to do holy things.

As a result of our *transformation*, we now hold the strong desire to express these virtues and qualities into the world. We realize that doing this is the greatest contribution we can make to supporting the world to be more peaceful and good. It's not by things we say, but more by things we do and who we are. We find ourselves intrinsically inspired to be consistent in our demeanor,

behavior, and practice of faith in order to continue to cultivate the habits of a spiritually humble person.

As these revelations come upon us in body, heart, and mind, we begin to ironically feel an amazing confidence—not one that comes from Ego, but rather one that can only come from “faith.” Having felt how the humble sensations of “surrender and submission” emptied us of sinfulness, we now begin to feel ourselves being filled up with a powerful confidence. And it is clear that this confidence is not strengthening us in ego but in spirit—it’s a confidence that we can only describe as an “undeniable faith in Jesus Christ as our Lord and Savior.”

TRUTH is in the matter of this moment, we realize the “true” meaning of our life—that this is what we were created for, born to do—to posture, stand, and walk in the mind of Christ. For the rest of our life, we feel profoundly committed to live in devotion to Christ—anchoring ourselves in belief and trust in God.

Reflecting on the amazing transformative power of the sensation of humility, it begins to dawn on us that humility is vital, is key, to the intimacy that we are able to feel with God—and the foundation of our faith in Christ. And we remember how holy we felt in that moment of our rebirth because we can feel it now. And especially, we remember that this was not something we were able to make happen. It was happening to us. And now we know that it is by the power of the Holy Spirit that we are humbled—we are humbled each and every day.

TRUTH is that each day by the power and grace of the Holy Spirit we are reborn. Each day we are inspired by the Holy Spirit to keep our eyes on Christ, to yearn to know Jesus Christ with our whole being—we hunger and thirst to understand and know the “word of God,” the Bible.

Now reborn, we look ahead as we begin to “step forward.” Naturally, we begin to wonder about how this remarkable transformation into a *renewed person of God* now defines our life, our goals. *What now is the meaning of our life—for we have definitely lost interest in the one we had before? We can feel the tension and trappings, the stress of our addiction to having to have the things of this world and have remarkably lost interest in pretty much all of it—we are clean and sober-minded. Now what?*

The TRUE MEANING OF OUR LIVES REVEALED—Once Reborn By The Grace Of God

TRUTH is God's intention for Creation, for our lives, is *for us to have a relationship with Him*.

It's why He predetermined and predestined and created everything. God wanted us to *feel very close to Him*—and so He imbued our hearts with His Spirit, the Holy Spirit. And now, with the counsel of the Holy Spirit we understand who we truly are for we can feel TRUTH within our own heart and body—sensations of *humility, goodness, patience, peace, kindness, gentleness, forbearance, compassion, and love*.

So now, as we venture further into this conversation about what our transformation means for the direction of our lives, it seems like a good idea to first review that from our rebirth experience we have discovered a most profound TRUTH. Reborn, we now know that we are children of God and as such *our lives are not our own*. We now understand God is *sovereign*, Creator and Controller over all of Creation including our lives. And now we are faced with the question—*so if God is “sovereign over all things” and has predestined everything, including our life, and thus, we have no free will over it, then what is the meaning of our lives? What are we supposed to do? What are we here for?*

Our segway into this conversation and attempting to answer this question would be to step back a bit and first look at *why we would ask such a question?* The answer is obvious—we ask it because we want to know how much power we have in controlling our life? Well, why do we want to know that? Well isn't that obvious? We want to know that we can make things that we want to happen in our lives happen. As obvious as that may be, let's go a bit deeper.

With just a bit of analysis of why this answer is so *obvious*, we begin to realize something very insightful. It's clear that this is all pointing to not just our sense-of-self, but more specifically, to our ego—our sense of importance. We are definitely a species that believes super strongly in our having free will over our lives—we want to believe that we have the wisdom to create a good life. But, do we? And what exactly is it that we think is a “good life.”

At this point the powerful question is—are we sure that our ego is such a “good thing?”

Psychologists constantly tell us how important a “healthy ego” is to our self-identity—*“if I don't have some say and control in my life story and destiny then do I really matter?* They counsel that we need an ego because that helps us feel some self-esteem and self-respect. And what about ethics and moral obligations?

Now of course, we all believe that our mission in life is to create a successful life, and be ethical and moral—and in that order. We believe our purpose in life is to figure out how to be happy. Yet, is this TRUTH? Can we look around at the world and see “true happiness”—can we really define what that is? Can we really say with conviction that we have been able to create the life we want? And can we honestly say that we are truly a moral and ethical world—can we say that we think we are a truly moral and ethical person? Do we really even know that this is?

Hmm? To be honest, looking out at the state-of-our world and planet, it looks like we definitely don’t have “free will,” or if we do, we are only choosing darkness and evil, not the light of good. We have been duped by new-age spiritualism that with the right rituals and incantations to the right gods, we can gain the power of creativity, like God, and “manifest” the life we truly desire. Hmmm?!?! Is that really TRUTH?

Man’s quest has always been to search for the “right knowledge” and strive to fulfill the meaning of our lives. Yet, we have to admit that it seems that most of us aren’t able to come to the final answer. So what are we left with? We are left with TRUTH. And TRUTH is we are only left with God. And TRUTH is this is exactly what God wants us to realize.

Though seemingly impossible for us to believe and accept, our life story and achievement are not what “truly” or ultimately matter. In other words, the revelation is that we are looking for the “true” meaning of our life and it does not exist here—it doesn’t exist in this world. It is found only in the realm of the *Holy*, of the *Divine*, of our Creator, God. The only “true” meaning of our life is our relationship with God. And to understand what this really means, the details of it, we need to turn to the Bible.

The Holy Spirit helps us understand the Bible, *the word of God*, and thus, we become fully conscious of God’s intention for Creation and for our life. We begin to see and understand the purpose and plan of God’s will—to see what He has intended for Creation, for mankind and for each of us uniquely. How do we know this is TRUTH? Because we see the TRUTH of God in all that is created, and especially, in ourselves. We are each unique, living a unique path with unique gifts and talents, with unique perspectives. It is these unique qualities in each of us that define our purpose and mission—and they are God-given. Yet. There’s a problem. As we’ve been discussing they have been corrupted, co-opted by Satan.

Yet as we’ve also been discussing there is good news. God also created a redemption and salvation plan to restore us back to our original purity and perfection. But now because God planned our corruption, used Satan to contaminate our body and mind, we are now restored back into our purity yet with greater wisdom about goodness, because of our understanding about evil.

The Holy Spirit helps us understand the TRUTH of the Bible. And it's clear from the Bible, and the world around us, that God created it all for His ultimate desire to be in an intimate relationship with us, and for this relationship to be one of “divine love”—the *love between the Creator and Created*.

So now we come to the revelation of the “true” purpose and mission of our life. It's God's will. In other words, we have been created for *the purpose of “seeing” God* and for *the mission of fulfilling His will*. As the Apostle Paul said, *God is seen in all that is created* both visible and invisible aspects of Creation. It's obvious that *God wants to be seen*. It's obvious that God wants to be loved—it's a love unlike any man has known. It's a “holy love”—a spiritual love not a human defined kind-of-love. And to love God this way we must become “divine, holy beings.”

So if by the grace of the Holy Spirit, we are permitted to conclude what God's intention is—we realize that God is our one, true Creator. And we realize He is still creating, or more accurately put, *God is refining His Creation*.

As we've discussed, we learn from the Bible through the Holy Spirit that God has predetermined and predestined all that is created, all the creatures that roam the earth right down to the sparrows in the trees, the sun above our heads that give us life and grows food, the winds and rains of all the storms that regularly cleanse the earth, the light of day and dark of night, and God has created and numbered every hair on our head, and given us each breath of our lungs and beat of our heart.

And why has God created all this? God not only wants to reveal who He is, to reveal His power and glory to us, but God also has planned to share these with us and for eternity—eternity in Heaven.

And no, by the grace of the Holy Spirit the spell of THE LIE is broken. We have no free will over this. We have no power of “self-determination.” We have no power over changing God's plans, no power over changing God's mind. He has already written it in our heart. God is steadfast, trustworthy and loyal—He came to earth as Jesus Christ to reveal this, and He put the Holy Spirit in our hearts so we believe. And He wants us to believe so we feel safe and peaceful knowing TRUTH that Satan cannot corrupt us again. In fact, God was in control of all that happened in the Garden just as He is in control of all that happens now and in the future—our salvation is guaranteed and sealed in those who are born again believers by the indwelling of the Holy Spirit.

TRUTH is that our ‘true’ purpose is to believe that He is our one, true Creator through faith in Jesus Christ. And by the “work” of the Holy Spirit, we can feel how deeply loved we are by God, we can feel TRUTH running through our heart and body evolving our consciousness of Him.

We Now Have A NEW MISSION

We have a new mission—and are blessed with the counsel and help of the Holy Spirit to achieve it. Our life purpose is our relationship with God through our faith in Jesus Christ. And our new mission is to tell the world about this.

Having been reborn, have have been changed from trying to become someone important and accomplishing and achieving all that we want in order to satisfy our will to a renewed being in Christ who is now focusing “souly” on satisfying God’s will—which means sharing our testimony of rebirth and the Gospel of Christ to all whom we meet.

TRUTH is the purpose and meaning of our life is *to be humble before God and trust in God’s plan and purpose for our life*. We are to believe in God’s plan, His intention, is to refine His chosen into holy beings during our journey here on earth. God is making us into reflections of who He is. This is what is meant in the Bible when we read “so God created man in His own image”- (Genesis 1:26). This means we are being physically and mentally refined into a level of spiritual consciousness and light energy that can comprehend “the Divine” and reflect God’s love back to Him.

In our transformation, the Holy Spirit is forging us into “light beings” who begin to feel our innate and earnest desire to be with God—and until then, into beings who want to be close to God, who want to talk with God. And it’s the Holy Spirit who shows us how. In other words, the Holy Spirit shows us how to pray. He teaches us that prayer is not meant to be a list of things we want and desire for ourselves, for our comfort and will, but that the purpose of prayer is to help us align ourselves, our lives, our will with God’s will.

Born again, we are able to begin to see this, and ultimately, with the help of the Holy Spirit, we begin to embody it. Meaning, as we know, we are transformed in body, heart, and mind as a result of the indwelling Holy Spirit and are being justified and purified in body for our eternal life with God in Heaven. Our consciousness of TRUTH is evolving—and the Holy Spirit continues to “help” us feel TRUTH in our heart and body. As discussed, we realize our body has been transformed into the Holy Temple of the Spirit of God. And now, we worship God from deep within our heart, from deep within our body—rather than in temples and through priests.

We begin to understand how the Holy Spirit is preparing us for our “new mission.”

And as part of this, we need to realize how our relationship with our body has been changed. And why. It's time man realizes the precious and sacred importance of our human body—God's most miraculous creation. And as part of, or rather, mainly, our new mission is to protect it from the evil one. Our new mission as bible-believers in Jesus Christ is to help as many as we can understand that since the Garden of Eden, since the time sin came into the world, that Satan has been doing all He can to get us to defile and degrade our body. Put simply, Satan's sole intention is to contaminate our soul with His will—and thus, to get us to reject God, to reject Creation, to reject God's intention for our being with Him in Heaven.

What's remarkable to realize is that through our “rebirth experience” our relationship with our body has completely changed. When before we treated our body as our property, and thus, chose to do whatever we wanted with it, we now realize that it is the most sacred creation on earth. And we realize that it is the Temple of the Holy Spirit—and we realize that because the Holy Spirit is our best friend, that now our relationship with our is the foundation of our relationship and connection with God.

To summarize it, as we've said we now realize that since the “true” purpose of our life is our relationship with God, and thus, our “true mission,” is to protect our body. And now, we realize that our mission then is to treat our body with great respect and honor because it is “the holy temple” where we are to come and pray. And most especially, we need to treat our body as the sacred creation that it is because it is the holy vessel that will be our chariot up into Heaven. Just as Christ's human body was transformed into a heavenly body for His resurrection, the Bible tells us that so too will our body be transformed.

So now, as our life moves forward and our faith in Christ strengthens, we are able to actually “feel” our relationship with God grow—we feel ourselves becoming more emotionally earnest about knowing God intimately, and paying attention to our body we realize that these emotions are being generated from sensations that our moving from our heart through our body. The point being that we have believed that our spiritual nature is a change in belief, and it is. Yet, the change in belief is not because of our mind becoming convinced of another belief. But rather, our change in belief has come from our transformation in body, in heart and this causes a transformation in our sensation of self—because of the Holy Spirit entering our heart and filling us with TRUTH.

As we begin to fully comprehend the “transforming energy” of the The Holy Spirit within our body, we can feel that it's like a sensation of being cleansed and renewed by a huge big breath. And we know this is the breath of the gift of faith in Jesus Christ. And as the Bible reveals, we have to admit that is what it must have felt like for Jesus as his human body was being transformed in his tomb two thousand years ago. It's completely just amazing to think that our body is and will experience the same transformation—Wow! And how do we know because we

are starting to feel some of that in our own body having been reborn—and especially, when baptized.

So in conclusion, what we are realizing is that our body plays a significant part in our “rebirth” experience into true believers in the Bible and followers of Christ. To put it in other words, it's a “biological spiritual experience.” And as this happens, it becomes very organic that we not only want to follow Christ's great commands, but that we also know already what they are because of what we are literally feeling them in our body.

As Christ instructed His disciples, we too are to “*Love the Lord your God with all your heart and with all your soul and with all your mind.*”³⁸ *This is the first and greatest commandment.*³⁹ *And the second is like it: ‘Love your neighbor as yourself.’*⁴⁰ *All the Law and the Prophets hang on these two commandments.*” (Matthew 22:37-40)

And now, we begin to understand the “true” meaning of our life is *faith in Christ*. And our “true” purpose is to “literally walk forth in life” in *the posture and mind of Christ*—humility and brotherly love. This means the Holy Spirit will continue to move through us the most powerful of all human sensations—*humility*. Our ego and our pride will continue to be subdued when things of this world tempt us back to old ways and dispositions toward THE LIE. He helps us continue to experience our new will, our holy will aligned with the will of God. We walk a new creation in Christ.

With our repentant mind, we have no patience or tolerance for deceit, for sin. We tolerate only goodness as best we can discern it—with the guidance of the Holy Spirit. We have no desire for self-focused endeavors and rather look to be of service to others—with kindness and humility.

We behave in our life with higher moral responsibility—remembering the immorality of our past sin-filled life and the destruction that was caused. And we live out the consequences of this past with grace and holiness. We take full moral responsibility for it and bow humbly before God in immense gratitude for His forgiveness and for His promise to remember our sins no more.

The Holy Spirit continues to coach us in staying awake to the temptations of sin, keeping us humble, our mind strong in faith. We begin to understand this is the “true” meaning of our life is *humility*.

To Walk Into OUR FUTURE WITH CHRIST We Need To Walk OUT OF OUR PAST WITH SATAN

As we endeavor to walk forward in our life with our feet rooted in faith in Jesus Christ, to walk forward in the posture and mind of Christ, we need to walk out of the past experiencing our heart and mind being uprooted from Satan. In other words, it's vital that we take a good look at who he is and what he was capable of making us do before we were transformed.

Satan made us a sinner—and we needed a Savior because we were helpless against his evil. Satan is the ruler of the world—but of course, as the Bible reveals God is sovereign over all that he does. Satan corrupted us so much that we were blinded to TRUTH that he exists—his “great” deception, THE LIE in the Garden. We became so deluded that we rejected God and didn't know Satan existed. Satan cunningly got us to believe that *we had the power of free will and could become gods*.

And thus, now disciples in Christ preparing to share our testimony and the Gospel with many, we need to be able to share the sins of our past life. Why? Because not only are we to share the love and great sacrifice of our Lord and Savior, Jesus Christ, we must be able to share, to expose, the hate and sinful powers of Satan. To put it simply, if we don't truly know and accept that Satan is real, that he exists, then we don't truly know and accept that Christ exists. In other words, if we deny Satan's work in the world then we deny Christ's “work” on the cross to conquer sin and death.

Put simply, if Satan is not real, then why did Christ come? Why were we in need of a rebirth in spirit? Why were we who are created perfect in God so capable of being so unholy and unhealthy, capable of selfishness and greed, capable of arrogance and pride?

To say this all differently, if we don't fully know the origins and powers of Satan as much as knowing the life and sacrifice of Jesus Christ, then we can't know the intention of God. We can't understand what God is revealing in the Bible about His power and glory, and especially, His love for us.

All of Creation is for us, is for our relationship with God. And God predetermined that we were to be placed on this earth to be refined, to be evolved into beings who are highly conscious, who know both good and evil. In this knowledge, we would have discernment—and thus, we are capable of understanding the “goodness of God.” And thus, we are capable of being with God and receiving His gift of our glorious nature, of our eternity with Him in Heaven.

What's remarkable is that once born again, we are empowered with TRUTH. As we study the Bible, we begin to realize that Satan exists and that he has great power over us. And he got us to do unconscionable things that reject the goodness and glory of God. Yet, it also becomes clear

that Satan has no power over God. Meaning, God is sovereign over all—meaning, God predestined all of the world and all that happens in our lives, including our salvation. Meaning, our true purpose in life is to be awakened to who the Creator is for the mission of participating in the remarkable unfoldment of His Creation. We are more than mere mortals—yet we are not gods. There is only one, true God.

And that means we were created for God’s intention to have us help many hear TRUTH—that Christ, God incarnate, came to save us from the “evil one,” from Satan. And given that we were born with a sinful will, as all are, and experienced the pain and suffering that evil creates in life on earth, we shall be regarded as credible witnesses as we “mission to the world”—as we spread the word of God, the Bible, sharing TRUTH of God as our one, true Creator, Jesus Christ as our Lord and Savior, and the Holy Spirit as our defender until the end of this age of man. We need to share the TRUTH of the Holy Trinity.

In a nutshell, once born again, it becomes overwhelmingly obvious just how incredibly deceived mankind has been throughout our existence—and thus, how much man has suffered at the “hand of the evil one.” Yet, as we’ve learned, the good news is that we are destined for salvation into a new world and it seems pretty evident that this will happen fairly soon.

What’s so vital for mankind to know is that the *end of this age* will be a very dark and tumultuous ending—God will be bringing “His wrath” which is essentially His cleansing of evil and decay. And the great news is that those who have *been born again*, are not destined to go through this. It has been prophesied by Jesus Himself that they shall be taken by Christ into the clouds, off the earth before the real tribulations begin. This is His gift of what the Bible calls the “blessed hope.”

As we’ve discussed, mankind has been duped by Satan into believing that the meaning, the purpose, of our life has been to please ourselves, to become the version of ourselves that we want to become—and has convinced us that we want to become what the world expects, i.e. what Satan wants us to become. And we have been completely deceived by Satan to believe that man has free will—that we have the power and privilege, and wisdom to become god-like and manifest the life we want.

However, if we are willing to pick our heads up out of our computers and phones and look around, we start to see that this is not happening—not happening in our own lives let alone around the rest of the world. We start to realize that we are living in a sort of “matrix.” Like the movie, we are living in a satanic simulation constructed entirely from institutions founded in the false belief *that man does not need God*—that man can become our own god.

Born with a sinful will since the Garden, the time of the *fall of man from the graces of God*, we have been blinded by Satan's deceit and couldn't see any of this. *Until now*. Now reborn, by the grace of the Holy Spirit, we see clearly—the deception so blatant, the reality that Satan “truly” exists so obvious. We begin to honestly believe just how much Satan corrupted mankind in the Garden.

Awakened, it becomes so painfully obvious just how much darkness, how much evil and corruption, have been around us in this world—and even more so now. And it's profoundly clear just how sinful and evil man is capable of being—that we have been followers of Satan all this time. It's profoundly clear how much we are sinners in need of a Savior, just how much we are in need of the counsel of the Holy Spirit.

How great is God to bless us this way. TRUTH is that once one is “reborn” in spirit, as we've discussed, we are filled with the Holy Spirit. And we are now filled with the knowledge that we are “the chosen,” as the Bible says, predestined for salvation before the creation of the world. How do we know this has happened for us and to us? We can feel it in our heart and body—as God told us through the Bible, to paraphrase; “I will write my laws upon their hearts and put them in their minds—I will be in them”

As we learn to pay attention to our relationship with the Holy Spirit, learn to pay attention to our body, there comes a time that though we may not be actually “hearing a voice,” we can totally hear Him. How? We can feel His presence in our heart, feel His energy flowing through our body—we can even sense it merging with our DNA.

Holy sensations flow through us and, as the Bible says, we are being transformed—our bodies restored into holy bodies and beings. These sensations flow through us and into our consciousness—they “renew” our minds with TRUTH. And we discover that we have been born into a new family, brothers and sisters of Christ. So now as we head out on our new mission, we realize we are not alone—we have the Holy Spirit and the “church of believers in Christ” with us as comfort and encouragement, just as Christ designed.

We completely get it now. Our new life-purpose, our new mission, is God—is to serve God through a strong faith in Christ. And that means we are to read the Bible, pray, and preach the Gospel.

Now it's important that we understand something about TRUTH. We may be trying to convince ourselves that once born again, life will become so much better. Well in one way it will but in another it won't. It will because we now carry TRUTH within our soul and thus are comforted to know that we have been promised salvation with God. Yet, life will actually become harder because now our eyes are open and we see the ugliness of evil and because now having been

transformed into “followers of Christ,” we are now a target of Satan more than before our rebirth. Satan will be more attentive to tempt and deceive us—trying all he can to get us to sin.

Yet, as we know, by the grace of God, the Holy Spirit is here to help us be strong and to defend ourselves. He counsels us with the wisdom of the Bible—to stand in the *posture and mind of Christ so the “light of Christ” shines bright from our hearts*. And the light dispels the dark.

The Holy Spirit helps us stay vigilant to who we are now as disciples of Christ and to wear the *armor of God*. The Holy Spirit helps us constantly remember that we were sinners yet now saved by the immense love and sacrifice of Christ—and thus, we have been remarkably changed, we are God’s chosen and destined for salvation. And thus, with His help we must not take it for granted or let our faith fall to the background of our daily life. It must be front and center in all that we do, in all who we are. And this means that we must stand strong in our faith in Jesus Christ and constantly, constantly, glorify Him.

This won’t be easy. Yet, the Holy Spirit coaches us to stand strong as one who is of faith—meaning we literally stand in good posture, tall and confident as *one who is of the posture and mind of Christ*. This infuses us with the confidence to humbly share our testimony as a “born again believer” in Christ and preach the Gospel to the world around us. We need to kneel often to activate our humility as a follower of Christ and so we remember that we are one who now holds a *repentant disposition*—one who rejects sin, of any kind, and chooses only goodness, chooses only the will of God in our lives; in other words who sees and aligns ourselves with the work that God is doing in us.

The Holy Spirit tells us to read the Bible for it elicits TRUTH within us—we feel sensations of earnestness and fulfillment for we are learning more and more about the love, discerning character and creation-intention of God through the life, death, and resurrection of Jesus Christ. And above all, the Holy Spirit literally inspires us always to pray to God the Father, to talk with Him—as Christ has instructed us to do. The Holy Spirit is here to guide us in what and how to pray.

So now, after such deep introspection and excavation of our old self, *we are starting to see TRUTH that the meaning of our life is not about our will at all—and a powerful question begins to arise, why did we believe it was about our will?* Oh right. Satan.

Though it is hard to admit Satan exists, believe it or not, there is a tremendous blessing in it. For believing in Satan deepens our faith in our Lord and Savior, Jesus Christ.

The meaning of our life is God’s will—is what God has predetermined and predestined to be our journey in getting to know Him. So now the question becomes *isn’t God’s will fulfilling enough?*

Are we humble enough to finally admit that we didn't create ourselves, nor the world, nor the universe—and thus, who are we to feel we have the right, the free will, to challenge, to judge, His purpose and plan? Are we humble enough to accept TRUTH that we are “merely the created?” For those who do, the glory of God immediately begins to fill their heart—in the “person of the Holy Spirit.”

The only persons who can answer “yes” to those questions are those filled with the Holy Spirit, those persons whom God chose to be reborn again.

OUR NEW MISSION Is Optimally Best Defined Here

How do you know you are reborn: you are filled with an overwhelming, undying yearning to know Christ—to understand the Bible, to pray to God constantly, and share the Gospel. And most especially, we know we have been transformed because we completely understand and embody Christ's teachings and commands.

“Teacher, which is the greatest commandment in the Law?”

³⁷ Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind. ³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: ‘Love your neighbor as yourself.’ ⁴⁰ All the Law and the Prophets hang on these two commandments.”

MATTHEW 22:36-40

Once reborn, our deepest desire to tell the world about it—we are filled with the Holy Spirit.

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.

MATTHEW 28:19

And now we have no doubt about our destined salvation with God.

“Now it is God who makes both us and you stand firm in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come”

2 CORINTHIANS 1:21-22

Conclusion

TRUTH is that we are God's most brilliant and beloved creations. He is shaping us into his most holy, divine beings. And once born again, life will never be the same. We are indwelled with the Holy Spirit—we are His and He is ours. One day soon, He will accompany us up to Heaven—as

Christ raptures us up to “meet Him in the clouds.” Until then, *the purpose of our life is our relationship with God, and the meaning of our life is to become best friends with the Holy Spirit and walk in partnership with Him.*

TRUTH is the Bible makes it very clear—*once born again our body becomes the Holy Temple of the Spirit of God.* God imbues our heart with the Holy Spirit and “writes His laws on our heart. Or put it in more unique terms, when born again we become a *vessel of consciousness of our Creator and we are our the Holy Temple of His Spirit; where we are to worship God.*

Once born again, the Holy Spirit begins His work in us to help us understand who God truly is—meaning, rather than just understanding who God is from a “mental framework” constructed into an idea from words on a page of a holy book, we actually begin *to feel the Spirit of God flowing within our body, the energy and sensations informing and renewing our mind with “belief in God” and revealing TRUTH—TRUTH of Jesus Christ.*

Through the Holy Spirit, we are tethered to the Holy Trinity—tethered to the “three persons of God, to God: God the Father in Heaven, God the Son on earth, and God the Holy Spirit in our heart.

We are now imbued with God’s spirit, whom He has given us as a “helper” and guide. The Holy Spirit is completely devoted to seeing us through this dark, satanic world safely on to our salvation. He is here to make sure our bodies are purified and our consciousness sanctified—that we are perfectly holy in order to enter the Kingdom of God. The Holy Spirit reveals the teachings of the Bible and inscribes God’s laws and commands on our heart for us to follow—which shapes the “true” purpose of our life. And He serves as our protector as He teaches us how to wear the *armor of God.*

Above all, we are now filled with God’s love for us and His gift of “our love for Him.” We understand that we are “God’s chosen” since before the creation of the world. We are now filled with trust in God and immense gratitude and love for now reborn, we fully understand why Christ came and died for our sins. And we now understand the immense gift of His resurrection. And we now fully comprehend the meaning of His great command to love God with all that we are; and the second, to love one another as Christ has loved us.

