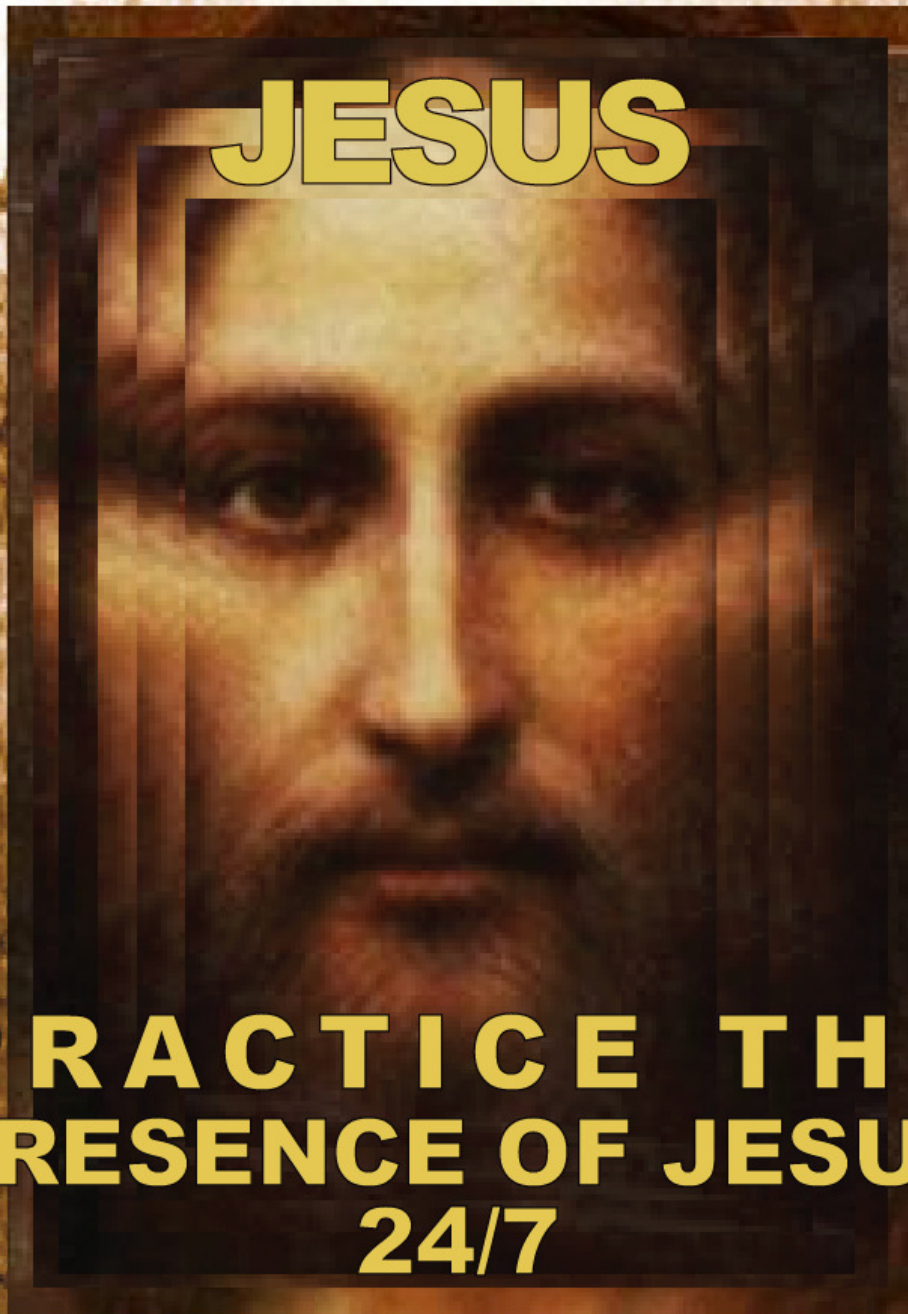


FIX YOUR EYES ON

JESUS



**PRACTICE THE
PRESENCE OF JESUS
24/7**

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Scripture citations taken from Good News Bible (GNB) , Good News Translation (US version) (GNT), Catholic Public Domain Version (CPDV). American Standard Version (ASV) English Standard Version (ESV). CCC citations taken from the Catechism of the Catholic Church (Second Edition).

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## Dedication

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My wonderful wife Constance Joy, who without which I would never be able to write this book, she is my greatest inspiration. You inspire in all ways my Love. You encouraged me to write. You are partner in my walk with Christ.

My daughter Clarisse Hannah, says that all parents think their children are beautiful, I beg to defer, I just don't think you are beautiful, I know you are beautiful in appearance, word and deed.

My youngest daughter Celeste Gabriella, being the youngest is the one with the most sensitive heart, a heart of gold. That is why she has a tough exterior, which says do not mess with me, like her mother...

My mother Patsy Josephine, thank you for looking after us all these years. You are a great mum...

~~~~~

## Thanks and Acknowledgements

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The former leaders of the Servants of Yahweh Catholic Covenant Community, Margaret and her late husband Benedict Lye and the current leaders Anthony and Ann Felix. Your commitment to God has made my spiritual growth possible.

Daphne Forbes, the first to read my complete first raw draft and encouraging me. Martina Morrissey for that one reflection you gave me on the book. That was important to me. Joshua Raj for proof reading the book and encouragement. You are my brother.

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Introduction

I have found in my walk with God, the presence of God is very important. Many Christian are caught up in what they are doing.

The purpose of this book is to help people find God's presence and enter on a more consistent basis. I endeavour to explain some of the obstacles and why staying in God's Presence is important. There is a certain relief we will experience from the pressure of the world. Familiarity with God's presence will help us find our destiny in him.

We will fall in love and appreciate our Catholic roots, with all its traditions and richness. Our worship at the Sacrament of the Eucharist will be more meaningful, as we have a relationship with the Eucharist.

I am not writing this book to debate on theology. The focus is on God's Presence and a personal relationship with him (CCC 299). I share in a creative and simplistic manner. I hope the reader will use his or her imagination and grow in the Lord.

Kindly, give your feedback and your thoughts about the book, mistakes or even if your disagree Etc. Every input and criticism has its place. This gives me insights into the thoughts of people.

May You be Richly Blessed

Conrad Noronha

Prayer Before You Start Reading for the Believer

Father in Heaven,

I pray that you will reveal your presence to me. Please forgive me for all my mistakes and sin. Help me in all my weaknesses. I believe in your son Jesus, he is my Lord and Saviour and he came to take away my sin. Help me to live my life connected to your Son always, so that I can find my destiny in you.

In the most Precious Name of your Son, Jesus.

Prayer Before You Start Reading for the Unbeliever or Sceptic

God

If Jesus is truly your Son, please reveal him to me
So that I can believe and accept him as my Lord and

Saviour

Amen

Chapter I

Relationship with God

Catechism of the Catholic Church (CCC 45)“Man is made to live in communion with God in whom he finds happiness: When I am completely united to you, there will be no more sorrow or trials; entirely full of you, my life will be complete” (St. Augustine).

St Augustine was intimate with God, in ways the man today will never understand. This Saint believed man finds happiness, when he is completely united with God.

Today the reality, man is far away from God. He is completely united to the world and tries to find his happiness there. This was never the plan of God.

Adam was Created for Relationship

As we look at the book of Genesis, God created Adam for fellowship. The sons and daughters of the earth would look to their Heavenly Father and the Father would look to his children with love and protection. The perfect communion planned by God.

Eden and the Two Trees

In the beginning, man was dependant on God for everything. In the garden man was happy and everything he needed was provided. It was a paradise on earth.

Genesis 2:9 GNB He made all kinds of beautiful trees grow there and produce good fruit. In the middle of the garden stood the tree that gives life and the tree that gives knowledge of what is good and what is bad.

In the garden, there stood two trees. God instructed man that he could eat from all the trees, except from the tree of the knowledge of good and evil.

Adam and Eve decided to listen to the serpent and eat from the forbidden tree. This sin caused a separation between God and man, which would bring the certainty of death upon man.

It looked like disaster would fall upon man that God's perfect plan failed. Yet, God always has a backup plan to redeem his beloved children. God is never short sighted, he always sees into the future.

I believe God would say these words *"Do not fear I know what I am doing"*.

The Tree of the Knowledge of Good and Evil

By eating from the tree of the knowledge of good and evil, man opened himself to the world. The world would someday captivate man and draw him away from God.

The sin of disobedience brought shame upon man, when he saw his nakedness and he was embarrassed about it. Adam and Eve tried to cover up. Moreover, this disobedience, caused man to sense fear for the first time.

They hid, when God came looking for them.

These commodities of 'Nakedness' and 'Fear' are merchandise sold from the world. The serpent wanted man to know sin and the world, so that he could destroy God's children by diverting their attention to the world and away from God.

The Tree that Gives Life

If Adam and Eve would have listened to God and eaten from the other trees, in particular the tree that gives life, they would have lived forever. **The Tree that Gives Life represents Christ on the Cross.**

The New Adam

The first man Adam was from dust. The second man Jesus is from heaven, filled with the Holy Spirit. Jesus is the New Adam. He came to redeem man and we have all received grace upon grace (CCC 504). We have received this amazing help from God to save us, through his Son.

Today, we have a choice, whether to eat from Jesus or eat from the world. If we eat from Jesus today, we will live forever.

The World Tries to lead us to Sin

Once more, God is warning us not to eat from the Tree of the knowledge of good and evil. When we eat from the world, they separate us from God, by causing us to sin and lead us away from God's presence.

For most, it leads to spiritual death. The serpent is still around, telling us that we are gods, the master of our destiny.

In short, the more we eat from Jesus, God fills us up with "His Life". Jesus is the source of the Christian life and helps us to escape the traps and snares of the world.

The ultimate gift is the Eternal Life he has promised, that we live forever with God in the New Jerusalem.

Adam and his Son

Continuing in the story of Adam and his sons, God had fellowship with Cain and Abel (Genesis 4:4-12).

God was pleased with Abel's offering because Abel had faith; he offered a better sacrifice than Cain's. Through his faith, he won God's approval as a righteous man. (Hebrews 11:4).

On the other hand, God expressed his unhappiness with Cain's offering. Then Cain gave in to his anger and killed Abel and sin won a victory over him. Cain did not realize the sin of murder was waiting to rule over him.

For this terrible sin, God punished Cain and drove him out from his presence. Sin had separated Cain from God.

Notice what Cain said

Notice what Cain said. *Genesis 4:13-14 GNTD And Cain said to the Lord, "This punishment is too hard for me to bear. You are driving me off the land and away from your presence. I will be a homeless wanderer on the earth, and anyone who finds me will kill me."*

No doubt, Cain regretted his act and sensed fear when asked to leave God's presence. He was afraid of being killed as a homeless wanderer. Yet, God was merciful; he protected Cain by putting a mark on him, which would warn anyone from killing him.

Two things to note from Cain's Story

Firstly, Cain realized that his life would be difficult without God's Presence, because he would no longer be in God's shadow.

Secondly, Cain said he would be a homeless wanderer and anyone could kill him. He acknowledged that his home was with God and that he was safe in his presence.

In the Shadow of God

For the most part, when we are in trouble, we cry out to God, "*Why is this happening to me, life is is too difficult*".

Could it be, we are living outside God's presence? As we continue to neglect Gods Presence, we are outside his Shadow there is no covering from the Almighty God.

There is no relief from the stress of life.

The hardships and problems of life seem to be bigger than what they are. Since, we have no depth of root in God; by our own actions, we have separated ourselves from God.

They have not received treatment from God.

Staying in God's Presence

On the other hand, staying in God's presence and knowing his "Word", causes us to look at our problem with God's miniaturized glasses and suddenly the problems do not seem to be that big.

Problems look smaller than what they are; we have borrowed the Eyes of God. We look at situations from his perspective. God has stabilized our emotions and his shadow covers us and shields our emotions of fear, worry, anxiety and other annoying emotions.

God says, *"Do not fear I am with you"*.

Living in God's House

As we abide in God's presence, we are living in God's house and he has 24 hours security. At the same time, we have fellowship with God throughout the day.

Jesus is the key to enter in God's house, so we look for him. Life becomes tolerable; we enjoy his promises of love, joy and peace.

God is faithful and compassionate (CCC 205).

Without living in God's house, we will always be a homeless wanderer.

One who stood Apart

After Cain and Abel, there was another son by Adam, his name was Seth and he had other children. Unfortunately, not all of Adam's descendants wanted to fellowship with God.

Among the descendants, there was one who stood apart and desired God, his faith is specifically mentioned, his name is Enoch (Genesis 5:21).

He spent his life in fellowship with God and lived for 365 years and then he disappeared. The Bible has this to say about his faith;

Hebrews 11:5 GNTD It was faith that kept Enoch from dying. Instead, he was taken up to God, and nobody could find him, because God had taken him up. The scripture says that before Enoch was taken up, he had pleased God.

Faith necessary to Please God

Hebrews 11:6 GNB No one can please God without faith, for whoever comes to God must have faith that God exists and rewards those who seek him.

Finally, faith is necessary when we fellowship with God, it takes persistence to look for an invisible God. After a season, God will reward us with his presence.

Generally, most people do not persist and fail to find God's Presence; they tried for a time and went back to their old ways. The pull from the world was too strong.

Human Wickedness

After some time in the story of creation, there was a time of extreme human wickedness, giants were born from human daughters and heavenly beings. The world was evil and men filled themselves with evil thoughts.

God regretted creating man, but there was one man he was pleased. Noah was the only good and upright man (Genesis 6:1-8).

Noah was Good and Upright

As we contemplate about Noah. What caused him to be good and upright? I believe Noah was filled with thoughts about God. He spent his time in fellowship in God's presence like Enoch.

Noah had faith and this relationship gave him the strength to overcome the evil around him. This spiritual union guided him to build the ark and escape the floods with his family (Hebrews 11:7).

Relationship helps to Escape the Floods of Life

Our relationship and encounters with God, helps us to escape the floods of this life. Overwhelmed by the waters of stress, God keeps our head above the water and holds us faithfully until the water subsides.

This communion keeps us strong to stay away from evil and sin and all the anxieties of the world. God guides us to build our own ark to escape the deluge, so that we can rise above the flood of life and not be overtaken by every crisis in the world.

Jesus and the Sacred Scriptures

Above all, God still desires our fellowship and still communicates with his children.

God used to speak to us through the prophets, but in the last days he will speak to us through his son Jesus, who is the “Word of God”. (CCC 65) (Hebrews 1:1).

Jesus the “Word of God”, it is also known as "Sacred Scriptures" is important and necessary to every believer. God is speaking to his children, through the words in the Bible.

Prophet Hosea

At one time, the prophet Hosea had this to say, *“My people perish for a lack of knowledge”* (Hosea 4:6).

The word "Knowledge" in this verse refers to the knowledge of God and not to the knowledge of the world.

The lack of Godly knowledge causes people to perish from, family breakdowns, divorce and addictions to alcohol, drugs and in some cases even suicide.

The world has captivated God’s people. We only need to look at the state of churches today, to know this is the truth.

Worldly knowledge

In a nutshell, today’s believer, is choked with the knowledge of the world. That is why the “Worldliness” approach of Christian people in the church, which is a concern for Pope Francis.

Church people tend to deal with church and their own affairs with worldly thinking and knowledge.

They have been eating from the world. The Laity drink from the world, and govern their lives and the church using knowledge learned from the world.

Godly knowledge

When we have Godly knowledge, the chances of us perishing in this world and being destroyed is slim. Godly knowledge enhances our communion with God.

Godly knowledge shows us how to address situations and problems. Godly knowledge tells you, that without faith it is impossible to please God.

Faith moves God in our Church

Faith is what moves God in our Church, not worldly knowledge or strategies. This does not mean we do not plan, we plan using the strategy of God, which is faith in Jesus.

Communion with the Eucharist

The acquiring of Godly knowledge, enhances our communion with the Sacrament of the Eucharist.

The Eucharist is the highest form of worship. We consume the very presence of Jesus by faith. Our worship is spiritually charged, as our worship goes up to God like a sweet fragrance. God is pleased, as our hearts draw closer to his heart.

Our flesh the enemy

For our communion with God to be effective, the Bible is a necessary tool. Start with the New Testament and make your way to the Old Testament. The daily readings are also helpful in our attempt to communion with God.

Bear in mind, reading the Bible can be a difficult exercise for a new or old reader, we always get distracted.

Your flesh will say it is more relaxing to watch the TV or surf the net, read a novel, whatsapp or just laze around. The Bible is too boring for your flesh.

The Flesh is sensual and God is spiritual

The flesh always leads us away from God, because the flesh loves sensual things that make us feel good. God is not sensual, but spiritual and the flesh despises spiritual things. The Bible is too stressful for your flesh.

This is why reading the Bible is a difficult task for anyone, who is busy living in the world

In order to grow in the Lord, we need to stress our flesh with some Bible reading. In time, the Spirit of God crucifies the flesh and we can now read our Bible more consistently.

Ask the Holy Spirit

When we are crucifying the flesh with some Bible reading, we can ask for help from the Holy Spirit. Praying the words "*Holy Spirit help*" repeatedly is enough for help to come from God.

The Holy Spirit, our helper and comforter, who acts on behalf of the Father and the Son and gives us the strength to read the Bible.

Think of the Holy Spirit like a wind. As you call for him, he blows in the strength of God and blows out the weakness of your flesh.

Your persistence to pray is important; you have the faith to read the Bible. You really have no idea what is going to happen, but by faith, you know it is a bridge to God.

Majesty and Beauty of the Bible

The majesty and beauty of the Bible is unveiled as we consistently read God's word. God's Spirit rains his life into us. His Spirit illuminates our path; a victory over the flesh accomplished.

This is just the beginning of the many battles, you will engage with your flesh and the devil. We will always win if we are persistent to fight our flesh and find God.