A most important note here. It’s vital for us to notice that God wants us to fully grasp how important and powerful the Holy Spirit is to our life. So much so, God has made it clear in the Bible that our greatest sin, the unforgivable sin, is *blasphemy against the Holy Spirit.* Meaning any willful rejection of the Holy Spirit’s testimony about Jesus Christ is “unpardonable,” an “eternal sin.” And it’s so important to go a bit deeper in our understanding of this. By rejecting the work of the Holy Spirit in us we are rejecting God’s gifts to us—rejecting the Holy Spirit is rejecting God.

Truly I tell you, people can be forgiven all their sins and every slander they utter,²⁹ but whoever blasphemes against the Holy Spirit will never be forgiven; they are guilty of an eternal sin.”

³⁰ He said this because they were saying, “He has an impure spirit.”

MARK 3:28-30

The Finish And On To The Next Chapter

And to finish here. What is so powerful for us to realize is that as we go through the rest of life as “born again believers in Christ,” it is important for us to stay focused on *the sensation of humility*—because it is our protection against Satan’s evil. And what we will learn in Part 5, is that we have the ability to activate and strengthen this sensation in our body, helping us to stay powerfully conscious of our alignment with the Holy Spirit.

By “working with our body” and engaging the physiology that awakens *humble sensations*, these then infuse our mind influencing our thoughts, shaping our psychology to *be of the mind of Christ*. In other words, we know that Christ has taught us that our humility is our greatest strength. And we are beginning to understand that the disposition of humility, in body and mind, is what deepens our experience of the presence of the Holy Spirit within us, and thus, deepen our relationship with Him And what we will also discover is that feeling a deeper relationship with the Holy Spirit, we are more humble, stronger in faith in Christ and trust in God.

In chapter 5, we will learn about how powerful our physiology is to our walk with Christ. And through the concept of the BBBBB Cycle, we will learn how our physiology influences our psychology and how this influences our spirituality, our belief in God, our faith in Christ. We will learn how our BODY influences our BELIEF which influences how we BEHAVE.

Then in Chapter 6, we will bring the BBBBB Cycle alive within our own body, heart, and mind. We learn that the revelations of our faith in Christ as our Savior and Lord, the revelations of God as our one, true Creator, all come through our heart, through our body’s physiology and anatomy. And as we’ve been discussing we will experience how this happens because of the grace and tutelage of the Holy Spirit indwelling our heart. And as we comprehend this, it becomes quite astonishing to realize that TRUTH is that God is “actually” within us. Our body truly is God’s Holy Temple on earth.

SUPPLEMENT

God is so merciful to give us signs at times we most need them. As mentioned in the paragraph above, as I was writing about how TRUTH brings relief, freedom, even when it may challenge us emotionally, I found in my email when taking a momentary break from writing it, this message from a Pastor I feel is quite powerful, a true man of God.

Choosing God's Truth Brings Freedom

John 8:31–32 (NIV)

To the Jews who had believed him, 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."

Do you ever wonder how you can know the power of spiritual freedom in your life? Unfortunately, we sometimes struggle to believe in spiritual things because we often cannot experience them with our five senses. They hang on the periphery of our awareness, and we acknowledge them with a halfhearted, "I guess so." But Jesus described the process of spiritual freedom so clearly that we have to understand it: "If you hold to My teaching," He said, "then you really are My disciples. Then you will know the truth, and that truth will set you free." It's really quite simple, isn't it? When you choose to cooperate with the truth of God, you will unleash the world's most powerful force in your life. When you choose God's truth for yourself and determine to be obedient to it, you will bring a freedom and a spiritual momentum to your days that you will not experience any other way.

THINK ABOUT IT

Obedience to God is irreplaceable. You can't be kind or generous enough to overcome your disobedience. So, walk in the light and authority of the truth that you know—it will set you free.

PRAYER

Heavenly Father, thank You for the truth and authority of Your Word. Grant me courage to choose You where I perhaps have been reluctant to. I am determined to honor You by walking in the light of Your truth. Thank You for the freedom and spiritual growth that will come as I increasingly learn to trust You. In Jesus' name, amen.

Onward

A handwritten signature in black ink that reads "Allen Jackson". The signature is written in a cursive, flowing style.

PART 5

OUR PHYSICAL HEART BECOMES OUR SPIRITUAL HEART

How Our Physiology Is Our Spirituology—BBBBB Cycle Reveals God’s “Divine Design Of Man”

Sensations of Spiritual TRUTH Transform Us
We Come To The Knowledge of TRUTH And Become Disciples of Christ

The PHYSIOLOGY OF OUR HUMAN HEART Reveals the Indwelling Holy Spirit

According to the Bible, when “born again,” by the grace of God, we receive *a new heart and a new mind*. This means that God imbues our heart with His Spirit, the Holy Spirit. And energy and wisdom of the Holy Spirit then moves through us and transforms and renews our mind with TRUTH. In other words, when we are born again, we are restored physically, biologically, from the contamination of Satan’s cunning deception in the Garden—when Satan got us to eat the “toxic fruit” of the *Tree of Knowledge of Good and Evil*.

Now many believe that this explanation in the Bible of *our receiving a new heart and a new mind* is meant *metaphorically*. Yet, this conversation to follow endeavors to help us understand that the effect of the inpouring of the Holy Spirit into our heart is *literal*—it’s a *physical transformation, it changes our physiology, our biology*. And, this transformation of our physical heart causes our mental transformation—*restored in body and renewed in mind* by the power and grace of the Holy Spirit, we are transformed into a being who now holds spiritual consciousness of TRUTH.

As we now consider our “revival, our restoration and renewal,” and begin to feel the powerful “energetic transition in our bodies,” what’s remarkable to begin to realize is that *faith* is much more than a psychological and emotional experience. It’s actually grounded first in our physiology and biology, in our body—is truly a physical experience. One could say a literal “heartfelt” experience. *We can feel it*.

As we feel the sensation of the Holy Spirit transforming our heart, it begins to dawn on us that our own heart and body are proof that our “rebirth” is really happening—it’s not just a biblical metaphor. It’s biological, physiological, anatomical, even electromagnetic.

It is definitely a shift in our body’s energy field.

How the Holy Spirit Works in Us—How We Feel TRUTH of the Holy Spirit

TRUTH is the sensation of the Holy Spirit flowing through us in our physiology—in each beat of our heart and every breath we take.

Put simply, a “born again person” has been indwelt by the Holy Spirit in our hearts. The Holy Spirit activates the process of one’s regeneration—renewal, restoration, regrowth from contamination to wholeness. We are transformed from a *being filled with the energy and will of sinfulness* into a *renewed being filled with the energy and will of holiness*. How do we know it’s TRUTH—we feel a sense of freedom, liberation, like we’ve been set free somewhat. Our breath is deeper, our body relaxed, our face softer.

Reborn, we feel a definite new softness in our body that “opens us up” to awaken to TRUTH. Meaning our consciousness becomes transformed by the inpouring of faith in Jesus Christ. Physically and emotionally, we are inspired to want to know Christ.

Our newfound faith in Christ completely transforms us. The release we feel in our body, the encouragement we feel physically to “relax, give up” motivates us to give up the foolishness of our arrogance and pride. We begin to feel “emptying.” And then find ourselves being filled with a profound desire *to surrender, to submit to God*. And unexpectedly, we realize that we want to kneel, to bow our heads, to fold our hands in prayer. And it begins to dawn on us that we are before the Most Holy, before God and being filled with His love and compassion. It dawns on us that we are God’s most brilliant and beloved Creations.

Most remarkably, we realize that Christ has returned. He is present and has gently placed His hand on our shoulder—“*Do not fear, for I have redeemed you; I have summoned you by name; you are mine.*” (Isaiah 43:1)

GOD’S DIVINE DESIGN Of Our Human Being

Considering what has happened to us and realizing how much our body was involved in our spiritual awakening, we begin to grasp what God has done—we begin to understand the power of God’s *divine design of our human body*. God has created the miraculous way that our body, heart, mind, and soul communicate, not only with each other but also with “the Divine”—once we are indwelt with the Holy Spirit. Said differently, our body, heart, and mind work together to “inspire our soul.” Collaborating, they not only keep us *physically alive*, but also, *spiritually alive*.

As we study this concept, we begin to realize that God has created us with inherent, remarkable powers in our body and heart, that we have almost completely ignored—or to put it differently, that we have ignored from *a spiritual perspective*. In our secular worldview, we have studied our body’s physiology *scientifically* so that we can help keep ourselves healthy and fit. We fully understand how important it is to “take care of our body” by eating well and exercising.

We don’t really focus on our body in any other way except physically—its shape and weight, health, attractiveness, and fitness. We look at our body as merely “our body”—it’s here to serve us, to get us around, attract others, and help us achieve our desires, fulfill our agenda in life. Meaning, we don’t really have an emotional, intimate relationship with our body.

The BBBBB CYCLE

Our heart is the “governor”—it controls our hormones, and thus, our physiology. And now indwelled by the Holy Spirit it controls our relationship with God through our faith in Christ.

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

THE BBBBB Cycle is a concept that helps us understand the marvelous *design of our body*. The concept helps us understand how our physiology, our BODY, controls our psychology, our BELIEF, and thus, how we BEHAVE. And ultimately, once born again, this concept expands and helps us understand how our *body controls our spirituality*—our BREATH is filled with the “word of God,” the BIBLE, influencing our physiology and keeping us spiritually alive.

We first look at the Cycle from a basic scientific understanding of how our physiology influences our psychology, and our behavior. Through science, we have learned that our heart essentially is the control center. It governs our hormones. Our hormones are chemical triggers causing biological processes that govern our physiology—affecting all bodily functions from immunity, digestion, cardiovascular, neurological, muscular, and anatomical. And our heart is in constant communication with our brain commanding our autonomic systems. Yet, what many of us don’t focus on or maybe don’t realize is that these biological interactions also influence our psychology—directly.

The chemical interactions that take place generate sensations that influence emotions that influence our thinking. In other words, what is happening in our body influences what is happening in our mind—healthy physiology generates healthy psychology, and unhealthy physiology, unhealthy psychology. And since we know that our heart is the control center for our

physiology, then we know that it is the control center for our psychology—directly influencing positive and negative thinking. And of course we know that this influences how we behave.

We've created the concept of the BBB Cycle to help us simplify this idea. The BODY (Physiology) influences BELIEF (Psychology) influences BEHAVIOR (Actions)

BODY—BELIEF—BEHAVE

Further, this concept has a cyclical nature to it. This explains that these biological functions are constantly working backward and forward and also around in and out of each other—causing direct as well as reciprocating influences. For example, as mentioned, we know how what we think, our belief, influences how we behave. Yet, we may not have realized how much our behavior reciprocates and influences our beliefs—and then how this works its way through our body and thus affects our physiology, our body.

BEHAVE—BELIEF—BODY

Beginning to understand how our human nature works, we begin to realize that we are gaining some very empowering information. It is helping us understand that we can actually work with our body and influence our physiology which then influences how we think and what we believe, and thus how we behave—and this influences the quality of our life. Meaning, we have more control over our immediate experience than we might have realized, and thus, can support ourselves to live a healthier life.

Put in simple terms, if we help our body be healthy and fit, we have a healthier and more fit physiology, and this helps us keep our mind and emotions healthier and more fit. And this helps us behave in healthier and more fit ways. And this reciprocates to help us focus on healthier beliefs and this helps our healthier physiology—we are in a “healthy” flow of the cycle.

The POWER OF THE BIBLE In The BBBBB Cycle—It Expands With Wisdom Bible—Breath—Body—Belief—Behave

And now we look at all this from the situation of one's rebirth—the cycle expands into The BBBBB Cycle. Looking through the lens of the Bible, we explore what happens to our body, to our physiology and psychology when one is *born again*. To be more specific, we look at how our physiology is transformed and how this directly helps reveal and strengthen our newfound faith in Jesus Christ, our new BELIEF. Two new components are added to the cycle: BIBLE and BREATH.

BIBLE—BREATH—BODY—BELIEF—BEHAVE

What we are pointing out here is that when we are born again we are infused by God's Spirit—we are *literally being filled with the spiritual energy-frequency-vibration* of God's Spirit, the Holy Spirit. This "energy" carries on its waves, its BREATH, the message of the BIBLE, which is the consciousness of the "word of God." We call this transformative energy the "wisdom of the Holy Spirit." Our transformed chemistry now moves through us and into our mind transforming what we believe—and thus, how we behave.

To put this in "biblical-scientific" terms, as this *wisdom-energy* flows through us, it literally transforms the energy of our heart which directs our hormones to influence our physiology to generate sensations that directly transform our psychology into a "new mind," a mind whose attention is now filled with TRUTH, filled with "faith in Jesus Christ."

Specifically, beginning to learn about how our heart now controls not just our physical self but *our spiritual self as well*, we discover our "spiritual physiology." We discover that our heart, now indwelt by the Holy Spirit, becomes the "sacred guide" gifted to us by the grace of God Himself in order that we are given the "gift of faith in Jesus Christ, our salvation into Heaven. We realize that born again, we are transformed and awakened to our new relationship with God. And as we will discuss below, we can feel this, we can actually feel how we have been transformed.

Said differently to summarize and re-emphasize the points being made here. TRUTH is the *Holy Spirit changes our spirituality by changing our psychology—and He changes our psychology by changing our physiology*. And thus, many don't realize that our physiology is far more than just a series of biological functions that keep us healthy and alive—which is pretty phenomenal by the way and not to be taken for granted, though most of us do.

"But it is the spirit in a person, the breath of the Almighty, that gives them understanding."
JOB 32:8

OUR PERSONAL PROOF Of How The BBBBBB Cycle Works—The Feeling Of Being Reborn

The Transformative Power Of The Bible is that it instills in us TRUTH. We feel the sensations of *humility* and *holiness*.

TRUTH of God's "divine design of the human being," as explained above by the concept of the BBBBBB Cycle is proven by our own life experience, and especially, by what one experiences when they go through "being reborn into a believer in Christ."

To put this most magnificent of all experiences into a few words, when "born again," our body is being restored to its purified state by the holy energy of the Holy Spirit flowing through us. As this transforms our heart and body back to purity, we begin to feel sensations of profound humility and holiness. These "softening" sensations flow into our brain—our mind becomes renewed by the physiology, the chemistry, of *humility and holiness*.

Our psyche becomes filled with the sacred, mystical vibrations of the words of God, of the message of the Bible. This fills us with faith and the understanding of Christ's commands—to love God with all that we are and to love one another as Christ loves us. These words are not just words anymore but rather are actually sensations, feelings, "biological knowledge." In other words, God's word has been written on our heart, and thus, has become a biological part of us. We don't "choose" to follow these commands, *we are these commands brought to life*.

According to the Bible, this understanding of what is happening to us refers to the experience of being given a new heart and a new mind—when reborn, by the grace of God we are given a "repentant mind." In the translation of the Hebrew, this means we are given a new mind, a "changed mind." We now *truly know* the difference between good and evil, between sin and holiness, and instinctively turn away from sin. It's not a "choice of our free will," but rather a biological function of who we are now.

What we are beginning to understand is that we truly have been changed, transformed into a new creation in faith in Christ. We are "believers in Christ through the Bible" and this is not a "mind-thing," but rather a "body-thing." And what also begins to dawn on us is that our new mind, our new will, is aligned with the will of God rather than with Satan's will, as it was before our rebirth. And as we discussed in a previous section, we are now *humble beings*, we have the *physiology of humility and holiness*, that keeps us always conscious of our connection with God through our relationship with the Holy Spirit.

Also, what we learn from the Bible yet now can feel within our own body and mind, is that God also blessed us with the gift of *knowing how to love Him*. Now many debate that we have free will and that it's up to us to "choose" to love God so our love is authentic and genuine. Yet TRUTH is we do not know how to love God—how would we given that we are His creations, not His equal.

Rather, it was predetermined by God before the creation of the world that in His divine plan, we would be separated from God for a while, lose our love for Him, and then God would reconcile

us back to Himself through the redemption and salvation plan of Jesus Christ and then by infusing us with the gift of love for Him in our rebirth. As the Bible clearly states—*we love Him because He first loves us.*

And what is so incredible to begin to realize is that this “love” is a deep sensation in our heart, in our belly, and in our emotional mind. And this becomes our knowing. We feel this unusual softness in our heart, an expansive calmness in our chest and we are completely aware without any explanation that this is “holy love.” And this is activated by a *deep yearning* in our body to know Christ—complemented by a *deep yearning* to be in Heaven with God.

We feel this *yearning* in our body as a deep emptiness in our belly, in our core, that we long to fill. And we realize that the emptiness happened as a result of our being freed from sin by Christ’s crucifixion and resurrection. We realize now how we had been so full of things that we thought were important and valuable in this world, in our lives, but yet were from the realm of the dark and meaningless—things rooted in THE LIE.

Freed now we relish our relief. And this ultimately gives way to our profound desire to be filled with holiness, to be filled with TRUTH—to know Christ. And the Holy Spirit is right here to help.

To help us fully grasp the sacred, transformative power of our rebirth, of what actually changed in our physiology, in our heart and body, it’s helpful to step back and compare how different our body feels now compared to how it felt before we were reborn. The way to do this is to take a few moments and “calm your body”—sit still and take several long, slow, breaths. What we will discover is that this calm, soothing sensation is very close to the sensations we felt during our “born again experience.”

Also, during our “rebirth,” we also profoundly felt the profound softening sensation of humility. We can also work with our body to create that emotion right now—we can kneel.

Luxuriating in these sensations now, we begin to experience how they influence us emotionally and mentally. It is very distinct that we are in an “altered” state from our normal, every day experience of life. It’s best described as a “holy sensation.” And this then begins to shift our attention to that which is holy, and that fills our mind with thoughts of Christ—we find ourselves in what one might say is a *state-of-conscious-faith*.

And as we sit in this experience now, we begin to understand that these sensations arose because we were being filled with the “Holy” Spirit and because we were actually in the presence of our Lord, Jesus Christ, in the presence of God—and God is holy. Many share that this experience was deeply profound in that they felt humbled before God, and immensely comforted, cared

about, loved because we knew in this moment that we are truly God's beloved. We are in a positive, healthy body-belief-behavior cycle.

We can feel more into the sensations of humility and holiness by reflecting on how different this feels from when we are typically going through our day—in other words, when we are in the world. Running around in our typical day we are focused on the world—and so much so that we forget about our spiritual self and are consumed by our ego and its desires.

In our reflection here, we begin to admit that we are pretty much always stressed—for the world is a very stressful place to navigate. And our whole self is stressed. Our physiology is imbalanced—heart rate and blood pressure up, digestion off, muscular tension, slouching posture and we notice that we are feeling “concerned about life.” This makes us a bit foggy and confused in our thinking, often accompanied by headache. And ironically, we usually do something that is rather unhealthy to help ourselves feel better—eating, taking drugs, watching entertainment. We are in a negative body-belief-behavior cycle. It certainly doesn't feel like a holy state-of-being.

And exploring this comparison a bit more, we begin to see and feel the dramatic difference of how we are feeling emotionally and what we are thinking about—i.e. what beliefs we are tapping into. The point being made is that when we are calm, we are more intrinsically focused on healthy, holy things—we feel sensations of goodness, kindness, humility, compassion, and for many - God.

In contrast, when we are stressed and agitated, we are focused on things in the world that we can't control, things we want but can't seem to get, financial and professional issues, relationship conflicts, political and geopolitical strife—definitely not holy things, not of God. Rather, we find ourselves in a state of loneliness, fear, and doubt.

What's interesting to note is these experiences are consistent. Meaning, when we are calm in body, we are calm in mind, and behave in calm ways. And this always lends itself to our attention on holy things, on faith and trust. In contrast, when we are stressed, this lends itself to our being focused on unholy things, on doubt and fear.

And reflecting on this, we become an amazing thing. When born again, we are blessed with the gift of faith, and this, as we have said, lends itself to our focus on holiness and humility. Now living in this “stressed out” world, we will often be challenged by deceit and dark temptations. But, we begin to realize that we now have a way to defend ourselves and navigate safely through these stormy waters. We can work with our body and calm it down. This inspires our consciousness to focus on our “friendship” with the Holy Spirit and ask Him for help and guidance in these times of stress.

In times past, we would become completely consumed by “stress”—and find ourselves completely unable to defend ourselves against fear. TRUTH is the stress is from Satan in his incessant effort to activate our arrogance and pride in order to distract us from God. Yet now having been reborn, we are equipped by the counsel of the Holy Spirit to take action against this enemy, against darkness and evil—we have the “armor-of-God.”

Looking at this from another angle. We now realize that by God’s great “divine design” of who we are that when we are feeling stressed and anxious, we know this is a sign that we are in doubt, and this means that we are being tempted by our “willfulness”—more specifically, Satan is infusing our mind with “willful, sinful thoughts,” with the false idea that we can and should take control and fix things, get what we want in life, “save ourselves.” In other words, Satan is always, incessantly, tempting us to fall again, to fall for THE LIE—all the more proof why God imbued believers with the Holy Spirit and protector and counsellor.

By the grace of the Holy Spirit activating our “repentant mind,” our new will aligned with the will of God, we experience our inherent “repulsion” of sin and turn away. As we turn away, we always naturally, physiologically, become calm—our body, heart, and mind slow down. And this begins to calm our mind and return our attention toward God through Christ. In other words, our physical stress and tension serve as an alarm and it awakens us out of the trance of THE LIE and into the freedom of TRUTH.

Awake, we are aware that we are under attack, and given what we are learning through the BBBBB Cycle, we are empowered to calm down. With the prompting of the Holy Spirit, we know how to defend ourselves—He reveals what we need to do to put on the “armor of God.” First, we simply need to bring our full attention to our body and notice what we feel—where do we feel the tension. Then we take full, slow, smooth breaths and feel this begin to calm and relax our body.

Third, keep our attention on our body and its sensations—meaning, when your mind starts thinking, it brings its attention back to your body. In other words, practice on keeping your attention on your body and not allowing it to start thinking about “other stuff”—instead of calming down you will become more engaged and irritated.

What’s helpful to take a moment to quickly point out is that though many have been taught that mindfulness meditation is a great way to relieve stress and enhance one’s spirituality, it isn’t. In fact, it is dangerous to the “believers in Christ” to believe this, and especially, to practice meditation.

Put in a very few words, mindfulness meditation focuses on emptying the mind, while prayer, and the recommendation given above, is focused on encouraging us to keep our “mind on

Christ.” The warning in the Bible is that when one’s mind is empty, demons come to inhabit it as their home and will only bring darkness, torment, and evil.

In other words, working with your mind as in meditation does not work. Yet, following the holy spirit and directing our attention to what we feel in our heart and in our body, and that the calming sensations we feel are his counsel and protection, we immediately feel how our arrogant and strident mind, our stress, give way to humble confidence—we are humbled before our lord and confident of our undeniable faith in him.

But if anyone obeys his word, love for God is truly made complete in them. This is how we know we are in him: ⁶ Whoever claims to live in him must live as Jesus did.

1 JOHN 2:5

PHYSIOLOGY OF FAITH

TRUTH is the gift of the Holy Spirit is FAITH—faith in Jesus Christ as Lord and Savior

So, let’s explore what Faith is.

Faith transforms us. And it is only “faith” that can transform us. And only “faith in Christ” can transform us into *who we have been created to be*—we are *creatures made in the image of God*. The discussion in this book is helping us begin to learn and understand that the revelation of our faith in Christ as our Lord and Savior, the revelation of God as our one, true Creator, happen because of the grace and tutelage of the Holy Spirit.

And especially, we are learning that this all comes through our heart, through our body’s physiology and anatomy—not through our mind, not through our mental consciousness but our biological consciousness. And as we comprehend this, it becomes quite astonishing to realize that TRUTH is that God is “actually” within us.

In the Bible, we learn that FAITH is defined as *the assurance of things hoped for; the conviction of things not seen*—Hebrews 11:1. We describe it in this book as the “humble confidence” that we are blessed with by the grace of God through our rebirth. This sensation flows through us and assures us that we are beloved creations, children of God.

Faith is our belief in Jesus Christ as the Son of God, as our Lord and Savior—that Christ came to earth to save us from sin and death, that through His crucifixion He conquered Satan’s evil spell over us. And through His resurrection, Christ bestowed upon us the promise of our resurrection

to be with God, as He is. And Christ sought God to give us a guarantee—God blessed us with Christ’s spirit in us, the Holy Spirit.

As we discussed, FAITH comes upon us through the transformative sensations of HUMILITY. Humility comes upon us as a result of the inpouring of the Holy Spirit. Meaning, as the Holy Spirit enters our heart, we are infused with virtues of the Holy Spirit—peace, patience, kindness, goodness, generosity, modesty, self-control and love for God and others. And these give us the sensation of “humility,” the capacity to comprehend and hold the nature of being a “faith-filled believer in Christ.” In other words, these sensations move from our heart into our mind carrying TRUTH of God, TRUTH of Jesus Christ, TRUTH of who we are. We are not little gods, but rather, the beloved children of the one, true God.

Through our humility and the virtues of the Holy Spirit as our newly established disposition, our new character, we are open and can experience the Holy Spirit transforming our bodies, transforming the physiology of our hearts and minds with the *new will aligned with the will of God*—a holy will, the repentant, changed mind, that automatically sees and turns away from sin and toward holiness. This is not a mind now filled with guilt, for that is arrogance of a prideful nature. Rather, it is a mind, once blinded to TRUTH, is now awake.

Through our humble confidence, we feel our faith flowing strongly through our blood and body. We can feel it to the point of being able to hear Christ’s teaching of the “word of God. And we feel the undeniable knowing that we are the embodiment of TRUTH that “Jesus is Lord”—that God is our sovereign Creator. And we begin to grasp that the Holy Spirit seals us as “believers in Christ,” providing assurance of salvation and inward peace.

TRUTH is we can feel FAITH—we don’t just “think” faith.

So how does the experience of faith flowing through us work? As the virtues of the Holy Spirit flow through our heart, they activate our heart to trigger specific hormones that activate our physiology into a very healthy, calm, peaceful state. This physiology, this chemistry moves into our mind, influencing the chemical reactions there that produce a slowing of thought and emotion. This calms our mind and dispels the fuzziness, the delusion, the distraction of the world—that which is unholy dissolves away.

Calm, in other words, “in faith,” we realize that the “temptations” that we notice floating through our mind are the “residual effect” of THE LIE—leftovers from our past life in sinful will, our past life as an “unbeliever.” We reflect on how much tension this generated in our body and heart and how this changed dramatically when we were reborn. Our physiology completely shifted from a tense background vibration to one more grounded and soothing when the scales fell from our eyes and we began to see, to comprehend the true nature of goodness, of God. And we begin

to realize now that since our rebirth, with the counsel and love of the Holy Spirit, we are being “made into the image of God”—filled with God’s character, with His will, with His spirit.

Faith is the “physiology of calm”—the physiology that Christ Always Loves Me: CALM

The sensations of the virtues of the Holy Spirit guide us toward living in a way that strengthens our understanding of the immense power and gift of Christ’s sacrifice for us—humbling us before God. We are to live in accordance with what it means to be a “follower of Jesus Christ.” We are to stand firm in faith that Christ took the punishment, the atonement, for our sinful will on our behalf—something we never could have done. And Christ demonstrated to us that the most important way to be in life, the purpose of our life, is to be humble and obedient to God.