Do Not Freak Out

Before you freak out, the devil can only mislead us with his lies. He is the father of lies (John 8:44). Jesus has already disarmed the devil and made a public spectacle of him (Colossians 2:15).

That is why it is important to know what God says, so that we can oppose the devils lies. He lies to us, when we do not have Gods knowledge. The devil tells us to be fearful, but Gods has told us not to fear over 365 times in the Bible.

God's Love Testament for Us

In any case, as you read the New Testament, read it from the perspective that "God Loves You". The New Testament is a Love Testament of God's love for us.

For God so loved the world, that He gave his only begotten son, whoever believes in him will not die but live forever (John 3:16).

Man rejected God because of Sin in his Life

Indeed, God was always Love and has never changed. Man sinned and rejected Gods Love. In time, as man continued to sin, this caused him to lose familiarity with God's Presence.

Sin separates man from God's Presence...

To save us, God sent his son to have victory over sin, so that we can now enter his presence. Jesus came to destroy the work of the enemy (1John 3:8) by ending our sinful journey and introducing the journey of Love.

By knowing God's Love, we are now familiar with God's presence and God keeps sin at bay, as long as our focus is on Jesus.

The New Law of Love.

CCC 1972 The New Law is called a law of love because it makes us act out of the love infused by the Holy Spirit, rather than from fear;

The New Law of Love, changes everything, it is spontaneous and comes from the Father and the Son, through the work of the Holy Spirit. We observe Gods commandments out of Love, not out of fear.

Many people in the Church today, do not know this Law of Love. This love comes from the Father's Heart and he wants the world to know of his Love for them.

Some deny the power of God. They have an outward form of godliness, but deny the power that can make them godly (2 Timothy 3:5). Unknowingly, they live in the power of the world, a superficial faith based on the human intellect and reason.

The Power of God is a Heavenly Love that abides in us.

Finally, the beauty of the Catholic Church, we have many forms of prayers to give us power to be Godly; we are rich with prayers and traditions.

Practice the Presence of Jesus

Think of Noah, all the obstacles and challenges he would have had to face. The whole world was evil, people were crazy they were doing sinful things that disappointed God and Gods heart was sad.

Think of yourself as Noah. I am not going to look at the world, but I am going to fellowship with God, like my ancestor Enoch. Now, look at Jesus and spend some time with him.

Be determined to be like Noah to want to please God with your faith and escape the floods of life.

Chapter II

Jesus came to Seek and Save the Lost

CCC 545 Jesus invites sinners to the table of the kingdom: "I came not to call the righteous, but sinners." He invites them to that conversion without which one cannot enter the kingdom, but shows them in word and deed his Father's boundless mercy for them and the vast "joy in heaven over one sinner who repents". The supreme proof of his love will be the sacrifice of his own life "for the forgiveness of sins".

Jesus, our loving Savior, was always looking for sinners. He knew some time spent in his presence would transform the sinner. Jesus said only sick people need a doctor, not healthy people. Jesus transformed all the supposed "Outcast".

Jesus has the power to make people Godly. In fact, some were transformed by simply touching him. Christ is the gateway to the Father's heart and he calls sinners to follow him and become his disciples.

For one thing, as we practice the presence of Jesus and know his words, we will understand the power of Jesus to change us from a sinner to a winner over sin and anxiety.

All sinners have a heart revolution to follow Christ, when their eyes are on him. This is the power of looking at the Christ.

Zacchaeus and the Sycamore tree

(Luke 19:1- 10) In this case, Zacchaeus, is a story of a person transformed by the presence of Jesus. Zacchaeus a rich chief tax collector, climbed a sycamore tree, he was short and was desperate to see Jesus.

Zacchaeus was curious about Jesus. When Jesus came to that place, he saw Zacchaeus on the tree and invited himself to Zacchaeus house. The people hated Zacchaeus and were wondering, what was Jesus doing hanging out with the chief tax collector, a sinner.

Zacchaeus had a Choice

To begin with, Zacchaeus did not have to accept the invitation from Jesus. But he did, and welcomed Jesus with great Joy. To the point he was willing to give half of his wealth to the poor and pay back four times anyone he had cheated.

In response to this, Jesus said that salvation had come to his house, because the Son of Man had come to seek and save the lost.

Jesus came to Seek and Save the Lost

Jesus came to seek and save the whole world and give them salvation. Without Jesus we are all lost in this world. Just open your eyes; you will see people who are lost, without purpose or direction.

Whether rich or poor, we are all in the same boat, we live in a state of fear, worry and anxiousness or we are living in sin. We have been eating from the world.

Either way, we need Jesus to save us, from ourselves. We are all servants to money, jobs, family and to this world. We need to balance our lives by looking for God's Presence.

For now, to be a servant to God is better. However, through Jesus death and resurrection, we are no longer servants but sons and daughters of the Most High (Ephesians 1:5). His spirit in us, calls Father, my Father (Galatians 4:6).

God your eternal Father is inviting you to claim your rightful place next to his Son.

Abba Father

When we enter the Father's presence, we do not come in fear. Rather we call him "Abba Father" or "Daddy", like you are speaking to your earthly father (Roman 8:15). This is how intimate we are to our Father God.

After all, he is our Spiritual Father, who has always been by our side, waiting patiently for us to acknowledge him.

We boldly profess out our faith to our Father, because he has a high priest, Jesus, his Son who has gone into his presence, who can sympathize with us and he was tempted in every way.

As we look to Jesus, we now have the confidence to come into the presence of God and obtain grace and mercy in our time of need (Hebrews 4:16).

As you enter God's presence, you can now talk to the Father, on any matter you are concerned about. He will speak to you in your spirit and give assurances of his Love. As we look to him, his first words are *"Do not fear"*.

Nothing ever Enough in this World

In short, nothing is ever enough in this world, money, houses, cars, holidays are never enough. We want more and more to satisfy the appetite of the world.

That is why Billionaires, never stop at one billion, although they have more than enough money to last them a couple of lifetimes.

They keep on chasing for more billions. They are chasing the wind as Solomon lamented, he had seen everything and done all things (Ecclesiastes 1:14).

Christ is Enough

To sum it up, if you ever decided to search for Jesus and practice his presence with all your heart, you will find him!

Christ is enough and he is everything. In Christ, you will find a freedom, for Jesus over shadows the demands of the world, as you connect to the heavens and not to the world.

Millions of people are experiencing this freedom, found only in Christ. Have Jesus and you have everything you need. You will give up the Rat Race and run the Race of Faith.

What is the use of a man who gains the whole world, but loses his soul (Matthew 16:26).

Running this race of faith, begins with opening the door of our heart. Loving Jesus has always been at the front door of your heart.

Loving Jesus Invites himself to your House

Jesus stands at the door waiting for an invitation (Revelation 3:20). He waits to dine and feed you with the Living Food and Water of God.

Like Zacchaeus, we accept the invitation and pry open all the deadbolt locks to our heart and allow Jesus to come in. Daily, we progressively invite the Lord into our lives and open our very existence to him.

He fills us up with his Father's Love and gives us the strength to face tomorrow with zeal. Once in, he fellowships and calls us friend. He says **"I will never leave or forsake you"** (Hebrews 13:5).

The master healer is here, to overcome all our hurts, sins and the world. We just need to open the door.

Zacchaeus Encounter

Have you ever wondered, what caused Zacchaeus to want to give half of his wealth to the poor and give back four times to anyone he cheated?

One the one hand, I believe Zacchaeus in expectation of his faith wanted a spiritual encounter with the Anointed One.

Zacchaeus had the faith to look for Jesus and climbed a sycamore tree. On the other hand, Jesus was always looking for Zacchaeus and had his eyes set on him.

Zacchaeus, was desperate for a touch from God...

While on the Sycamore tree, as Zacchaeus saw Jesus coming to him, in anticipation he would have fixed his eyes on Jesus, hoping for just an acknowledgement. When Jesus invited himself to his house, this most probably blew his mind. *"Why would a Rabbi want to mix around with a sinner like me?"*

Zacchaeus opened his heart to Jesus....

As he spent time with Jesus, he experienced the most powerful force on this earth, God's unconditional Love. He had encountered the Incarnate God.

The Father's Love overwhelmed him. Zacchaeus looked at life, through a periscope of Love that belonged to God. His vision filtered from God's perfect Love. In Zacchaeus case, this love filters out all impurities like greed.

For this reason, Zacchaeus could give up his insecurity with money to take the security of Jesus. He found his wealth in Jesus, there was a divine exchange.

Anyone who invites Jesus into their house will experience this joy and happiness.

Transformed by God's Love

When we fix our eyes on Jesus, we chance upon a transformation by Gods pure Love. His presence is this amazing Love. God was always looking for us.

God is Love (1John 4:8) (CCC 221).

God's Love penetrates our very being and we experience forgiveness and a peace that the world cannot give. A heavenly skirmish with God has taken place.

God is Looking for You

God is looking for people, who are looking at Jesus, because he knows those people will find his Love. God is looking for you and he sent his Son to find you.

As you look at Jesus. He perfects your faith to find the unseen God. Jesus is the pioneer and perfecter of your faith (CCC 165). You were once lost and now have been found. His amazing grace searches for a heart that is perfect towards God.

God is looking for a Perfect Heart not a Perfect Person

2 Chronicles 16:9 CPDV For the eyes of the Lord contemplate the entire earth, and offer fortitude to those who believe in him with a perfect heart.

My friend, God is looking for a perfect heart, not a perfect person. God's eyes runs to and fro, throughout the whole earth, looking for hearts that are searching for him.

Nobody on this earth is perfect, we are all struggling with sin, fear, worry, anxiousness, addictions, depression and all sorts of things.

A perfect heart, gazes at Jesus and dwells there. That is the kind of person God is looking for. In essence, that person becomes perfect as God shapes his character. You cannot rub against God and not be changed by him.

David's heart after God

(1 Samuel 15) King Saul's failed to please God, so God rejected him. His heart was far from God and he could never do the right thing. The right thing to do was to give his heart to God.

Instead, King Saul had his heart set on the world. He never did try to find God's presence. As result God chose another successor to the throne of Israel, it was David.

David a shepherd boy was chosen to be the next King because he had a heart that was after God (Acts 13:22). David, never failed to look for God's presence even in his failures of sin.

Blinded by the god of this World

2 Corinthians 4:4 GNB They do not believe, because their minds have been kept in the dark by the evil god of this world. He keeps them from seeing the light shining on them, the light that comes from the Good News about the glory of Christ, who is the exact likeness of God.

Many a time, we are blinded by the god of this world, Satan. He prevents us from seeing the Light of Christ that comes from the Good News of the Glory of Christ.

This happens to all of us, whether we are mature in the Lord or just a new believer. His tactic is very simple; he makes us look to self or to the world.

The Glory of Christ who the exact likeness of God brings the Presence of God and causes abundant Life to flow to those who look at him.

This Life from God sets us on fire with the flames of his Love. Our eyes now open, to see the Light and our heavenly home. As we look to our heavenly home, we can now see better and not be blinded. We can now be a doer of the word (James 1:22).

Most People in the World

For most people in the world, the light is completely blocked out. They cannot see the Good News that Christ came to bring us back to the Father's Presence and Love. They are blind to the Gospel of Jesus Christ.

Nobody has preached and reached out in love to them about the Good News of Christ Glory (Presence). That he has come to bring us back to the Father's Home.

So called Christian

The so-called Christian knows the Good News, but the light is only trickling in. We have received partial treatment of God's light.

The Christian needs to open his eyes fully and allow the Son to drown them in the Father's Love. This drowning will allow God to have more influence over their lives.

Focused on Self or Performance

The Christian focused on self; is engrossed in their fears, pain or failures. Trapped in their emotions, they cannot get out of the revolving door of confusion. Consumed by their feelings, they cannot see beyond self.

As we move away from self and look to Jesus. God's calms our emotions down and deals with the confusion.

For others it may be their self-righteousness or performance for God. They cry out *"God look at me, see what I am doing for you"*, when it is suppose to be *"God I am looking at you"*.

We must be engrossed in looking at God, not in what we are doing for God. Doing comes later, after we have received treatment from God's light.

Focused on the World

For those focused on the world, causes them to fall into the system of the world of status, wealth and fame.

Most are trying to earn a living. The light of Christ blocked out of their daily living. The god of the world blinds them to look to the world.

The world pulls the person away from God, whether the person is rich or poor. Most will end up with addictions or attractions to the world.

The Light of Christ

Looking at Jesus moves us away from self and our insecurity with money. This allows the light of Christ to flow through our every thought and emotion.

To accelerate this process, we must be tenacious in fixing our eyes on Jesus and increasing in Godly knowledge.

As God takes more territory in you, he will be able to shine more light on you. Your heart now open to experience the Presence of God.

Gods Wisdom and Understanding

As we are lighted up with the Glory of Christ, the wisdom and understanding from God will overtake our emotions of fear, worry and anxiety. The light of Christ overtakes these emotions and brings peace and calmness. We can now see better.

The mind connects to Gods thoughts and enlightened to look at the situations with Gods understanding and wisdom. We begin to sense Gods thoughts and ideas.

The light of Christ is the heavenly treasure we are looking for. Once we are familiar with his light, it overtakes the world and its earthly treasures in us. He defeats the god of this world in us. Satan is defeated.

People who focus on the world, will love the world. God wants us to look to his Son Jesus, so that we can transfer our affections to God and love God more.

Do not Love the World

1 John 2:15-17 NABRE Do not love the world or the things of the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, sensual lust, enticement for the eyes, and a pretentious life, is not from the Father but is from the world. Yet the world and its enticement are passing away. But whoever does the will of God remains forever.

Have you noticed; when caught up in the world, the Father's Love is absent. During these times, we wonder where is God?

It is not that God is missing; we are filled with the world and its anxieties or attractions. The many activities of daily living have distracted us.

The world's activities produce, the feelings of sensual lust (Sexual Lust), enticement for the eyes (Lust for material things) and a pretentious life (Arrogant disposition, where the focus is on self).

These dispositions come from the world. By us, continuing to look to the world, we will be over taken and pass away with it. That is why God warns us not to love the world.

Only those who do the “Will of God” will remain forever.

The world Begins to Move Out

When we decide to look to Jesus and practice his presence for a season, all the sensual lust, enticement of the eyes and the pretentious of life begins to move out.

Wrong Formula

World out ~ Jesus in

Using your own power to get the world out will not work. The bright lights, distractions and attractions will call and you will lapse back into the world. The power of the world is too strong.

We need something more powerful to shift the world out of you.

Right Formula

Jesus in ~ world out

To begin with, the right formula is to abide in Jesus first.

Through prayer, thanksgiving, daily mass and sacred scripture Etc. The world in us will begin to leave. The Power of Christ will shift the world out.

The world cannot Stand Jesus

Jesus pushes the world out. The world cannot stand to be close to Jesus. All the sensual lust and the enticement of the eyes and the pretentiousness of life just has to move out. They cannot get along with Jesus.

Like the Prodigal Son

When we come back to the Father. God waits with open arms to bring you back to the fold. He is more interested in "You" than Your Sin.

Like the prodigal son, if you have strayed far and let own your Father by your loose living or attraction to the world, He waits patiently for you to come back.

Come back to God with all your heart. He welcomes you with open arms and his goodness leads us to repentance (Romans 2:4).

He melts our heart with his kindness, as our hearts turn back to him. We will start loving God more and want to give more of ourselves to him. God is good all the time, not some of the time.

God's Grace works in you, through the working of the Son and the Holy Spirit. You do not deserve it, but he helps you nevertheless. This is the nature of God, to run to you, the moment he sees you on the horizon coming back.

Consciousness is Important

The activities of reading the word and practicing his presence are not effortless. Most of the time we fail to do it, because of the flesh and distractions. Therefore being conscious is important.

Overwhelmed by the pressure of the world, we lose our focus from Jesus unto the affairs of the world. In time, we forget to fellowship with God. In fact, the pressures of this world pull us away from Jesus.

That is why; we have to be conscious of the devices of the world and focus on Jesus, instead of focusing on the pressure of the world. Do not focus on your problems, but look at Jesus steadily.

Jesus gives you the power to calm the turmoil and pressure in you. Instead of worrying, decide to look to one who gives you Grace in your time of need. We need to abide in the Lord for a season to see some results.

Christ is the Source of Grace

(CCC 1996) Grace - God's favour free and undeserved help that God gives.

Through Jesus, he gives us grace upon grace. Help comes from God, repeatedly as we look to him. Christ is the source of Grace (CCC388)

God never exhaust in giving us undeserved help and always throws a lifeline when we call out for it.

The practice of looking for Jesus

The practice of the presence of Jesus is for those headstrong looking for Jesus. It starts with the practice of seeing Jesus everywhere and in every situation. He silently walks with us, waiting for us to look and acknowledge him. To maintain this practice, we need to eat the fresh manna of Christ everyday to be consistent.

Fresh Manna needs to be Eaten

Something to note, the Israelites in desert after the exodus from Egypt, were provided with bread daily from God. They were instructed to pick only what they needed for the day, except for the Sabbath they were required to pick up manna for two days.

Some of the Israelis got insecure and picked up more and keep it over night. But when they woke up the next day, all the bread was rotten and filled with worms “Yuck's”. (Exodus 16:20).

Old Manna will not sustain your Relationship.

We must be aware, old manna will never sustain your relationship with Jesus. You need to eat the new manna of Jesus every day, until oxygen from Jesus is implanted into your cells and he becomes the air you breathe.

Pick up as much Godly knowledge as possible. Run to every seminar/book available, daily Bible reading, daily mass if possible and practice God's presence always.

At any time, we can fall back to the world, when we lose our consciousness and focus on self or the world.

Many people start a communion with Jesus and his word, but lapse back into worldly living. They tried for a little while looking at Jesus. Life got the better of them and pulled them into the affairs of the world.

They have been eating old manna. God gives us new manna every day; we just need to look for it.

Separated from Gods Presence is a Living Hell

For some people life can be intolerable. We have heard this expression "*Life is a living hell*". People who detach from God and attach themselves totally to sin and the world will experience this hellish emotion.

Especially those who do not believe in God.

In the first place, I believe hell is not fire and brimstone and devils torturing us, as how some people think.

Catholic teaching about hell is that of an Eternal Fire and Separation from God's Presence, who holds all life and happiness (CCC 1035).

In hell we are totally cut off from Gods presence; it is an empty nothingness, devoid of God.

Thessalonians 1:8-9 GNB with a flaming fire, to punish those who reject God and who do not obey the Good News about our Lord Jesus. They will suffer the punishment of eternal destruction, separated from the presence of the Lord and from his glorious might,

Life without God is hell anyway

Life without God in our daily activities is a living hell anyway. Separated from God's presence, will allow us to experience this living hell too. The stress of living overwhelms us and leads to dire circumstances. For some, they even commit suicide; they think there is no hope.

Depression is normally the outcome for most, leading many people to temporary happiness activities. In the end, they are still not happy and come back to square one after the activity.

Like Enoch and Noah our destiny is to fellowship and live in God's presence. Our loving Father, overshadows us with his protection from the hellishness of the world. We are called to be tied to God's presence always.

Soar on Eagles Wings of God

St Augustine teaching, that when we are completely united to God, there will be no more sorrow or trials, and we will be full of God.

This happens when we stay in God's presence and become one with him.

Trials and sorrow will come but we do not fear, because we are looking to our eternal home and the Father's shadow covers us. He looks at us and feeds us manna from the heavens every day.

Becoming one with God, allows us to soar above the trials and sorrows, as God carries us on Eagle's wings. We soar above the adversity and glide into our Godly destiny.

The world in is not permanent. Life is temporary, it is like a vapour, it will appear for a little while and then it disappears.

James 4:14 (GNB) You don't even know what your life tomorrow will be! You are like a puff of smoke, which appears for a moment and then disappears.

Like a puff of smoke, we are gone.

The question is, "Did we do our best to be united with God?"

Like St Augustine, who was once a scoundrel, but later in his life he changed and became a Saint.

We are called to be saints for God...

Practice the Presence of Jesus

See Jesus is standing at the front of your door. He is looking at you with his eyes of love. He said, he has come to look for you. You are so precious in his eyes. Jesus says, "Look at me".

Now, look at Jesus and welcome him. Jesus is extending his hand to you. See yourself holding his hand and don't let go. Did you notice his nail pierced hand? Can you see the hole where the nail went through. Put your finger in it.

Spend a few minutes looking at your hand in his. Dwell on this picture until you sense his peace. You were once lost, now you have been found.

Chapter III

Seek the Kingdom of God

CCC 305 Jesus asks for childlike abandonment to the providence of our heavenly Father who takes care of his children's smallest needs: "Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?'. . . Your heavenly Father knows that you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well." (Matthew 6:33)

Everyone is called to enter the Kingdom. Seeking the Kingdom of God, is seeking Jesus and his word. Christ is the heart of the Kingdom. When we find Jesus, we find the Kingdom within us, our purpose and destiny. God administers all his plans for us through his Son.

One of the ways the Kingdom grows in us is to be continuously conscious of Jesus presence. This is what allows the Kingdom of God to flow in us and Jesus becomes the master of us.

The Kingdom of God within us Changes Everything

The Kingdom of God in us changes our perspective about everything we do. We change on the inside and the Kingdom in us becomes a priority. We are concerned about the Jesus in us.

Prayer is a not about Meaningless Words

(Matthew 6:7) Prayer is not is not just about reciting meaningless words. Prayers are meaningless when is done as an outward act only (Body).

The prayer needs to go inside and touch the very core of your (soul). As your soul is stirred, the Kingdom within you will grow and you will sense the Spirit of God.

This is when prayer becomes meaningful, it is worthwhile and profitable. It brings you peace and a spiritual unity as your soul becomes one with God.

The prayer starts with the (body), as it reacts with your (soul) and your (spirit) is now connected to the God's Spirit. A divine association established with God. He hears your prayer and gives a yes or no.

God made us this way, so that we can know him intimately. The world tries to destroy this intimate union.

Gods Will

(Matthew 6:10) As the Kingdom grows within us, we will want to seek "God's will". It takes a lot of trust and tarrying in his presence to do this.

When we delight in Jesus, eventually we will gladly say "Thy will be done". We are delighted to follow "Gods will" (Way) and he can now lead and establish us in our calling.

The steps of a man are established by Lord when he delights in his way (will) (Psalm 37:23). The Lord will establish our way when we delight in “His will”, not our own will.

Our hearts shift to the Lord. “His will” becomes more important, than our own will. A trust bond has developed and the Kingdom is taking over and can now direct our steps. God strengthens us to serve him better, he can now lead us in our daily lives.

Your daily Bread will be Supplied

(Matthew 6:11) As your eyes are on the Lord, your daily bread will be supplied. You may not eat like Kings, but the meal before you will be fit for a King. Every meal will be tasty and delicious.

The Kingdom of God in you flavour's everything you do. Life is full of flavor, as you are connected to the source of all life, Jesus (John 5:26).

Some eat more delicious food, but are not satisfied. So they eat and eat, until they are fully satisfied. Most eat out of depression, to fill in a void they feel in their hearts.

The most important bread to eat is Jesus, his body in the Eucharist and to be conscious of his presence. Jesus said, *“I am the bread of life, whoever comes to me will never hunger, whoever believes in me will never thirst”* (John 6:35). Jesus fills the void in our hearts.

To fill the void we have to consciously look to the Lord and have faith when we eat his body in the Holy Communion.

The void not easily filled, when focused away from God. The Lord has to be everything to us and his presence has to consume us.

Life's Testing and Trials

(Matthew 6:13) To begin with, when you go through life's testing the Kingdom within you will strengthen you and carry you through the period of trials.

Whether you are in a season of trials or a season of peace, you must practice Gods presence in and out of seasons. In any event, the trials will come again and again, so don't get too complacent.

The enemy's job is to break you and separate you from God's presence and he is relentless.

Be strong and courageous, do not fear, the Lord's presence will go with you, he will never leave or forsake you (Deuteronomy 31:6).

When we are conscious of the Lord's presence, he always goes before us and will never leave or forsake us. The presence of God goes ahead of all of your activities.

Mans biggest Insecurity

(Matthew 6:19) One of the biggest insecurities of man is money, whether rich or poor, causes him to seek more and more wealth.

The insecurity makes the person want to work and work until he has less time think about God. His thoughts are on money his god, he is insecure because he feels he does not have enough. He seeks for the earthly treasure and not for the heavenly treasure.

The earthly treasures will eventually let him down. Your heavenly treasure, Jesus will never let you down.

(Matthew 6:24) The Bible says you cannot have two masters. You will either love one and hate the other. We cannot serve God and money. Who is your master? Money is the master of most; this is the way of the world.

In brief, if you want Jesus to be your master, then go on your journey and look for his presence. He can be found if you earnestly desire him. Jesus does not hide from anyone, he reveals himself to anyone looking for him.

Jesus is our salvation into heaven. Jesus is the way, truth and life. No one goes to the Father accept through him (John 14:6).

Figuratively speaking, he is the only currency acceptable in heaven. On the currency it is stamped with the words "YOUR ADMISSION PAID IN FULL". Jesus paid for our admission into heaven by dying on the cross for us.

We believe in Jesus as the Son of God and accept him as our Lord and Saviour (Acts 16:31).

The eyes the Gateway to the Kingdom

(Matthew 6:22) To begin with, the eyes is the gateway, for the Kingdom to come in. The eyes are used to see Jesus. It is also used to say prayers or read the Bible. If your eyes are focused on God, light comes in.

The eyes is the first body part that gets us into trouble. If the eyes focus on the world, darkness comes. What are your eyes focused on? TV Soap operas, wine, women, daily gossip, world news, race or Government bashing, computer games Etc?

Turn some attention to the Lord and the Lord destroys all unproductive empty worldly activities, as our eyes are on him.

His Kingdom takes priority in us and we will find his Kingdom heavenly attributes of faith, hope and charity (Love).

Mature Christians

Even for, mature Christian's the eyes can be a problem. The key is our consciousness. We need to continuously be aware of the deception of the enemy, to distract us and draw our attentions to the lust of world and their distractions.

So to solve the problem, never lose consciousness and allow distraction to take over. Practicing a continuous fixing of eyes on the Lord and meditating on his word.

We do not have the luxury of living in a monastery; we have to live in the world exposed to the enticements of worldly living. On the whole, we can make our Eyes and Mind a monastery for Jesus.

Kingdom is about Righteousness Peace and Joy in the Holy Spirit

Finally, many people are busy living in the world. They are busy eating, drinking, and living their lives according to their own wise ways. The Kingdom God is about righteousness, peace and joy in the Holy Spirit, which comes from our faith and relationship in Jesus. When we serve God in this way, God is pleased (Romans 14:17).

Trust in God will all your heart

Proverbs 3:5-6 (GNT) Trust in the LORD with all your heart. Never rely on what you think you know. Remember the LORD in everything you do, and he will show you the right way.

Trusting in God is one of the keys to the Kingdom growing in us. In fact, our hearts are submitted to him and dwells in his presence and not in the problem.

This is why, we don't think for hours on how we are going to solve a problem, which causes us to worry and be anxious. Instead, we look at Jesus, by remembering God in this difficulty. We get God involved and pass the problem through him.

Hence, we are resting in God to give us a solution, not resting in the problem, which gives us anxiety.

Practice the Presence of Jesus

As you practice the Lord's presence, see him inviting you into his Kingdom. He says look to me, I am the key to enter the Kingdom. As you look at the Lord, gaze into his eyes and see the Kingdom of God, looking back at you with love and compassion.

His eyes of love are on you. Spend a few minutes one this. The Lord looks at you and wants you to know his unconditional love, he wants to restore the Father and child relationship.

See how loving he is, his hands are open wide welcoming you back to him. He says **“My beloved child I love you, you were once lost, now I have found you. I am so happy, don't be afraid come into my Kingdom”**.

“Let me put on you a ring, the finest clothes and have a feast in your honour”. As you are holding his hand, focus on his presence for a few minutes, don't lose the image, until you are one with him.

Chapter IV

24/7 Communion with Jesus

Prayer

Prayer is an inward witness and not only an outward duty or act. Prayer is about our personal time and relationship with the Lord. People think the outward duty is enough to enter into the Kingdom God. The outward act is to bring the Kingdom of God in us.

Outward Duty or Prayer

Many a time, the Sunday Christian stops at the outward duty of prayer. The worshipper focused on his outward action of prayer or his service for God; they do not have an intimate fellowship with the Lord Jesus.

The prayer is just an obligation to clear the conscience. *"I did my time in church"*. There is a veil on their eyes because they cannot see the truth about Jesus, that he came to take away their sins and bring them into his Kingdom.

Their prayers do not go to the very depth of their soul to find the Kingdom within. They cannot see the light of Christ, who wants to illuminate their lives.

The world pulls them from this truth, for their eyes are on the world and not on God. **You cannot see a truth when you are not looking at it.** The pressure and pleasures of this world keeps the person looking away from God.

The Sunday Christian is in communion with God for one hour, and then he is off to breakfast. Throughout the service, his mind is distracted on breakfast and how he is going to spend his day.

Communion with God 24/7

Our communion with God is not a one hour affair; it is a 24 hour 7 days a week affair. From the moment, you are awake to the moment you sleep; your thoughts are after the Lord.

This 24/7 affair with God, is to make our communion at the Sacrament of the Holy Mass more meaningful. We are called to be a witness of his Kingdom, like all the Saints of God called before us.

He may not be Real in our Thoughts

For the moment, he may not be real in our thoughts. He is not a living and active God, someone we can relate too on a daily basis. We think God is not relevant and put more focus on our efforts in the world.

We cannot find the Kingdom of God within us, by spending one hour a week with God. We have to have quantity and quality time with Jesus.

This 24/7 fellowship with Jesus, will cause us to experience Christ as a reality in your life. Jesus becomes the real thing, not just an image of God.

He comes alive and you know he is the truth; because you can see him working on your sinful nature. Jesus overcomes the world in you.

Jesus came with Grace and Truth

Jesus Christ came with Grace and Truth, Moses came with the Law (John 1:17). Although, the Law is holy, spiritual, and good, yet still imperfect (CCC 1963).

It was given because men would not write it on their hearts (CCC 1962).

The Law

The Israelis after the Exodus were a stiff neck people, who doubted Moses and God every step of the way. They suffered and stayed in the dessert for 40 years because they refused to believe in God.

On mount Sinai the Law was given by God to Moses. Like a tutor it shows what must be done, but itself does not give the strength, the grace of the spirit to fulfil it (CCC1963). There is no power in the Law, only in Christ.

Because of sin which it cannot remove, it remains a Law of Bondage. According to St Paul it was meant to denounce and disclose sin in the human heart (CCC1963).

Christ is the End of the Law

The Law was a preparation meant to bring us to Christ. Now that we have Christ, the Law is meant to be our foundation. The Law is holy and Christ is the end of the Law (CCC 1953).

Romans 10:4 GNTD For Christ has brought the Law to an end, so that everyone who believes is put right with God.

Fulfil the Law with Christ Love

With the Law as a standard, the focus is now on Christ to make us holy. When we believe in Christ and find his presence, Jesus gives us the strength to fulfil the Law with his Law of Love. We now believe and are put right with God. God puts right everything in our life.

Redemption comes from the Blood

Redemption comes to us above all through the blood of his cross (CCC517). Jesus is the final blood sacrifice, no more sacrifices of bulls and goats. *Hebrews 10:4 GNB For the blood of bulls and goats can never take away sins.*

Our focus is on the Jesus to take away our sins and redeem us back to God. He came to give us the strength to overcome our sins and love God, with his blood.

We are now the Righteousness of God.

CCC 403 By sending his own Son in the form of a slave, in the form of a fallen humanity, on account of sin, God "made him to be sin who knew no sin, so that in him we might become the righteousness of God."

Jesus did not know sin, but God made him share in our sin, that in union with him we may share in the righteousness of God (2 Corinthians 5:21).

We are now the righteousness of God, when we believe in the Son and have a Spiritual Union with him. We are no more controlled by our human nature, but controlled by the Spirit of God and we live in peace (Romans 8:5-6).

Strength to Obey comes from the Fathers Love

When we have a Spiritual Union with Jesus, the Spirit of God takes over and we can now love God. We will now want to obey his Laws, because the strength comes from the Father's Love, infused by the Holy Spirit.

The strength to obey comes from the relationship and not because of fear or punishment. We are captivated by their Love and will not want anything that will drive a wedge in between our relationship with the Father and Son.

Your prayers go to the depth of your soul, connecting you to the "Ultimate Love Relationship". A love that is incomparable to any kind of earthly love. The love you experience is from the heavens and it is an Agape Love.

Unconditional Love and Conditional Love

Agape love is "Unconditional Love". "I love you for who you are, not because of what you have done for me". "100% Unconditional".

On the other hand, "Conditional Love" is manmade. It starts and blooms firstly from our parents, siblings, friends, teachers, employers and the Church folk. These people love with conditions, "I love you, only if you make me happy".

Many people superimpose this conditional love experience unto God. So they believe that God loves with conditions, that God will only love them when they are good. So they are afraid to come to God because they feel they are not worthy, because of their sin or some other reason.

Let me reiterate, GOD'S LOVE IS 100% UNCONDITIONAL. Come to God as you are, he will mould you to be a better person, He is the potter and you are the clay.

The more time you spend praying and abiding in Jesus, the more love you will experience. All your unnecessary and worthless habits, emotions, anxieties are taken away.

Desire the Father and the Son and love will manifest in your life. This is the beginning of the most important relationship in your life.

When we see the relationship increase, the sin and anxiety will decrease. God's favor, free and undeserved help is based on our relationship with Jesus and his Father.

Like the prodigal son or daughter, we do not deserve anything from him. We have squandered all of his wealth and resources on worldly living. Yet, as we turn back to God, he gives us the finest things, a son and daughter could deserve.

Finally be a good Catholic and go for the Sacrament of Reconciliation and confess your sins to a priest, his absolution from your sins will give you more confidence of God's love for you.

By the way, there is a war waged for you. Your carnal nature or flesh is adamant and it has to be fed with the pleasures of the world. On the other hand, you have to be adamant to be fed by God.

Veil Removed when we are Joined to Christ

Having a 24/7 communion with Jesus, far out weights the world in you. The veil is removed when a person is joined to Christ (2 Corinthians 3:14-16). The veil removed, when Jesus becomes real and we have a relationship with him. He becomes your very breath for living.

Practice the Presence of Jesus

Try as much as possible to be conscious of the Lord. Practicing Jesus presence 24/7 takes time and effort.

As you are looking at the Lord *“The Lord says “ My child, why do you look to self. Look at me I have come for you. I have forgiven all your past mistake. Take my hand and do not let go“*

Chapter V

Fix your Eyes on Jesus

CCC 147 The Old Testament is rich in witnesses to this faith...Yet "God had foreseen something better for us": the grace of believing in his Son Jesus, "the pioneer and perfecter of our faith".

Hebrews 12:2 GNB Let us keep our eyes fixed on Jesus, on whom our faith depends from beginning to end.

Our faith is in Jesus Christ alone. The prayers to saints all direct us to Jesus. The Virgin Mary had the most perfect faith and tells us to listen to her son. They became saints because they did great things for God.

The source of their power was always the Lord himself.

The saints were sold out for God because of their personal encounters with Jesus. The power of God came into them and destroyed every worldly ambition and gave them Godly ambitions.