Faith inspires us to live life in service to God. And that is the main issue. We are such an arrogant world that we don’t like those words even—humble and obedient. But what we need to understand is that that is because we have become followers of Satan—who hates those words, those virtues. And what is “real important” however, is this “humble confident” disposition of who we are truly meant to be, how we were created.

Said differently, we are created “human,” “humble” beings so we can be in relationship with the magnificent, the Almighty God who created us. If we want to compete with God then relationship is impossible and we are destined for the same fate as Satan. And if we question why God “set it all up this way,” then we need to be aware we walk on very treacherous ground of thinking we are better than God, that we know what and who we should be better than He.

What we are discovering through this book’s exploration in our relationship with the Holy Spirit, is that it is the Holy Spirit who inspires us with the gift of faith by infusing us with His character, His virtues, His wisdom. Without these we cannot feel the power of humility, and thus, nor the power of feeling “faithful” because our ego would still dominate our consciousness—and it’s abundantly clear that our ego is too arrogant to grasp the true meaning of goodness, holiness, humility, obedience, and so on.

And now what we are exploring in this chapter is how to feel all this in your body. And this empowers us in two ways—put simply, we can learn to feel how arrogance feels in our body and how faithfulness feels. They generate two completely different sensations because they generate two completely different physiologies. And this is quite empowering to experience.

In the next chapter, we will learn how to work with our body to generate the physiology of faithfulness, and thus, filled with the wonderful sensations of humility and obedience, of deference, we will be better able to *understand the word of God*—in other words, these sensations are how the Holy Spirit works within us to help us grasp TRUTH.

In conclusion, put simply, without these sensations of faithfulness, we cannot feel who Christ truly was and is. We don't know then how to behave, how to express the will of God into the world.

And now, what's profound to notice is that because we "feel faith," we feel the connection of our "human" body with Christ's "human body. In other words, we can empathetically feel the tension, anxiety, and fear in our body that Christ felt in His body the night before He was crucified. It's not "cheeky" to say "we can relate." We can feel in our body, and thus, genuinely in our emotion, the anxiety and fear that Christ felt as He prayed to His Father in the Garden in Gethsemane to be saved from His plight.

*"Jesus answered and said to them, 'Destroy this temple, and in three days I will raise it up.'"
"Then the Jews said, 'It has taken forty-six years to build this temple, and will You raise it up in three days?'" "But He was speaking of the temple of His body"*

JOHN 2:19-21

And then we can also, feel in our body, what He felt in His body when the Holy Spirit came upon Him and gave Jesus strength to persevere, to be obedient, to do God's will. And as we feel this in our own selves, we realize that we are intimately connected with our Lord and Savior and better understand our true purpose as His followers—to do His will no matter how difficult.

And we begin to understand that Christ had come to show us that He feels our fear and suffering under the demonic power of Satan. By the grace of God, the Son of God, came to expose THE LIE and free us from Satan's grasp.

We begin to comprehend the incredible blessing of our "rebirth." We discover that it's through *these virtuous sensations of humility and holiness* flowing through us that help us feel the physical, empathetic connection to Christ's body—our body is the same as Christ's body. We are truly related to Him—his brothers and sisters.

We are able to completely comprehend the horrible suffering and destruction of life that believing in THE LIE causes, as we empathetically feel in our body Christ's torture and crucifixion at the hands of sinful, of evil, men. And we become humbled in our past sinfulness. And by the miracle of God's plan, we also can empathetically feel in our body, the liberation, the freedom, that was in Christ in His resurrection. We feel TRUTH of who Christ truly was and is. And we feel TRUTH of our promised salvation and our destiny in Heaven today move through our body—becoming our body. In other words, we have proof through Christ's body that our body will also be transformed and we will one day, and soon, be in Heaven.

Their mind is set on earthly things. ²⁰ But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, ²¹ 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 3:21

Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. ¹⁵ For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.

HEBREWS 4:14-15

And I can promise that you who followed me will sit on twelve thrones, and you will judge the twelve tribes of Israel. ²⁹ Everyone who has left houses, brothers, sisters, father, mother, children, or farms to follow me will get much more than they left. And they will have eternal life.

MATTHEW 19:28

For I have told you often before, and I say it again with tears in my eyes, that there are many whose conduct shows they are really enemies of the cross of Christ. ¹⁹ They are headed for destruction. Their god is their appetite, they brag about shameful things, and they think only about this life here on earth. ²⁰ But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Savior. ²¹ He will take our weak mortal bodies and change them into glorious bodies like his own, using the same power with which he will bring everything under his control.

PHILIPPIANS 3:18-21

FAITHFITT—Feeling Our Transformation Into The Holy Temple Of The Spirit Of God

We have learned about the power of our body in influencing our spirituality through the BBBB Cycle. This has both helped us to understand that the indwelling of the Holy Spirit is not a metaphor but a reality within our physical body—His indwelling reality changes our physiology. And we've discussed our physiology influences our psychology, and together these influence how we behave. And by understanding TRUTH of this “divine design” of our human body, we now can feel the sensations in our body that reveal TRUTH that our body truly is the Holy Temple of the Spirit of God—the Holy Spirit. And this of course then influences our “spirituology”—our belief in a higher spiritual being than ourselves. And with the indwelling Holy Spirit we know this being is God, God of the Bible.

What we will experience in chapter 6 is that since when one is born again, we become literal the embodiment, the Holy Temple, of TRUTH, we can work with our body and our behavior to keep our *spirituology* vibrant. Our body is the Temple of the Holy Spirit—who indwells our physical heart with *spiritual life*. Reborn we have been brought back to life in our relationship with God through faith in Jesus Christ. We have become citizens of Heaven—no longer citizens of this “fallen world,” Satan’s world.

We are “empowered” by this knowledge. We now realize that in our moments of stress and fear, the Holy Spirit is readily available to help us with the “surefire” way of changing our “state-of-being” from *the stress we experience in sinfulness* to the *calm we feel in holiness*. We discuss and provide “exercises” in how to do this in detail in Chapter 6.

Yet to give an example here—to transform ourselves from *stress* to *calm*, all we need to do is to stand for a moment and do a few gentle stretches. Then sit down and sit tall and still in good posture. Place our hand on our heart and start to take long, slow, smooth breaths. Our physiology *has to respond* by sending out parasympathetic hormones that calm our heart rate, blood pressure, brain activity, and muscles. Simply notice how you feel. CALM. A wonderful anachronism to remember this by is *Christ Always Loves Me—CALM*.

One who has been “reborn,” often shares that when feeling “calm,” they feel confident—the calm energy in their body helps them feel physically stronger and this then helps them feel more emotionally confident, humbly confident. And often they share that their thoughts seem to eventually drift to Jesus Christ.

Experiencing this, many also say that they feel inspired to start talking with the Holy Spirit. They share their troubles with God in prayer. And the Holy Spirit helps them align their thoughts and expectations with the will of God—finding the relief, the calm that comes with releasing our egoistic disposition before God and feeling the love and support of the Holy Spirit. What was “so important to us” a few moments ago has shifted into a more objective and realistic view.

Making this shift in our body activates our “calm” and instantly this moment of temptation of our being drawn back into THE LIE, our egotism, is broken. Satan’s effort of trying to deceive us again by getting us to believe what the whole world is “spewing,” that we have free will, powers like God, and can get what we want is thwarted—the devil flees from us. Instead, by the presence of our standing in the *posture of Christ*, we gain the *mindset of Christ*, and thus, begin to emit the light of the Holy Spirit shining from our heart. It pierces through the darkness of the unholy, of evil.

By standing in “humble confidence” of our faith in Christ, we can feel the comforting, guiding, and empowering energy of the Holy Spirit. We are standing tall in TRUTH. Standing strong in

belief and trust in God as our one, true Creator. We are the Holy Temple, we are the Gospel incarnate.

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

Note: We go into greater detail about this experience, about how to work with our body to re-engage ourselves, to re-embody the Holy Spirit, so we fully re-engage our consciousness on our Lord and Savior Jesus Christ—keeping us safe from the devilish distractions of the world around us.

Conclusion

TRUTH is that when reborn, our consciousness, our belief, is completely changed—and this happens because of the transformation in our body. What we used to believe has now been completely replaced by a new belief because of the energy frequencies of holiness that are now flowing through our heart and triggering our physiology to be calm and efficient. We can feel this “calmness happening.” We are now sealed with an undying belief in God through faith in Jesus Christ.

In summary of our “spiritual transformation, once *born again* we are created new creations in Christ—literally. We are literally transformed into “believers of Christ”—brought into the family of God. We are *beings that are no longer victims to sinful will and vulnerable to the evil temptations of Satan*—we don’t feel these energies any longer. Put simply, we no longer have *the desire* for such meaningless, secular values, perspectives, and beliefs—we reject all such related things. As a result of our transformation, we are filled with the *virtues of the Holy Spirit*, and thus, filled with the feelings, desires, and sensations of holiness. As a result, we naturally have no capacity to tolerate any unkind, unholy, ungodly energy or acts from the world.

Born again, we gain a new personality, one that we had claimed we wanted yet obviously could not cultivate on our own. We claimed we wanted a personality that was thoughtful, kind, peaceful, patient, charitable, gentle, modest, self-controlled, and joyful, and yet, we lived from an arrogant, self-entitled disposition. We have been people who judge others, dismiss God, and think we “know it all.”

What is remarkable to understand is that once born again these completely drift away from our psyche. They hold absolutely no appeal. And what is so remarkable is that we don’t have to work

hard to cultivate these dispositions—we don’t have to go to endless psycho-therapy sessions that don’t work anyway. Instead, we actually inherit them through the work of the Holy Spirit within us, within our heart and mind.

As a result of our *transformation*, we now hold the strong desire to express these virtues and qualities into the world. We realize that doing this is the greatest contribution we can make to supporting the world to be more peaceful and good. We find ourselves intrinsically inspired to effort thoughtfully to be consistent in our demeanor, behavior, and practice of faith in order to continue to cultivate the habits of a spiritually humble person.

As we move into Chapter 6, we will learn how to work with our body to re-experience what we felt during our “rebirth.” This will bring our attention, both physically, and thus mentally to our relationship with the Holy Spirit—strengthening our belief in God and faith in Jesus Christ.

PART 6

SPIRITFITT—A SPIRITUAL FITNESS PRACTICE TO EMBRACE THE HOLY SPIRIT and EMBODY FAITH

Aligning Ourselves Into The Posture And Mind Of Christ

It's amazing to think that the Holy Spirit is within us—that the Spirit of God, Himself, is literally within our body, within our heart. Our body truly is God's Holy Temple on earth.

And that gets us thinking about how the Holy Spirit's "spirit," His energy, is flowing through our heart and into our mind. And this means that His nature, His character, His outlook, and disposition, His virtues are also flowing through us. And as we discussed, we've learned from the Bible that this is transforming us physically, mentally, and spiritually—is changing who we are. And anyone born again, can attest to this.

And this gets us thinking about how we can engage, "embrace" the Holy Spirit—how can we be "proactive" in strengthening our relationship with Him? How can we communicate with Him and understand what He is communicating with us? How can we "befriend" the Holy Spirit?

We know from the Bible, and our own experience, that in our rebirth we have been blessed by the grace of God with *faith in Jesus Christ*. And that keeping our faith strong is the "charge," the mission, of the Holy Spirit—He is to assure that *we are always in faith*. The Holy Spirit is to make sure that we walk through the rest of our life as "bible-believing followers of Jesus Christ."

We have also discussed that we couldn't have come upon our transformation on our own and that we needed *divine intervention* to be changed from a *sinner, one devoted to serving self*, into a *holy person, one devoted to Christ and serving God*.

We discussed that Christ came and atoned for our sins on the cross. He revealed to us the evil of Satan and the destructive power of unholy, unhealthy, sinful belief and behavior. And upon His death and through His resurrection, Christ then gave us the promise of our future salvation with God. In other words, TRUTH is it's impossible for us to save ourselves, for us to change our mind, our way of thinking, our beliefs, our behavior, our lives, ourselves, on our own. Mankind is born with a sinful will—the result of "man's fall" in the Garden. We are *sinners in need of a Savior*. And once saved, we discover that we are blessed with the "inter-vention" of the Holy Spirit.

Now, though we have been saved, have been *born again* and have been given the blessing of *faith in Jesus Christ* by the Holy Spirit, we also need His help as we live forward. We are now "new creations" in Christ living in a world under the deception of the "evil one." We clearly

don't fit in and are always under the oppression of the world's *new age spiritualism, modern-day gnosticism*, that undergirds all secular values and systems to succumb to THE LIE.

The world follows Satan and is deluded by arrogance and pride into believing that we can *raise our own consciousness* into the realm of a “great cosmic god” and learn its power to “manifest our own true life.” This is basically the teaching that we can become gods.

TRUTH is we can't become gods—TRUTH is that's what Satan wants for himself: to become more powerful than God. Satan wants all of Creation, all of mankind, to reject God and follow him. By getting us to believe that we have free will, the power of gods, is THE LIE Satan brainwashed us with in the Garden so we are blind to God, blind to God's goodness and glory, to His divine plan for us to be with Him in Heaven.

Until we are born again and are transformed by the work of the Holy Spirit, we cannot see the deceit—and that we are slaves to Satan. And TRUTH is there's only one thing that can change our minds, can transform who we are, and wake us up to the evil in the world—*faith in Jesus Christ*. And once we are born again and blessed with the gift of faith, we need to make sure that we protect this—that we are vigilant about what enters our heart and where we put our mind. And TRUTH is we need help to do this—we need the help of the Holy Spirit.

SPIRITFITT: Befriending The Holy Spirit—*A Believer's Best Friend Forever*

*The Holy Spirit Transforms Us Into New People, A New Creation In Christ—
A Disciple Of Christ.*

As we begin our walk forward transformed, we begin to feel the “work” of the Holy Spirit take hold. As we explored in the BBBBB Cycle, the Holy Spirit has the power to transform our physiology—and through this infuse our mind with faith in Christ. And what we will experience here is that there are some very powerful things we can do to partner with the Holy Spirit in strengthening our faith and keeping it strong. There are simple yet powerful “actions” we can take with our body that will keep us “resonant” with the energy and focus of the Holy Spirit—that *will help us always be in the physical posture that will inspire us to be of the mind of Christ*.

We have developed a “spiritual fitness” practice—SPIRITFITT. In SPIRITFITT, we essentially learn how to posture ourselves and “properly” breathe, and as a result, will experience how this engages the energy of the Holy Spirit in our heart—how it engages our heart physiology. The energy of the Holy Spirit of course is always present, yet we can learn how to *pay attention* and

help it flow more vibrantly into our mind renewing our consciousness with TRUTH—strengthening our *faith in Christ*.

What we are pointing out here is that it's important to know that though once born again, one cannot lose our promised salvation, yet we can however become “lukewarm” in the energy and attention of our faith. What we are learning is that if we don't pay attention to our body and heart, if we *don't practice and condition ourselves* to stay strong in faith, we can become negatively affected by the world around us and lose sight of TRUTH—some of the powerful transformation of our rebirth begins to fade a bit.

TRUTH is we won't be able to do all that Christ asks us to do as His disciples—we won't be powerful advocates for the Gospel. And this means we won't be able to experience the depth of the blessing of having been saved and behave in ways that offer goodness and light to others, to the world—as we walk toward our eternal salvation in Heaven.

Said differently, if we don't pay attention and do things that keep our focus on Christ each and every moment of our day, we become tempted by worldly distractions and sinfulness and our life becomes less fulfilling, less rewarding, less meaningful—less pleasing to God. More poignantly, our life becomes less of a worship to God—a life deeply devoted to being a person that expresses humility and alignment with the will of God, a life in service to God.

Said more poignantly, without a “practice of prayer and worship” to Christ, we will be more susceptible to Satan's wiles and wares of the “unhealthy and unholy.” And we will be distracted from being fully capable and able to live out our “true” purpose and mission in life of expressing “reverent awe” for the one, true Creator—we won't be living out our immense love and gratitude for Christ's sacrifice for our salvation and confirming our destiny to be with God. We won't be living up to our “full potential,” given to us by the grace of God for our ultimate good, our ultimate happiness.

And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us. ²⁴ The one who keeps God's commands lives in him, and he in them. And this is how we know that he lives in us: We know it by the Spirit he gave us.

1 JOHN 3:23

THE POSTURE AND MIND OF CHRIST—*Embodying The Holy Spirit Is Embodying Faith In Christ*

Many describe a *faithful follower of Christ* as one who should strive to have the *posture and mind of Christ*. The mind of Christ refers to having the disposition to be humble and

selfless—the perspective that one is here to serve. It is a mindset that focuses on obedience to God’s will that inspires one to put God’s purpose for us over our own desires—our desires for comfort. It means being a person of grace rather than one of ambition—a person considerate of other’s needs over their own.

Who, being in very nature^[a] God, did not consider equality with God something to be used to his own advantage; ⁷ rather, he made himself nothing by taking the very nature^[b] of a servant, being made in human likeness.

PHILIPPIANS 2:6-7

The posture of Christ refers to one having the inherent willingness, “wantingness” to serve and puts this into practice. In other words, one who has the mind of Christ behaves as Christ. It is the physical posture of one who stands firm in faith, humbly confident to God and always surrendering one’s will to His—“Not I, but Christ in me.”

Having the posture and mind of Christ is one who “leans” on God rather than on oneself for wisdom about what to believe and how to behave. It is a disposition that is always focused on Christ, and thus, always in constant prayer through the guidance of the Holy Spirit. It means enduring suffering in Christ’s name and enduring the trials and tribulation while trusting in God’s deliverance from the evil one—standing strong and wearing the armor of God.

"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."

EPHESIANS 6:10

SPIRITFITT helps us experience the *posture and mind of Christ*—to understand how our body, our posture, influences our mind, to be faithful in Christ. This practice helps us realize that what we do with our body, how we “posture,” and the gestures we use, directly influence the energy sensations of our heart. And this physiology flows through us significantly influencing our mind into the disposition, into the mind and personality, of Christ—humility, kind, obedient, faithful, discerning, courageous, compassionate, and loving.

In other words, SPIRITFITT is designed to help us learn how to use our body to inspire ourselves to behave in ways that strengthen our mindset to be one strong in faith, and thus, inspires us to behave as Christ. It is this and only this that can help one fend off all unhealthy, unholy, demonic attacks from demons, from the devil. And therefore, this is the only way we will fulfill the purpose for our existence, the mission of one having been “reborn”—to share the Gospel and “blessed hope” of our Lord, Jesus Christ.

By learning just a few, simple “fitness exercises and prayer practices,” we can keep our consciousness, our faith, “powered up”—focused on TRUTH. Through these techniques we will keep our relationship with the Holy Spirit enlivened, and thus, our faith in Christ the focus of our lives—as it should be, as it must be.

For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, ⁹ not of works, lest anyone should boast. ¹⁰ For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

EPHESIANS 2: 8-10

The Holy Spirit graciously tells us exactly what we need to do to keep ourselves strong in faith—read the Bible, pray constantly, and share the Gospel. We are to serve others humbly and share our testimony with them that they might be inspired. It’s up to God who is ultimately saved—yet, He will use us often to be part of that process of transformation and awakening in others.

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

PHILIPPIANS 2:12-13

SPIRITFITT helps us to condition through these practices into a “new discipline,” a new *habit of life*. It supports us to re-experience our rebirth so we stay conscious of our transformation by the grace of God. SPIRITFITT helps us “relive” God’s inpouring of the Holy Spirit into our heart.

By regularly practicing the exercises and techniques in SPIRITFITT, we learn how to work with our body’s physiology and posture to be disciplined in following the guidance of the Holy Spirit. And we discover that through this practice, we are experiencing how we can participate actively in our relationship with the Holy Spirit. We are beginning to really understand what it means that our body is the Holy Temple of the Spirit of God, the Holy Spirit.

In other words, though we *know* the Holy Spirit embodies us through our heart, we will now learn how to *feel* this and become “engaged with Him” so that we keep our consciousness of our connection with the Holy Spirit strong and vibrant—so we keep our faith in Christ the top priority of our day. We experience that through the indwelling of the Holy Spirit, God has blessed us with the will, the desire and power to do His work—and through the miraculous “divine design” of our human nature and biology, God ensures that this is a joint endeavor between us and the Holy Spirit.

SPIRITFITT helps us not only feel the Holy Spirit flowing within us but also helps us call on the Holy Spirit whenever we need Him. This is particularly important now that we have been “born

again.” Why? Because now that we have been sealed as one of God’s children, Satan will be all the more aggressive in causing disruption in our life.

TRUTH is that we have been transformed into a “holy one,” and thus, we don’t “fit into this world now”—we are not of this world any longer but rather we are *now citizens of Heaven*. Satan knows this and is more committed to do what he can to press in on us and get us to doubt our rebirth. His cunning deceit is to get us to feel the burden and heaviness of the evil and stress that surrounds us. In fact, his tactic is to *get us to slouch*, literally—for he knows this posture will influence stressful physiology, and this will activate doubtful, unfaithful psychology, motivating us to sin.

The good news is that SPIRITFITT has been designed as the antidote to Satan’s schemes. The practice helps us put on the “armor of God” as instructed by the Holy Spirit—we are defended by the “spirit of TRUTH” when Satan comes to deceive and destroy.

Through a unique series of postures, breathing techniques, and learning how to pay attention to how our body feels, SPIRITFITT supports us to stand strong and firm in faith and to behave in ways that support our belief in the Bible and faith in Christ so we are purified by God’s grace. And as life goes on, by the blessing of the Holy Spirit we become sanctified, transformed by holiness. And thus, we become capable of naturally emitting the holiness and light of Christ—our new, our true, purpose in life, why God created us.

Again Jesus said, “Peace be with you! As the Father has sent me, I am sending you.”²² And with that he breathed on them and said, “Receive the Holy Spirit.

JOHN 20:21

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

JOSHUA 1:9

“Be on your guard; stand firm in the faith; be courageous; be strong. Do everything in love”.

1 CORINTHIANS 16:13-14

“Put on the full armor of God, so that you can take your stand against the devil’s schemes”.

EPHESIANS 6:11

“Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain”.

1 CORINTHIANS 15:58

Standing strong in faith in Christ, wearing the *armor of God*, is more critical than ever for it's probable that we are living in the darkest times in the history of man, the End Days—told to us in the Bible in the books of Daniel and Revelation. The Holy Spirit not only comforts us as our “holy helper,” but most especially, He helps us keep our eyes on Christ—helps us to keep looking to the clouds for when Jesus will come to take us to Him. This is the blessing of the “blessed hope.”

Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord. ¹⁸ Therefore comfort one another with these words.

1 THESSALONIANS 4:17-19

What Exactly Is THE TRANSFORMATION Of SPIRITFITT—How Is Our Relationship With The Holy Spirit Strengthened

SPIRITFITT has been designed to help us realize and engage the “power” we have to consciously generate calm, soothing, holy sensations in our body—those of the Holy Spirit. By using our breath, gentle stretching, and aligning our body in good posture, our body responds by activating hormones that calm our heart-rate and blood-pressure and generate healthy physiology.

Working with our physiology in this way for a few minutes, we begin to *settle* and start to discover that this physical “calmness” calms our consciousness. Our mind shifts and we begin to focus on how this feels peaceful—our heart slows and our breath deepens. It becomes clear that our body is helping us feel comforted—it even becomes clear that our body holds wisdom.

Those born again realize that this comfort and wisdom is coming from the Holy Spirit. And we notice that this *comfort* always draws our attention toward thinking about Christ--toward *the peace of Christ*. We realize that this “peace” is the sensation of our faith in Christ—our mind remembering Christ’s great love for us by His immense sacrifice on our behalf for our sins in His crucifixion. And by His promise of our liberation from the evil in the world through His conquering of death in His resurrection. We experience an inner abiding tranquility and realize that this sensation is evidence of our relationship with God—of our feeling loved and cared for by Him.

So when we talk about ways to strengthen our belief and trust in God, we know this happens through our faith in Jesus Christ. And we know this happens through our relationship with the Holy Spirit. And now we are learning through SPIRITFITT that our relationship with the Holy Spirit is not really a “mind-thing” but rather a “body/heart-thing.”

And discovering this, we realize that we can strengthen our spiritual connection to God through strengthening our relationship with the Holy Spirit and that that happens through our body—meaning we can “work with our body” to become calm and then “learn how to pay attention to the sensations” to help us feel more intimate with the Holy Spirit. In other words, our relationship with the Holy Spirit is a two-way street—His guidance and our response. And this makes our connection with the Holy Spirit hugely meaningful and much more powerful in our life—it is the most important relationship in our life.

And what is so remarkable about this experience, and our revelation about the brilliance of our physiology, is that our body helps us remember TRUTH. Our body helps us remember that the most meaningful thing about us, about our life, is that we have been chosen by God to be here and to be in an intimate, loving relationship with Him—the Bible refers to those born again as the “elect.” The elect were chosen by God before the creation of the world. And this means, those chosen have been predestined to be refined by God to be holy, divine, highly-conscious beings who will be with Him in Heaven.

This revelation, given to us by the Holy Spirit, is what helps us put all aspects of our life in perspective and priority—helps us understand the “true” meaning and purpose of our life, of Creation. As we’ve discussed, it becomes abundantly clear once one is born again, liberated from the darkness of sinful will that the true meaning of one’s life is to be aligned in body, heart and mind with the will of God—we are to posture, to literally stand tall, in “humble confidence,” firm in faith in Christ. And that means, our minds, our beliefs, will be lifted up out of the sinfulness of arrogance and pride.

And what we discover as the result of this physical transition, is that no man has the right or privilege of questioning God—judging how He does things and wishing he had created our life differently. And actually, we begin to realize how ignorant and arrogant it was and to question God—it makes no sense. Born again, we realize that this used to be our disposition and we now see that it is the cunning deceit of Satan so as to destroy our intimacy and relationship with God. Questioning God comes from the perspective that we are gods—from believing THE LIE that we have free will, the power to decide what we want our life to be.

Born again, our eyes and heart are opened to TRUTH through the indwelling Holy Spirit. TRUTH is that we did not create ourselves or this world. The *meaning of our life* and *of who we are* is our relationship with God and that happens because and only because that is God’s will.

And the only way we are aware of this is through the disposition of *humility*. And the Holy Spirit is here to help us stay humble.

Reborn in Christ, we are freed from the stress and chaos of living and seeing the world from a “sinful will”—which always kept us in the dark, kept us in THE LIE. We are reborn into a new purpose in life—we are here for God’s will not ours. We are now imbued with the energy of the Holy Spirit who helps us live according to God’s plan for us, to live according to Christ’s teachings and His commands—to be beings who are of the “posture and mind of Christ.”

Through SPIRITFITT, we discover that when we breathe fully and stand tall, we connect with the TRUTH of our “rebirth”—that we are now *new creations in Christ*. With each breath, we feel the sensations of *relief* and *humility* rise up in our body and through our heart. We then are instantly brought into an experience of *submission* and realize just how miraculously freeing this—we are freed from sinful will, from the fears and doubts in life. No, we don’t have free will but we are freed to experience how immensely wonderful having a holy will, a will aligned with the will of God is.

“Teacher, which is the greatest commandment in the Law?”