Some of the saints were people of position and wealth. They gave up all their power and prestige, to buy the treasure of great prize, Jesus.

Pope Francis visit to Korea

Pope Francis, speaking about the Korean Saints said that they, *"Were willing to make great sacrifices and let themselves be stripped of whatever kept them from Christ -possessions and land, prestige and honor - for they knew that Christ alone was their true treasure,"*

Faith

Hebrews 11:1 Faith is the assurance of things hoped for, the evidence of things not seen.

Hope grows when your faith grows. Faith grows when you spend time with Jesus, sacred scripture, participate in the Holy Communion and read religious materials.

As your faith is being practiced, your hope grows and hope gives us the strength to face the future. Faith is hoping in something; but there is no evidence in the physical or the natural. Like Moses, our faith is in the Invisible God.

We have faith that God leads us out of our miseries, yet we cannot see it with our physical eye. We can see only with our spiritual eye, our sixth sense, our eye of faith.

A definition of hope is "A strong and confident expectation of good" As we continue to hope in God, we have the faith and confidence that good things will happen in our lives. We will escape the waters of tension with the help of God.

We do not know what the future holds, we just know we have hope and it will be okay. As we fix our eyes on Jesus, our life story is written in the palm of God's hand and we are continually on his mind (Isaiah 49:16).

As you fix your Eyes on Jesus

As you fix your eyes on Jesus, this is when your faith will begin. Everything in this world will start and finish with Christ Jesus. So no matter what problem, situation, issue, crisis, emergency you have to undergo in this life, Jesus knows the beginning and the end.

Jesus knows how to solve the problem and he is holding your hand all through the crisis. Our eyes are on Jesus, not on the problem. We walk by faith and not by sight (CCC164).

Jesus had his Eyes on the Father

On the cross and at the resurrection, everything in this world began and ended there. There is nothing else to be done, but to gaze intently at the beauty of the Lord, listen to him and obey. It is finished.

While Jesus was heading to Calvary, Jesus had his eyes on the Father. He went through an incredible distress, as the burden of the whole world was on his shoulders.

Jesus had an incredible Love for you....To redeem the world he would have to pay with his blood and life. This continuous connection to the Father, kept him firm.

Even when it became unbearable, Jesus continued to relate with his Father. This relationship gave him the strength to continue his mission to the end.

Moses Fixed his Eyes on the Invisible God

Moses who had a relationship with God, by faith he chose to give up comforts of a prince and the pleasures of sin that would last him for a season. He led the people out of Egypt. He did this by fixing his eyes on the invisible God (Hebrew 11:24-27).

Love comes when we Fix our Eyes on Jesus

CCC220 God's love is "everlasting": "For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you." Through Jeremiah, God declares to his people, "I have loved you with an everlasting love; therefore I have continued my faithfulness to you."

When we fix our eyes on Jesus, we will experience his love. We love God because God first loved us (1 John 4:19). He has always loved us and his love is everlasting and steadfast.

On our own, trying to work up that love is difficult. This is why, as we focus on Jesus. Love comes, because Jesus himself is God and God is love (1John 4:8).

Love Comes as we Look at God

Many people feel a conviction when they do not love God enough. The priest or some preacher will echo, you must love the Lord, with all your heart, soul, mind and strength (Luke 10:27).

Yet, they wonder why they do not love God? The reason for such an outlook is that their focus is on the world. **We cannot love God when we are not looking at him.**

To experience God's love, our focus is on Jesus. His love is waiting to greet us, as we abide in his presence.

As we have faith in Jesus, love is poured into us through the Holy Spirit, (Romans 5:5). We experience splashes of warmth, gushing rivers of liquid love and peace. We have peace with God because of the Son.

Romans 5:1 GNB Now that we have been put right with God through faith, we have peace with God through our Lord Jesus Christ.

Love helps us to Keep Gods Commandments

Jesus said if you love me you will keep my commandments (John 14:15). When we love Jesus we can keep his commandments. The commandments of God are easy to follow, because God's Love is strength in itself.

Our inner being is strengthened by Love to obey. The commandments are now written on our heart. The power of God is the power of his Love that comes from looking at Jesus.

Without Love we always Fail

On our own, we will always fail. Trying to keep the commandments on our own is futile. Even if we manage to do so, our righteousness are like filthy rags to God (Isaiah 64:6).

In the first place, all have sinned and fallen short of the glory of God (Romans 3:20). One sin is enough to fall short. For that one sin, you still need Christ to save you.

Faith in Jesus is the only way, we cannot save ourselves. This is Gods way, which is the way of his Son.

Transformed Inside Out

Gods amazing love transforms us from the inside out. Nobody who experiences the Love of the Father wants to sin. The power of the Fathers Love strengthens us and gives us courage to face life, its temptations and obey the commandments of God.

When trouble comes, he will keep you in perfect peace, as your mind is stayed upon him, because you trust in him (Isaiah 26:3). Your mind is stayed on the Lord and he gives you peace. You are trusting in the Lord for a way out.

What did you Do with my Son?

Justification comes by faith in Jesus (CCC 1992). On the day of judgement, you will not be able to tell God that you obeyed all his commandments and did many things for him.

His only question will be, *“What did you do with my Son, whom I sent to die for you?”* (Matthew 7:21-23).

Joseph Strengthened by Gods Love

The story of Joseph from Genesis 39 is an example of a person strengthened by God's love to do the right thing. Despite the unfortunate situation of betrayal by his brothers, Joseph was strong because he trusted in God.

Joseph suffered the humiliation of being sold as a slave by his brothers, but God was with him and made him successful in all he did (Genesis 39:2).

Potiphar and Pharaoh noticed God was with Joseph

Potiphar his Egyptian master recognize that God was with Joseph and handed over his whole household to him.

Joseph fixed his eyes on the face of God and practiced his presence throughout his ordeal. He never lost faith in God, that is why God was with him and made him successful in all he did.

When he was summoned to interpret Pharaohs dream, even Pharaoh noticed God's Spirit was on him (Genesis 41:38).

Joseph Rejected Sin

Joseph had the strength to reject the advances of the beautiful wife of Photiphar, I cant imagine Photiphar's wife was ugly. I believe Joseph could reject her advances, because of the strength and love he had from God.

By fixing our eyes on Jesus and abiding in God's Love, we too can reject sin. Joseph's familiarity with the Presence of God was deep for him to overcome the temptation. He did not want to sin against his God.

God did some Advance Planning

I believe that it could have been fifteen to twenty years, from the time, Joseph was sold as a slave to the point he became the second most powerful person in Egypt.

God did some advance planning and part of the plan, was to allow Joseph to be sold as a slave. What the devil had planned for evil on Joseph, God turned it into good.

This was God's plan to redeem his people and others from the coming famine. Joseph is a type of "Christ", bringing salvation to humankind of that time. Joseph saved God's people from certain death. Joseph was instrumental in saving his Canaanite people from the famine.

God knew Joseph's problem from the beginning to the end. He knew Joseph's brothers would be consumed with jealousy and sell Joseph as a slave.

At the same time, God knew Joseph would be made the prime minister of Egypt. God knew his suffering and his elevation to prestige. Joseph on the other hand always had his eyes on God and was conscious of the presence of God in him.

God can Promote You

Therefore, if you think you are called and chosen by God. Do not look at your circumstances or the evil that has happened to you. Rather look to Jesus, who can deliver and promote you.

As long as you abide in Jesus and search for his Love. God will turn the circumstance or evil to good. This is his plan for you to look to his Son for help.

Joseph knew God was with Him

Any person sold into slavery, would have just given up and resigned to the fact that they have lost their freedom. But Joseph did not; he knew God was with him and that he would get out.

Joseph knew the presence of God. That is why today, Joseph is one of the hero's of the bible. He overcame with the strength of God's Love.

Like Joseph connect to Jesus 24/7

When we are faced with problems, God gives us the hope and confidence and he will get us out. We are steadfast because we know of his love, as our eyes are on his Son.

As we continue to connect to Jesus 24/7, he will lead us into the vocation he has prepared for us. He knows the bigger picture and like Joseph; God is with you and he will make you successful in everything you do.

World will Make you a Slave

Remember, the world is not that forgiving, we can easily get distracted and fall away from our destiny. The world will hurl problems at us, making us slaves to people and money.

The world will torment and make us prisoners in our own lives. Jesus did say that in this world we will suffer and that he came to overcome the world (John 16:33).

Like Joseph, we do not Look at the ‘Slavery of Life’, we look to Jesus. In the mean time, we happily carry out our daily activities in peace. God will uphold us with his righteous right hand (Isaiah 41:10).

Every day is a blessing, because we are connected to God’s Presence, he will lead us out and make us successful.

Practice the Presence of Jesus

Like Joseph, if you are feeling overwhelmed by your circumstances, you do not see a way out in the natural. Be conscious of the Lord. Dwell in the Lords presence. Fix your eyes on the Lord and do not lose your gaze from him.

Remember as your eyes are on the Lord. God is with you and he will make you successful in everything you do.

Charpter VI

Train Your Self to be with the Lord Anywhere

Walking on Air

While flowing with the Lord, we cannot always be gliding on the clouds like an angel in the heavens. The Cloud-9 balloon will explode and fall back to earth. Whatever goes up, has to come down. The reality of life sets in.

Some days, we feel detached from God. The challenges of life are giving us a hard time and invariably we feel emotionally down or depressed. Life begins to overwhelm us.

Anger surfaces with self and family or we escape into a temptation. We are looking for a relief from the pain. Temptation comes knocking, we dwell on it, give in and fall into the sin.

Temptation to Sin

As our emotions spiral downwards, the enemy will use our emotions to cause us to sin. His motive, he wants us caught up in anger, lust or pain, so that he can move us to an addictions or distractions. E.g. Anger is a distraction.

He wants us out of the picture and ineffective for God.

Anger is nice, when we are venting it on someone. You get a release from your pain, but it does not last. Anger is not the answer. Like anger, temptations are nice to indulge, but they separate us from God. Sin separates us from God's presence.

Our sin, will allow the enemy of our soul, to deposit all of his anxiety, fear and depression. The further away from Jesus, the less likely we will testify of his love, joy and peace.

The devils worst nightmare is when we talk about Jesus to others; our testimony puts him to shame. We over came with the blood of the lamb and the word of our testimony (Revelations 12:11).

With the blood of Christ and our testimony, we can overcome. So the closer we get to him, the more we can be his megaphone and overcome the worries of the world.

During Tense Moments

During your tense moments, fix your eyes on Jesus and center on him for a few minutes. As your eyes are on the Lord, Jesus drives out the temptation away and changes your emotions.

You have to look at the image of Jesus (Mind or photo) and dwell on this scene. Do not take your eyes of the Lord, until you sense his peace. By this dwelling on Jesus, we will keep the temptation or anger at bay.

Battle against Your Emotions

As you run away from temptations, talk to the Lord in your mind. The battle is against your emotions and flesh. Jesus will move into action to defend you from temptations. With Jesus' help you will have victory.

While you are tarrying with Jesus, "God's Presence" will turn up. His presence is the remedy that soothes and heals our soul and releases us from anger and blocks the temptation. God's presence will always come to us, when we fix our eyes on his Son.

When your mind is always on the Lord, can anger, lust or depression come into your mind? Think about it.

The devil will fight for inroads into your mind. So let us be realistic. He wants to introduce his friends, anger, temptation, anxiety and gang. There is no such thing as a trouble free life.

The world is fallen, there is always going to be some trial or temptation to face. Only Jesus can overcome the world (John 16:33) and destroy the devil's gang (1John 3:8).

We are Busy People

I know we are busy people and have a lot of responsibilities, work, family and home. It takes a lot of practice and determination to want to be in Gods presence.

Race of Faith

Stay in Gods presence and fight the battle of faith. St Paul had this to say, *"Run your best in the race of faith"* (1 Timothy 6:12). He said this for a good reason, because he knew in this world, we will have trouble looking for Jesus.

This modern era makes it difficult to fight the battle to find God. There are so many distractions and attractions, that keep us looking away from God.

Be a Pest

The prayer of protection in Psalm 91 says, "He who dwells in the shelter of the most high will abide in the shadow of then Almighty".

Some closely associated words to the word "Dwells" are "Abides", "Remains", "Hangs around", "Tarry's", "Overstays", "Lingers", "Dally's".

I like my version is the best, "To be a Pest". He, who becomes a pest to the Lord Jesus, will stay in the Shadow of God, because pests are difficult to get rid-off.

Like a pest, we must want to hang out with Jesus. Only difference, Jesus loves a pest who will tarry with him. He stands at the door of our hearts waiting for us to be a pest to him.

You have fewer Problems with Sin and Worry

You will have fewer problems with sin and worry when the Father and Son are with you. In fact, when the temptation to sin comes, like Joseph you will want to run far away from it.

The Father's heart of Love and Mercy becomes clearer, as you are familiar with his Presence. You will not want to disappoint the Father and Son. You would rather not deal with the emotions and consequences of sin.

Lingering in his presence can be done anywhere and at any place. Fix your eye's on Jesus in every situation, while you are driving, having your tea, eating, walking, waiting to pay bills.

Even, when you are walking down the corridor of your office, be conscious that the Lord is walking next to you.

Jesus wants us to be conscious of his love and his intimate presence throughout our day. Your spiritual life will grow and transform you from being self-centered to God-centered.

You will be able to cope with trials, as you are familiar with God's Presence. His presence surrounds your emotions with his assurance of comfort, that he is with you. He is the Dad you never had.

Finding Jesus is a Process

How much of God do you want? How desperate are you? Spend 5 minutes a day with the Lord and you will get 5 minutes results.

Spend 5 hours a day practicing his presence and your intimacy with the Lord will skyrocket. It is possible, if you do it everywhere.

The First thing in the Morning

The first thing, when you wake up in the morning, is to fix your eyes on the Lord. Do not let any negative thought enter your mind. Totally be with Jesus and be determined to just look at him. Other thoughts cannot come, when your eyes are beholding the Lord.

As you are getting ready for work, continue to be conscious of Jesus. You can also meditate on scriptures. Another hour, can be achieved on your way to work. Do not allow unnecessary thoughts to distract you.

The morning is the best time to start your day with the Lord and it really calms you down. Traffic jams will be like a breeze, because you are busy with Jesus.

When you are flowing with Jesus in your mind, you will love the harmony and presence of his Spirit. The presence of Jesus is Spiritual dew that flows through you. You cannot get enough of it.

While at work, you can take 5 minute "Jesus breaks", to de-stress while having your coffee. That can come to forty minutes a day.

For lunchtime, if you are feeling overwhelmed, run away from your colleagues to be with the Lord. Another one hour achieved in the Lords presence.

Jesus Break

A "Jesus break" is where for five minutes, without interruption. Just look at the face of Jesus and do not allow any other thought invade your mind.

This will help in your stress and you will be able to center on Jesus at any time.

If you are having a problem seeing Jesus face, see the alphabet "JESUS". Alternatively speak his name under your breath like a mantra, with your mind centered on Jesus.

No other thoughts allowed in, only thoughts about Jesus. Remember, other thoughts will fight for room in your mind. You can also use a timer and set it for five minutes. I do this all the time, when I want to center on the Lord. It helps to focus on the Lord.

See nothing but Jesus, your eyes and mind are one. This helps to reboot your mind and focus on him. These practices help us to center on God daily.

Start a Dialog with Jesus

Once, your mind is on Jesus, start a dialog and enjoy the Lord's presence. Speak to him about anything bugging you and he will speak back to your spirit. God can speak through signs or even the daily Church readings.

If your thoughts keeps on wandering, keep rebooting your mind, until Jesus is in your thoughts. Jesus will occupy your mind and refresh you with his Spirit that will flow through your mind, body and soul. Practice makes perfect.

You have Trained yourself to be with the Lord Anywhere

Experience the Lord in any place; it could be in a crowded place like a cafeteria, in your office or car. The Lord is with you in your thoughts”. Everything else is just blocked out. You have trained yourself to be with the Lord anywhere.

Your mind is on him, you can be talking to Jesus, looking at his beauty or just being conscious of his presence.

When we continue to focus on the Lord, he turns up with his manifest presence. It's truly amazing to have God's presence with you.

The Lord is with you. You sense his presence and peace in the midst of your stress. The storms of life are paused when we are in his presence. He is holding your hand tightly and brings you to the shoreline safely.

Negative Emotions

When you feel a negative emotion, fix your eyes on the face of Jesus for a few minutes, the emotion will dissipate. I know this sounds weird, but it works. If you are willing to take a chance, Jesus is always nearby willing to give us a lending hand.

Feed on the word of God

Feed on the word of God while you are practicing his presence. The Bible is a critical part of this practice.

"Ignorance of scripture is ignorance of Jesus" (St. Jerome).

Part of the time, use it to memorize scripture. This practice will build your faith and God's Spirit will flow via his words. Once memorized it can never be taken away from you. The word is with you forever and it is a double-edged sword, that can be recalled at any time and attack negativity.

Reboot your Mind with the Lord

Reboot your mind (Jesus Break), as you head home from the day's work. Spend another hour on your journey home and wind-down from your daily activities.

Keep your eyes on Jesus, throughout your whole journey. Negative emotion will be taken by the Lord and he supplants his peace. Jesus works all the time.

When you are heading home, why worry about things, like conversations, work schedules, gossip, irritating people or your to do list. Get a diary for those things.

Now, is your time to spend with your Lord! As you practice this, God's presence will flow into the night. Gods presence flows into your family life, giving you the gentleness of his Spirit.

Your have Spent Five hours

You have already spent close to five hours with Jesus. This is possible, if you practice his presence consistently. You will always be spiritually charged.

By the way, a word of caution you will be distracted, to take you away from this practice of abiding in Jesus. The world will try its best to tear you away from Jesus.

Faith is something you have to fight for and wrestle it away from the world.

You will not Feel so Lonely or Bored

As you start practicing being with Jesus, you will never feel lonely or bored. You will run to places, to be alone with Jesus and God's word. At any time or place you will be able to enter his presence, it has become second nature.

As you hang out with Jesus, you will sense the Lord is with you and unexpected things will happen.

You will know God did it, because you can see his hand in everything.

Everything Made for Jesus

God made "EVERYTHING" and the "WHOLE UNIVERSE" for Jesus. And in union with Jesus, all things are held together by Jesus (Collosians 1:16, 17).

If Jesus holds all things together, he can hold you, your family, career, business, service for God and your problem's together. As we look to Jesus, he binds our world together.

He holds your whole world together as we are one with him. Whatever the problem you are facing, trust in Jesus to handle it, he will reveal solutions or he will bring a solution.

This happens when we have a spiritual union with him. We have a relationship and we are tied to his presence.

Practice the Presence of Jesus

Psalm 91

Stay in the shelter of Jesus, until the shadow of God is over you. You will feel like you are in a bubble of peace. The chaos is outside, but you are in peace. (Stay with the Lord until you sense his peace).

God is your refuge and shield in all matters and you trust in Him. Problems may be happening all around you, family problems, financial pressure, family members sick, work is getting to you.

But, you are not affected, because you are dwelling in Gods presence, you are looking at Jesus. (Use your imagination)

No evil will come near you or your family. All are protected from serious harm or sickness. Gods angels are all around you and they guard you in all your ways.

They are holding you up with their hands, that your foot does not stumble. (Watch and see the angels, they are sent to serve the heirs of the Kingdom)

The devil is trying to destroy you, but he cannot because your eyes are on Jesus and Jesus is standing in between you and the devil. (Devil disarmed Collosians 2:15).

When you are in trouble, you will call upon God and he answers every time. God never fails, because you are always looking at God and God is looking at you like an over protective Father, making sure you are alright. (See the Father and his eyes of love over you).

God is familiar with you, as you are familiar with Him.
And with a long life he will satisfy you and on your death
bed, you will see Jesus and enter into his Father's house,
he has prepared for you. (See yourself entering Gods
Kingdom).

Chapter VII

Faith in Jesus

CCC 2616 Prayer to Jesus is answered by him already during his ministry, through signs that anticipate the power of his death and Resurrection: Jesus hears the prayer of faith, expressed in words....Healing infirmities or forgiving sins, Jesus always responds to a prayer offered in faith: "Your faith has made you well; go in peace."

St. Augustine wonderfully summarizes the three dimensions of Jesus' prayer: "He prays for us as our priest, prays in us as our Head, and is prayed to by us as our God. Therefore let us acknowledge our voice in him and his in us."

Luke 8:43-48

I can just imagine the thoughts of the Lady, who was bleeding for twelve years. *"Yahweh, I'm broke and I'm about to die, Yahweh please help me"* She would have heard, that some miracle healer who claims to be the messiah was in the village.

As she approached the crowd, people were jostling left and right. It was a mad house, people desperate for a touch of God and they crowded around Jesus. In expectation of faith, she believed that Jesus is truly the messiah promised by God. She desired an encounter.

She would have thought to herself *"I don't think I am going to get my healing, I will never get close to Jesus, but if I could just touch him, I will be healed"*.

Frantically she pushed herself through the crowd, stepping on toes, pushing and shoving. Finally as her sights were on the Lord, she reaches out and touches the edge of Jesus' cloak...SHE WAS INSTANTLY HEALED! At this point she has exercised her Power of Faith in Jesus.

Jesus just stops in his tracks, because he felt the power go out. Later, the lady admits it was she who touched Jesus and explained that she was instantly healed. It was her faith that saved her. **Her faith in the Christ.**

She focused on the healer and not just on the healing.

You are Like this Lady when You Practice his Presence

When you are practicing the presence of Jesus, you are like this Lady bold enough to touch Jesus. You are pushing through all your thoughts, anxieties and worry. You are determined to center your thoughts on Jesus.

As you are fixing and gazing on him, finally after your seek and find mission, you touch the very cloak of Jesus.

Power goes out from Jesus to you. This is the power of having faith in Jesus and he heals all your worries, scattered emotions and says to you "**Daughter or Son your faith has made you well, go in peace**".

When we are worried or fearful, we pray, we are thankful, we talk to him and we make our request known to him. So that the peace of God, that surpasses all comprehension, will guard our heart and mind in Christ Jesus (Philippians 4:6).

The power from Jesus keeps us in the center of his peace. As we abide in Jesus, we are trusting in him alone to work out our problems.

Stay in his presence and do not look elsewhere. As you, touch the edge of Jesus' cloak, trust in him. Dwell there throughout your day, until you have to leave the Lord's presence.

Everybody is Looking for Jesus

Everybody is looking for Jesus; they just do not know it!

They try to look for him, but cannot find him. They see him, but cant recognize him. They read the bible, but cant discover Jesus, because their thoughts are scattered and the world is holding them.

To find Jesus, we need to want his presence at whatever the cost. It takes thought control to keep your mind on him. This is not science of the mind, but about finding the son of man in our daily activities.

Thoughts on the Wrong Thing

When our thoughts in the wrong direction, we are unable to receive the peace, joy, abundance and healing promised by God.

Because our thoughts are on what we do not want, like worry, anxiousness, fear, loss, pain, poverty, hopelessness, sickness. All of this comes from the world.

The bad news from the world is orchestrated by Satan the god of this world. He wants us bound up in sin and hopelessness. He may rule the world, but we belong to God.

1 John 5:19 GNB We know that we belong to God even though the whole world is under the rule of the Evil One.

When the Focus is on Jesus

When our thoughts are focused on Jesus. We receive all that Jesus can give. All he has is ours.

The Lord supplies all our needs, according to his glorious riches in heaven (Philippians 4:19). We will never lack in this world when we are focused right.

Moses was focused Right

Moses was focused right and had faith; he gave up all his wealth and prestige, to follow God. Like Moses, our eyes are fixed on the invisible God, to help us through this world to the paradise that he has prepared for us.

All things considered, Moses and the Israelites were supplied with their every need.

Take note, only the Jews who had faith, did get into the land of milk and honey, the paradise promised by God (Numbers 14:11-25).

Those who doubted walked the desert until they died. When we do not have faith, we walk in this world aimlessly until we die.

The Good Shepherd was Filled with Pity

Matthew 9:35 - Jesus was filled with pity. Because he knew, he is the answer to the world. In this world we are sheep without a Shepherd. We are scattered, our thoughts are scrambled between the frequency of the world and God. We are worried and hopelessly lost.

Our only hope is to find the Good Shepherd Jesus and keep him dwelling in our hearts. The good shepherd heals people from every sickness and disease, he tells them about the good news and the kingdom. He stands and lies at the door defending and protecting you.

We have Believed in a Lie

In fact, we are bad sheep and we need a good walloping by the Shepherd, because we do not listen to him. I do not think it is intentionally. We have been lead astray into believing that we need to help God to help ourselves.

For this reason, we have believed in the lie, that God only helps those who help themselves. So we help ourselves, independent of God. In time we lose focus from God and our thoughts are on our own affairs.

To sum it up, we have to look to the Good Shepherd to know our purpose and destiny. There is a higher call in life to walk with our Saviour holding his hand. **He holds all the Blueprints.**

The Good Shepherd is always waiting to have a conversation. Abide in him; he will speak to you through a still small voice or by discernment in your spirit.

God Knows Everything about You

There is nothing about yourself, you need to tell God. He knows everything about you. After all, he knitted you in your mothers womb (Jeremiah 1:5), you are a gift to him.

He knows all your thoughts, aspirations, joys and sadness.

He has numbered all your hairs (Luke 12:7). **You are not a surprise to God.**

When you were conceived by your mother and father, God knew and rejoiced. *"Wow! Another one of my children coming into the world"*. It didn't matter to him whether you were black, blue or purple, God was glad and rejoiced.

He didn't care, whether you were legitimate or illegitimate, God just cared and loved you. Like an excited Papa, he would cry out *"Look there is my daughter", "Look there is my son", "I am so proud of them"*.

With sin in the world waiting to destroy you, the adopted sons and daughters of God. He was desperate to send his own Son into the world.

Romans 5:8 GNB But God has shown us how much he loves us — it was while we were still sinners that Christ died for us!

God loves you so much, He said *"Here is my own Son, believe in him. He died for you, to save and take away your sin"*.

Connected to the Heavens

Salvation is our first step to enter God's Kingdom. Jesus died for our sins. Our next step in this world is to be familiar with God's Presence and live our lives connected to the heavenly realms.

Most people connect to the world. They think that this is the fulfilment of purpose on this earth. Ultimately, they get caught up in worldly pursuits and miss out being in the presence of God.

The fulfilment of purpose is to find God's Presence and dwell there in our daily activities. When we do this daily, we find fulfilment and can be part of God's end time plan.

When we find Jesus we Receive our Miracle

Matthew 9:27-31

Miracles happen when we find Jesus. The two blind men in this story did not give up and resign themselves to their blindness; they saw the opportunity to be healed.

When Jesus came to town, the first thing they did, was to chase after Jesus and cry out "*Take pity on us Son of David*" *Did they give up?* No, they even followed Jesus indoors.

Then Jesus asked "*Do you believe that I can heal you?*" "*Yes, sir!*" they answered. Jesus touched their eyes and said, "*Let it happen, just as you believe!*" And their sight was restored. They were so overjoyed, that even the stern voice of Jesus could not stop them from spreading the news about him.

We have to be like the blind men determined to get Jesus to heal us. Our faith in Jesus is what moves the Hand of God. It is not faith itself, but faith in Jesus. This kind of faith comes from abiding in the true vine of Jesus.

Remember the words of Jesus to the blind *men* "*Do you believe that I can heal you?*" Jesus was referring to himself. So many people try to have faith, but fail and give up. **The Key to faith is Jesus and we direct our faith to him.**

Jesus is the great high priest in charge of the house of God (Hebrews 10:21). He speaks to the Father on our behalf.

Jesus says to us, "*Do you believe I am your provider*", "*Do you believe I can save your marriage*", "*Do you believe I can get you a job*", "*Do you believe I can solve your business problem*", "*Do you believe that I can look after your children*".

As you fix your eyes on Jesus and practice his presence for a season. Your faith will grow, as you see the hand of the Lord in all of your troubles. You have to persist in looking for Jesus, not just the blessing.

The focus is on the healer, provider, saviour and helper.

The focus is on staying in the presence of the one who blesses. We do not just want the blessing, we want to walk with Jesus and find our destiny in God.

Practice the Presence of Jesus

You may be having a financial problem, or a problem with your work or business. The bills may be mounting up and you do not know what to do. Namely, It could even be a health problem or a relationship problem. You are sensing the pressure and stress and you want a relief.

See Jesus looking at you, he is saying to you “*(Hear your name) do you believe I can solve your problem*” “*Do you believe I can provide for you*”, “*Do you believe I can heal you*”, “*Do you believe I can heal your relationship*”.

Focus on the Lord and intentionally see his rays of comfort coming to you and calming all of your emotions of fear. Remember what Jesus said, “*I will never leave or forsake you*”.

Spend time in this scene and use your imagination creatively to be with the Lord. Do not allow any other thoughts to invade; it is you and the Lord. Keep on repeating the scene, until you sense the peace. Jesus will always come as you call upon him.

Do this exercise wherever you are, it could be in your car, while you are walking or you are sitting in your office. Spend some time with the Lord in your mind.

Key* Dont give up until you sense Gods presence.

Chapter VIII

Jesus won the Victory over Sin

CCC 420 The Victory that Christ won over sin has given us greater blessings than those which sin had taken from us "Where sin increased, grace abounded all the more" Romans 5.20

Sin is widespread and we fall into the trap of sin every day. The good news is that Jesus has won the victory over sin; we do not fear sin any more. When sin increases in us, his grace abounds all the more.

For Christ is the source of Grace (CCC 388).

When we are tackling sin, we fix our eyes on Jesus, Gods Grace becomes stronger and the victory over sin is ours.

As you practice the presence of Jesus, you will notice sin declining in your life. The areas in your life where sin reigned, Jesus comes in and destroys the bondage or sin.

Sin of Anger

Dealing with anger issues is easy for Jesus. By keeping your eyes on Jesus, the anger bondage is under control. The anger cannot manifest, because your eyes are on Jesus.

Jesus keeps you calm. There is a power in fixing your eyes on Jesus. Instead of dwelling on the anger, you have decided to dwell on Jesus.

Bondages and Sin separate us from Jesus

Serious sin and bondages are sexual issues, watching pornography, excessive smoking, drinking, gambling, cursing, gossiping, lying and drugs.

These sins and addictions are all there to keep you from knowing Jesus intimately. They will separate you from Jesus.

Other common bondages, could be addictions to food or even simple things like addiction to TV soap operas, internet surfing, computer games Etc.

People with bondages or addictions; find it difficult to go deeper in their faith life. The bondages will distract and separate the person away from Jesus. The addiction will always fight to be first priority.

They are designed to keep you looking away from God. That is why people find it difficult to spend time with God, because they are busy with the world's enticements and entertainment.

We have to tip the balance towards Jesus. Whatever the bondage or addiction, we can overcome with God's strength; it is a victory over the flesh. It is possible if you are determined to look to Jesus.

Guilt and Condemnation

Sin and bondage is deceitful. Once it has a hold on you, it does not let you go, until you are destroyed spiritually. Sin will try to cause you to commit more and more sin. You cannot fight sin on your own.

Sin brings guilt and condemnation, as a result, most people feel not worthy to come to God because of their sin. The power of sin is holding them.

Jesus came for the sinners, because he knows that he himself is the answer to sin. Therefore, if you are a sinner, congratulations, Jesus is looking for you and wants to help you to overcome sin.

Sacrament of Reconciliation

When we sin, repentance and confession is necessary. The Sacrament of Reconciliation brings us to a place where we are released from our sins, absolution and experience peace.

Yet, we cannot just be satisfied with confessing the same sins at the confessional box all the time. We have to be delivered from the urge to repeat a sin.

God told Cain **“Sin is crouching at your door waiting to rule over you. You have to overcome it”** (Genesis 4:7). Cain focused on his jealousy and anger for his brother Abel.

He gave in to the sin of anger, which led to his brother’s murder. He did not overcome his anger.

Church and Jesus Rejected

In the church and in the world many people continue to sin and reject the Church and Jesus. Sin just rejoices, when Jesus is rejected, knowing it can take over and control our lives. Sin will start thriving into many sins; eventually sin leads us into a cycle of hopelessness.

Hopelessness in the World

Whether we are Christian or not, people have different ways of coping with hopelessness. Some people cope by escaping on holidays and others watch TV or surf the internet, read books, hobbies, addictions Etc.

People are busy filling their daily routine with activities. Some just work and work, others are just busy making money. That is why there are billion dollar industries created to meet the needs of people who crave for activities and entertainment.

Most people do not know that they are in that state of hopelessness and that Jesus is their only answer. They think that "Life Sucks", so they look for comfort.

Many end up in extreme sexual, alcohol and drug abuse. They are looking for an escape from the hopelessness.

Sin, demands more and more from us, sucking the life out of us, until we are lifeless and depressed. Some go into severe depression. At this point, most of us are wondering what happened? It was SIN.

Overcome Sin with Grace

Sin lay wait looking for a victim and we let him in. We did not recognized sin as something dangerous to our well-being. We just thought it as normal occurrence of life.

"So what, everybody is sinning and doing it, what's the big deal". Sin is deceitful and devours our soul and its goal is to empty us of God until we see no hope.

We are a generation of people filled with sin and hopelessness. **Sin leads to hopelessness; however, God leads us to hope.**

CCC 1996 "Grace is favor , the free and undeserved help that God gives".

When we are focused on Jesus and his grace, we get favour, free and undeserved help from God, through the work of the Holy Spirit. This is when we will have victory over sin.

As you fix your eyes on Jesus and his word, sin will have less and less control over your life. Since the focus is on Jesus and not on the sin. Sin has no place to go, but out of you. **When Jesus comes, sin hits the road.**

Sin has no Dominion over You

Sin has no dominion over you because you are not under the law, but under grace. (Romans 6:14)

Sin has no dominion over you because you are under Jesus, who is the source of grace. Jesus came to give us grace upon grace as the New Adam. He came to help you with sin.

The law has no power to rid you of the tendency to sin. The law only points out your sin. The law is always about doing something to control the sin, which can work for a brief season. *"Don't do this and don't do that, watch out, be careful not to sin".*

Eventually if you are focused on trying to deal with sin on your own, you will fall back into the sin, because you do not have the power to overcome your sin.

When the temptation comes, your door is wide open and sin walks in. The Good Shepherd is not lying in front of the door. His job is to protect his sheep from the dangers of sin.

The Way out of Sin

Staying away from Jesus, does not help us to rid us of sin. He holds all grace and he shines the truth in us, that we can overcome sin with his help. Our job now is to look to Jesus and be a pest to him.

In time, sin will have no dominion over us, because we are busy with Jesus, who is the source of grace. Jesus condemns the tendency to sin.

Jesus gives us the power to resist the temptation to sin. Our eyes are on Jesus not on the temptation.

Romans 8:3 GNB What the Law could not do, because human nature was weak, God did. He condemned sin in human nature by sending his own Son, who came with a nature like sinful human nature, to do away with sin.

God made Jesus to be a sin offering and he condemned sin in us. We do not have the power to save ourselves or the power to overcome sin, Jesus does!

They Lament, God does not Want a Person like Me

Those who are caught up in a cycle of sin are those who focus on their own power to give up sin, it does not work. In the end, some get frustrated and feel the weight of the guilt and condemnation and give up Jesus and Church altogether.