³⁷ *Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’^[a] ³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: ‘Love your neighbor as yourself. ⁴⁰ All the Law and the Prophets hang on these two commandments.”*

MATTHEW 22:36-40

Transformed, we are now *beings of faith*. Life may not get easier, probably even harder, given that we are living a life that is no longer aligned with the vacant, mainstream values of this world. Yet, though harder in one sense, life is easier because we have a new perspective, a perspective unlike any other that brings us peace and calm—we have *faith in our beloved Lord and Savior*. And we have an advocate, a friend, a counsellor, to help guide us through the perils of the evil one.

The beliefs and perspectives of this world, Satan’s world according to the Bible, only cause us fear and stress—they are false, untrue, meaningless. So therefore, when we stand in TRUTH, we find ourselves naturally turning away from them. We will find great peace in this. And yet, it also must be understood that many of those around us will object—and this will be hard to deal with

And there is irony to our rebirth, to our awakening. The world believes we have free will and that we must have free will to be able to choose our morals, our destiny, our identity, and our eternity”—arguing that if we don’t have free will then we are mere robots. TRUTH is just the opposite. That belief is of this secular, materialistic value-system and it actually imprisons us and

forces us to do what it wants—we are robots of its cultural paradigm. Yet, when born again we are set free of these shackles.

And when we discover that we have been filled with the gift of faith in Jesus Christ, we realize that we are set free because our will is now aligned with the will of God. We don't have free will but we don't need it—for we have been transformed into our “true, holy nature” and with our unique talents ordained by God we are now free to use them to share love and express the light of Christ out in the world.

TRUTH is when one is born again, one is now free to go forward and strengthen our connection to the Holy Spirit and through Him free to strengthen our relationship with God—free to choose God. Freed from the bondage of a “sinful nature,” we begin to naturally align, in body, heart, and mind, with the will of God—we align with His most amazing purpose and plan of our personal, unique life, for our salvation, for our eternal life with Him in Heaven.

And now, through SPIRITFITT, we have a way to manage our stress and fear, to stay awake to the wisdom of the Holy Spirit, to stay awake to our freedom, and begin to understand our true purpose in life—using our repentant mind to help us discern what is happening around us and stay away from the prison of sin. SPIRITFITT is designed to help us stay close and intimate and humble to the wise counsel of the Holy Spirit—to be free of our sinful will.

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^{al} in you. ¹⁸ I will not leave you as orphans; I will come to you. ¹⁹ Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. ²⁰ On that day you will realize that I am in my Father, and you are in me, and I am in you.

JOHN 14:16-22

The POWER Of PRAYER

When we activate “calm” in our body, we activate our sensations of our connection with the Holy Spirit—and renew our experience of when we were reborn in Christ. And thus, our consciousness inherently turns toward our faith in Christ and trust in God. We are intrinsically inspired by these holy feelings to offer all things up to God and humbly and confidently trust in His sovereign power and goodness. Feeling calm, we feel we are in the *armor of God* and defended against the “evil one,” against the onslaught of the world's tension and chaos and stress.

What we also experience as a result of these sensations is the inherent desire to talk with God—to pray. And we can easily sense that the Holy Spirit is right here to help us know how to pray, what to pray, essentially know how to talk with God. We learn from the Holy Spirit the “true purpose” of prayer. It is not to ask God for all our wishes and to help us get what we want in life—and to not have to suffer.

Prayer is not about our will. Prayer is about God’s will. Prayer is the practice where we align ourselves with the will of God—prayer is to reveal to God that we trust in Him. As Jesus stated in the Garden of Gethsemane—“yet, not my will but THY will.” To put it in other words, our purpose of prayer is not so much to “assure God we are aligned with His will,” but rather is to assure ourselves that we are.” Making this declaration many times during our day, “yet, not my will but THY will,” we begin to truly understand what it means to be humble before God—to be *His good and faithful servant*. And a tremendous blessing, sensation, that washes over us is that this prayer helps us rest in TRUTH rather than succumb to THE LIE.

Praying is particularly important because it keeps us close to God, intimate with His will and becoming more conscious of who He is and His nature. Literally talking with God results in our physical, mental, emotional experience of God and awakens us to His spiritual power and glory.

Those born again realize that they have gained a new focus on God. They may have thought of God and had some religious belief of God, yet without the indwelling Holy Spirit they realize that they had no “real, true” earnestness, yearning to know God more. Yet once imbued by God’s Spirit, the Holy Spirit, it becomes one of the most important factors in one’s life.

Of course, the Bible is central in helping us learn about God and His intention, yet a strong practice of prayer is the experience of our direct communication with God. In fact, do we really understand just how powerful it is to be able to speak and commune with God, the Almighty who created us? Do we really grasp the breadth and power of the one who created us? Once born again, you realize the false science of the big bang and evolution theories. And now, it becomes paramount to our heart that we get close to God, that we get close to Jesus—that we know and stand tall for TRUTH.

And as all “believers” know, Christ taught us how vital it is to pray to God. The Holy Spirit is our empowering guide and coach in praying to God because He helps us do the most important thing in prayer—*align our requests with God’s will*. The Holy Spirit teaches us what Christ ministered about praying—we are to pray to God always and to God directly. This keeps us focused and strong against the temptations of false idols.

And mostly, we need to pray to God so that *we can feel His love for us—and feel His gift of “our love for Him.”* God teaches us how to love Him so that our relationship with Him is one of “holy love,” which is completely different from the love we know as humans.

And in our prayer, we are to pray as Jesus did in the Garden of Gethsemane. And what specifically does that mean?

The PURPOSE OF PRAYER Is Our Humility And Obedience—The Garden Of Gethsemane

In the Bible, we read about the night before Christ was to be crucified. He went to the Garden of Gethsemane with a few of His disciples to pray. Christ was in the final hours before He was to endure the most grueling experience of all humankind—torture and crucifixion till death. In His “human-self,” He was in extreme fear and anxiety to the point of sweating blood. Reading this is a powerful revelation of how much Christ experienced what it is like to be human—giving us assurance of how much He was aware of our human suffering. And in our witness of His torture we saw the evidence of the horrendous nature of our sinfulness—of just how evil man can be.

When Christ had walked a stone-throw away from His disciples, He “fell to the ground and knelt as He reached out to God and wept—*‘My Father, if it is possible, may this cup be taken from me.’*” Jesus fully knew the horrible, unbearable pain that was in store for Him the next morning. Satan, who was close by, was conspiring and trying to get Jesus to give in to his temptation to reject and disobey God. Yet, the Holy Spirit was close by defending Jesus and imbuing Him with divine strength.

It is clear that Jesus was demonstrating something powerful to us—humility. And then as soon as He asked for His release from the predicament, Jesus then affirmed His loyalty and obedience to God. Laid low before His Father, Jesus surrendered and in complete submission confidently said *“Yet not as I will, but as you will.”* We witness that Jesus knew what He was to endure and why—that it was not His will that mattered here but rather the will and purpose of God.

He withdrew about a stone’s throw beyond them, knelt down and prayed, ⁴² “Father, if you are willing, take this cup from me; yet not my will, but yours be done.” ⁴³ An angel from heaven appeared to him and strengthened him. ⁴⁴ And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

LUKE 22:39-44

And then when Jesus rose, He stood strongly under the night sky awaiting His accusers. When they arrived, He stood before them not as a victim but rather as a King. Though He knew He was

soon to be tortured and crucified, He did not cower or whimper in fear of what He was to face and endure, but rather, He embraced it head on for He was doing this for God. Christ was fulfilling God's will and making the greatest sacrifice a "human" can make. Jesus sacrificed His life, His body, His blood for all mankind—that we would be saved.

When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. ⁴⁶ "Why are you sleeping?" he asked them. "Get up and pray so that you will not fall into temptation."

LUKE 22:45-46

This account of Jesus is beyond question for the purpose of revealing to us our relationship with God, with our Creator. We are God's sons and daughters and we are here on earth to serve His will—our life is to be given as a sacrifice for His will, His predestined life for us. And it's obvious by Jesus' incarnation that God wants us "to love Him with all that we are"—and to love one another as Christ loves us.

And we learn from this account that the most important behavior that God desires of us is to pray to Him, to lean on Him, to submit to Him. It's made clear that prayer keeps us close to God, and keeps us in submission to Him so that we are protected from the "evil one." Through the Holy Spirit, Christ was protected from Satan—and though Christ still had to suffer death, human death, He was not robbed of His salvation in Heaven. In other words, with indwelling the Holy Spirit, Jesus was saved from succumbing to Satan's temptation to become "kind of the world," and thus, lose His divinity.

To conclude the meaning of Jesus' example for us in Gethsemane, what we realize is that we too are in the same predicament as Christ was in His human nature as Jesus. As we study this, we begin to realize that we are meant to see ourselves in it. In our human nature, we are vulnerable to Satan's evil charm, we are tempted to give up our love for God for our own "desire and sinful will"—we are to give up our chance for "divinity with God." Yet, as for Jesus, God also sends the Holy Spirit, in our rebirth, to protect us from the evil one. Just as Jesus demonstrates we too cannot overcome without "divine intervention," without the power and love of the divine.

As we ponder our reflection in this account of Jesus in the Gethsemane we can see how the deception of Satan has turned us into arrogant people. We can see our nature of evil played out in the Jewish high priests and Roman soldiers—their aggression to want to kill an innocent man who was the light of goodness, of God. Meaning because we are such arrogant people, like these men we too are in a frenzy for lust and power—we too think we have power over God, even believe we are smarter than God. We have the free will to decide what our life should be, who should live and die.

Through this account and because of our arrogance, there are many who say they are “Christian” and know that they are to pray, but yet, misunderstand the purpose of prayer. Many think that if one prays hard enough that we will get what we want in life—that we can “change God’s mind.”

We can’t change God’s mind. TRUTH is God has predetermined everything about our lives and salvation before the creation of the world—meaning we can’t change what God has already preordained. And this was also true for the crucifixion and resurrection of Jesus Christ—God had predestined the *redemption and salvation plan* thousands of years before it occurred, and even before the creation of the world. Jesus Christ knew this. And God has predetermined and predestined our lives as well long before the creation of the world. Just as it was for Christ, our purpose is to align with God and fulfill His will—and His will is for our purification and sanctification through the trials and tribulations on earth so we may be resurrected into Heaven.

The INSPIRATION For SPIRITFIT

As we’ve learned from the Bible, we are God’s beloved creations and yet we are not meant to become beings who can have godlike powers. As we’ve discussed this is THE LIE—man has been deceived by THE LIE and has succumbed completely to its delusion since the days of the Garden of Eden. As a result of this corruption to our DNA, mankind is born with a sinful will—arrogance and pride rules his “faith,” his beliefs are rooted in the unspiritual, the unholy and unhealthy, the secular of Satan’s world.

This was all preplanned by God, and thus, the predetermination of the *redemption and salvation plan*—and thus, Christ’s experience in the Garden of Gethsemane was predestined by God. And we realize now, as we mentioned, that this night of “divine prayer” was for us to see how we are to relate with God in our lives.

And now, we come to realize why God ordained our rebirth. And what is remarkable is that we begin to understand that God intends for each of us to experience the transformative power and glory of Christ’s crucifixion and resurrection in our own body, heart, and mind. Christ Himself revealed in His teachings that each of those chosen by God would need to be “born again” to enter the Kingdom of God. Each of us would need to be freed from Satan’s deception and our body, heart, and mind, cleansed of the contamination of “the fruit.”

As we ponder this most profound revelation, we begin to understand that what Christ went through in the Garden of Gethsemane is the experience one goes through when one goes through the experience of “being born again,” by the grace of God. We too are *brought to our knees* and spontaneously call out to God, to pray. And we too feel the physical surrender to *lay down* and we feel our will flow out of our being and realize that we are in complete submission to God’s

will. And we too are given the strength to *rise up and stand strong* in faith in God to face our life's trials and tribulations with courage.

Born again, we are convinced by the presence of the indwelling Spirit that we are to do God's will—for He has planned this as our path toward salvation, our justification and sanctification into divine beings who can be with Him in Heaven

It is this experience that one goes through during the *born again transformation* that has been the inspiration for the SPIRITFITT “spiritual fitness practice”—which we describe in detail in the section below.

And what is astounding to discover is that by the amazing brilliance of God, TRUTH is by God predetermining that man needed to “be born again,” He was assuring that we would experience in our body and heart, some “semblance” of what Jesus went through in Gethsemane, in the Passion, and yes, in the resurrection. This is imperative if one is to be able to fully comprehend that God, God of the Bible is our Creator, and to fully grasp His intention: why He created Creation, why He predetermined the “fall of man” and the “redemption and salvation plan” of Christ as our Savior, the Great Tribulation of the End Days, and our destiny for eternal life with God.

SPIRITFITT endeavors to help us keep this revelation front and center in our awareness—to keep this born again experience as the foundation, the “cornerstone,” from which we worship God, the consciousness from which we live our everyday lives.

Again, not to be disrespectful and compare our mere mortal nature to Christ's divinity, yet as Jesus went through His arrest and trial before Pilot, He stood firm, tall, in His obedience to God, in TRUTH of who He was as the Son of God, and fulfilled God's plan and purpose, God's will right up to His last breath on the cross. We are meant to do the same as a “born again” believer.

The practice of SPIRITFITT is to help us renew our courage and commitment to God. Through the practice, we relive our “born again” experience; by the grace of God through the work of the Holy Spirit we are *brought to our knees* before God and experience our inherent *humility*. We then feel physically compelled to *lay down* in complete *surrender* and *submission*, and then, *rise again*, imbued by the Holy Spirit with the strength in our heart now filled with the gift of faith in Christ, to walk forward into the world as the light of Christ.

We have been blessed to understand what it means to *be in the posture and mind of Christ*. We are now blessed with the clarity of the meaning of our life and with the strength to fulfill its purpose. We rise up with profound understanding that we have been born for the express purpose to fulfill God's intention, God's will. We understand that we are here to reflect God's glory as

His most brilliant creations, His beloved Children, as we walk forth and share the Gospel of Jesus Christ. We are truly made in the image of God.

TRUTH is God predetermined and predestined this for His glory and His desire is that His glory is for our glory. God's intention for Creation in an intimate relationship with us in "holy love" in His Kingdom.

We know all this to be TRUTH for Christ told us so.

In summary, we realize now that the core blessing of our "rebirth" is to help us understand how connected we are to Christ—because it is through Christ we come to understand God, to understand His intention for Creation and for us. As we witness the life of Christ, we begin to realize that our life, our human experience is revealed through Christ's ministry, passion, crucifixion, and resurrection.

And through Christ's night in the Garden of Gethsemane, we now fully understand our need to be "born again." And we realize that at the core of it is our relationship with the Holy Spirit—God predestined our rebirth in order that we would know and trust that He is here to keep us close to God, in good times and in bad. The Holy Spirit is our comforter and protector and shows us how to wear the *armor of God*; breastplate of righteousness, shield of faith, belt of truth, shoes of Gospel, helmet of salvation.

And we also come to understand the most profound revelation of our life. Though no one wants to accept this let alone realize this, TRUTH is that God has predetermined that we are all predestined to suffer many trials and tribulations in life if we are going to be let into Heaven.

As we've discussed throughout this book, God's intention is that there are those who are predestined for eternity with Him in His Kingdom and of course for that to happen, for us to be able to be in His immensely powerful, bright, pure goodness, in His sacred presence, we need to become supremely pure, holy, and divine beings. So in essence, there is no way around this once we have been born again—we are going to have to work hard. Yet, we can take great comfort in TRUTH that we have a helper—and the Holy Spirit is a helper and guide who won't fail at getting us to where we need to go.

What's vital that we all understand, and that the Bible makes very clear, is that the trials and tribulations are part of the "believer's" life not as punishment for our sinful nature but rather as ways of helping us see the horror and corruption of sin. As we've discussed, born again, we begin to see TRUTH—that in order for us to see and fully comprehend and feel, holiness, divine goodness, and spiritual love, God's love, we need to be purified and refined like gold is in a

fire—like the reflection in gold, God has intended for us to be golden light reflections of His image.

Through the *fires of the Tribulation on earth*, we strengthen faith in Christ, build endurance, and find the means to persevere. In other words, the meaning of our existence is our relationship with God through our faith in Christ—and thus, as is God’s will, this means we need to suffer. And we thus learn that the purpose of our life is to “suffer” because suffering teaches us that the greatest meaning of a believer’s life is not the absence of pain, but “Christ-likeness”—Christ suffered the horrific destruction of our sins and the immense evil of Satan’s evil ways.

We learn through the Bible that our suffering, through *a thorn in my flesh, a messenger of Satan, to torment me*, as Apostle Paul put it, is the suffering required to cause us to experience humility. Suffering allows the life of Christ to be manifested in our mortal flesh. Suffering depletes us of our arrogance and pride and we naturally default to our inherent dependence upon God. And this compels us to *take on the posture and mind of Christ*.

(**Note:** interestingly Paul used the metaphor of a thorn in his side, relating the crown of thorns of Christ’s crucifixion.)

Through our trials and tribulations in life, we become consciously evolved so that we have the full comprehension, and thus, commitment to knowing, that there is nothing else we are here for, nothing else we are to do in life but to live toward our salvation. For those who have been reborn, we know that salvation is a gift—and to fully experience the transforming power of this gift, believers will continue to endure suffering as part of the rest of their journey in life because this life is filled with profound torment from Satan who hates Christ—and thus, hates us.

Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. ⁸ Three times I pleaded with the Lord to take it away from me. ⁹ But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. ¹⁰ That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

1 CORINTHIANS 12:7-10

SPIRITFITT is designed to help us get through this journey, through those times of suffering and fear, by helping us stay close and intimate with the Holy Spirit—our counsellor, guide, comforter, protector, and friend.

And this is particularly of great importance now at this time in the history of mankind—we are facing the trials and tribulations of these End Days of this Dark Age of Man. With the guidance

and protection of the Holy Spirit, we will be strengthened to share the Gospel and Book of Revelation of Christ with those we meet.

And we will be encouraged and guided to help comfort ourselves and others as the Holy Spirit motivates and compels us to keep looking up for the “blessed hope”—Christ is coming soon (in the clouds) to “rapture” His Church. By the grace of God through the “signs” that Christ tells us to watch for in His “discourse on the Mt of Olives” in the Bible, there is very little doubt that our redemption from this evil world is soon. Come Lord Jesus.

AI Overview: "Our redemption draws near" (based on Luke 21:28) means that the end of suffering and the return of Jesus Christ are approaching, signaling a time for believers to look up with hope rather than fear. It signifies the final, complete liberation from sin and the brokenness of the world, often amidst signs of global turmoil.

TRUTH is that without our intimate relationship with the Holy Spirit, we are left on our own in the world, in Satan’s world, to try to understand who we are, the meaning of life, and our spiritual understanding of God and His Word—the Bible. In fact, without the Holy Spirit, we have no spiritual understanding, no relationship with God. We are essentially left vulnerable to Satan and his demons.

“Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world.

²⁵ “Righteous Father, though the world does not know you, I know you, and they know that you have sent me. ²⁶ I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them.”

¹⁵ My prayer is not that you take them out of the world but that you protect them from the evil one. ¹⁶ They are not of the world, even as I am not of it. ¹⁷ Sanctify them by^(a) the truth; your word is truth. ¹⁸ As you sent me into the world, I have sent them into the world. ¹⁹ For them I sanctify myself, that they too may be truly sanctified.

JOHN 17: 24-26; 15-19

*"But it is the spirit in a person, the **breath of the Almighty**, that gives them understanding.*

JOB 32:8

"The Spirit of God has made me; the breath of the Almighty gives me life.

"JOB 33:4

SPIRITFITT—The PRACTICE of The Posture And Mind Of Christ

SPIRITFITT helps us experience how our physiology and psychology work together in influencing our spiritual awareness—the BBBB Cycle coming alive. The practice focuses on teaching us the power of our body—we particularly focus on how our breath and our posture directly influence our physiology, and thus, our psychology, and thus, our behavior, and thus, our spirituology. Specifically, the practice helps us learn how we can activate the sensations of *humility* and *holiness*—the experience of believing in God through our faith in Christ.

The meaning of life is to *be like Christ*, is to *be of the posture and mind of Christ*—is being *humble, holy, and obedient*. How does the Holy Spirit transform us into the likeness of Christ?
He calms us down and what's in the calm is "humility."

In other words, the intention and impact of SPIRITFITT is to bring our experience of our rebirth alive—i.e. to “re-experience” it. Through this, we consciously reconnect with the presence, the sensations, of the Holy Spirit in our heart. The exercises and techniques of this unique practice essentially give us a means by which we can consciously partner with the Holy Spirit in our walk, in our holy behavior in doing “good works” that reflect and strengthen our journey toward our promised salvation. In other words, the practice keeps us humble before God, filled with faith in Christ, and aligned with God’s will under the guidance of the Holy Spirit.

SPIRITFITT helps us learn how to *take on the posture of Christ so we are of the mind of Christ*.

SPIRITFITT is an easy, simple, and enjoyable fitness and prayer practice that shows us how to activate various sensations in our body of the Holy Spirit, the sensations of TRUTH. The foundational technique of the practice is learning to “breathe well”—learning how to feel the breath of life, the breath of God, the breath of the Holy Spirit flowing through us and “raising our consciousness.”

The practice is a “unique sequence of three postures:” kneeling, laying down, and rising—into good posture. As we mentioned, this unique sequence is inspired by the *born again experience*. These postures are common of what many share they go through when they are “reborn”—they experience particular “holy” sensations of humility, submission, and confidence. Or said differently they feel “reborn”—restored, renewed, revived.

In this practice when we kneel we are filled with an innate sensation of humility and feel restored—our arrogance and pride washed away and our true nature restored. When we then lay down, we feel our body empty of tension, stress, unhealthy desire—a new sensation of submission takes hold and we begin to feel renewed with a new will, an obedience to God. And as we rise back up, we feel revived, filled with a strength and confidence in faith in Jesus Christ. And especially, we feel the support and counsel of the Holy Spirit. We realize we have been transformed into the Holy Temple of the Spirit of God. We are a new creation in Christ.

As we continue to mention, since this profound spiritual “upgrade” happened in our body transforming our consciousness through its sensations, it becomes apparent how important it is for us to pay attention to ourselves, to our body and how it is feeling. It’s apparent that our body has much to reveal about who we are and our life journey—and about our eternal destiny.

The TECHNIQUE OF PAYING ATTENTION: Learning To Pay Attention To Christ By Learning To Pay Attention To Our Body

A key aspect of SPIRITFITT is the “technique of paying attention.” We learn how to pay attention to the sensations in our body—and notice how they make us feel and think. And as we’ve mentioned in our rebirth, we have realized how the sensations of humility, submission, and confidence were the experience that transformed us into holy beings—transformed us into followers of Christ.

Through this practice, we learn how to posture to generate these same sensations and by paying attention, we can help the experience deepen and begin to support a more intimate relationship with Christ. We can deepen our attention to remembering the immense sacrifice Christ did for us, offering His human life for ours, and remembering His resurrection which is the promise of our being raised to Heaven. The point to be emphasized here is that we can actually posture our body in a way, and breathe slowly, and ultimately feel “Christ-like” in any moment of our day.

The additional, immense benefit of this practice is it helps us be more “attentive” to the world around us—we are more thoughtfully responsive rather than just reactive to our life. We are not distracted by all the “noise,” and thus, distracted from our faithfulness. Rather, we are empowered to keep Christ front and center in how we live our life—we are more empowered to make sure we continue to posture and think in a way that shines the *light of Christ in the world*. And what we discover is that we are inherently inspired to pray. And as we’ve mentioned prayer is one of the three encouragements from the Holy Spirit.

The PRAYER PRACTICE Of SPIRITFITT

As we’ve discussed, the exercises and techniques of SPIRITFITT generate the calming, soothing flows of energy that help us feel the virtues of goodness, humility, holiness, patience, generosity, servitude, grace, kindness, discernment, forbearance, strength, and obedience. These are the virtues of the Holy Spirit and these virtuous sensations generate in us *humble confidence*—a humble, undeniable devotion to Jesus Christ as His “followers.” And we discover that we want to pray—to want to talk with God, to be close to God.

SPIRITFITT guides us through a short, yet profound prayer that helps us share with God through the Holy Spirit our intention to live a life in Christ. The Holy Spirit helps us listen for, and to feel, God's blessing on our life—we pray. We learn how to pay attention to feeling God's presence. And especially, we learn how to feel the gift that God has instilled in us—the gift of *our love for God*. Without this, we would not know how to love God, and thus, we would not know how to feel loved by Him.

We begin to understand the “true” meaning of love—it is not as mankind would understand it but rather as Christ taught us. Christ's great command is to “love God with all that we are, our body, heart, mind, and soul.” And His second command comes from this—to love one another as He loves us.

SPIRITFITT is a practice that helps us be diligent about “practicing faith in the Lord,” and thus, helps us learn with the guidance of the Holy Spirit what to pray and how to pray.

To finish this overview of the Practice, it's important to mention a very powerful aspect and benefit which is that it can be done anywhere and you don't need any equipment—in your bedroom as your evening prayer to God, driving to work, shopping for groceries, in a business meeting, or in a place of worship (church). Those around us will not know what we are doing. They don't realize that our “good posture and full breathing” are keeping us “present-minded” in Christ, and thus, present-minded to life.

They won't realize that right before their eyes we are transforming—that we are being filled with wisdom and coaching of the Holy Spirit. They won't know that we are comforted by His presence and experiencing an inherent trust in His guidance and protection—that we are embodying the armor of God and protected against evil, against the “evil one.”

Now what is super powerful to know is that though no one can “see our transformation,” they can feel it. The change in our body is sending out an electromagnetic field that is changing their body's electromagnetic field. As they observe us, they might pick up a subtle change in our mental and emotional disposition, our demeanor—to one more calming, discerning, and humbly confident, one more gracious and considerate, more attentive to them and the moment.

And what is so powerful to realize is that by the power of physics, they will begin to mimic us—and our exchange with one another is surrounded by positive, holy energy. We realize that the words we speak are given to us by the Holy Spirit—and thus, we are actually changing this moment, and even the world, into a holy, healthy, humbling resonance.

OUR RELATIONSHIP With Our Body And OUR APPRECIATION For Fitness

Now we can't finish the list of benefits afforded us by SPIRITFITT without highlighting this most powerful one. As a result of practicing SPIRITFITT on a regular basis, we completely change our relationship with our body and our appreciation for the impact fitness has on our life.

Most of us struggle with appreciating our body and treating it well. Prior to being reborn, we viewed our body as “ours,” as our property to do this as we pleased. Yet once one is reborn, we realize that is THE LIE—we do not have the free will to do with our body, nor our life, as we please. Our body is God's beloved possession and we are to serve and worship Him by taking care of our body—for our body is the Holy Temple of the Spirit of God. Many “Christians” miss this TRUTH. Unfortunately they miss that a holy, respectful relationship with their body is the foundation of their new calling in life and that it empowers their strength in faith they will need in carrying out their new purpose and mission..

How does our relationship with our body change exactly? As we practice SPIRITFITT and learn to pay attention to the transforming sensations, we begin to realize just how powerful and sacred our body is—we are feeling the virtues of the Holy Spirit transforming our body into the Holy Temple. In other words, we begin to realize that our body is “of the divine.”