They lament, *“What's the use, I am a sinner and I will always be a sinner, God does not want a person like me, I am not good enough for him”*. This is a lie from the pit of hell, promoted by ignorant church folk.

When we are in sin, we look to Jesus for victory and his power to rid us of temptation to sin. Jesus is the one who overcomes the world and sin in us. (John 16:33)

Do not dwell on guilt and condemnation, which leads to more sin. We are being self-centered, focused on self. The right thing for us to do is to be God-centered, where our eyes are on Jesus, who came to take away our sin.

No condemnation

Romans 8:1 GNB There is no condemnation now for those who live in union with Christ Jesus.

Not once, Jesus condemned any sinner except for the Pharisees and the Sadducees. They were focused on serving the law and not working on their faith like their ancestor Abraham who came before them.

They were caught up with their outward actions and self-righteousness. You cannot blame them, because the law had no power to make them holy. They had forgotten the faith of Abraham.

Jesus does not condemn anyone, he only wants us come to him. The more time you spend with Jesus, the more sin will decrease. Sin loses its power over us. When our focus is on the outward actions, we find it difficult to resist sin.

Jesus does not “Condemn You” only the Sin in You

The answer is just to look at Jesus and make God's word a priority in your life. After all Jesus will condemn that 'Sin in you', Not condemn You'.

Develop a relationship with the Lord. Jesus will be happy to help destroy the sin in you, because Jesus did not come to be served, but to serve and to be a ransom for many (Mark 10:45).

Sin comes from the Flesh

Sin stems from the flesh and the flesh loves sin. The flesh is our biggest problem and needs to be internally handled.

By saying, “I should stop all these bad habits”. For a little while, you may be able to resist, but after some time you will give in. By focusing on the outside, you are only dealing with the problem superficially.

When the problem is an internal issue, which can easily be handled by Jesus. By turning your eyes towards Jesus, the inner man is strengthened. Jesus deals with the temptation.

Jesus will resist the sin from being resident in you, as long as your eyes are on him. Eyes on the temptation or sin will not help. You will eventually lose and give in. You are dwelling on the wrong thing.

Galatians 3:20 God is able to do more abundantly than whatever we ask or think according to the power that works within us.

God works his miracles because of the power of that works within us, which is the power of Christ in us. As we spend time with Jesus, the power and presence of Jesus grows stronger in us and we can overcome sin.

Crucified Flesh

Galatians 5:24-25 CPDV "For those who are Christ's have crucified their flesh, along with its vices and desires. If we live by the Spirit, we should also walk by the Spirit".

As we look at this verse, it seems to imply that we need to crucify our flesh on our own, that self-effort is needed.

Christ is King

However look at the verse closer. Notice the verse says "For those who are Christ's" This implies, when we belong to Christ our flesh is crucified. That means, Christ has to become King and Master in us.

When this happens, our flesh decreases and loses power. Jesus is finding prominence in us. Remember, it takes a process of time to see the flesh crucified, so don't lose sight of Jesus.

Flesh is King

The flesh is king, when “We do not belong to Christ” our flesh becomes more noticeable and we engage in fleshly desires and vices. The enemy of our soul has a foothold and sin is having his way in us.

Ultimately, sin destroys us. The root of the problem is that we have not been spending enough time with Jesus and Gods word. We cannot hope to get rid of vices without Christ Spirit in us.

Spirit takes Priority

We belong to Christ, when we are constantly dwelling on him and in his presence. We become familiar with him and we know him through his Spirit. His Spirit dwells in us and crucifies our flesh.

The flesh loses its power over us and surrenders to Christ's Spirit. The Spirit of Christ takes priority when our focus is on him and not on our vices.

The mistake we make is to focus on the vices (sin) trying to crucify it on our own and not focus on **Jesus, who is the Key to unlocking Sin.**

The blessing is Greater

The blessings that Jesus gives, is a sense of purpose, hope, joy, peace, love. You become Holy “Set apart for God”. You will also have an inner conviction that you belong to him.

Life takes a different twist, *"It is no longer I who live, but Christ who lives in me"* Galatians 2:20.

As you continue to dwell on the master's presence, you will feel separated from the sin and attached to him. No longer will you feel you belong to this world, although you live in it.

Now, it does not mean that you are going to leave your job, studies or your vocation and head off to some far away monastery to become a monk.

You will sense, a closer attachment to the Lord and know God is with you. He gives you the strength to take the next step in life and not run to the world for an escape into "Doomsville".

This is life long journey, so continuously look to Jesus by daily practicing his presence. Do not be alarmed by this, it is a wonderful journey which you will never regret.

Practice the Presence of Jesus

If you feel you are sinful, look to the Lord to help you in your sin and bondages. Look to him by faith and take his righteousness.

Believe that you can overcome your bondage as you spend time with the Lord. Always looking to the Lord and not on the temptation. By faith believe you are the righteousness of God, through Christ.

Even if you fall into the bondage or sin, do not fall into the enemy's trap of guilt and condemnation. Repent and run back to the Lord. Keep your focus on the Lord. In time, you will be released from your bondage as Jesus takes over. Jesus will never fail you, if you fix your eyes on him.

Chapter IX

Sitting at the Feet of Jesus

Luke 10:38

In this story, Martha is busy in the kitchen, after a few minutes she realizes Mary is not helping her, and complains to Jesus, frustrated she tells Jesus to ask Mary to come and help her in the kitchen.

Look at Jesus response *"Martha, Martha, you are worried and troubled by many things, but that one thing that is needful, Mary has chosen the better part and it will not be taken from her"*.

What a slap on Martha's face, she was trying to serve Jesus, instead she is rebuked. While Mary gets all the glory for sitting at Jesus feet.

These were Martha's exact words *"Lord, don't you care that my sister has left me to do all the work by myself? Tell her to come and help me!"*

What did Martha really Want?

Could it be, Martha was trying to tell the Lord, *"Look at me Lord, I am busy serving you, I need some recognition from you too, give me a pat please, don't you care about the work I am doing for you"*.

Now Martha could have handled the situation differently, she could have politely brought Mary to the kitchen and told her *"Look here Missy, I think you are not pulling your weight here. Jesus is our guest here, why not we serve him first and then we can both enjoy his company"*.

Instead, Martha's wanted recognition for her work. She thought by putting Mary into trouble, she would get some praise. It backfired on her. Instead, the Lord called her name twice and pointed out her anxiousness and troubles.

Self worth Problem

I believe Martha could have had a self worth problem. She was only thinking about self. This happens when we are centered on self and looking at our emotions. *"Only I am important"*.

While we are God-centered, we look at the event from Gods Eyes, we are not quick to act. Events are filtered through his viewfinder and better conclusions are derived. This helps us to keep calm during those anxious moments.

We have centered our thoughts on God and not on the problem. During a tense predicament, we are looking at the Lords face and dwelling there, searching for his point of view on the matter. The Lord speaks to us on how best to handle the situation and gives us his insight.

Center on the Lord in Your Everyday Activities

You can save yourself a lot of grief, when you center on the Lord in your everyday anxieties. Your trust is in the Lord, instead of focusing on the problems.

When God is for you, who can come against you” (Romans 8:31). When we are God-centered, God backs us up and at his disposal is the whole of the heavens. God’s Grace is available to all who are looking at Jesus.

If you have a difficult boss/priest or you are dealing with difficult people, do not allow yourself to lose your cool, trust in the Lord to handle the situation.

As a son and daughter of God, we are different from the world. Our thoughts are after the Lord and he gives us the grace to be different from the world.

It is All about you Jesus

We sing songs *"Its all about you Jesus"*. IT IS ABOUT JESUS. It is either we are self-centered or Jesus-centered.

When you are Jesus-centered, you are totally trusting in the Lord to handle the situation and walk in his peace. Let Jesus fight the battle for you (2 Chronicles 20:17). He will despatch his angels to work for you.

Service to God

When we serve the Lord, never look for recognition from him or others. You may get a slap on your face and find out that your service is worthless. Service is selfless; it is for love’s sake. Human being’s always look for recognition; it is part of our fallen nature. If recognition comes, then good, if not, then deal with it.

Martha too Busy serving the Lord

Martha was too busy serving the Lord, that she had no time to reflect on what the Lord wanted. This led to her being frustrated when she realized that she was all alone in the kitchen.

This is so typical of us; we are busy with so many things. From the moment we wake up in the morning to the time we fall asleep, we are busy, busy, busy. Every activity demands our time and attention.

Situations in Life

Situations can sometimes overwhelm us; we feel the stress and experience anxiety. For those who do not know to deal with stress, when things go wrong, they will start blaming God, spouse, family, children, their friends, the priest or their employer.

This is the world's way; we always need to blame somebody or something. This was the nature of our original parents.

Sometimes it can get even more serious, self-centeredness will cause people to self-destruct and destroy anything or everything in their radius. They do this because; the mind is not submitted to God.

They cannot wait for a season to see whether their Saviour can do something for them. Their emotions want an outlet or they would rather look to the world for a relief.

When the stress or anxiety comes, quickly center on the Lord, before the anxiety takes root. Fixing your eyes on the Lord is the key to keeping calm during anxious moments.

If they would sit at the feet of the Lord

When we sit at the Lords feet, we will be able to channel our frustrations to the Lord and trust in him. He says *“Leave all your worries with me because I care for you”*

1 Peter 5:7 GNTD Leave all your worries with him, because he cares for you.

Practicing the Lord’s presence itself will give a relief from the pressure of the situation. We do not have to always lose control of our emotions and spoil our day. We trust and have the faith that God has it covered.

We are in the shadow of the Almighty. He comforts us a like an Eagle Daddy, always watching over his chicks. He spans his wings over us, ensuring we are safe.

Problems are like Peanuts for Jesus

Jesus and the Father totally love it when you give them a problem. Problems are like peanuts for Jesus.

Most probably in heaven, the Lord Jesus is looking at the Father in frustration and slapping his head and saying, *“People give me more problems, don’t worry so much, I know what to do, take my peace and I will give you a solution”.*

God's fruits

Trust in Jesus alone. He gives you the fruits of the Holy Spirit to practice. (Galatians 5:22). Love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control.

Consciously practice them and become familiar with the fruits. Walk in them, as they become part of your nature, infused by the Holy Spirit.

You will have more joy and happiness and wreck all the plans the devil has for you. He was hoping you would have lost your cool, so that he can heap more havoc into your life.

Do not destroy your life; by allowing your emotions to get out of control, stay in Jesus presence. You will experience these fruits as your eyes are on Jesus and the fruits of the Spirit.

Hate and Resentment

If you are harbouring resentment or hate, spend time with the Lord. Jesus will absorb your hate and give you his love. Just fix your eyes on the Lord Jesus.

You will have to persist, because hate and resentment will not want to let go. Be like the Lady with the issue of blood, she persisted in wanting to touch Jesus cloak.

When you do this, power from the Lord Jesus will heal all your hate and resentment. They will not be able to stand against Jesus. Do not give up on Jesus; he came to overcome the world and our emotions (John 16:33).

Serving God is Important

Serving God is very important, like how Joshua said, "*As for me and my house we will serve the Lord*" (Joshua 24:15).

But, what is more important is to sit at the feet of Jesus, When we do this, he prunes our character and guides us on our service for him. God wants us connected to his vine Jesus, so that he can mould our character first.

Many people serve without sitting at Jesus feet and burn out.

Burn out in Church

People, who burn out or blow up while serving God, are those who don't spend enough time with the Lord. They may be serving in too many ministries or they think too highly about themselves.

When they get into a tussle with the priest or other parishioners, they get agitated because they did not get their way.

They think they are doing God a favour in serving in the ministry. They may be dragging the church and the ministry down with their misplaced zeal. It is better to withdraw and seek the Lord for your next post.

Mary did the Needful thing

Jesus praised Mary for sitting at his feet, that what Mary did was needful or necessary, she has chosen the better part and it will not be taken from her

Jesus came to their house to serve and not to be served. He came to change everything they knew about God. Mary made a beeline to Jesus and was not bothered about Martha.

She knew Jesus was no ordinary guest. She was aware who Jesus was, all the miracles he had done and that he was the coming Christ.

She wanted the abundant life promised and escape the tyranny of pain and sorrow of living under the Roman authorities. She saw there was hope in Jesus and so she sat at his feet.

Conversion of Heart

Some people thought that Jesus would lead a rebellion against the Roman tyranny, that he would be the catalyst to start a revolution. This was not on Jesus agenda.

His agenda was a revolution of the heart. Through the sacrifice of his own life, the hearts of the people are now turned to the Father.

Chose the Better Part

When we do the needful thing and practice his presence or sit at his feet, we have chosen the better part. We have chosen the Living God and he guides us. Jesus will never be taken away.

Jesus abides and stays in us. When Jesus is in us, we receive from the Father, the necessary tools we need to live in this world.

Jesus your Anchor

Let Jesus be your anchor. Even if there a few bumps along the way, God will keep you together in one piece. Keep your eyes and mind on the Lord. In these trying moments, lift your anxiousness to the Lord. The season will pass.

If you are having a work problem, marital problem or a problem with your children, sit at the Lords feet with your Bible. By spending time with your Bible, the Lord will speak to you on how best to handle the problem.

The focus is on faith in Jesus and not on looking at the problem. Do not run to people to solve your problems, run to the Jesus first, in prayer. He will calm your spouse or the other person or he will send the right people to intervene.

If Jesus could speak to storms, Jesus can calm down or turn around any person.

The One who Blesses

Today, we have people looking for Jesus to help them earn more money and buy more material things. They are more interested in the blessings, than the One who blesses.

They want to escape the poverty of life. Remember, *“Every good gift comes from your heavenly Father” (James 1:17).*

Escaping material poverty is important, but what is more important is to find the one who blesses and walk with him.

We need to find the person Jesus and walk with him to our destiny. Let Jesus dazzle you with his Glory. Finding Jesus brings fulfilment in life and as we connect to the real vine, this makes Gods machinery work better.

The Secret of the Ages

The secret of the ages, is that Christ is in you and you will share in the Glory of God (Read Colossians 1:26-28).

The Glory of God is a like a bolt that consumes our body, soul and spirit. God's consuming fire of Love engulfs us, setting our hearts on fire for him.

As we practice the presence of Jesus, every situation is put right. The Christ in us connects to the Glory of God and God shines his glory into us. The Glory of God is his manifest presence.

As the Glory of God shines, his light flows through us and darkness has to leave. All negativity leaves, depression leaves, lust leaves, pain leaves, anger leaves, anxiety leaves. They just cannot stay in your body, inhabited with God's presence.

The glory of God will shine into your problems. Problems that were impossible become possible. The light of God is passing through Jesus to your issues. It is receiving treatment from the Glory of God, in time it all things work out.

All things will work out for those who love God and who are called according to His purpose (Romans 8:28).

God reveals more of his glory (His presence) as we spend more time with Jesus. God will let his glory shine into your family life, work life and service to God.

Miracles happen before your very eyes. God amazes us with our mind connected to the heavens and our bodies on the earth.

Very few find God's Glory, but it is available to all who desire. It starts with sitting at his feet.

Sit before the Lord

Most of us will have a place in our house, where we can sit before the Lord and spend time. If you have the habit of getting up early, communion with Lord in the cool of the morning. Find that special place for you and the Lord.

Some people like to go before the Blessed Sacrament, in the real presence of our Lord Jesus.

Even so, as you go about your day, see the Lord in every situation and be conscious of his presence. Jesus wants to be involved in everything you are doing. Practice His presence 24/7.

Practice the Presence of Jesus

Sit before the Lord in your most comfortable place in your house, office, restaurant and look at him, it could be a photo or see him with your imagination. Reboot your mind until the Lord is with you in your mind.

If you feeling anxiety, look to the Lord and stay there. Now look to the Lords cloak and touch it until you are completely free from the anxiety.

Jesus said he will never leave or forsake you. He said he will be with you till the end of time. So spend time with Jesus and see his beauty. Do not allow any other thoughts to invade your mind.

If you have a question, speak to the Lord about it. It could be about a family member, or a friend. Ask the Lord for his opinion, what does he think. As you spend enough time with the Lord, Jesus will give you his wisdom. Keep a journal.

Chapter X

Jesus is the one who Forgives

CCC 2844 Christian prayer extends to the forgiveness of enemies, transfiguring the disciple by configuring him to his Master. Forgiveness is a high-point of Christian prayer; only hearts attuned to God's compassion can receive the gift of prayer. Forgiveness also bears witness that, in our world, love is stronger than sin. The martyrs of yesterday and today bear this witness to Jesus. Forgiveness is the fundamental condition of the reconciliation of the children of God with their Father and of men with one another.

One of the things that Jesus freely gives is forgiveness. Jesus is full of love and compassion and is always ready to reconcile us back to God. He never withholds forgiveness, no matter what our sins and invites all broken and hurting people to come to him.

Give your burden to Jesus

If you are having a problem with sin, and you can't forgive yourself, because you think your sin is so terrible. A solution is to fix your eyes on Jesus. Many people like to hold on to their sin, they find it difficult to forgive themselves.

Abiding in the Lord is something we need to do consistently, until we are free from the burden of not being able to forgive our self. As you consciously look to Jesus, you will experience his forgiveness and love. It is a release from the burden of sin.

We don't feel forgiven

Many a time we ask for forgiveness from God for our sins, but don't feel forgiven. We are already forgiven when absolution is pronounced by a priest, during the Sacrament of Reconciliation. Jesus came to forgive all.

The feeling of guilt and condemnation may not go away so fast, but as you turn to Jesus, it will fade away with him. You will enter into a time of freedom with the Lord.

Jesus has already forgiven you.

Her many sins were forgiven

Luke 7: 36-40

The Lady in this story was sinful. By the Pharisee remarks, a prostitute, an outcast in society. Her many sins would have caused her to feel a severe remorse and conviction. Sin brings us nothing but trouble.