This experience, this changed physiology, quite powerfully begins to help us realize just how much of an *amazing miracle our body is*. It's clear that regardless of shape and condition, it is the body God gave us—our body is *God's divine design*. We begin to realize that any physical challenge or disposition in health is all a gift from God for our good and is to be embraced—is for us to work with and accept in order to get to know God more. And we have help—the love and counsel of the Holy Spirit will continue to remind us of the “gift of our suffering.”

The Apostle Paul helps us understand this so well. Though we don't like our physical challenges, TRUTH is we have them and there is nothing we can do about them being a part of our life. And we can resent them which is natural. And yet, once reborn we are blessed with a new revelation—we begin to see that they are part of God's plan for our refinement—as we know through rebirth we are infused with the virtue of humility and thus take a whole new perspective of our body and its limitations. It is God's gift to us for His purpose of bringing us close to Him through our faith in Christ.

Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. ⁸ Three times I pleaded with the Lord to take it away from me.

⁹ But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. ¹⁰ That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

2 CORINTHIANS 12:7-10

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; ²⁰ you were bought at a price. Therefore honor God with your bodies.

1 CORINTHIANS 6:19-20

Another wonderful benefit is that as we work through the postures and techniques, we begin to feel how good it all feels—physically and spiritually. And now our attitude toward “fitness and exercise” completely shifts. We begin to fully comprehend just how important “exercise” is to our “fitness level,” but how important it is to our spiritual life—to our ability to endure the trials and tribulations set before us, to our ability to defend against Satan’s schemes that are around us everywhere. Put in biblical terms, “being physically fit we are spiritually fit”—we are strong enough to be a “contender of the faith.”—to make a defense for hope and a guard for TRUTH.

If we are to be “true” followers of Christ we need the physical strength and endurance so we can go places, perhaps literally walk long distances, in order to share our testimony and the Gospel—what Christ has asked us to do. We are learning that we need our physical strength and endurance to keep ourselves intrinsically motivated to *go the course*, to “run the race,” mentally and emotionally. We need fitness of body to support fitness of mind—to support us to be “spritfitt,” to be “faithfitt.”

TRUTH is our body is central to being able to walk with our Lord and Savior, to walk with Jesus. SPIRITFITT keeps us intimately connected with our body, always being aware of how it’s feeling and shifting it into the energy of grace, into the sensations that align with the “energy” of the Holy Spirit—align with the will of God, a holy will. This simple practice helps us stay committed to walking forth in life in our newfound faith in Jesus Christ—toward God’s promise of salvation.

Put simply, regularly practicing SPIRITFITT, we begin to realize that our body is *our spiritual touch-stone* for it is the house of the Holy Spirit, *our best friend for life*. Our body is the most important relationship in life.

ASIDE: In a moment of inspiration while writing this section, this just came to mind as a sentence of conclusion about the reason for feeling inspired to develop it.

“To put it simply, SPIRITFITT has been designed by the inspiration to want to help us to understand why we didn’t so far, and may not in the end, get the life that we wanted. But rather to learn, and accept, that we got the life that God has predestined for us—and to realize that once born again, and learning to connect with our body and the Holy Spirit, we will find peace with this, and even joy.”

The PRACTICE

Through this practice, we are going to be working with a healthy breathing technique and various postures and gestures that instantly activate our “faithful nature.” We’ll experience the marvelous way that our body instantly transforms “who we are”—in the matter of a minute. Not only will we feel good, we will look terrific—healthy and confident.

We can change from being a stressed-out person to one in full self-control, from being one who is afraid to one who is completely courageous, from one who is angry and judgmental to one who feels compassion and understanding, from one who feels strong insecurity to one who feels completely certain and so on. And of particular importance we will be transformed from one who shies away from sharing TRUTH of Christ to one who is humbly confident and inherently motivated to stand taller and stronger, who stands firm in the faith of Jesus Christ.

In other words, where just a moment ago, we may have been feeling a bit uncomfortable to speak about Jesus, we now know we must and want to—despite any reaction, despite any persecution by dark energies and people. For having adjusted our body into feeling “calm strength,” we can feel the Holy Spirit coaching us to “put on the *armor of God*”—we adjust from slouching and stand tall in good posture, knees and toes facing straight ahead, heart lifted and open, shoulders drawn back, and abs tight. Our neck is long and chin level. We are grounded in the word of God and emanating the light of Christ from our heart and on our face.

Through practicing SPIRITFITT, not only will we discover the power of particular postures and gestures to instantly transform us, we will also experience the undeniable, astounding power of our breath to completely transition us into a completely different mood and mindset, into a completely different spiritual consciousness. With our breath we are instantly transformed by a cleansing and reset of our physiology and *a renewing of our mind into the mind of Christ*. When moments just before these few long, slow, smooth breaths, we were completely distracted by the unholy and unhealthy machinations of this *matrix-like* world—and deluded. Now we are awake and completely clear-minded about who God is and why we are here.

It's important in this overview that we call out that the *primary posture* in this practice is “good posture”—good posture is the beautiful, God-designed alignment of the body that supports the body to be balanced effortlessly over gravity. Unfortunately however, most of us tend to not pay attention to our body, and thus, we do not realize that we are slouching.

Meaning, with our mind distracted, usually stressed, our body experiences that stress, and literally, succumbs or slouches under it. And gravity then takes hold, and causes those parts of our body, like our head, neck and shoulders, that are out of alignment to be pulled down even more out of alignment. And this is pretty much the cause of all back and neck orthopedic discomfort and injury.

The techniques in SPIRITFITT teach us how to align and strengthen our body, and eventually condition our body to naturally sustain good posture. And as we mentioned, what is powerfully unique about this practice, is the emphasis on paying attention to how this feels so that you condition your consciousness, your emotions, to know when you are out of alignment, and thus, spontaneously adjust.

And why is good posture even more important? As we align in body, we realize that this encourages our alignment in our mind and emotions, our spirituality, with the will of God. Good posture helps us feel “humbly confident” in our body which helps us renew our mind and shifts our attention during our day to our faith in Christ. In this physical transformation our physiology calms, and as we've discussed, we then have a dramatic, holy, humble shift in our sense of self. We are in conscious communication with the Holy Spirit, literally talking with Him, praying, and thus, our immediate outlook on the world shifts 180 degrees—we feel physically calm, mentally sharp, and spiritually joyful.

To put it simply, good posture is the healthy alignment of our body and this stimulates our consciousness of healthy alignment with our faith in Christ—our alignment in body and mind with the *will of God*. In good posture and taking long, slow, smooth breathes we stand firm, powerfully grounded, in our faith in Jesus Christ. We are in the posture of Christ, and thus, we are in the mind of Christ.

BREATH PRACTICE—The Breath Of The Holy Spirit ***The Breath Of Life—The Breath Of Faith—The Breath Of God***

In the book of Genesis we all learned that God breathed into our nostrils and man came alive. What we may not have realized is that God's breath is God's Spirit, the Holy Spirit. The Holy Spirit has been a part of Creation from the beginning and will be until the end. As we've said, we know that the Holy Spirit is the “agent of rebirth.” The Holy Spirit is “who” creates and sustains,

and renews, all life on earth. In other words, the Holy Spirit is the breath of God's presence on earth and within our own body.

"...the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul."

GENESIS 2:7

SPIRITFITT presents a technique to help us learn how to breathe in a more healthy way. We learn how to use our breath to sustain and renew us physically and mentally, to help us calm our body, and thus, calm our mind—our breath transforms us into a disposition of holiness. In this practice we learn that how we breathe has a direct, dramatic, and instantaneous influence on our physiology and this instantly influences our mind, our psychology—our breathing directly affects our emotion, and thus, our behavior. Put simply, without breathing well we are not as healthy and holy as we could be.

In a nutshell, SPIRITFITT focuses on a breathing-technique that helps us train ourselves to become a “better breather” by taking *long, slow, smooth breaths* regularly throughout our day—this helps us “metabolize” our stress and feel calm. Even just one long, slow, smooth breath relaxes our physical tension and slows and improves our physiology—which as we’ve discussed soothes our mental and emotional energies and *brings our consciousness out of the chaos and into the calm—C.A.L.M—Christ Always Loves Me*.

A LONG, SLOW, SMOOTH BREATH—Developing the Habit of Healthy Breathing

Here’s how a long, slow, smooth breath works. Most of the time in life we are what we call “shallow breathing.” Meaning, we are usually running and rushing around in our day and our breathing is also rushing around, meaning short and shallow. And as we learned in the BBBBB Cycle, this shallow, “fast” breathing reciprocates and makes us feel like we need to keep rushing around. In other words, we are in a rushing BBBBB cycle. However, we can interrupt this stress and slow our pace immediately by taking a long, slow, smooth, deep breath.

When we are rushing, and thus, taking short, quick, shallow breaths we are basically starving our body of the oxygen it wants and needs. Our heart triggers hormones that raise our heart rate and blood pressure in an effort to get more blood pushed through our system to our organs and muscles. Because of our elevated physiology, our muscles become tense. These reactions are the result of our sympathetic nervous system having been kicked in which is responsible for helping us flee from danger or stay and fight it—it’s our “adrenalin rush.”

As a result, as we now know, our physiology works its way to our mind and influences our thinking. So if we are physically rushing and our breathing is shallow, our body is in a state-of-panic. And thus, our thoughts are rushing around encouraging emotional panic. We are unable to think clearly or logically. We become emotionally cranky, insecure, and reactive—which adds to the negative cycle we are in. And thus, it's guaranteed that we behave in stressful and unhealthy ways that then reciprocate to elevate our physiological responses and stress us out further—BBBBB Cycle. This is when we overreact, become fearful, over-dramatic, and often offend others.

However, as a result of God's "divine design" of our body, we have access to an immediate antidote to our stress, to our fear, to our confusion, to our anger, to our insecurity, to our doubt, to our unhappiness, to our arrogance, to our unbelief—a *long, slow, smooth breath*. It instantly slows the heart and lowers blood pressure and initiates our parasympathetic nervous system allowing more oxygen flow to relieve muscle tension—we begin to feel calm. And soon relaxed and less cranky and more humble.

TRUTH is we are beginning to become conscious of the sensations of the Holy Spirit within our heart. These move through our body and into our consciousness and begin to restore our trust and faith in Christ. Just like when we were born again, we are once again "renewed in spirit."

So the goal of this breathing technique is to help us learn to become "slow breathers." In fact, if we breathe more slowly and deeply during our day, we won't find ourselves running and rushing so much. We literally can't as our body becomes a "restrainer" to our anxiety and negative thinking. However, there will be those times when we do, but now we have a means that will immediately bring relief—immediately calm and slow us down.

By learning this "breath technique" below, we will be training ourselves how to pay more attention to our body and breathing during our day and ultimately come into the habit of just responding to a stressful moment by taking a long, slow, smooth breath. We will realize that when we feel tension in our body, it is alerting us to the stressful-state that we are in—and by conditioning our body simply responds on its own. Said differently, our body conditions to learn how to automatically monitor itself, and thus, us against stress.

What is so empowering about this is that, again because of the BBBBB Cycle, this calm that is taking place in our body influences calm in our mind. And this gives us a moment of pause. We become present-minded—we become aware of what's happening right now and get a chance to consider if we are responding as the best version of who we are. We would realize if we are focused or distracted, and thus, perhaps not getting things done efficiently. And more importantly, we would realize if we were cranky and reactive. And if we are, we now have a chance to readjust. We get a chance to literally adjust our posture and experience our attention

shift from the stress and unimportant distraction to what is going on in the world and shift our attention to our heart and to the Holy Spirit. We instantly find ourselves in the *posture and mind of Christ*. And we would notice that we are more focused on what is at hand, and thus, more efficient at

THE BREATH Technique

It's definitely simple and intuitive, and yet, worth highlighting the steps so we are sure to feel the full effect. The first thing to mention is the "technique of attention." Again, paying attention seems simple enough. Yet, many of us have a hard time with this because our minds have become so used to "attention deficit syndrome." We are so stimulated with all our information technology, that our minds have become simply conditioned to keep trying to capture and process as much information as we can—in other words, we are obsessed, and thus, cursed with an over-active mind.

Now though we have discussed the "concerns" about the "unbiblical caveats" of new age meditation practices we can use some of their teachings that are very valuable. Essentially, their technique of focusing on our breath—meaning that we follow each breath in and out of our body. And when our mind becomes distracted—rather than becoming frustrated simply bring it back to paying attention to the breath and our body's sensation when we realize we started to think of other things.

To help our attention stay focused on our body and feel the transformation taking place within our body, it is helpful to have one palm on our belly and the other over our heart. This will help us stay literally connected to our body and what is happening.

Sit tall on a firm seat so that you can place both feet flat on the floor, bend your knees and hip joints ninety degrees and lengthen your spine upward and reach the top of your head skyward. Keep your chin horizontal to the floor so your neck is long. Draw a breath in slowly through your nose, perhaps a count of a long 1,2,3, and all the way down into your belly. Focus on the filling of your lungs and belly—hold the breath for just a 1 count, a second. And then, exhale out through your mouth, slowly 1,2,3,4, focusing on the compressing of your belly and lungs—making sure you are gently exhaling the full breath. Hold the end of the exhale for a 1-count, a second.

As the breath flows in and out, pay close attention to the details of all that you are feeling in your nose and in your chest—in your lungs and heart. Feel the inhale expand your lungs and feel the "satisfaction" of filling with a lot of oxygen. Feel the easing of the sense of suffocation. Follow this sensation and the breath down as it expands your diaphragm and fills your belly. Feel the

expansion of your whole body and uplifting lightness that occurs—elevating a bit in the body off the chair. Feel the breath engaging the strength, and courage, and wisdom and virtue of the Holy Spirit. Realize as these sensations flow through you they are transitioning you.

As you exhale imagine the breath flowing easily out of your belly and heart carrying in it any negative vibrations or emotional sensations, any toxins that may be in your body, Notice as you exhale how your body settles—become heavier in the chair and how this makes you feel calmer—with each breath you are becoming more grounded in humble confidence in your faith in Christ. Notice how your body feels calm and you feel renewed as a devoted follower of Christ that you are—your true self restored.

GOOD POSTURE—The Posture Of Self, Of One's Identity, Of One's Faith

Many don't realize that how they stand, how they posture, tells the whole world about who they are—even what's on their mind. The world can tell if we are an insecure or confident person, if we are a social person or one who keeps to themselves, a happy or sad person, one who is generous or rather stingy, even one who likes life or struggles with it, one who cares or who doesn't. It's all revealed in your posture—and on your face.

Now, more importantly than that, how we posture, how we stand, the expression on our face, influences how we're feeling, what we're thinking. It influences how we feel about ourselves—lowers or raises our self-confidence and self-esteem. As we've learned, our posture directly influences our physiology, and thus, our psychology. It directly influences how we feel and how we behave—how we perceive what's around us and what we understand. And so, our posture directly influences how we interact with others, and thus, directly influences our identity. To emphasize this point—our posture is not just our way of standing but is a reflection of who we are.

And more importantly, above all of that, our body's alignment has a direct influence on our relationship with the Holy Spirit. It has a direct influence on the strength of our faith. Our posture has an influence on our belief in Christ and our trust in God. Believe it or not, our posture is foundational to our relationship with God. When we are not in good posture, we are not in the posture of Christ, and thus, not in the mind of Christ.

Our posture influences who we are, and thus, how we relate to others. And believe it or not, our posture affects the postures of those around us. Mankind has an electromagnetic field, some call it an "aura." And it emits most strongly from our heart. This is obviously because when born again one's heart is filled with the light of Christ, the Holy Spirit.

What we've learned through relatively recent research is that our electromagnetic field emits at least 3-4 feet from our body, and most scientists believe far, far, further. And so, our field directly influences the energy fields of those around us. And through other research, we have learned that humans tend to mimic each other. So given that others see us in good posture, with a pleasant smile on our face, and especially because their body is picking up our energy field, they will feel goodness and mimic us.

Just like the saying “smile, and the whole world smiles with you,” the same goes for good posture. Stand in good posture, tall and confident, and those around you will “stand in good posture with you.” You have just changed the world for the better. Now think about how we change the world when we slouch and frown. Statistics reveal that slouching is pretty much the posture of the world—just look around. We're definitely a stressed out, unhappy world.

Now as just mentioned, part of good posture is the expression, the posture, of our face. As discussed in the BBBBB cycle, what we do with our body influences our physiology, and thus, our psychology. TRUTH is that when we smile, our systems are activated into a healthy BBB cycle—and the transformation is instant. Even if we are feeling very concerned and angry about something, when we smile these sensations immediately begin to dissolve away. We literally, physically and emotionally, begin to feel joyful, holy sensations flowing from our heart and we are changed—who was that person just a moment ago. We begin to gain some objectivity of our situation—we become “aligned in body, heart, and mind.”

So in summary here of the power and importance of our posture, TRUTH is our body, our good posture and smile, instantly transform us into a friendly, kind, humble, confident person who wants to help the world. And the world sees us as such. The world knows who we are without us saying a word. Now, imagine the impact and influence our words have when we are in good posture—when we present ourselves this way to the world.

Now, take a moment to reflect on how “slouching” can make you feel and look. TRUTH is slouching, shuts down all the healthy physiology in your body, and thus, dampens the healthy energy flowing into your mind—it keeps you from thinking clearly, from being alert, focused, positive, and faithful. TRUTH is our posture influences whether others want to get to know us or not. Who is that person who is in good posture—others want to get to know them. Who is that person slouching—probably a good idea not to interact with them too much.

So the focus of this practice is to learn how to condition our body to have the strength and flexibility to hold good posture. We are learning how to *align our body in balance* over the gravity pull of the earth so we don't slouch. And we are especially learning how to align our body so as to align ourselves mentally, emotionally, spiritually with the will of God.

Who knew, but TRUTH is our body's alignment is the foundation of our spiritual life—powerfully influencing the strength of our relationship with God through our faith in Christ and our relationship with the Holy Spirit.

THE TECHNIQUE Of Good Posture

So how do we stand in good posture? Yes, it's a rather intuitive thing, and yet there are some very important things that one can, and needs to do, to condition the body to naturally hold this alignment. Given the nature of gravity, if we don't take the time to stretch and strengthen our body into healthy alignment, good posture, then the default alignment is slouching.

The good news is that standing in good posture is easy and feels great physically, and thus, makes us feel good mentally and emotionally. Most especially, it supports a strong flow of spiritual energy from your heart through your body and you feel renewed—humbly confident in faith to do what is God's purpose for our life and to do it with courage, filled with trust and joy.

The Technique: Stand and place your knees and toes facing straight ahead and lengthen up through your whole body. Now bring your attention to your feet. Feel them connected to the solidness of earth and imagine reaching energy roots down into the soil. Now use this grounding sensation to push up against as you tone your leg muscles a bit more to help you stand even taller, stronger.

Now focus on feeling that *toning energy* flowing up through your hips and converging into your spine and flowing on upward to lengthen your spine. To support this “lift and lengthening to your torso” focus on your pelvic floor and tighten the muscles there to provide a base of stability, like you did with your feet, and generate more sensation of “toning and lifting.”

Now tighten your lower and upper abdominal muscles to stabilize your torso as you continue to “lengthen” your whole torso upward. Notice as you tighten your lower abs, you feel your belly flatten and become firm. This support particularly helps your lower back lengthen—i.e. strong abs are necessary for a healthy back.

Feeling your torso lifted and long, and the energy continuing to lift, focus now on drawing your shoulder girdles back and toward your spine. Next focus on drawing them downward so your shoulders drop—and the counter sensation is that your neck lengthens. Make sure to keep your abs tight so that you don't start arching your lower back to draw the shoulders back.

As you draw your shoulders back, focus on how it feels to open your chest, how it feels to open and lift your heart. It feels like such a relief—freeing and hopeful. This then will compel an

upward lift and lengthening to your neck. Focus on lengthening your neck while keeping your chin level with the ground, not letting it poke upward. Now focus on the top of your head reaching skyward—feel the freedom of the space above. Notice that you are beginning to become aware of a sense of confidence, of certainty and courage.

Now while standing this way, place one palm on your chest and the other on your belly. Take a long, slow, smooth breath and feel the rise of your chest and fullness of your belly. As you exhale, tighten your abs and tone your torso to re-establish the “lifting sensation” of your spine. Now take 5-7 long, slow, smooth breaths while paying close attention to the sensations that flow through your body—bring your attention to your lungs, to your heart, to your chest and shoulders, to your belly, to your legs, and to your feet. Notice the balance of your body over your feet, over your base of stability. Notice the sensations of calmness and compassion.

Now take a few minutes to experience how you feel mentally, emotionally, spiritually. You can't help but feel restored, renewed, revived, reborn. You are standing in the posture of Christ and being restored and renewed by the Holy Spirit with the holy virtues that strengthen your faith in Christ. You are of the mind of Christ and have been reborn as a new creation in Christ.

In this transformation into one who stands tall and firm for Christ, we stand before the world in “humble confidence” as a bible-believing follower of Jesus Christ—our body declaring to the world, emitting the light that shines out, that we believe Jesus is the Son of God, Jesus is the Christ, the anointed One, and once resurrected, Christ became the full divinity of God. We believe in Christ's ministry, crucifixion, and resurrection. We believe that Christ is the Messiah.

And in our good posture, in our posture and mind of Christ, we are defended against the schemes of the evil one. And we begin to understand TRUTH is that just as much as we believe in Christ and worship God, we must believe in the existence of Satan. Otherwise, we cannot see how cunningly deceives us, how much he is in the world and controlling mankind to believe THE LIE—that we can become godlike, that we have free will. In other words, we must believe fully in the existence of Satan, of THE LIE, in order that we can see the TRUTH of Christ.

Dear children, do not let anyone lead you astray. The one who does what is right is righteous, just as he is righteous. ⁸ The one who does what is sinful is of the devil, because the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the devil's work. ⁹ No one who is born of God will continue to sin, because God's seed remains in them; they cannot go on sinning, because they have been born of God. ¹⁰ This is how we know who the children of God are and who the children of the devil are: Anyone who does not do what is right is not God's child, nor is anyone who does not love their brother and sister.

1 JOHN 3:7-10

The Practice Of The UNIQUE SEQUENCE OF THREE TRANSFORMATIVE POSTURES

Kneeling Down, Laying Down, Rising Up Into Good Posture Relieved, Restored, Renewed, Revived, Reborn

The three primary postures of this practice are *Kneeling Down*, *Laying Down*, and *Rising into Good Posture*.

As we've mentioned, the intention of this practice is to help us experience the sensations of "being born again"—humility, submission, renewal, and confidence. In a few words, we essentially experience *humility* that leads to *submission* which ultimately causes the subduing of ego which allows the *renewal* of belief, which instills *confidence* of faith in goodness, God, and Jesus Christ.

By the grace and power of the Holy Spirit, when we take the time to focus on calming our body and practicing three specific postures, the sensations we experience are the same as ones experienced when one *is born again*. Many have shared that being able to re-experience the remarkable transformation of that "fateful" day of their rebirth brings them great peace and revives their commitment to faith—restores and refreshes their commitment as "bible believing followers of Christ." And especially, helps them grow more intimate in their relationship with the Holy Spirit.

What we discover is that *kneeling* and *bowing our head* activates our parasympathetic system and generates a powerful release in the body and a sensation of humility—and this brings us the realization that we are bowed low before a remarkably holy Being. We are kneeling before God. What's unexpected is that though many would conjecture that we would feel an immense awe and perhaps fear being before God, we actually feel an immense awe and phenomenal relief. The relief is that we know it's our Lord—we are finally with Him. And reflecting on this, we realize we didn't feel fear because our body "coached us otherwise."

And we also feel great relief because we realize a great revelation. We can't resist because we don't have a choice—this is God's work in us. And we begin to realize, our whole life is governed by God. We realize that there is no choice here—we can't resist what's happening because God predetermined and predestined this before the Creation of the world, during the time He was fashioning us into one of His unique, beloved children.

We feel an immense relief because we now know that "being born again" is the most holy of human experiences. And we know it is from a sacred source for we did not choose it—we had no

idea it was going to happen. And we know it's real because we are completely changed. One unexpected moment we are brought to our knees before God, we are saved, we are filled with faith in Jesus Christ and we had nothing to do with it—undoubtedly, it's God's plan. And, most of all, we realize that it's all holy and for our good, for the good of mankind, because we feel nothing but goodness, holiness, peace.

We become amazed to realize that we couldn't resist because we had no desire or will to resist. We had no energy to resist—we were subdued into humility. Reflecting on this experience, we feel a great revelation come upon us—we don't have free will, never did. God has predetermined all that we have gone through as well as all we are and will go through. If our “conversion” into a follower of Christ was up to God's will and timing, then so is the rest of our life, even the life of *our sinning*.

God has a purpose and plan and we have no power to change it. And this, above all else, frees us—this is what is at the root of our “relief.” We are freed, relieved, from having to figure out the meaning and purpose of our life. It is completely clear—it's God. Now filled with the Holy Spirit, our lives will be guided by God's sacred intention.

A man's heart plans his way, But the Lord directs his steps.

PROVERBS 16:9

And now, as we move through this practice to the next posture, feeling the soothing sensations of humility and relief, we feel a natural physical letting go and spontaneously *lay down*. Laying on our back with our body, our chest and heart, open to the sky we feel a vulnerability, a saturating sensation of *surrender*. We realize we are being emptied, and become aware that our ego is basically nullified. We feel this sensation morph into the powerful experience of *submission*—and it's clear we, our body, heart, and mind are “being submitted” by the Holy Spirit to God's will.

Laying flat on our back, the hardness of the floor presses against our spine and provides a very real practical experience of traction that straightens and re-aligns our spine—correcting our posture from slouching all day. As our body aligns, and our body and psyche empty of stress and ego, we experience a *cleansing*—all that was within us, mentally, emotionally, physically, is *washed away*. We feel an incredible calm come over us and realize an incredible peace begins to flow through us. And it's clear that this is when the Holy Spirit is being poured into our heart by the grace of God. It feels completely soothing, comforting, protecting—freeing.

In biblical terms, we are being blessed with a new heart and this holy physiology flows into our mind. We are being blessed with a new will—a will that is aligned with the *will of God*. We feel restored. And we feel peaceful, grateful, and loved. Upon reflection, we know this is all true

because we can absolutely feel how different we are because of this rebirth. TRUTH is we had a sinful will, and now, we have a holy will—and the sinful will can never return for the Holy Spirit now lives within us.

Trust in the Lord with all your heart and lean not on your own understanding; ⁶in all your ways submit to him, and he will make your paths straight.

PROVERBS 3:5-6

Within a few minutes laying there, we realize we have been renewed and feel the gentle prodding that it's now time to rise up. We are very focused on what we are feeling as we slowly rise up--something is different, we are different. We are rising up into the same world, yet all is completely different—our view, our opinion, our beliefs have all changed because we've been completely transformed.

And as we get closer to standing, we are naturally compelled to rise up and as we do we feel the natural inclination to stand tall, to stand strong, to stand in good posture. With our chest open and lifted, we feel our heart full and realize it has been blessed by the grace of God with the gift of faith in Christ. The indwelling Holy Spirit is stewarding faith through our heart and into our mind.

We are naturally encouraged to put our hand on our heart, and we begin to feel an unmistakable “confidence” flow through us—and it's clear it's a confidence unlike any other sort we have felt in life. It's undoubtedly holy and sacred in energy. What's amazing is it brings a softness to our face, a gentle smile of humility and compassion. We realize the “true, holy” meaning of confidence. Confidence in the Lord is best described as a “humble confidence”—for this is what's required to love and serve others.

As we stand up, we inherently adjust our body into good posture, the posture of Christ. Our heart is emanating the light of Christ. We have become the expression of an inherent “knowing “ that we have just been in the presence of Christ and have been transformed into new creations in faith in Him. We are now servants of God, of our Creator. We are now the Holy Temple of the Spirit of God.

We are now commissioned to go out and share our testimony and TRUTH of Christ—He came to let us know that Satan is real and causes us to sin. Christ came to redeem us from the horror of our sinful ways done under the deceit and delusion of Satan. Christ came to wake us up to the goodness and glory of God. Through His crucifixion, Christ conquered sin and death for us and through His resurrection we are now promised our resurrection into Heaven—promised our eternal life with God.

How do we know this is TRUTH, that we have just been blessed by the grace of God and filled with faith in Jesus Christ and now destined for eternity in the presence of God? We know because as we stand we naturally stand strong and firm in our desire to know and love Christ—we want to know the Bible, we want the Holy Spirit to help us walk in faith and show us our path toward our salvation. We are sealed with God’s promise and we are now intended to live good and holy lives and love and support others to know about Christ.

And most especially, we want to pray, we want to talk with God always so we are close to Him. And now we have an amazing “helper” to show us how to pray, and what to pray, for we are merely human—yet we are beloved humans who are being prepared for eternity with God.

Now it is God who makes both us and you stand firm in Christ. He anointed us, ²² set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come.

2 CORINTHIANS 1:21-22

To finish here, the overall experience of our rebirth can be captured in one word: calm. These three postures experienced in this unique sequence establish within us an immediate and profound transformation from “chaos to calm.” They bring us out of the distractions of the chaotic world into the calm realm of our Lord, Jesus Christ.

In the “calm,” we realize that we are sensing that which can only be described as “holy” around and within us—and this generates within us an overwhelming sensation of “humility.” The softening in our body causes an intrinsic impulse to kneel, bringing us consciously into the realization that we are “bowing, surrendering, and ultimately, submitting to that which we soon realize is the “holiest of all divinities”—God, our Creator.

We lay down and our body releases and surrenders. Our body submits and we are emptied and cleansed from our past. In peace and calm, we are then filled with “new life,”—a new life devoted to Christ—we are filled with the Holy Spirit. As we rise, we are in doubt about ourselves and our life purpose no longer. And our only focus is life is living it for God in faith in Jesus Christ by the guidance and protection of the Holy Spirit.

This practice particularly helps us consciously connect with the loving, calming, comforting, and guiding wisdom of the Holy Spirit. And after some days of practice, we realize that our attention throughout our day always begins with the Holy Spirit.

Doing The Practice—*Kneeling Down, Laying Down, Rising To Stand Tall*

We've discussed what happens in this practice, now let's walk ourselves through it so we know exactly how to do it. Let's experience it for ourselves. As with all fitness "routines," there's a warm-up, exercises for conditioning, and a cool down.

Warm Up: First, we want to loosen up and release our body, our muscles, of any tension and stress from our day. This will free up the range-of-motion in our joints and allow us to be able to "align" our bones in good, healthy, posture. We focus particularly on returning range-of-motion in the hip, shoulder, and neck joints.

To start. Stand tall and do a few full-arm circles: 8 backward and then 8 forward. Make the circles as big as you can—circling from your hips out in front, up over head, and backward down behind you. Then reverse the circles—backward, overhead, then down in front. Then clasp your hands low behind your hips and keep your arms straight. Feel the stretch across your upper chest and over the top of your shoulders and down your upper arm.

Now, holding your arms in this stretch, while keeping your chin facing forward, tip your right ear to your right shoulder—feel the stretch up over your left shoulder and neck. Repeat left ear to left shoulder. Then finish by raising your arms up overhead and clasping your hands. Gently reach your hands, arms, and torso over to the right, and then to the left—tipping your torso side to side.

Come to the center and slowly lower your arms to your sides. Stand tall and close your eyes. Begin to take long, slow, smooth breaths through your nose filling up your chest and belly. Gently exhale fully out through a slightly opened mouth. Feel your body become calm and still. Notice your mind beginning to slow down and focus. Notice your mood and emotions becoming more humble and accepting.

Now moving on to stretching our legs and hips and warming up the back a bit. You will need a chair or standing by your bed to use for support. First, standing a foot or so away from the chair or bed, bend forward with a long back and from your hips with your legs straight and with your arms straight, put your hands on the edge of the bed or chair. You should be bent at the hips about 90 degrees and with your back as straight as you can. Be careful to be gentle and not force extreme stretching. Feel the stretch through your shoulders, torso, and up the back of your legs. Stay here for about 30 seconds while breathing fully. Then bend your knees slightly and place your hands on your thighs and round your back to slowly roll up through your spine.

Do this bedside, full-body stretch about 3 times. Then on the fourth time, instead of coming up, slowly lower your hands and torso with your arms straight to the floor. As you lower down, focus on bending from the hip and try to keep from rounding excessively in your back—this is a

challenge given how tight our hamstrings are so do this carefully. If fingers/hands won't reach the floor, place a low pile of books that you can rest your palms on. And overtime, keep taking a book off the pile as you become more and more flexible in hips and legs. Now, to come up, again your knees and place your hands on top of thighs and round your back to roll up to standing.

To finish the warm up, stand tall, in good posture, and take 3-5 long, slow, smooth breaths. Completely focus on how your body feels. Notice the release, the openness, the calm. And notice how this makes you feel—mentally, emotionally, spiritually.

Kneeling Down: Again, standing facing a chair or bed and with a folded towel on the floor for your knees, slowly lower yourself to the floor and kneel. If you are not able to kneel all the way down to the floor, you can simulate the same sensation by sitting on the edge of a chair with your knees tipped toward the floor and your upper body leaning forward—be sure the chair is sturdy.

As you lower yourself down to the floor, notice the sensations in your body that awaken you to the orientation of “lowering oneself down” and how this is “humbling.” You may feel your body surrendering, releasing tension, becoming softer—your whole self is becoming “softer.” And focus on how this action is shifting your mindset from “machinating” about what was going on today to focusing on what is going on right now.

Notice how paying attention to your body while kneeling is bringing your mind, your attention right into this “present moment”—the most important moment of your life. And now focusing on your faith, notice how paying attention to your humbling sensations brings your attention to Christ—bringing to mind His kneeling in the Garden of Gethsemane and the humility He felt before God is now flowing through your heart, body and mind.

Once you are on the floor kneeling close to the bed, place one arm on the bed while the other palm over your heart—or if comfortable you can bring both hands in prayer fashion in front of your heart. Bow your chin slightly toward your heart. Stay here for several moments, taking several long, slow, smooth breaths. Continue to focus on your body. Notice what you feel. Notice what you are thinking.

You may naturally begin to feel your body feel humble and holy—your mind may begin to focus on kneeling before a holy being. Now bring your attention to know that the holiness in your heart is the Holy Spirit and you are kneeling before God with your mind filled with the energy of faith in Christ. Stay here a few more moments as you settle into this experience, while taking several more long, slow, smooth, breaths.

And in your last few breaths, feel the sensations of emptying and release—feel your body begin to sink and surrender and the need to lay down on your back to rest. Gently lower yourself to the

floor, perhaps having prepared a towel or some carpet to lay on for cushion. Lay down on your back. Take a moment to adjust your spine—lift your hips up just a bit to lengthen your tailbone toward your feet, lift each shoulder girdle and re-lay it down in a more open position, rotate your knees and toes toward the ceiling and then let your legs just release, lay both arms long at your sides, lift your head a bit to adjust and lengthen your neck tucking your chin slightly toward your chest, and finish with placing a soft smile on your face.

Begin to take a series of long, slow, smooth breaths. And as you do feel your body continue to relax, continue to let go and surrender—becoming heavier on the floor. Focus on what it feels like to feel your body fully relaxed and as heavy as it can be. With the next few breaths, begin to realize that you are pretty much completely “submitted” in body, heart, and mind to the floor—to God. You are completely empty, washed clean of all that you have been, and thus, have been prepared to be filled with all that is to be, with God’s plan and purpose for your life, with God’s will.

And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

1 CORINTHIANS 6:11

Realize that your will has been replaced with a holy will, a will aligned with God’s. You begin to realize that you are not your own. You never were, yet now you feel and know TRUTH. You, and no one, have free will. We either have a sinful will or a holy will—and God decides which. Now laying there, realize that you have just been renewed with the repouring of the Holy Spirit by the grace of God. Our body not only is not ours but rather it is now the Holy Temple of the Spirit of God. Let this revelation sink in while taking a few more breaths. Then with a few more breaths, ones that are a bit more intent and energetic, begin to motivate yourself in preparation for rising up.

"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

Rising Up to Good Posture: As you prepare to rise up, remind yourself to move carefully and slowly. And yes, this is to be careful against injury. Yet more so, it’s about paying attention to the actual “rebirthing” into your new self—what are you feeling as you roll over to your side and come to all fours?

In this posture on your hands and knees, you most likely will be feeling sensations of *effort*, needing the strength of your arms and legs, the strength of your restored self, to raise you up. Bring one foot under you, use the bed/chair for support, and begin to use the strength in your one leg to raise your body up until you are able to place the other foot under you. Both feet on the ground establish the foundation of your renewed self.

Just as on the day of your rebirth into faith in Christ, you have re-created that in this moment now. You have just come forth as a new being in the world, a new being in Christ.

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

2 CORINTHIANS 5:17

As you feel your feet establish your basis, begin to slowly roll up to full standing—and notice that this is you rising up into the world as your new self. This is not metaphorical—this is a real sensation that flows from your heart establishing itself as the center of your body and mind, the tabernacle of the Holy Spirit. Then begin to establish your feet and legs as your base of stability and begin to align your body over it—establishing your balance against the pull of gravity.

Continue on here by following the instructions in the above section about “the technique for aligning into good posture.” Put briefly here, roll yourself up to full standing. Align your knees and toes straight ahead. Then start at your feet and begin to create the “tone” in your legs and abs to generate the lengthening of your body and spine upward so you are standing tall and strong.

As you lift and open your chest, feel the fullness of your heart—the warmth of the Holy Spirit. And as you feel the sensations of your body stabilizing and strengthening your mental and emotional self into a being of confidence, begin to realize that this is because you are being filled with faith in Christ—by the grace of God. Stand now in the posture of Christ, renewed in the mind of Christ and let a soft smile of gratitude and love come upon your face—knowing it glows with the “light of Christ.

Stand for a few minutes letting yourself feel these sensations fully—restored, renewed, revived, reborn. Notice you feel calm. And you are focused on your love and devotion for Christ. You now know the true meaning and purpose of your life—to love God with all who you are and love others as Christ loves you. We are to go into the world and through our work, our family lives, our social circles we are to share our testimony and the Gospel and Revelation of Christ to whom all we know and meet.

Take several long, slow, smooth breaths and notice that this practice wouldn’t feel complete if you didn’t take a few moments to pray, to talk with God through the guidance of the Holy Spirit.

Just as Christ was raised from the dead through the glory of the Father, we too may live a new life.

ROMANS 6:4

Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world

EPHESIANS 6:10-12

Be on your guard; stand firm in the faith; be courageous; be strong. ¹⁴ Do everything in love.

1 CORINTHIANS 16:13

The PRACTICE OF PRAYER. And The PRACTICE OF READING THE BIBLE

One of the most remarkable things about this practice is that it inspires one to want to talk with God. The practice has drawn our attention out of the distractions of the world around us and from the concerns of our life. We have emptied ourselves of the trials and tribulations of our day and have been redeemed and restored by God.

God called us to Him and as we knelt down, laid down, and rose to stand tall we became profoundly conscious of our connection, of our relationship, with God. We realized that without God we can do nothing. And we also realize how far away from God we had gotten in our day and the dangerous temptations we were surrounded by. We were rather weak in faith—the armor of God had become dull and tarnished.

So now that we are revived and restored and realize our true mission in life is to be the “light of Christ” so others might be able to see we need to seek God’s blessing. In order to prepare for another day, we need to consciously connect with God, to read the Bible. We need to consciously connect with the Holy Spirit and seek His council on helping understand what God is revealing to us today.

As we know from the Bible, Christ revealed to us how imperative it was for those born in Christ to pray to the Father. Christ is our intercessory to God, yet we also not only are able but must speak to God directly, to personally share with Him. As we’ve discussed, the purpose of prayer is not about making sure God helps us and knows our struggles. Of course God knows all our thoughts, all that is on our minds and in our hearts. The purpose of prayer is that we feel intimate to God and we feel aligned with God—that He is present and that He knows we are humble and that we offer ourselves and our lives into His will.

In other words, in order for our relationship with God to be full, to be fulfilled, we need to be able to feel His love for us and we need to feel our love for Him. This happens in prayer.

The Technique: It's important that we are in the posture of prayer, kneeling down, in order to align our body, heart, and mind in our intention. In this practice the intention is to bring all of our attention to God, all of our attention to Christ, all of our attention to the Holy Spirit. The Holy Spirit will guide our thoughts and words, and kneeling down helps us hear them much more easily. In essence, by kneeling we have shut out the world and are in absolute, undivided attention to our relationship with God feeling our faith in Christ.

So return to the first posture of this practice and kneel down. It's important that you feel comfortable thus be sure to kneel on a folded towel or firm foam cushion up against the bed. Place your elbows on the bed and put your hands in a prayer position. Take several, 3-5, slow, smooth breaths and feel your body and heart, and mind settle into this posture and moment. Feel yourself become the "present moment."

Take a moment to notice TRUTH is that our body is always in the present moment so when we pay attention to it we are in the "here and now." In other words, when we are fully attentive to our body and thus to this moment in time, all our senses are engaged, aware, of what is happening. And kneeling here this way, we are experiencing an infusion of holiness that makes our body feel holy and enlightens us with TRUTH—TRUTH of God, His Creation, of Christ and His crucifixion and resurrection, of the Holy Spirit and His wisdom.

Put simply, kneeling down with the intention of prayer, we are in the "true," the "real" experience of being a beloved creation of God, a new creation in Christ. We are in a world far more important and fulfilling than the one outside our bedroom door. And we are being purified and sanctified, strengthened and encouraged, for the "work" we are to do out there.

How to pray has been revealed to us by Christ. We are to say the prayer He shared with His disciples in the Garden first. And we are to pray to God only and directly—never pray to God through any other "being." Yet, while we pray we are to seek the guidance and support of the Holy Spirit as He knows what we need to pray for.

Oftentimes, we let ourselves be led by thoughts and worries that are floating around in our own mind in deciding what to pray for. However, it is important that we realize these are often thoughts that have come to us from the world, and are actually from interactions and occurrences that Satan uses to try and tempt us back to his will. So it's important that we realize that the context of our prayer needs to be the intention of God's will.

And now we understand why Christ's prayer for us to the Father begins with the declaration that we recognize God as God, as our Father, the one, true Creator. And then we acknowledge the power of God's will over all Creation and over every aspect of our lives. Our life is not ours—our life, our body, heart, and mind are God's. In these words, we are submitting to God and feeling our inherent gratitude for being chosen by Him to be in this world in order that we may be refined to holy, divine beings who will be with Him in Heaven—one day soon.

In this manner, therefore, pray:

Our Father in heaven, Hallowed be Your name. ¹⁰ Your kingdom come. Your will be done On earth as it is in heaven. ¹¹ Give us this day our daily bread. ¹² And forgive us our debts, As we forgive our debtors. ¹³ And do not lead us into temptation, But deliver us from the evil one. ¹For Yours is the kingdom and the power and the glory forever. Amen.

MATTHEW 6:9-13

This book also would like to make the suggestion for how to set the context of this “prayer moment.” This suggestion is intended to help us focus on the powerful revelation about how the Holy Trinity is influencing our lives—about how immensely brilliant and highly-creative God is to have provided a way for us to know Him intimately. In fact, He created a way for His spirit to be poured directly into our heart so we have immediate access to Him.

As we've discussed, we know that God designed the “Holy Trinity” as the means by which we can more intimately know God by “feeling His energy, His presence within us.” As we pray this becomes undeniably true. Said differently, as we pray we know the Holy Trinity is TRUTH because we feel the Holy Spirit indwelling in our heart—because we feel the sensations of TRUTH flowing through us. Many refer to this as a sensation of “knowing.” If this sensation comes with the sensations of humility, submission, and confidence in faith then we can trust that it is from the Holy Spirit.

The prayer below is simply a suggestion of how to acknowledge TRUTH of the Holy Trinity at the beginning of one's prayer practice. It significantly helps to set the context of our consciousness being completely surrendered to God.

Dear Father God, I reach out to You through Your beloved Son Jesus Christ. You in Him, Dear Father. Dear Jesus, You in the Father. Dear Holy Spirit, You of Them, now in me.

Dear Holy Spirit, my comforter and protector, may you guide my words as you see fit in order that my prayer is one in alignment with God's will.

Dear Father, may my thoughts and actions today fulfill your will.

*Dear Christ, may I walk through this day as you humble and deserving disciple.
Thank you, Holy Spirit for guiding me through this day in God's intention—this body, this heart,
this next breath, this next step are all yours, Holy Spirit, for your good purpose and will*

As we move through our prayer, we want to give thanks for all that we have been given this day—from our heart beat and breath to the opportunity to do what the Holy Spirit guides us to do. It's valuable to list what are our intentions for the day, while making sure we realize that the experiences and outcomes are in His full control—*“if it is your will, may I do this and that, yet not my will but thy will.”*

Each day, we want to make sure to ask the Holy Spirit to keep us protected in the *armor of God* so that we are not tempted and Satan's will can enter our heart and mind. As we know from the Bible, and most especially from our own lives and what we see in the world around us, Satan is on the prowl for souls to devour 24/7. He can easily put thoughts into our minds and energies into our hearts that cause us to be deceived, confused, cranky, arrogant and prideful, judgmental—we accuse, blame, and argue with others to keep us from feeling responsible and disappointed for what happened or didn't in our life.

Praying keeps us on point and remembering that the whole purpose of our lives is to be humble before God, completely submitted to His will, and rising up to go out into the world to share the Gospel and Revelation with all we meet. Prayer keeps us close to God and refreshed in our faith to do as Christ has commanded us—to love God with all that we are and to love other believers as Christ loves each of us.

Through prayer the Holy Spirit awakens the *holy sensation of humility* in our hearts. This fills us with TRUTH—that the most important thing in life is our relationship with God.

To complete our prayer and prepare ourselves for our day, we end our prayer with *“in Jesus name we pray, and by the name above all names, Jesus Christ we pray that we are saved from all evil, amen.”* Then, stay kneeling for one more moment before you start “jumping up” to get on with life. Take several long, slow, smooth breaths to help “metabolize” this experience in your body, in your heart, and in your mind.

Then move slowly as you begin to rise up so as not to interrupt the calming, holy BBBB cycle you are experiencing. Now stand tall in good posture. Take 3-5 breaths more to feel the loving, calming, empowering sensations of the Holy Spirit flowing through your heart—He is here to support you while you set your intention to go out in life to serve and love the Lord, Jesus Christ.

And finally, as completion of this practice, take several minutes, even just 5-10, and read the Bible. Sit tall in a comfortable chair holding good posture. And take long slow breaths as you read. Remember that the Holy Spirit supports you with insight and understanding of the teachings of the Bible—bringing “the word of God” alive in your heart and mind.

The Holy Spirit helps us understand that the Bible reveals God’s intention—God’s plan and purpose from the beginning to the end of this age of mankind.

Prayer helps remind us that we, our body, is the Holy Temple of the Spirit of God. As you prepare to go out into the world, reflect on how your body reflects this to the world. Remember that the Holy Spirit helps us understand the conditions of God’s New Covenant, and thus, remember the importance and reason for our faith in Christ. Let this revelation, this sensation, flow through your whole body as you take your first few steps as a renewed “believer” out into the world.

In other words, though you are about to go about your day’s activities, remember they are for the Lord, Feel TRUTH of why you have been created—that the story and destiny of your life has been predestined by the grace of God before the creation of the world. God has your life prepared for your refining into a holy, divine being who will be with Him in Heaven. It’s why He sent us the Holy Spirit.

SPIRITFITT Gestures—How to Practice this Practice throughout your day.

Before finishing this chapter on SPIRITFITT, it’s powerful to take a moment to mention places and times throughout your day that you can do a short-form of this practice so as to continue to condition yourself into the disposition of a strong, fully devoted believer in Christ.

Also, it’s very valuable to take a moment to think about other postures and gestures that we can easily do during our day that activate the mind of Christ and support our hearts *to shine the light of Christ*.

First, the most powerful thing we can do to keep our physiology calm, and thus our psychology calm, and thus, to keep us in the posture and mind of Christ, C.A.L.M, is to be calm, walk calm, sit and stand in a state of calm. And the best way to make this happen is to “slow down.” Literally moving slowly will cause our whole body to slow down and this will give us the space of consciousness to slow down our thinking and be more “present” with the reality of this moment rather than the illusion of the past or future—what is gone and what is yet to come are not real, deserve very little of our time and attention.

Slowing down helps us be more courteous toward others. If we are not in a rush, we are more thoughtful, and thus, do things like “letting others go ahead of us.” As we know from the Bible, those who have the “power” to go first but instead go last out of respect for others will gain rewards in Heaven—for this is emanating the character of Christ. A perfect analogy is that you arrive at a door before another, but you open it for them instead. Next time you do this notice how it feels—calming, heart-warming, humble, and holy. And as you walk through the door, offer a prayer of thanks to the Holy Spirit for creating this opportunity for you to be kind to another.

Believe it or not, as previously mentioned, you can even do this practice while attending a business meeting. Humble yourself before others with a gentle bowing of your head while greeting them and shaking their hand. This instantly lets them know they have received your gift of respect. Most likely, you will receive the same in return. Walk into and through the room in good posture and then when sitting at the table, sitting tall with a soft smile, pleasantness to your face. This emits your confidence and humility at the same time. Your electromagnetic field emits the light of Christ upon your face. Chances are according to scientific research the meeting will feel positive, so smoothly, and even be enlightening and enjoyable.

In summary, simply imagine what Jesus would do in a situation and act the same. This will deactivate negative, even demonic energies around you. As well, it will tell the world who you truly are—a devoted follower of Christ. And as we’ve said, many around you will naturally mimic you, and may eventually, begin to become interested in Jesus Christ and His life.

In Summary

The brilliance of this practice is that it works every time. It helps calm you immediately. It dissolves our physical, mental, and emotional stress within a few minutes because it dissolves our egoistic hold on our life, others, and on the world. As we practice this we realize that pretty much most of what we thought about and how we responded to our day was an illusion—something “machinated together” by our own thoughts and thoughts of those around us—and thoughts instilled by Satan.

This practice helps disentangle all of that—and we gain a humbling and holy perspective. We are restored and reconnected to our renewed self—our new true self as a new creation in Christ when we were reborn.

And what is a great blessing is we are creatures of adaptation. If we practice SPIRITFIT regularly, we will eventually before too long find ourselves “conditioned,” and thus, less vulnerable to the deceit around us. We will feel stronger in our own sense-of-self because we will

always be wearing the “armor of God.” and thus, not only less deceived but more protected from the evil one.

And especially, this will begin to help us feel stronger and stronger to speak out against the evil in the world and share with those around us about the “soon coming of the end of days and of Christ’s soon return”—sharing Gospel of Matthew 24 and the prophecies in the books of Daniel and Revelation.

What’s important to note is that there are many “believers” who may have not come to realize in life yet how important it is for us to know these prophecies—and that it is more so now than ever. TRUTH is that without knowing these books in detail attests to the fact that we don’t really know our Bible, and thus, we don’t really know Jesus Christ and His work for us. We miss knowing that Christ was not only our Savior but is to be our ruler. We miss the true nature and character of Christ. And thus, we also miss the true nature of God.

And as we’ve said, if we don’t really know the TRUTH of Christ, we don’t really know the existence of Satan...and thus, we will be unprepared for our rapture with Christ. Though as born again believers in Christ, we will be distracted by “normal” life and like the 5 virgins we will not have the “oil” we need, we will not be as prepared as we need to be so that in the blink of an eye we will be transformed and raised up.

PART 7

END DAYS—The Era Of Hybrid-Humans And Man Trying To Live Forever

THE ENDING FROM THE BEGINNING

In the Garden, Satan deceived us with THE LIE: “You can be like God. You can have free will. You Will Surely Not Die.

But we did. We Died Spiritually.

It is highly probable that we are in the end days of this age of mankind. We only need to look around ourselves at the state of the world and of our own personal relationships. And looking at it through the lens of the Bible, we see that what Jesus Christ shared with us from the Mt of Olives back in 33 AD just a few days before His crucifixion as the “sign of the end” is coming true all around us.

Jesus also warned that it will be like the days of Noah and Lot. Those days were days of extreme depravity of mankind—wickedness, gluttony, obsession for wealth and power, sexual immorality, perversion, and degrading and defilement of the human body governed the hearts and minds of man. It was so pervasively evil that God brought destruction to cleanse it all away.

TRUTH is man was profoundly egotistical—he believed he was better than God, that he didn’t need God, for he had the power of free will and the wisdom to decide his purpose. And thus, with absolutely no right or privilege, man managed creation in ways to please his lust and desires because he believed THE LIE—because he was of a sinful will, of the will of Satan.

Sound’s exactly like today.

“Tell us, when will these things be? And what will be the sign of Your coming, and of the end of the age?”

⁴ And Jesus answered and said to them: “Take heed that no one deceives you. ⁵ For many will come in My name, saying, ‘I am the Christ,’ and will deceive many. ⁶ And you will hear of wars and rumors of wars. See that you are not troubled; for^[a] all these things must come to pass, but the end is not yet. ⁷ For nation will rise against nation, and kingdom against kingdom. And there will be famines, ^[b]pestilences, and earthquakes in various places. ⁸ All these are the beginning of sorrows.

MATTHEW 24:3-8

It’s pretty much to the point that man can’t deny that we are definitely in the end days. Half the adults in America believe we are at “some sort of end.” Our planet’s climate and nature crisis, our country’s political unrest, the geopolitical chaos particularly in the middle east, the depraved focus of music and entertainment, the eccentricity of scientific experiments, the degrading of

spiritual centers, and the development of AI all indicate a world of gloom and doom. It's profoundly obvious that we are not only experiencing such times as the days of Noah and Lot, but that these days are much worse.

Those who have been born again and given the gift of faith in Christ feel TRUTH in their hearts that humanity is definitely living in the generation that will be witness to this end—as the Bible reveals. And many of them also believe that they will be taken by Christ in “the rapture” into the next age—the Millennium, where Christ will rule and reign. As believers they are spared the extreme events of the *Great Tribulation*.

The Millennium will be an age of peace. And, we're also told in the Bible that it will be the last age of the “refining” of man. It will be the *final phase* for man's purification and sanctification in preparation for eternity in Heaven to be with the Lord, to be with God.