She may have heard that Jesus could forgive people's sin and testimonies of his miracles were spreading around the village. She saw there was hope for herself in him.

So armed with alabaster jar of perfume she planned to look for Jesus at Simon the Pharisee's house. Taking a risk, she barged into the house, looking for forgiveness.

As she stood behind Jesus, the unimaginable thing happened. She encountered the source of all Love; Heavenly Love was streaming out from Jesus.

As she looked to Jesus, her need for forgiveness was forthcoming. The Lord's love over-powered her, she broke down and wept uncontrollable. She experienced liberation from her burden of sin. The unconditional Love of God came to take it all.

She would have thought to herself, *"How could Jesus look at me a sinner with such love and compassion"*. The Lord's kindness and love besieged her. She found God's forgiveness and was released from her many sins.

As she wept at the feet of Jesus, in gratitude she poured the perfume on Jesus feet and wiped his feet with her hair. Then she repeatedly kissed his feet, like a re-born child, she felt herself washed clean.

This is what Jesus does, his Love rays penetrates our very soul and cleanses it, as our eyes are on him. Our very life form is spring cleaned, made new and released from the burden of sin. Revitalizing waters from Jesus flows from the beginning of the head to the end of the little toe, refreshing and refreshing us.

Jesus never fails to lighten our heavy loads of sin. He is always beckoning us, to share our burdens of sin with him.

He says, **"Come let me take it all and release you from your burden of sin"**.

The Pharisee Simon

Simon, the Pharisee could not believe his eyes and thought *“Does Jesus know who this woman is, is he really the prophet he claims to be?”*

Simon would never been able to experience this woman’s forgiveness, since he did not recognized Jesus as the one who has come to save him from his sins.

The Pharisees, caught up in their own self-righteousness, would never be able to recognize Jesus. Caught up in the law, their obedience to the law was everything. They look to the law to gain their forgiveness.

Hebrews 10:4 GNB For the blood of bulls and goats can never take away sins.

Only Jesus blood is acceptable to take away our sins. Forgiveness can only come from the one who has the power to forgive sin. God sent his Son to forgive us and take away our sins.

Daily as we fix our eyes on Jesus, we will experience his forgives. This process of being released from our sins, starts with looking for his presence. Not only are we forgiven, we change inwardly. Sin is at bay, as our eyes are on the Lord.

Jesus is the one who forgives

Jesus is the one who forgives sins. We see Jesus on the cross, but do not know him? Until we know him intimately, then only can we know the forgiveness of our many sins!

For most, Jesus is just an image of God, we have a superficial relationship with him. It is Hi Jesus! in the church and Bye Jesus! at the church gate.

The enemy of our soul does not want us to know God forgives all and releases us from this burden of sin. He rather we stay in our ignorance and ineffective for God.

Lamb of God take away our Sins

During the Holy Mass we hear the words *"This is the Lamb of God who takes away the sins of the world have mercy on us"*. Do we receive his forgiveness? Most are we oblivious that Jesus came to take away our sins and transform us.

St. John the Baptist said, *"This is the Lamb of God who takes away the sins of the world"* (John 1:29). He saw a spirit like a dove and heard the words from the heavens *"This is my beloved son whom I am well pleased"*.

God is pleased with his son Jesus, because of his obedience to die for his people. The churchgoer can now experience the forgiveness of their sins and be set free, because of this one act of obedience.

We need to experience Forgiveness

All of us need to experience the forgiveness from Jesus. We must not be deceived into thinking, only prostitutes and sinners need forgiveness from Jesus.

We have a tendency to think we are okay; that others need more forgiveness than we do. *"I am not as sinful as that person"*.

We coast through life depending on our own strength without a transformation from God's beloved Son. Sadly, we miss the greatest adventure of our life, meeting the One who forgives all sin.

If only we would go on this journey and search for the Lord's presence. We will experience the greatest release in our life, a release from the bondage of sin.

Love will overflow in us, pushing out all the unnecessary and worthless emotions deposited by the sin in our lives.

When we find this release, we can now Love ourselves more, because of the freedom and grace we have experienced.

He who is forgiven much loves much

Luke 7:47 GNTD I tell you, then, the great love she has shown proves that her many sins have been forgiven. But whoever has been forgiven little shows only a little love."

God's presence brings forgiveness and forgiveness causes us to experience love in a deeper way. The more forgiveness we experience from Jesus, the more Love poured in from God.

God's abundant Love flows in and more love flows out to our family, friends and even stranger's. The Love of God deals with our bitterness, resentment and hate.

We can now love God and other's better. The key to experience this consistent overwhelming love is to practice God's presence and increase in his knowledge.

The Less Forgiveness we Experience

Most people, experience less forgiveness and have less love for others and for God. The world is loveless and the worlds love is “Lust”, which is a counterfeit love.

Eventually all counterfeit products will break down easily. God’s original Love never breaks down.

To experience God's love they need to tear themselves away from self and the world and attach themselves to God. Gradually God's love will be realized.

The sinful Lady had experienced so much forgiveness for her many sins, that her love for the Lord was overflowing. She had made the decision to look for Jesus.

She was all over Jesus. This was an expression of great love she had for Jesus. She encountered the greatest force on this earth, which is God’s Love that comes via his Son. Jesus is the source of all of heavens love on earth.

Her burden of sin, taken by God, because of her faith to look to Jesus. He is the only one with the power to forgive our sins and release love. Jesus is the gateway to God's Agape Love.

Spending time with the Lord

As we spend time with the Lord, we will experience his forgiveness and unconditional love. We have to persist in tarrying with him. God’s love cannot manifest if we do not spend time with Jesus in our thoughts. We have to be caught up with Jesus.

Fear disappears when Love Comes

When you experience God's love, you will notice fear also disappears. Fear cannot exist when God's love is present. There is no fear in love, for perfect love drives out all fear (1John 4:18).

When God's love comes, we become fearless when faced with life's obstacles, because greater is he that is in us than he that is in the world (1 John 4:4). God's Love is abiding in us and it makes us fearless.

God's Kindness leads us to a Deeper Repentance

God is kind because he is leading you to repentance (Romans 2:4). The sinful Lady experienced the goodness of God, when she saw Jesus' Love for her.

When we experience God's goodness. This experience gives us an assurance of his love for us and leads us to a deeper repentance.

Good is Good all the Time

We sing songs that God is good all the time. By faith it is about God's goodness, not our own goodness. We experience this goodness, when we are diligently looking at Jesus.

You cannot experience God's goodness by looking at yourself, your sins, your failures, your mistakes, your pain, your guilt, your resentment, your bitterness or even your goodness or your righteousness.

You have to look to Jesus, who holds the keys to the release forgiveness and goodness to us. The buck stops with Jesus.

Finally, if you have not gone, you should examine your conscience and go to the Sacrament of Reconciliation to be absolved from your sins. The priest represents Jesus and you will experience more Forgiveness, Love and Grace.

We can forgive others

Since Jesus forgives us, we also need to forgive those who have hurt us. Without proclaiming forgiveness, we are tied to the bolder of sin, a burden that weighs us down.

Remember, it starts with receiving forgiveness first. We will not want to hold back our forgiveness for others, because we know it is an obstacle to receiving love from God.

When someone, rubs us the wrong way, we will want to forgive and not want the burden of unforgiveness. We rather pronounce forgiveness and feel the lightness and love in us.

You do not know what they Did to Me

Well some may cry out; *"You do not know what they did to me"*.

Well, do you know what they did to Jesus? They beat him up, they slapped him, they scourged him until all his flesh was ripped apart and his insides were exposed to the elements.

If that was not insult enough, they put a crown of thorns on his head and made him carry his cross all the way up a hill in all this pain and agony.

Finally, they drove nails into his hands, legs and pierced his side. As Jesus hung on the cross in a slow and painful death. He said *“Father forgive them for they know not what they do”*.

Whatever people have done to you, they did not know what they were doing, so forgive them. Their actions were a product of sin, which they did not deal with.

People attached to this world do all kinds of crazy insane things. Unfortunately they did not turn to Jesus, to be set free from their bondages.

Release them by pronouncing forgiveness to them. You are doing yourself a favor and not them. Pray for those who persecute you. They still have to live with themselves for all the wrong they have done to you.

When you forgive, you have set yourself free.

If you have forgiven but can't forget

If you have forgiven, but can't forget, it is okay, in time the incident will be removed from your mind as you abide in the Lord. If you still remember, do not dwell on the incident and engage in anger. Sin is always crouching at your door, waiting to come in and torment you.

The question is, are we willing to forgive others and receive the forgiveness from the Lord? Do you sincerely desire it?

Practice the Presence of Jesus

If you are feeling that your sins are not forgiven, even after the Sacrament of Reconciliation, look at the Lord and gaze at him. Be determined to center on the Lord and stay in his presence. The key is to fix your eyes on him.

The glory of God will shine through Jesus into your emotions, as you stay in the Lords presence. As the Lords love overwhelms you, you will sense the forgiveness of your sins.

The key is to spend time with the Lord. The more Jesus you experience the more love you will experience, you will know you are already forgiven by the Father.

Chapter XI

Take every thought captive and make it obey Christ

2 Corinthians 10:5 GNB we pull down every proud obstacle that is raised against the knowledge of God; we take every thought captive and make it obey Christ.

Our thoughts are very important. As a person thinks, that is what he is (Proverbs 23:7). What we think is what we become. The more we think about something, the more we become that thing we think off.

What is in our thoughts daily? What is arousing our feelings is it related to something we are thinking off?

Every thought must be captive to Jesus. Our thoughts are on Jesus, it filters through him and is purified. Can we ever think of anything negative or unclean when our thoughts are on Jesus.

Stability in Mind

James 1:7-8 NABRE For that person must not suppose that he will receive anything from the Lord, since he is a man of two minds, unstable in all his ways.

The Stability of a Christian mind is important. The mind has to be focused on Jesus and God's word. As our mind is stayed on Jesus, our faith is strengthened and we receive all that God can give.

God fills us up with his contentment; we are happy and contented with life and all that we are doing.

The World wants us Unsatisfied

The world wants us to be unsatisfied with what we have and what we are doing. The world wants us to chase after material wealth, so that the spirit of the world in us, can be fed. The world is never satisfied.

The person who has two minds, cannot expect to receive anything from God. We cannot be focused on God and the world. We have to slowly tip the balance towards God and let Jesus takes center stage in our life.

The mind has to be focused one thing, which is faith in Jesus Christ. This brings the righteousness of God, which penetrates our lives to rid us of sin, bondage and any worldly ambitions. Our ambitions now filtered through Gods filter. All the worldly impurities are filtered out.

God gives us his ambition for our lives, our worldly career, vocation and service for God. We have to slowly give our will over to God and let “His will be done”.

Faith and Doubt

The purpose of our thoughts being captive by Jesus, is so that our faith can be more effective and not be double minded between faith and doubt.

Doubt produces fear and anxiety, its function is to pull us towards the world. It tells us to trust in the world, which you can see.

Root of the problem is in the mind

Conflicting thoughts invade to us all the time. We can have faith and doubt at the same time. We alternate between feelings of anxiousness and peace.

St James said, we must not think we can expect to receive anything from God, since we are double-minded (James 1:6-8).

A single-minded person only has his eyes, mind and heart fixed on Jesus.

The root of the problem is the mind. Lasting peace comes from focusing on Jesus 24/7. The thoughts are trained to focus on Jesus and the Holy Scriptures. The mind focused on Jesus, will receive consistent faith and will not be shaken by every trial and adversity.

Complete change of mind

Romans 12:2 GNB Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind. Then you will be able to know the will of God — what is good and is pleasing to him and is perfect.

The world tells us to look at self, but we look at God. The world tells us to indulge in the flesh, but we indulge in the Spirit of God. The world tells us to chase after money, but we chase after God.

Christ needs to come in and world needs to move out, even in the little corners of our mind.

Christ is the Chief tenant, he dictates who is to rent space in our minds. He says there are no rooms available for fear, anxiousness, lust, anger and their cronies.

Changed from the Inside out

By fixing our eyes on Jesus, God transforms us inwardly and changes our mind. We start moving to the standards of God. Once we know the Father, we are guided to know "His will" and what is "Pleasing to the Father".

Can you imagine, how much of the world we need to empty out. This process happens over time and the change does not happen overnight. The enemy will still try to rent some space in our minds.

Taking Captive of the Eyes

Again repeatedly, the issue of our eyes is always in contention. Taking captive of our eyes is necessary. (Matthew 6:22)

Our eyes being the gateway to the mind, and then to the body. Having good eyes lead to a pure body and bad eyes lead us to a body corrupted by sin.

Emphasizing like a broken record, sin separates us from God's presence. Sin will try to take more territory in you and push out God's presence.

God's presence gives a certain conviction to stay away from the sin. WE CAN STILL SIN!! When we allow ourselves to dwell on the temptation or anger. This is the enemy's tool of trade "Distraction".

Sin of lust

Looking at smut or pornography causes arousal within us. What we see, is translated in our thoughts. Continuing to dwell on it, causes the spirit of lust to manifest in our body.

Sin does not just happen. The process is from the eyes, to the thoughts, then manifested in the body, finally to the act. The body loves to be aroused with pleasures and sensations. A signal is sent to the brain that it loves it.

Once we have been aroused, the spirit of lust will try to take over our body. As a precaution, from the onset guard your eyes.

Sin of Anger

Ephesians 4:26 Says if we get angry, do not stay angry all day long, don't give the devil a chance.

Anger destroys the individual and the people around them. The sin of anger starts the same way, in the mind with our thoughts.

Dwelling on situations that make us angry, causes our emotions to act up and we get upset and angry. That is why the Bible says *"Do not stay angry all day long, do not give the devil a chance"*.

Continuing to focus on the issues making us angry, makes it difficult for us to focus on the Lord, let alone abide in his presence. The mind occupied with anger.

So when something triggers your anger, be conscious that it is not a good emotion. Instead, fix your eyes on Jesus. You have to trust in Jesus and not in your own thoughts and emotions.

If our thoughts are captive to Jesus, the anger does not have a chance to take root. Jesus calms the emotions, so rage does not surface.

Whatever the problem or situation, we need not be upset and lose our peace. Trust in Jesus to take care of the situation.

Anger is a Pride Issue

Anger, is a pride issue, we believe it is our right to be angry because we are upset about a situation or person. This issue is self, where the focus is on me.

In every upsetting situation, it is better to step back into God's presence and get his opinion on the situation. Trust in the Lord and do not lose your control.

We step back into God's presence by fixing our eyes on Jesus and dwelling there, until God speaks to us. We all know anger solves nothing, but leaves a trail of devastation and leaves us with no peace.

Same principle with the other deadly sins of pride, envy, gluttony, greed and sloth. It all starts in the mind. What thoughts are we entertaining, is it captive to Jesus? Did we pass it through Jesus?

Jesus handles Emotional pain

Jesus is a master at handling emotional pain. As we are looking at Jesus, the pain flows through Jesus and what comes out is his peace, minus the pain.

That is why, Jesus tells us that he gives us his peace, not the peace from the world (John 4:27). The pain is neutralized by Jesus.

We are Unable to Resolve Situations

In some situations, we are unable to resolve circumstances with individuals. They may have hurt us, but we cannot settle the issue.

In this case, decide to move on and let the issue slide by, like water on a ducks back. Look to Jesus for his peace.

In other situations, the emotions or anxiety absolutely refuses to subside. You are too upset. The issue needs to be settled in your mind and then decide to fix your eyes on Jesus. *"I have decided to forgive the other person, because they do not know what they are doing"*.

Continue to look steadily at Jesus and look for his viewpoint on the issue. Jesus may give you his understanding on the upsetting event.

Do not Trust in Your Emotions

Look to the Lord and do not trust your own emotions. They can sometimes be misleading and you will waste your time being emotional over nothing.

Persistence is important, until you are calm, peaceful and sense the Lord's presence. Jesus always comes, when we are beholding him.

It is all a distraction

All of these emotions of anxiousness, lust or anger, are meant to distract us and pull us further and further away from the Lord's presence.

Identifying the Enemy's Tool

Identifying the unwelcomed emotions, temptations and sin, is necessary. When you see temptation, do not walk, but run like mad and find God's presence. The temptation is just behind, trying to catch up and entice us. His goal, to distance us from God's presence.

The more your mind is on Jesus, the less the unwanted emotions or sins will take hold of us. They are losing power to Jesus who deals with unwelcomed friends.

Do not be Distracted and Loose your Consciousness

Most of the time as the trials overwhelms us, we lose our focus and move to a distraction or temptation. This is where we have to be vigilant and guard our thoughts.

When you feel dejected, watch out a distraction, temptation is on the way to give you comfort from the pain. The world's comfort is only temporary.

Guilt, condemnation or emptiness will follow. The more sin and emptiness in you, the more the world grips you. We are now distracted and focused on the problems or indulging in a distraction.

There are many forms of distractions, what is your distraction?

By the way, the TV is also a distraction. It is not a sin, but watching TV for hours brings the world into us. All its anxiety, fear and traps are in us now and we feel empty. TV is just a distraction to give us temporary comfort.

What to do when you are Distracted?

If you do not want to be distracted or indulge a temptation, quickly fix your eyes on Jesus and see him in front of you. Gaze at him; speak to him, about the irritating temptations and distractions.

When you are busy with the Lord, the sin or distraction cannot take root. The Lord guards you like a Shepherd who watches over his sheep from wolves. That is why he is called the Good Shepherd.

Keeping Watch with Jesus

Jesus, knew the importance of tarrying with him. In the garden of Gethsemane, he scolded his disciples when they failed to stay awake (Matthew 26:40).

Practicing the presence of Jesus, causes anxiety to decrease, because we are keeping watch and praying with Jesus. The enemy always looks for inroads to catch us off guard and sleeping. He wants to deposit more anxiety into our lives.