So the question becomes, *if we are in the end days, are we ready?* Are we ready for what's next? Are we sure our faith and practice of faith are where they should be or have we been coasting? And perhaps, have we maybe even been ignoring what's going on in the chaos because we don't want to face TRUTH that it could be the end of the world. Are we still so attached to the “things of this world” that we are not completely trusting in God and His intentions? Are we still somewhat controlled by Satan's values in this world that we are not quite humble enough to devote all that we are to God? Hmm. Are we looking forward to being with Christ or are we afraid to die?

TRUTH is we must turn to the Holy Spirit for answers. We need to lean on Him and not our own understanding.

The Holy Spirit helps us realize this. As we discussed, the Holy Spirit has been revealed as the *agent of our rebirth*, which means He is the agent of awakening to TRUTH—faith in Jesus Christ for Christ is TRUTH, and the way and the life. The Holy Spirit helps us comprehend how we have been deceived to think and believe otherwise—Satan's cunning deception through THE LIE. Meaning, the Holy Spirit helps us awaken to how mankind has been, and most still is, seduced by the false beliefs that *we have free will*, that *this life is ours*, that *our body, our life-story, our destiny, our future are ours to decide how they should be*.

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 Days Of RAGING ARROGANCE AND PRIDE—How It All Got Started Is How It All Is Ending

Taking a look back briefly, we revisit what happened in the beginning and how this all got started.. Basically, understanding how man became so “willful,” so arrogant and prideful helps us understand “the end”—helps us understand how we find ourselves in this predicament today and why *it all must come to an end*.

Put simply, it’s pretty clear that mankind in general has not evolved in the roughly 7000 years of our existence—and that we are still living in the days of raging arrogance and pride. And we understand something very powerful. TRUTH is because it all started supernaturally it’s going to end the same way as well. There is nothing man can do to “save ourselves or the planet.”

However, the fact that only God can bring salvation does not mean that man is powerless, that we have no purpose or meaning. Man’s greatest fulfillment, as it always has been, is to serve God, to live in faith in Jesus Christ. Though many struggle to believe this, to let go of ego to see it, TRUTH is that this is the reason we were created.

For the next few minutes, we want to review the past and how this all got started and progressed not only so we know the account, but also so we can see how the Bible reveals TRUTH—we will see that all the prophecy in the Bible has come true except for the prophecy of the end days which constitutes about 20%. Meaning, what we read that is happening and yet to happen is TRUTH, what we see right in front of our eyes is TRUTH. And by this, we also come to the revelation of TRUTH of God’s predeterminism and predestining power over all Creation—and it’s clear now that Christ is the Alpha and Omega, that *Christ is the way, the truth, and the life*.

In conclusion, the Bible and God, and Christ, and the Holy Spirit, and Satan are TRUTH. And our journey on earth has been for God’s sole purpose and plan to refine man, His most brilliant and beloved Creation, into divine, holy beings, made in His image so that we can be with Him in Heaven, in His Kingdom.

So now the question for us becomes—now that it’s clear we are facing God’s predetermined ending of this “age of man,” of this phase of His refining process of us, are we sure we are ready? And more specifically, are we sure we are ready for “the rapture”—in other words, are we sure we will be chosen by Christ to be taken up and transformed to be with Him in the clouds?

For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first.¹⁷ 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.

1 THESSALONIANS 4:16-17

Taking A Look At THE BEGINNING So We Understand THE END

So even though we have discussed this, let's take another look at "the beginning." But now let's look at it through the lens of these end times. In the Garden of Eden man was attacked by Satan with deception and brainwashing and fell under his spell. Since then, man has been deluded into believing that though we did not create this world, nor our body, it's all ours to do with as we please—THE LIE. Put simply, Satan tricked Adam and Eve into believing they could become "like God" and have the power of free will, the power to choose and create everything we wanted.

And even more deceptively, Satan convinced them, and as their descendants, that they "want" to be like God, that they "want" this kind of power—that they/we "should desire" to be able to manifest our every desire. And behind all this, Satan had also deceived us to believe that we have the wisdom to create goodness and beauty—which we have to have in order to have free will.

Satan got Adam and Eve to eat the "fruit of intoxication" with knowledge—so that man would become "addicted to this world." Getting man to believe that seeking and having knowledge was the most important pursuit of our existence, Satan got us to reject God, even forget about God—we don't need God because we can figure this out on our own. And by getting Adam and Eve to eat the fruit this mindset became part of man's DNA.

Eating the fruit of arrogance and pride, as we still do today, our body becomes contaminated and our mind corrupted—man has the addiction gene to do all he can to gain and command the same knowledge that God has. How do we know? Simply look at the progress in medical science and AI technology.

In the Garden man became transformed for the humble holy creations of God, into the arrogant and prideful followers of Satan. Satan convinces man that we don't need God, that we can do better than God, that it's ok, important, for us to "go it alone." In fact, Satan convinces man to believe we can take God's creation and make it even better—and make it completely our own. And instead of a "better world," TRUTH is that man has corrupted it beyond his ability to fix it.

The tragedy is that Adam and Eve had been perfectly happy in Eden before Satan came. Eden was "eden," spectacularly beautiful, peaceful, and abundant. And they got to walk around the garden with God in the cool of the day. But once they became defiled, they had to be put out of the Garden, and thus, became victims of the world around Eden, Satan's world, a world of darkness and evil—the world we all inhabit now. And as a result, from this time on man has been born with a sinful will.

What we are realizing as we gaze upon the world around us is that mankind is still in this dark world. Man is still subject to Satan and victimized by his matrix of delusion. We keep eating the toxic fruit and keep believing that we don't want what God offers but rather what Satan has. We keep believing THE LIE—that we have the power of free will to choose the destiny in life we desire and to choose the eternal life that we want. We see the deception and the immense darkness and evil.

Yet, all is not lost.

Now born again, we can see. We can see TRUTH. We see THE LIE, we see the matrix. We see the delusion we've been swimming in from having been deceived. We see how we have been separated from God, from the love and goodness of our Creator—and that we have been spiritually dead.

We begin to see that we have been so attached to “our life,” so brainwashed and obsessed with the false belief that “we can manifest and own” all that we want, that *we are the masters, the gods, of our own universe*. Satan has gotten us to completely believe that the reason for our existence is to “fulfill our will, satisfy our every desire and want.” And we can see that it's all THE LIE. And we are experiencing how TRUTH sets us free.

Man is so deluded that we believe THE LIE is TRUTH. As a result, we worship everything material, everything fake—it's a plastic world in which the natural is being replaced with things that can almost last forever. We've become so confused that we believe that good is evil, and evil is good. We are so deluded we can't stop consuming and wasting and destroying all that is beautiful, healthy, and holy. We have adopted a beauty that is actually grotesque and fallen for the pagan idea that sex and lust is what creates intimacy and connection.

Since the Garden of Eden, we have believed in the greatest deceit of all—besides believing man has free will, Satan has also gotten us to believe that he doesn't exist. Satan doesn't want us to realize that he exists because he doesn't want us to realize that he is the cause of all pain and suffering. Why? Because if we knew TRUTH, then we would realize that we can't defend ourselves against Satan. In other words, we would wake up from THE LIE and realize that we don't have free will, Satan is in control of our will. And thus, we would wake up to TRUTH that we are really in trouble, that we can't help, save, ourselves.

Why is this so important to Satan? Because if we believe we have “power”, then we think we are to blame for our suffering and that we are the ones responsible to clean up our sinful messes. We are duped into believing we have free will—and thus, he gets to keep deceiving us with more and more vile temptations.

And this brings us to the most important revelation. If we don't believe Satan exists then we don't realize that we are victims of a sinful will, controlled by Satan's will. And in that case, we don't have the power or knowledge to free ourselves. We believe that we can't change ourselves. We won't wake up to TRUTH that only the power and grace of God can do that—TRUTH that we are sinners under the horrible control of Satan and that we need a Savior. This is Satan's diabolical plan that he believes will keep Jesus from coming—which in TRUTH Satan knows is already predestined by God.

TRUTH is that we don't have free will. TRUTH is we have a will and can freely make choices within this will—yet our will is not free. TRUTH is there are two wills that occupy man's disposition—a sinful will or a holy will. TRUTH is that our choices in life are either aligned with Satan's will or with the will of God. We either are always making choices in life that align with a sinful, unhealthy, unholy way of living or with a holy, healthy, sacred way of living. TRUTH is that only God decides which we are to have and only God can change the will we have. We live a life either grounded in THE LIE or one liberated by TRUTH.

And now we come to something so remarkable—almost beyond our comprehension. We begin to understand that there are those who *have been chosen by God* before the creation of the world, as the Bible tells us. And as His “chosen,” they are blessed with the experience of “rebirth in spirit.” Reborn with a new heart and mind, they are then filled with the Holy Spirit—*they are brought back to life spiritually*. And thus, see TRUTH, and one could also say, they see the “whole” TRUTH.

And we realize that the Holy Spirit wants us to understand that TRUTH is hell is far worse than we are imagining—it is not just the pit of eternal fire and darkness but rather unfathomable pain and suffering that goes beyond this. It is the eternal, profound pain of isolation and loneliness, unlike any we have experienced or felt on earth. It is the kind that comes from being separated from God.

In other words, reborn we are beginning to realize that the Holy Spirit is helping us to be able to see the “whole picture.” In other words, we are able to see God's intention, possibly even imagine what He was thinking before the creation of the world—what He was thinking and predetermining about all of Creation, even about our own life.

The Holy Spirit is here bringing us spiritual life, spiritual wisdom. Meaning, He is bringing us back to our relationship with God through the gift of faith in Jesus Christ, and thus guaranteeing our salvation—so we don't end up in hell. And with His guidance through the Bible, as we've previously discussed, all this is God's plan. All this is for God's intention and pleasure—all to

reveal His power and glory. And thus, we are to realize that we are His creations, we are reflections of His power and glory. What more can one say in response but “wow.”

And yet, there is something else we must also realize. We are God’s most brilliant and His beloved creation—and though, we are still mere mortals. And as mere mortals, we have been created by God to be in relationship with Him as His children, as His servants. We have not been created to be His equal—THE LIE. And we are to understand that during this time on earth we are being “refined”—that we are destined to experience God’s power and glory, His goodness. His glory fulfilled is for our glory.

Dear Father God, I reach out to You through Your beloved Son Jesus Christ. You in Him, Dear Father. Dear Jesus, You in the Father. Dear Holy Spirit, You of Them, now in me. Pkirk.

And these new understandings, given us by the grace of the Holy Spirit, help us grasp that God has predetermined all pain and suffering, all good and evil, all fear and doubt, that comes on earth and into our lives. Put simply, we begin to have the most important understanding that God is God—i.e. we are not god and have no power to question God. And as we begin to realize this by reading the Bible, we have a remarkable “aha.” God wrote this all down for us to understand so that we would be able to experience and comprehend with objectivity “the hope” about what is happening even though everything looks utterly hopeless. By the graciousness of God, He wants us to understand where these “tribulation events” are all leading.

We learn from the Bible that God intended evil to bring about good for us. God created Satan in the beginning so through mankind’s existence on earth we would experience what it’s like to live in a world of evil, so that we yearn for a life of good. God wants us to experience what it’s like to live a life under the auspices of Satan so we yearn for a life infused by the grace and love of God. God wants us to understand that all this, “all this,” is for our *preparation*, our purification and sanctification, our refinement into divine, holy beings. As the Apostle Paul reveals, the pain and suffering we endure here is nothing compared to the rewards, and blessing, and grace we will experience in Heaven, with God.

And now we come to the “timeline” of the Bible—the timeline of “all this” that God predetermined and predestined before the creation of the world. This is the timeline that has all been for our evolution into beings who can be with Him in His Kingdom. Our “refinement process” began in the Garden of Eden—our original contamination and corruption. Then there was God’s “redemption and salvation” plan through Jesus Christ—God incarnating to show us Satan exists and for us to see how evil he is and how evil he has gotten us to be. And then there is God’s gift of “rebirth”—Christ’s teaching that in order for us to enter the Kingdom of Heaven, the chosen shall be reborn in spirit. And now, there is the “period of the end,” *the end days*.

And though we are struggling through the intense trials and tribulations of this time, and are enduring great sorrow because of the ending of the world we have known, even though rather dark, TRUTH is that this experience, this suffering, is nothing but amazing great news. How so?! It is the end of all evil, the end of Satan, the end of all suffering and pain, of all tears, disease, fear, and doubt. It is the revelation that all this evil that man has endured is all for the most profound and humanly unfathomable good for our destiny—our eternity with God, with the one, true Creator, with God of the Bible.

So now the question is how do we know we are truly at the end of “the end?” *Because our days are filled with man’s raging arrogance and pride that appears to be at its climax. Suggesting that if God does not come soon, man will completely destroy ourselves.*

So let’s look at what the Bible reveals is to happen in these end days and compare this to what is happening in our world to see if we really may be closer than we realize to Christ’s second coming. Could “the rapture,” man being taken into the Christ’s Kingdom in the Millennium, perhaps be only a few hours, or days, or months away? Do we really think given all we are experiencing on the world stage that “the end” could be decades away?

Also, what we will realize is that by looking at our world face on and with TRUTH in our heart, we will get to examine our heart and mind to see what we may need to do with the guidance of the Holy Spirit to get ready, meaning, if we want to be raptured are we sure we are in good standing with our Lord Jesus? It’s important to understand that if we feel a bit hesitant about wanting to be raptured or for it to be the end of the age, then are we truly sure we are as devoted to Christ as we are to be—if there is something in this world we are holding on to, it’s a sign that we are not quite “all in.” Hmmm.

The Days Of NOAH—Transhuman, Super-Human, Human Hybrids

The Days Of LOT—Sodomy, Perversion, Inhospitality, Apostasy

The Days of RAGE—Unbridled Arrogance and Pride

Truly I tell you, this generation will certainly not pass away until all these things have happened. ³⁵ Heaven and earth will pass away, but my words will never pass away.
³⁶ “But about that day or hour no one knows, not even the angels in heaven, nor the Son,^[a] but only the Father. ³⁷ As it was in the days of Noah, so it will be at the coming of the Son of Man. ³⁸ For in the days before the flood, people were eating and drinking, marrying and giving in marriage, up to the day Noah entered the ark; ³⁹ and they knew nothing about what would happen until the flood came and took them all away. That is how it will be at the coming of the Son of Man.

MATTHEW 24:34-39

Likewise as it was also in the days of Lot:

LUKE 17:26-28

TRUTH is man doesn't have free will—and actually, we don't have the slightest clue what is best for us to do even if we did. TRUTH is that one can't have free will if we don't have the wisdom to discern—and it's obvious that mankind has incredibly little wisdom. TRUTH is man has a will but it's either a sinful will or a holy will. And TRUTH is that it is obvious the majority of mankind is under the spell of the sinful will—remember “the Fall.”

And TRUTH is we don't have any real power to make anything in our life happen. It's all God's will. TRUTH is we are not here for ourselves but for the fulfillment of God—for His purpose and plan, for His will and His will alone. And, what the Holy Spirit helps us realize is that this is for our good, our glory, our supreme joy—God's will and desire is for our fulfillment and joy, is for our being with Him. What could be more remarkable!!

TRUTH is according to the Book of Revelation God will bring on the “end of the age.” Well, though this strikes fear into the hearts of many, this bad news is actually nothing but good news. The bad news is that the world is going to go through some incredible chaos and destruction—much of which we will have to endure and it's only going to get worse. The good news is that this is the final phase of the evilness of man—and especially good news because it leads to the final demise of Satan.

Now what's most important for all to understand is that this will be a time of great wrath—and it will be the wrath of both God and Satan. God's wrath will be against evil and disease and intended to cleanse the earth from it. However, Satan's wrath will be to destroy as much of mankind and the earth as He can to spite God—Satan hates God, and Satan hates us.

Now, Satan knows the Bible better than we do, so he too knows we are in the beginning of the end—which means His ending. Satan still believes though that He might just be able to overcome and win—the one Satan deceives the most with THE LIE is himself. TRUTH is that though many theologians believe that Satan tricked God in the Garden of Eden and corrupted Adam and Eve of his own free will and power. TRUTH is he didn't. God was and is and always will be fully in control, fully sovereign over all Creation. TRUTH is nothing happens without God's involvement, without His predetermination and predestination—unlike what many theologians like to believe because they believe THE LIE.

TRUTH is Satan will never get a true kingdom of his own—he will never get all of mankind to worship him. He will never be the true ruler, the true king, of this world. He will never have the power “to create,” to manifest, the power his arrogance and pride deludes him into believing he can—he will never become as powerful as God.

So what's the bottom line here? Are we in the end days? How long do we have?

How Do We Know We Are At The END OF THIS AGE

Put simply, we know we are in the end days because it is obvious. What is obvious, you ask. It's obvious that Satan is *raging with arrogance and pride like never before*—he knows it's his last desperate attempt to conquer Christ. The sign of this is that it's clear that the majority of mankind is still trapped under Satan's spell and still shackled and imprisoned in the false belief that we fell under in the Garden of Eden—that we have free will. We clearly are more deranged than ever believing that we have the freedom and power to become gods. Why do we say that? It's painfully obvious.

And we also know we are in the end because Jesus told us what to watch for as signs of these times and they are all happening. As we read in the verses above, Christ tells us that the sign of the end will be when the world returns to times like what was happening in the days of Noah and in the days of Lot. As a result of the fall of man in the Garden, it seemed that the sinful nature of man, his depravity, became stronger and stronger as the generations passed by.

So what actually happened? In the days of Noah, violence, corruption, immorality, perversion, wickedness, and paganism, the worship of false gods, was everywhere, so much so that evil was in the hearts and on the minds of man continuously. And, despite the widespread of evil everywhere, people just ignored it and continued to go on about their business, with a “normal life”—eating and drinking, buying and selling, and marrying and giving in marriage. Man was so corrupted that attention on God was virtually absent. Hmm. Sounds eerily familiar, in fact, exactly as our world today.

Though this in itself was bad enough to justify God's decision to bring the flood to cleanse and destroy all evil and corruption upon earth, it would seem that there was an even more profound reason. Though briefly mentioned in the Bible, it clearly makes the point that we know that in those days fallen angels had come upon human women and bore hybrid beings.

In essence, angels and humans took it upon themselves to feel they had the power and privilege to defile God's most brilliant and beloved creation, the human being, and manipulate it into a new race. In essence, they were so disobedient to God, completely rejecting God, that they decided to do as they pleased with “His” profound creations—the sacredness of angels and the brilliance of humans.

God brought the flood and destroyed all upon the earth except Noah and his family and two of each species of animal, and plants. It's clear God intended for man to start over.

As we turn our eyes to the verses about the days of Lot to understand why Jesus referred to God's wrath on these people, we see God's concern was much the same. Man behaved with evil intent and violated everything good and holy and God brought down judgment in the form of destroying Sodom and Gomorrah with fire and brimstone. And once again, God saved an innocent man and part of his family.

Yet, there was also another more profound reason. In Lot, man revealed another level of depravity, another profound egregious violation against God's will. This was different than in the days of Noah, yet it again was an attack and complete disrespect to God's beloved creation—the human body. Man again evidenced strong depravity and complete rejection of God and what He had created. And once again, the egregious act involved sex.

Briefly what happened was that God had sent angels to warn Lot before destruction was to come because of their extreme depravity and decadence. And we are told in the Bible, that Lot recognized these men as God's angels and invited them to stay with him and they accepted.

In the middle of night, the Bible tells us that the men and some boys of the city came to Lot's house and demanded he send the men (angels) out so they could have sex with them. And thus, since the nature of this act was unnatural, unhealthy, unholy and of the gravest sexual behavior in violation to God's creation of "nature," the city was destroyed. Even Lot knew this was so egregious to God that he was willing to offer up his daughters if the lust of these men could not be thwarted any other way.

So now the question and reflection become—are we in days like the days of Noah and Lot? Anyone who answers with anything other than a resoundingly loud and definitive yes can only be considered to be asleep—biblically, we would say they are blinded from seeing the horror that mankind is being brainwashed by Satan to do.

Maybe it would be helpful to mention what is happening around us? It's clear that the internet, the "world-wide web," has completely taken over our attention, and more profoundly then is influencing how we think, what we value, what we believe. And we are all discovering to our horror and grave anxiety that much of the "information coming from this technology" is fake, and worse, lies. We are being gravely deceived.

One can help but now how much music and film entertainment have gotten powerfully sexualized. And more so than that the occult has slipped in at first unnoticed and now the demonic is outright exalted. We are worshipping pagan gods—demons of the devil. We think of

these entertainers as harmless, yet, we call them “idols”—and we know that worshipping idols is the gravest offense to God: the first commandment. We are so deceived by this satanic programming that even “born again” believers claim it’s harmless. One then has to wonder if they are truly “reborn.”

What most refused to admit, is that it’s perfectly clear that the occult is controlling much of this world. It’s insidiously inserted into every moment of our lives—becoming part of our psychological DNA. As well, we can now see how all the programming that captures our attention on TV and in the movies is addictive to the point that we are realizing it is completely “predictive programming.”

Now though a very touchy topic to mention, yet it is important, is the topic of homosexuality. Though many of us have been convinced that our sexual orientation should be our “personal right to choose,” the truth is, it isn’t. It’s not necessary to get into a political debate, or even a moral or religious one, because this issue is nothing other than a medical one. Looking at this strictly from a medical scientific view it's clear that this type of sexual interaction is not healthy—put simply, it causes disease of the gravest kind.

Therefore, the reason our sexual orientation is not our right is because it affects the health of the whole planet, meaning the health of our species. This is what makes it a moral issue—our willfulness to satisfy our own sexual desire has infected children into lifelong suffering.

Turning to the realm of politics, we find ourselves in another realm of evil. To put it bluntly, it’s clear anyone involved in politics as well as anyone who likes to talk about politics has lost their logic and morals. Politicians argue and the public protests constantly and nothing sensible is being communicated—the “blah, blah, blah” is now dispelled with tremendous anger and venom. And whether national or geopolitical nothing, absolutely nothing, makes sense. And it has become perfectly clear that any morality, justice, and focus on peace have been sacrificed for power and wealth. In fact, there is some evidence that all this is completely scripted and funded—meaning this is not an organic process of man forging justice and peace, but rather solely intended to instigate separation and war.

Geopolitically, it’s abundantly obvious that the world powers are vying for power in an effort to completely change the “world governance.” All those organizations that the world at one time agreed to establish as checks and balances to control peace, and monitor justice, and humanitarian equity, like the UN, NATO, WEF, WHO, NOAA, NASA, and many other such organizations, are all being dismantled and have lost all power of influence.

And of most concern is the reality that “religions” are losing any positive or moral influence on the hearts and minds of mankind. Now to be completely credible about the point being made

here, it needs to be clarified that “religions” themselves have been a big part of the “depravity of man. But what we’re attempting to point out here is that the “spiritual focus of man” has turned away from anything resembling, let alone authentically, sacred and holy.

Religions have always been different from one another, with a specific theology of their belief in the “creation power,” God, and yet, now there seems to be a push from rather high-up to begin to bring religions together—a one world religion, hmm. Unusual. The greatest evidence of this is in the Catholic Church.

Taking a look at this causes one to consider the adage that *history repeats itself*. As we look back at the Roman Empire for example, we see an empire watching much of its “realm” becoming less stable and difficult to control because of various factions of various spiritual beliefs. And thus, it made sense that to gain better control meant getting everyone to believe the same thing, regardless of TRUTH or THE LIE. And this is exactly what created the Catholic Church.

The Vatican cleverly syncretized the most dominant traditions, rituals and doctrines of the strongest pagan religions with “Christianity”—thus forming Catholicism. TRUTH is obvious that the Catholic Church is not true “Christianity.” In fact, much of it stands on unbiblical doctrine.

And now we also have to mention the “religion” that is taking over the world yet many don’t see it. Why? Because it hides behind a “spiritual mask” claiming it’s not really indoctrinated in beliefs in gods, but rather it’s a healthy psychological practice and process that helps us control our mind, and thus, lead healthier lives—New Age Spiritualism.

New Age Spiritualism is particularly evident of the end times because it’s insidiously working its way into all religions, as well as educational, social, legal, economic, and governmental systems. And this so easily takes place because it appeals to our ego, our sense of self as a powerful person of great potential—it is grounded in THE LIE. It preaches and then gets us to actually physically practice worship to gods without our even knowing.

Followers of New Age espouse that rituals and techniques such as mindfulness meditation and yoga we help us gain control of our minds, and thus, can gain the power to “raise our consciousness into the cosmic realm” and gain the understanding of how to manifest what we think, what we want—“self-actualization.” We can be our higher self, our true self, our own god. What’s terrifying is that these practices are emptying our mind of TRUTH so the concepts that are evil can take hold—THE LIE. We then become consumed by our own ego.

The great deception is that no one realizes that by “doing these mental techniques and physical poses” that they are worshipping other deities, other gods—gods of Hindu, Indian, and Tibetan

religions. This subversively causes one to fall away from their beliefs in the one, true God through faith in Jesus Christ—leading to apostasy in the Christian Church and more concerning it opens the doors to occultism and satanism. Christ warned us about deception. TRUTH is Christ warned of the apostasy in the “church of believers” as a very powerful sign that the end days are not only what we are experiencing but a sign that we are at the end of the end.

And even more evidence that this “new-age movement” is working hard to dominate global “religion” is that it is declaring that “the Age of Aquarius” is upon us. This is the belief in an imminent shift in *planetary consciousness* that will bring global peace and spiritual transformation. It’s basically the belief that man can save himself—in no need of a savior just because we are sinners. We can stop sinning and transform ourselves if we want to. In other words, the New Age is also prophesying the coming of a new age of mankind. Hmm, wonder where they heard that from?

Additionally, this applies very well to what we are seeing in all world government and economic systems. What is really happening is that man’s ego, his belief in THE LIE, has become so outrageously powerful that it is causing mankind to think and do unconscionable, unholy, extremely “unnatural” things. Just like in the days of Noah and Lot because we have “free will” and the wisdom to wield it, mankind is raging completely out of control.

As we’ve discussed, as a result of man’s belief and obsession with THE LIE, we convince ourselves that we own our body—and believing this on a personal level, we have no trouble following this school of ownership into all avenues of our life. In other words, though we had nothing to do with designing or creating our body, we feel we have every right to manipulate, experiment with it, transform it into anything we want.

One of the most powerful places to see evidence of the arrogance and pride, the “hubris,” of man, is in scientific and medical research on the human body. It’s actually quite overwhelming—and regardless of “religious belief” or no religious belief. There is no denying we are doing highly ethically questioning things with the human body—animal organ transplants, bodyoids, 3D-bioprinting, genetic engineering, IVF, bio-engineering, stem cell therapy, nanotechnology, and others. Yet, isn’t this playing God?

It can be said that much of this perspective was very much solidified when it became mainstream that “abortion” was the “right of a woman.” The embryo was redefined as “merely tissue” in the first few weeks. Yet how do we really know that? And what’s rather difficult to face is that these abortions are used for experimentation, research, or transplant. And embryos from the IVF process are frozen—1.5 million in the US alone.

It's interesting to note that the majority of scientists are atheists or agnostics. It makes sense given the world so science—they are trained to not have bias but rather objectivity. Unfortunately, we are seeing that this is a high price for mankind to pay. To put it simply, scientists have convinced the world that if mankind has the knowledge and power to do something, then it's "smart" to do it—a "god-complex."

And now we venture further into the ultimate manipulation of the human body where scientists and AI programmers are trying to figure out ways for a man to stay young and live forever—blood transfusions, DNA manipulation, stem cell therapy. There are even bodies in cryogenic suspension for the future possibility of being brought back to life.

There is also great deceit going on behind the intention of AI. Though mankind has convinced himself that AI is to help us keep track of things, solve problems, and secure our identity making life much easier and convenient, truth is that it has been created in order to make us smarter, to give us more knowledge, so once we have our body figured out, we will have a superior mind. Yet, we are also finding out that AI might be uncontrollable, not only an artificial intelligence but an alien one. This genre is called "transhumanism"—essentially a new race. Sounds like what was happening in the Days of Noah.

Now as if this is all not enough evidence of end days, we also know we are in the end times because the Book of Revelation also speaks to major climate and earth disruptions. We are going to make just a quick mention of "climate crisis," by simply saying that it is manmade. It seems the reason Christians and others don't believe in climate "crisis" and choose to believe this is nature.

Yet, given the numerous "records" that weather patterns are breaking, it seems that what is taking place is either one of two things—we are headed into the end times when God brings wrath as in the days of Noah and Lot. Or man has figured some things out and is manipulating it. There is tremendous research and proof of just how much man can cause storms, droughts, floods and earthquakes.

And finally, And how do we "really" know we are in the end times. All of this has been prophesied by Old Testament prophets like Daniel, Zechariah, and Ezekiel. And it has been prophesied by Christ Himself on the Mt of Olives just before His death. He obviously wanted His disciples to understand and share it with others. And Christ went into further detail when He revealed more prophecy through the Apostle John in the Book of Revelation. And as we've said, we know biblical prophecy is true.

And to finish, we must mention the ultimate sign that we see happening right now and maybe the most powerful one of all that we are in the end days is the fact that in 1948 Israel became a

nation. And since then, the Jews are coming back to their land, the land that God promised in His covenant with Abraham. Jesus shared this prophecy as well on the Mt of Olives.

“Now learn this lesson from the fig tree (Israel): As soon as its twigs get tender and its leaves come out, you know that summer is near.”³³ Even so, when you see all these things, you know that it is near, right at the door.³⁴ Truly I tell you, this generation will certainly not pass away until all these things have happened.

MATTHEW 24:32-34

“For I will take you out of the nations; I will gather you from all the countries and bring you back into your own land.

EZEKIEL 37:21-22

So If We Are In The End, WHY HAS IT NOT YET HAPPENED

Now to end this discussion about “the end,” the end must be near because one has to conclude that man couldn’t get any more arrogant, prideful, lustful, lawless, pagan, immoral, corrupt, and godless than we were in the days of Noah and Lot. Put bluntly, we are even becoming “mad scientists” and are on a pretty good course to blow ourselves up and destroy all good upon the earth—all that sustains life, the gift of God. And so the question becomes—*so why has the end not happened yet?*

There is only one answer as to why the end has not yet come. Because the timing is up to our Lord. There are obviously some things He is predestining to happen. And one of them we have learned from the Bible involve those who are believers in Christ, those who have the indwelling Holy Spirit.

In the Book of Revelation, we learn that for the end to fall into its final stage, the Antichrist will be revealed. And according to the Bible, this shall not happen until the “restrainer” is taken out of the way. Now a majority of biblical scholars believe the “restrainer is the Holy Spirit.” And since the restrainer is indwelling the hearts of “believers,” it’s a fairly good conclusion to make that we will not be here for the final phase of these end days, for the Great Tribulation.

By the graciousness of our Lord, we will be raptured up off the earth and will be with Christ in Heaven until the Tribulation is over. Then we are to come back with Christ as His army to be part of His battle of Armageddon—Christ’s victory over the false prophet and the antichrist. In this the Arch-Angel Michael bounds Satan under the earth for 1000 years—during the Millennial rule and reign of Jesus Christ.

So How Do We Get Through This Time?

The Holy Spirit helps us face what is to come. Through these challenging times “believers” will be subject to criticism and ridicule, even persecution. Many who say they are “Christian” will fall away from the Church and be deceived by imposters about who Christ is. Many will fall for the deceit and give up the authenticity and TRUTH of the Bible.

Yet, the Holy Spirit will keep those He indwelt at their rebirth powerful in sharing their testimony of coming to faith by the grace and power of God. The Holy Spirit will keep them courageous as He continues to remind them that they are now disciples of Christ—and there is nothing that can take away their promised salvation to be with the Lord forever.

With these revelations, those born again can feel the presence of the Holy Spirit within their heart and flowing through their body. By practicing SPIRITFTT, they can amplify the sensations of humility, submission, and confidence so that walking their path toward their salvation will be filled with comfort despite the challenges and anxiety.

Those reborn new creations in faith in Christ do not have to be afraid as we begin to realize we are at the end of the beginning phase, the *times of sorrows*, and perhaps, further into the time of the End Days. According to the Bible, Christ’s faithful shall be spared the trials of the Great Tribulation. And as the world heads into these final, challenging days, the Holy Spirit is our protector. He reminds us of the prophecy in the Book of Revelation, prophesied by Christ Himself, that Christ will keep us from the trials and will soon return to conquer the false prophet, Antichrist, and ultimately, Satan.

What’s utterly amazing to realize as we begin to understand the times we are living through is that from the “fall of man” in the Garden of Eden to the salvation of man in the End Days, Creation and all that happens in it is all *God’s predetermined, predestined plan for His purpose and pleasure, for His will*—our trials and challenges on earth are His plan for refining us into highly conscious, holy, divine beings who will be with Him forever. Wow. It’s all for God’s will which is all for our good. Wow!! ☺ And it looks like we’ve made it.

And how wonderful it is that the Holy Spirit is walking through all this with us as our best friend.

The Conclusion

We may not be able to fully understand why God has predetermined that some are chosen for salvation and others not—that some will make it through the End Times and be taken up to meet

Christ in the clouds and some will not. But what we do know is that we have been blessed with the wisdom of the Holy Spirit who helps us understand that our “role” in God’s great intention for Creation is to be with Him in Heaven—and that it’s coming soon. TRUTH is that if one is reading this, it’s a pretty strong bet that you are chosen.

We learn from the Bible that by the grace of God, at Christ’s request, those chosen for rebirth are indwelt by the Holy Spirit—God literally pours His own spirit into our hearts. And as this is happening, we literally experience within our body and heart, and thus, in our awareness, profound sensations of *humility*, *submission*, and *holy confidence*. And filled with the grace of the Holy Spirit, our consciousness is *birthed into the faith of Jesus Christ*. And through this, we are guaranteed our salvation.

TRUTH is God has blessed us with our best, most perfect and holy, friend forever.—and Who is here to get us through to the end, keep us on the “right” path.

Through the agency of the Holy Spirit, we are awakened to the most important mission of our life. We are to stand strong in faith in Christ. We are to read the Bible; pray all day; and share the Gospel and Revelation with all whom we meet. We are to share the great news that Christ, our Savior came two thousand years ago and He is soon returning. Put simply, we are to do God’s work. And what is marvelous is that it’s all we want to do anyway.

Now, if all this isn’t amazing enough, there is something hugely particularly amazing about these times that God has chosen for us to live in. We are most probably in the End Times. Now though this is challenging to understand and fully accept, it also is one of the greatest experiences of human life. And TRUTH is that it’s real. And so, if we are in the *end days*, and have been born again of spirit at this particular time, then, we have been especially selected by God to help chaperone the world through it and on into the *new world* of Christ’s Millennial Reign—which leads to our salvation into God’s *New Earth* and *New Heaven*. Put simply, “wow!!”

Now yes, these times will be particularly unsettling as the old systems and paradigms break down. And more so, they will be terrifying as we see Satan becoming particularly intense in trying to keep us deceived and following him by creating utter confusion, derangement, chaos, and war among men. It will be profoundly challenging to keep our faith strong and to go out and do what God has created for us to do in sharing “His word”—because these times will be particularly discriminating to “believers in Christ.” And yet, we also know from the Bible, that when Satan becomes more vile than usual the *Holy Spirit brings in grace all-the-more*.

Those born again are blessed with the wisdom and guidance of the Holy Spirit. He keeps us focused on Christ, helping us to learn how to be a true disciple, how to stand strong and firm in faith. The Holy Spirit keeps us inspired with our renewed purpose to emanate the nature of

Christ, the posture and mind of Christ, the character of humility, obedience, kindness, discernment, and confidence. We are to love our brothers and sisters and support each other. We are to be in a perpetual state of gratitude and worship—always focused on serving God rather than focusing on self, worrying about self. Now admittedly this is hard in this dark world—yet, we are not alone.

And to support us to remember the amazing transformation of our rebirth, and thus, to feel the incredible inherent motivation to fulfill God's calling on our life working through us by the grace of the Holy Spirit, we have the practice of SPIRITFITT. SPIRITFITT is the “physical remembering” of our “rebirth,”—and thus, it keeps us close to the Holy Spirit. Our rebirth was the time we felt the inpouring of the Holy Spirit into our hearts by the grace of God and as a result we thought of only one thing—following Jesus Christ.

The Holy Spirit has informed us through the Bible, and now within our own heart, that we are to take comfort because as we go through these end days, He will keep us defended against the “evil one” encouraging and showing us how to be constantly in the *armor of God*. And He will guide us each day where to go and what to say and what to do as we do God's work—*For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. (Ephesians 2:10)*

And we now have a best friend who will make sure we do this—make sure we stay on path. The Holy Spirit keeps us “true to faith in Christ”—keeps us in the *posture and mind of Christ*, our hearts and minds clear and aligned with the will of God.

So in the end, there is no reason why we are to be gloomy in these darker days. Rather, we are to be joyful of heart because this is all great news, the darkness and chaos, the evil, in the world are ending and the light and peace are coming.

Now what's also worth keeping in mind, is that “born-again bible-believing followers of Christ” are *on a mission from God* that brings them great reward, a crown, according to the Bible. And the grace and friendship of the Holy Spirit will make this easy as we learn to listen to Him. What's so incredibly wonderful is that though living according to His guidance will not always be easy nor pleasurable, we will always experience a *deep inner peace of knowing* we are “working out our salvation.”

In biblical terms, this means we are to live with the joy, peace, and confidence that is the result of knowing TRUTH that we have been saved. And as we naturally emanate the energy of Christ, the energy of TRUTH, this is our “true testimony” that will bless others—they will see and feel our energy, our humble confidence and authentic love for Christ; and for them. And as we know

from science, our electromagnetism will literally influence theirs—they will feel good, they will feel loved.

And so, as we head further into these end days, we know from the Bible that at an unknown time predetermined by God before the creation of the world, the Holy Spirit will step back—He has been the “restrainer” of unbridled evil. As He obeys God, the world will become very dark. Satan will bring wrath—he will instigate greater deceit, wild confusion, and unbridled lawlessness and wickedness will abound everywhere and begin to destroy the world.

And then the time will come when God will bring His wrath upon the earth—in a variety of ways as we read about in the book of Revelation. During this time, the Holy Spirit will assist Christ in calling more of God’s chosen ones to be “reborn”—the Gospel shared with the whole world. Those who are of Christ will be transformed into a heavenly body and supported by the Holy Spirit as they are lifted up into the clouds—promised by Christ to happen before the darkest events occur.

As the Great Tribulation comes into play, the Holy Spirit will be involved in the battles that support the binding of Satan and his demons by the Archangel Michael and locking them up under the earth. The Holy Spirit will work with the Lord as He establishes His Kingdom and Millennial Reign on earth.

The Holy Spirit will be with Christ and us during these thousand years and will also be upon the earth as Christ battles Satan for the final time—destroying Satan and the false prophet once and for all. And finally, the Holy Spirit will be involved in the Lord’s final judgment of all mankind and help chaperone those predestined into God’s new heaven and new earth. There the Holy Trinity will converge into the one, true, God and we will be with Him forever. There we will see God—“we will see our Lord’s face and his name will be on our foreheads.”

So, perhaps this time of *the ending* is much closer than we think, probably so. So the question is are we ready? These end days are a chance for one last self-reflection to make sure we are going to stand before Christ on His throne as our best and most devoted self. Is what we have done on earth worth the crown that has been promised?

Are we looking forward with yearning and eagerly awaiting the coming of Christ again, to save us from our suffering and pain, and most especially, to bring us face to face with God, our good and gracious Creator? Are we looking forward to what Heaven will be like, all peaceful, golden, joyous, holy, and good? Are we looking forward to being with God as His good and faithful servants? For what could we imagine would be more rewarding?!

And most of all, as we reflect on these immanent times, we need to seek the guidance and wisdom of the Holy Spirit—for He knows TRUTH, He is the Spirit of TRUTH.

"When the Spirit of truth comes, he will guide you into all the truth... and he will declare to you the things that are to come."

JOHN 16:13

"For God gave us a spirit not of fear but of power and love and self-control".

2 TIMOTHY 1:7

"He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away."

REVELATION 21:4

"Beloved, we are God's children now, and what we will be has not yet appeared; but we know that when He appears we shall be like Him, because we shall see Him as He is."

1 JOHN 3:2

The promise of a new heaven and a new earth where past struggles are forgotten.

ISAIAH 65:17-18

The body is raised in incorruption and glory, transformed from a natural body to a spiritual one.

1 CORINTHIANS 15:42-44

However, as it is written: "What no eye has seen, what no ear has heard, and what no human mind has conceived"—the things God has prepared for those who love him—¹⁰ these are the things God has revealed to us by his Spirit. ¹² What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us. ¹³ This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, explaining spiritual realities with Spirit-taught words.

1 CORINTHIANS 2: 9-13

"They will see his face, and his name will be on their foreheads."

REVELATION 22:4:

PART 8

CONCLUSION—THE ENDING FROM THE BEGINNING

I BELIEVE

I believe in God The Almighty.

I believe He created Heaven and Earth and all that is in them.

I believe He is personal, caring and loving.

I believe we don't have free will.

I believe in the Holy Trinity,

I believe the Holy Trinity is the “three persons of God.”

I believe in God the Father in Heaven.

I believe in God the Son, Jesus Christ on Earth.

I believe in God the Holy Spirit in Me.

*They perish because they refuse to **love the TRUTH** and so be saved. ¹¹ For this reason
God sends them a powerful delusion so that they will believe **THE LIE**
2 THESSALONIANS 2:10*

TRUTH is the Holy Spirit exists—He is real. TRUTH is that if we have been born again, we have been blessed with the Holy Spirit. By the grace of God, we have been given a “helper,” a friend forever—and He dwells within our heart. TRUTH is we need Him if we are going to reach our salvation. TRUTH is we need His help as we try to navigate these perilous times. We need the Holy Spirit

TRUTH is Satan is in the world—a real entity, a real person, of evil and destruction. TRUTH is we need the Holy Spirit to help us be defended against Satan—against his intoxicating temptations to get us to believe THE LIE—that we can become gods, that we have free will and choose our life journey and eternal destiny. TRUTH is the Holy Spirit is the Spirit of TRUTH. He reveals to us that we are God's most brilliant and beloved creations—one reborn again, once reined into holy, divine beings we are God's children. We are destined for Heaven.

The Holy Spirit is our helper and friend forever. He helps us understand, and thus, strengthen our relationship with God through strengthening our faith in Jesus Christ. TRUTH is the Holy Spirit helps us understand God's intention for Creation, for why we go through all the trials and tribulations that we do—we are being refined. And as part of this journey, the Holy Spirit helps

us understand the TRUTH of the Holy Trinity. It is through the belief in the Holy Trinity that we get to know the one, true God, the God of the Bible.

And, TRUTH is we need to give the Holy Spirit attention, we need to cultivate our friendship with Him. If we give the Holy Spirit little attention, then our relationship with God is weaker than it could be, our faith in Christ is lukewarm. And TRUTH is faith in Christ is our doorway to salvation, to being with God in Heaven.

When born again, it's important to feel immense closeness and gratitude to the Holy Spirit for He is the "third person of God" and it is He who came to rescue us from this sinful world and here now to protect us from the "evil one," from Satan. The Holy Spirit brings us God's gifts of faith in Christ, a repentant mind, wisdom in the word of God, the Bible, and shows us how to wear the armor of God for protection. In other words, the Holy Spirit is the agent of our rebirth, of our born again experience, and He is here with us every moment as our arbiter of faith and our chaperone into Heaven.

It's interesting to note that the Holy Spirit is depicted in the Bible as the wind, the breath of life. We can feel the wind and so we know the Holy Spirit is real. AI Overview :The Bible frequently depicts the Holy Spirit as the "breath of life" (Hebrew: *ruach*), acting as the divine, life-giving force that initiates, sustains, and renews physical and spiritual life.

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.

The Spirit of God has made me; the breath of the Almighty gives me life. Job 33:4

Then he said to me, "Prophecy to the breath; prophecy, son of man, and say to it, 'This is what the Sovereign Lord says: Come, breath, from the four winds and breathe into these slain, that they may live.'" Ezekiel 37:9-10

And with that he breathed on them and said, "Receive the Holy Spirit. John 20:22

Through rebirth, we are given a new breath of life. By the grace of God, we are indwelt by the Holy Spirit and come alive in spirit. We now live in the *realm of spirit* rather than in the *realm of the material world*. The scales fall from our eyes and we see TRUTH for the first time. We see evil exists in this world and that Satan is the creator of all evil, the father of all lies.

As a result of this revelation, our ego falls away and we realize that we can't become gods, we don't have free will to choose and manifest all that "we want and desire." Rather we awake to something far more wonderful, we awake to all that is good, holy, and beautiful. And we begin to

become consciously orientated to TRUTH: we finally see the reality of our relationship to God, through faith in Christ and the blessing and guidance of the Holy Spirit. We are God's possession, we are His children, we have been created to be with Him in Heaven.

In our rebirth, the Holy Spirit helps us see TRUTH. God had us go through the suffering of evil and death so that we would gain wisdom about goodness and life. God had us suffer under the delusion and corruption of Satan so we would realize who God truly is. God had been separated from Him for a while so we would yearn to be back in the Garden again.

God had us filled with sinful will so we would experience the darkness and wrath of our own arrogance and pride. The life we had before the Holy Spirit indwelt us was sinful, ugly, immoral, and pagan, worshipping other gods. Satan deluded us into thinking we didn't need God for our destiny in life and our everlasting salvation.

Satan intoxicated us with such arrogance that we tried intensely to reject TRUTH and enforce THE LIE. Satan had us convinced that we were not created the "work" of a personal, intentional, highly intelligent and creative, most powerful God, the God of the Bible. Rather, Satan deluded us into believing that we "came about," but rather by impersonal interactions and explosions in the vacant realm of space. Now seeing TRUTH, revealed to us by the blessings of the Holy Spirit, we are completely "humbled."

In our newfound humility, we wake up. TRUTH is God—God of the Bible, is God. And as such, He has predetermined all things. And thus, He has predestined our "rebirth." And we begin to realize there was no way that we could have sought our rebirth, could have chosen God, could have freed ourselves from the darkness and suffering of Satan's world and gotten ourselves to Heaven, without His divine intervention.

Before being born again, being brought to spiritual life by the Holy Spirit, we were completely blinded to God by THE LIE before our rebirth. We did and do not have powers like God—we do not have free will, as Satan got Adam and Eve, and thus us, to believe. We had a sinful will, a will aligned with Satan's will. And now by the work of the Holy Spirit we have a new will, a holy will, a will aligned with the will of God.

Once born again, the spell of THE LIE is broken. And a wave of humility spontaneously washes over us—and through this sensation we are brought low in complete submission before God. We are emptied of all arrogance and pride. We have been purified in order that we can then rise up and stand before God in powerful humble confidence in our faith in Jesus Christ. In faith, we have become new creations in Christ—meaning we have the posture and mind of Christ, humble, obedient, discerning, and devoted to God's will.

In this book, we learned about a practice that helps us relive this everyday--SPIRITFITT. Each day we relive the humility, submission, and confidence that we were blessed with on the amazing day. We “re-experience” the restoration, renewal, and revival of ourselves that happened through our “rebirth.” We “re-experience” the amazing sensation of when God poured into our hearts the energy and being of the Holy Spirit. And we have a practice that helps us walk through our days in friendship with the Holy Spirit. Through this practice, we learn how to befriend the Holy Spirit, and thus, participate in very intimate talks and walks with Him as He guides and protects us toward our salvation, our eternal life with God in Heaven.

Walking with the Holy Spirit we are continually humbled so we can see TRUTH. He keeps us submitted to the will of God so we follow TRUTH. And the Holy Spirit fills us with faith in Christ so we rise up and share TRUTH with all whom we meet.

And we discover that as we walk along through life in friendship with the Holy Spirit and postured in the mind of Christ, we metabolize our experience of being reborn.

The Holy Spirit helps us find peace and comfort in the revelation that God predetermined all of creation—meaning, God predestined that we would be born, who we are, and what we were to experience, the joys and hardships, in our lives. God knows every hair on our head. The Holy Spirit helps us realize that God has an intention—that all that is created is for His power and glory, which we begin to realize is for our glory.

The Holy Spirit helps us bust through the delusion and prison of THE LIE—that we had or have free will. TRUTH is that all that happened, and is and will happen in life, is under the will of God. The Holy Spirit thus helps us realize that we are not to blame ourselves for our sins but to repent—to realize that we are changed, that we desire sin no longer. He helps us discern that we are morally responsible for our past sins but we are not condemned by them.

The Holy Spirit helps us realize that our sins served a profound purpose and are helping us understand and discern good and evil—they were our refining process. We are responsible for living out the consequences in holiness and grace. The Holy Spirit helps us release all past regrets and disappointments and self condemnation to God—for they serve no purpose and do not please God. They are not His intention but rather temptations from Satan.

And now filled with TRUTH, the wisdom of the Holy Spirit we experience an amazing relief, an amazing “resurrection” into freedom. Born again and set free from the “preoccupation with ourselves,” we now see and feel TRUTH. This is the sensation of the Holy Spirit moving through us with the TRUTH of Jesus Christ. By the power of the Holy Spirit working through us, we learn to love TRUTH. We learn to see and reject THE LIE.

Born again, we know TRUTH. The wisdom of the Holy Spirit flows from our heart into our consciousness and we begin to realize the greatest blessing ever bestowed upon mankind—our rebirth is a definitive sign that we were specially chosen by God before the creation of the world to be with Him in eternity. Truly, we are left speechless—the only thing one can say is “Wow” and “Thank you, dear Father God.”

Ultimately before too long, we have the most amazing “aha” moment. We begin to see the “whole picture”—God’s intention for Creation. We see the Bible from beginning to end—and from end to beginning. We begin to metabolize TRUTH and start to understand why God created “all this.” We also begin to see TRUTH that we are living in the time of the “ending of the Church Age—Jesus prophesied these days on the Mt. of Olives in Jerusalem over two thousand years ago.

And we know that the promise of salvation that we now hold in our heart cannot be taken away from us—God’s work cannot be undone, not by our ego nor by Satan. The Holy Spirit will never leave us.

*And then the lawless one will be revealed, whom the Lord Jesus will overthrow with the breath of his mouth and destroy by the splendor of his coming. ⁹ The coming of the lawless one will be in accordance with how Satan works. He will use all sorts of displays of power through signs and wonders that serve the lie, ¹⁰ and all the ways that wickedness deceives those who are perishing. They perish because they refused to **love the TRUTH** and so be saved. ¹¹ For this reason God sends them a powerful delusion so that they will believe **THE LIE** ¹² and so that all will be condemned who have not believed the truth but have delighted in wickedness.*

2 THESSALONIANS 2:8-12

¹³ But we ought always to thank God for you, brothers and sisters loved by the Lord, because God chose you as first fruits to be saved through the sanctifying work of the Spirit and through belief in the truth. ¹⁴ He called you to this through our gospel, that you might share in the glory of our Lord Jesus Christ. ¹⁵ So then, brothers and sisters, stand firm and hold fast to the teachings we passed on to you, whether by word of mouth or by letter.

1 THESSALONIANS 2:8-14

"When the Spirit of truth comes, he will guide you into all the truth..."

JOHN 16:13

The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit.

I CORINTHIANS 2:14

The Spirit of the LORD shall rest upon Him, The Spirit of wisdom and understanding....

ISAIAH 11:2

APPENDIX

CLIFF NOTES OF THIS BOOK

Notation: There is a complementary book that is the research for this book. It's titled—Research for The Holy Spirit and His Temple.

Following here is a brief summary of this book and its conclusion:

1. The Holy Spirit is the “third person” of God. The Holy Spirit is the third person of the Holy Trinity—God the Father in Heaven, God the Son on Earth, God the Holy Spirit within our heart. The Holy Spirit is God.
2. The Holy Spirit is present at creation—infusing the world with the presence of God and sustaining life. He is “the consciousness of God in man.”
3. In the Old Testament, the Holy Spirit spoke through prophets to reveal TRUTH: the word of God—purification and sanctification with consciousness of God.
4. In the New Testament, our relationship with God shifted from the Old Covenant to the New Covenant—which essentially meant that the Holy Spirit now indwells the hearts of man—men chosen, those predestined to be born again, renewed in spirit, through the gift of faith in Jesus Christ. God's laws and commands were now written on our hearts rather than on tablets of stone.
5. The Holy Spirit is the giver of tasks to those He has chosen to spread the word: prophets, disciples, born again believers. He brings “spiritual goodness,” the qualities of holiness, love, joy out of mankind.
6. After Christ's crucifixion, the Holy Spirit imbued our hearts—the New Covenant. And in this union, He became our Helper, Counsellor, Comforter.
7. And He influences our lives because He comes to us at the predetermined time to generate our rebirth—“born again of spirit.” We are all born of a sinful will—which is easy to see. And we go through life experiencing the pain and suffering of our sin in Satan's dark, evil world. These experiences are the fires of our refinement—from dust into gold, from darkness into light. This process is the evolution of our consciousness into the magnificence of being able to comprehend and reflect God's power and glory. We can see God—and especially, He has cultivated in us the power to love Him, a reflection of the Holy Love He imbues in us.
8. In our rebirth, The Holy Spirit brings us the promise of our salvation—and He helps us guard it—inspiring us to put on the Armor of God.
9. He guides “believers” with insight and understanding in the messages and teachings of the Bible, the Word of God. He helps us understand God's intention for Creation. The Holy Spirit humbles us before God, humbles us to understand that we don't have free will. It's all God's will. He helps us understand that this is all for our eternal destiny to be with God. All that is Created and that happens in Creation is for our experience of who

God truly is—it is not for us to have mastery but rather for us to know who the true and loving master is. We are here to reflect God’s goodness, not to become gods—choosing our own destiny. In fact, all those created in the world have been destined for either salvation or damnation. And who do we think we are to have the “right” to question God?

10. In fact, The Holy Spirit is our inherent desire, yearning, excitement that inspires one to want to know and understand every word of the Bible so we get to know God. The Holy Spirit is the call to write this book. I can think of little else.
 11. The Holy Spirit reveals TRUTH—God is sovereign and man does not have the power of free will, does not have the power of self-determination, does not have the power to be like God. This is Satan’s great deceit. In addition to this, the Holy Spirit helps us understand that all this, Satan’s power to corrupt man was not of his power—he is a creation of God not of his own making. What does this mean—that God was and is in control of all that has and is created.
-