Our eyes are on Jesus as he is praying to the Father. Keeping watch is 24/7 affair with God. We do not know when the enemy will strike next.

We are continuously in touch with God throughout our day. We are always looking at his Son. The Lord always works 100% of the time, he never fails. God is a rewarder of those who have faith in Jesus.

Most people give up, before they see results. They did not wait for the season of reaping God's presence. Sowing into God for a season comes first. Then you will see a harvest of Gods manifest presence in your life. You have to have staying power.

As we walk with the Lord 24/7, God will want to accelerate his master plan in us.

The master plan of God

Your creator looks for you. He wants you to know him intimately, so that he can accelerate his master plan. He wants us to connect to his heavenly super highway. Many are called only a few are chosen (Matthew 24:14).

The chosen are those who know his presence and walk in "His will". We live in the dimension of God. We are not here to impress the world, but fellowship with God. Like Enoch who pleased God with his faith. He suddenly disappeared and was no more. In the blink of an eye we are all gone.

Wait on the Lord for every career move, family issue and especially your mission for God. Do not be afraid to make mistakes, it is all part of your walk and your desire for Jesus.

Journaling

Keep a journal of your conversations with the Lord and the miracles he did in your life. So that in your difficult times you can go back to the journal and remind yourself of what God said and did.

Journaling also helps to lead us into his Presence. During anxious moments, you may have trouble looking for God's presence. Write down your anxiety, worry or question's.

Wait for the Lord's response, with your eyes on him.

Keep on writing to the Lord, focused on him. As you do this, you will enter his presence and the Lord will speak his words of comfort back to you.

Practice the Presence of Jesus

Now take some time and see this in your mind or close your eyes. If you are feeling overwhelmed, because everything is going wrong or sin is trying to find a way in you. Confess and meditate on the words in *Hebrews 13:5* "*God will never leave me or forsake me*".

You can use other scripture you are familiar. Be creative as you fellowship with the Lord at all times.

See the Lord coming with love and care. As you look at him, gaze at his eyes. Don't take your focus from his eyes. You are staring into the Kingdom of God. Spend a few minutes, until you sense a calmness and peace. The Lord knows everything about you. He says "*Be still*" and your emotions, anxiety are calm.

See the Lord taking His hand and holding yours. As the Lord is holding your hand, look at the color and texture of his hand. Do you see the hole where the nail had pierced. Look at the price he paid for you. He said there is no greater friend, than the one who lays his life down for you.

Jesus is your best friend, because he loved you so much. He willingly died for you. There is no greater love in the world, compared to God's love for you. Jesus loves you with an everlasting love.

He loved you first, even before you loved him. He loved you from the beginning, even before you were born.

As you look at Jesus holding your hand. Gaze into the Lords eyes and sense the rays of his glory (Presence) come into you. As you spend time, allow his glory to destroy all your anxiety or temptation. Now see the refreshing waters of Jesus Christ flow through you, refreshing your anxiety and tiredness.

As you bask in the glory of the Lord, have a dialog and ask him questions. He will speak to you, so keep a journal.

Chapter XII

The Presence of God

CCC 208 Faced with God's fascinating and mysterious presence, man discovers his own insignificance. Before the burning bush, Moses takes off his sandals and veils his face in the presence of God's holiness.¹³ Before the glory of the thrice-holy God, Isaiah cries out: "Woe is me! I am lost; for I am a man of unclean lips."¹⁴ Before the divine signs wrought by Jesus, Peter exclaims: "Depart from me, for I am a sinful man, O Lord."¹⁵ But because God is holy, he can forgive the man who realizes that he is a sinner before him: "I will not execute my fierce anger. . . for I am God and not man, the Holy One in your midst."¹⁶ The apostle John says likewise: "We shall. . . reassure our hearts before him whenever our hearts condemn us; for God is greater than our hearts, and he knows everything."¹⁷

The presence of God

The presence of God is the fullness of God in whom we find rest. Our creator comes down to earth, to be with his people who acknowledge their sinfulness who seek and abide in him.

God's presence is this euphoria that permeates our senses, overriding the nothingness of the world. His presence is mysterious and when you come under his presence, you realize your own insignificance and you sense the awesome Greatness of God.

At this point, most acknowledge How Great is our God, the Spirit of God infused into the very fibres of our emotions. God becomes real.

Most stand in awe, of this fascinating presence. He is available to all and God judges everyone by the same standard, he is no respecter of person (Roman 2:11).

Isaiah 57:15 GNB "I am the high and holy God, who lives for ever. I live in a high and holy place, but I also live with people who are humble and repentant, so that I can restore their confidence and hope.

Familiarity with God's presence is necessary, so that he can restore our confidence and hope. Humble and repentant people look for God's presence.

The presence of God comes upon the worshipper who is gazing to the heavens, as the Holy Spirit connects to the Christ in us. We are lighted up with God's manifest attendance and his love and charisma illuminates the depths of our soul.

Our emotions lighted up with his presence. Who can stand in his presence and not be touched?

God is with those who seek his Presence

Exodus 33:14 NABRE The Lord answered: I myself will go along, to give you rest.

God says he will go with us and give us rest. A supernatural strength that lives in us. You walk with his presence, because you are conscious he is with you.

His Spirit abides and follows us when we are always looking at Jesus. You know that God is with you, because he shields you from the worries and troubles of the world and gives rest.

The Rest

St Augustine, "O Lord, and our heart is restless until it rests in you"

This rest comes to those, who rest in God and not in the world. A heart resting in the world is restless and looking for a home to rest in. That heart can only rest in God's house, which is God's presence.

As we look to the Christ, we find this rest. **Rest is a God type of peace that comes from Gods presence as we look at his Son.** The Son ushers in the presence of God from the Eternal Rivers of Heaven. Jesus has the key to God's presence.

Spiritual rest Necessary

Spiritual rest is necessary; it is a mental rest from the turmoil's of daily living. Practicing the presence of God is a spiritual rest.

We rest our minds in Jesus, the Lord reveals himself in the vast corners of our mind. Peace is the outcome, as he quietens the storms of our worry and troubled emotions that come from the world.

Resting in his presence, gives us rest from our daily stress.

Resting is when I Decide to look to Jesus

Resting in the Lord, is when I decide to look to Jesus and rest in his presence. *My soul is finding rest in God and he gives me hope (Psalm 62:5)*. I consciously decide to fix my eyes on Jesus and God calms my soul and gives hope.

The Holy Spirit calms us down, by manifesting the presence of God. We are conscious of the Lord's presence with us.

Heavy loads

Matthew 11:28 GNB "Come to me, all of you who are tired from carrying heavy loads, and I will give you rest.

The world puts heavy loads of responsibilities on our shoulders and we are tired. Unknowingly, we are caught up in so many things and we neglect the most important person in our lives, Jesus.

The Lord is always at hand, inviting us to share our burdens with him. The Lord says, *"My yoke is easy and his burden is light"* (Matthew 11:30).

He lovingly invites us *"Give me your burdens and I will take them"*. The problems are returned back to us minus the burden. Jesus carries the burden for us, our eyes on him.

The more familiar you are with the Lord's presence, the more relief you experience. In time, you will be as light as a feather.

The Lord's Presence dissolves your burdens. Burdens once heavy, are now lightened by the Lord's presence. They melt in his presence like wax.

Psalm 97:5 ASV The mountains melted like wax at the presence of Jehovah, At the presence of the Lord of the whole earth.

Worried and troubled by many things

Back to the story of Martha and Mary in Luke 10:38. The Lord cautioned Martha, that she was worried and troubled by many things.

When we are busy with many things in our mind, we become worried and troubled. The mind is cluttered with the worries and troubles of this world.

When we are busy with Jesus in our mind, we find rest. It is a choice to look to Jesus and not to the many unnecessary things that occupy our mind.

Be desperate for Gods Presence

Psalms 63:2-4 NABRE O God, you are my God— it is you I seek! For you my body yearns; for you my soul thirsts, In a land parched, lifeless, and without water. I look to you in the sanctuary to see your power and glory. For your love is better than life; my lips shall ever praise you!

David was desperately looking for God in his wilderness journey when he was on the run from his son Absalom. David was looking for God's presence to give him relief from his pain and afflictions.

Like David, we desperately want his presence and desire to touch the very core of God. The wilderness journey is in us and we are looking for relief. The wilderness could be the dryness in our prayer life or some trial we are facing.

We are asking God *"Where are you? I am dry and without your water, come to me Lord, I need you"*. Our prayer like David's is a prayer of desperation for God's presence.

The thirst we are feeling daily is for God's Presence

When we thirst after God, we want to touch God's heart with our heart. It is not just about knowing God is omnipresent. We want our thirst to be satisfied.

The thirst we are feeling daily, is for God's Presence. We are looking to God to pour his rivers of comfort and love into us. A cable now connected to all of heaven's love, flowing into us. God's Presence is very important, when we go through stress.

During these times, we connect ourselves to God's Love, to bring us through the turmoil of life.

Live in the House of the Lord

Psalms 27:4 GNB I have asked the Lord for one thing; one thing only do I want: to live in the Lord's house all my life, to marvel there at his goodness, and to ask for his guidance.

King David wanted to live with the Lord forever and look to God's goodness and guidance.

To live in the Lord's house all my life, is to live in his presence at all times. This was King David's prayer before the covenant box of the Lord.

Today we are the temple of the Holy Spirit. Christ Spirit is in us through baptism. This should be our prayer today, "To want to have God's presence with us always while on this earth". This presence leads and guides us.

It is a decision to think of God always and not loose our consciousness unto unnecessary things like Adversity, Crisis and the World.

The Presence of God brings Blessings

2 Samuel 6:12 GNB King David heard that because of the Covenant Box the Lord had blessed Obed Edom's family and all that he had; so he fetched the Covenant Box from Obed's house to take it to Jerusalem with a great celebration.

King David was transporting the Covenant Box to Jerusalem, when Uzzah was killed for his lack of respect to the Ark of the Covenant. This spooked King David, so he decided to leave it in Obed Edom's house,

In the Old Testament, the Covenant box was where the presence of God was. King David wanted it back after he heard Obed's Edom family was blessed for keeping it in his house for three months.

David realized this and brought it back to Jerusalem with a great celebration. David wanted the blessings that followed the presence of God.

When the Presence of God is with us, everything we have and do is blessed. As you continue in God's presence, you will see God's blessing in your family life, career and service for God.

The presence of God is like a super glue that glues everything together in its perfect place. In this world, we are fragmented and displaced. God glues us all back as how it should be.

David lost Gods presence

David lost the presence of God when he allowed his attentions to wander. He indulged in his flesh when he saw Bathsheba and gave into the temptation to invite her into his courtyard.

The pleasures and temptation to sin caught up with him for a fleeting moment when he took his eyes off God. David was distracted from God's Presence (2 Samuel 11:4,5).

One sin of adultery, led to the sin of murder. The consequence of his sin, led to the loss of his child with Bathsheba. In anguish he repented and came back to the presence of God (2 Samuel 12:13).

God still honored David by giving him another son by Bathsheba, his name was Solomon and God loved him (2 Samuel 12:24).

God is Merciful and Forgiving

Although God was angry with David. He was merciful to David, because David repented and turned back to look for God's presence.

If David did not turn back, he would have fallen into the hand of the enemy. He would have lost everything. God would have given him over to Satan to destroy his Kingdom.

When we do not repent, the enemy has a right to kill, steal and destroy (John 10:10). He would have been happy to destroy David's Kingdom.

Caught up in Sin

Many people, caught up in sin, stay away from God. They feel the burden of sin and feel not worthy to come to God. They are target practice for the devil.

He takes his best shot, to see how much Grace they have from God.

God is more concerned with our U-Turns than the sin. He looks for us to repent and turn back to him. Like the Father in the prodigal son story, God always welcomes his children with outstretched arms. Even though we have made mistakes, God is happy to get us back.

When you are in his presence and embrace, you are secure and protected. He puts the finest robes and puts a ring on your finger, He calls out *"My beloved son and daughter come to me, let me prepare a feast for you, you are so precious to me"*.

Leave the presence of God and his arms; you are vulnerable to all the darts of the enemy. The enemy wants to distance you as far as possible from Gods loving hands.

He works on your mind to mislead and distract you, so that he can take you out to an open field and take pot shots at you. He will try to kill your spirit, steal your happiness and destroy your destiny with God.

But, God wants us to stay in his presence so that he can restore everything back to us. When we fix our eyes on Jesus, he authors and perfects our faith to find God's presence.

God's presence brings Restoration

God will restore what we have lost. We rest in God knowing that the situation is being worked out. Staying in God's presence helps, because we are in his shadow and he gives us relief. We are relaxed and trusting in the Lord.

Relationships Mended

If a relationship that needs mending, Jesus restores the relationship. As his presence flows through you, Jesus gives you the right attitude and demeanour to tackle the relationship. A relationship cannot be destroyed if there is peace.

Finances Restored

God will restore your finances, as long as your eyes are on him. We face every day with joy and excitement, not resentment or sadness. Knowing that behind the scenes God is working out a blessing. We are thankful even for the smallest blessing. This is the attitude needed for the greater blessing.

Sickness Leaves

As for sickness, God supernaturally restores your body. He will give you wisdom on how to heal your body or he may direct you to the right doctor. With God all things are possible (Matthew 19:26). Your physical body is strengthened, because of his presence.

The presence of God in the Holy Communion will strengthen your body. Taking the Eucharist needs to be done in a worthy manner, with faith and confession.

Practicing God's presence causes our body to be physically whole and new, restored by the refreshing of the Lord. In time, the sickness leaves the body. The infirmity cannot stay in a body inhabited by the Spirit of Jesus.

He himself took our diseases and carried away our infirmity (Matthew 8:17).

Moses was 120 years old when he died, yet the scripture says his eyes were not dim neither his vigor is abated. (Deuteronomy 34:7). Moses always had his eyes on the Invisible God. Keep your eyes on the Lord and you will see the strength of God come into you.

Confession of Scriptures

The confession of scriptures on healing is important, until the sickness leaves. Faith comes by hearing and hearing the word of God. (Romans 10:17).

The word of God is a double-edged sword that will penetrate the bone and marrow and brings healing to your body (Hebrews 4:12). It does not work for people with little faith, who give up easily.

If you are weak in faith, fix your eyes on the Lord Jesus, until you sense your faith is overflowing, and then stand on the word of God by confessing.

Do this every day until the sickness leaves. There are thousands of testimonies of people healed by the confession of Sacred Scripture.

The Rays of Jesus

When you are praying for healing, use your imagination and remember healing scriptures. See the rays of Jesus enter your body and destroy the sickness. The sickness is leaving your body. When we abide in Gods presence, the sickness that came into your body has to leave.

We have the belief that we are healed. All things are possible for him who believes (Mark 9:23). Are you willing to pay the price, to find and stay in the presence of God?

Hebrews 13:8 GNT Jesus Christ is the same yesterday, today, and forever.

If he healed people yesterday, he will do it again today.

Practice the Presence of Jesus

Now again, for a moment close your eyes and think of Jesus, see him dressed in this white linen robe, as you look at him, see a glow and majesty in his presence. Feel the rays of love and peace come from him. Bask in these rays of eternal glory.

Allow the Lord, as you spend a few minutes, to refresh you. See all your tiredness, anxiety, sickness leave. Do this exercise as often as possible, you will sense more peace and love abiding in you. The life giving water Jesus is flowing in you.

Chapter XIII

Self is the Biggest Problem

Galatians 6:3 (GNT) If you think you are something when you really are nothing, you are only deceiving yourself.

We are nothing when Focused on Self.

This chapter is an important chapter. Many people just cannot get pass self. They are preoccupied with their past, family feuds, pains, hurts, anger, lost goals Etc.

When we cannot get beyond self, we cannot grow in our spiritual life or find Gods destiny for us. We remain stagnant; we cannot get beyond the ceiling called self.

Whatever is frustrating you, it is still a self-issue, because it has to do with you. It should not be about you, it should be about Jesus.

Jesus is the most important person in your life; he died for you, to redeem you back to God. So, he is more important than you.

This was the original blue print for the world, for us to live in the Father's house in our eternal home.

Because your eyes are on Jesus; he comes in and deals with all those self-issues. In time, they drop off one by one and you move into your home with God.

An example of Self

For example, at one time, you were angry with your sister/brother, for what they did to you. When we cannot forgive someone, we have deceived ourselves into thinking that we are something; when we are nothing without the humility to forgive.

We are dwelling on self and our emotions about the other person. So, it is difficult to come out of the self issue.

The enemy of your soul will keep your eyes on what your sister/brother did to you, so that he can bind you up in unforgiveness.

If you forgive your sister/brother and decide to look to Jesus. In time, you will be set free. Even if you look at your sister/brother, you will not feel the anger, but love for them.

Christ has set you free and filled you with his love. The key is to forget self and remember Christ.

We are our own Worst Enemy

Honestly, left to our own devices, we are self-destructive, self-abusive, self-righteous, self-reliant. These are some of the self-things we are capable; we are our own worst enemies. We literally kill ourselves with our self-issues.

From our birth, it was always about us. Focused on our needs and how we felt about self. Our parents would reinforce in us, *"Nobody is going to look after you, so think of yourself"*.

Extreme Selfishness

Some have an extreme selfishness; they are totally dependent on self. They depend on their natural reason and logic and say, *"God does not exist. So let me indulge myself"*.

They abandon God and Church and attach themselves to the world. They have bought into the lie, that they can do things independent of God. Again, deceived by self, to look at their own wisdom or the wisdom of the world.

Sin thrives when we are Self Centered

Self issues, also lead to repeated sin problems. The reason, why we repeat a sin is because the enemy uses distraction, to lure us away from God and unto self.

When we sense pain in ourselves, we look for comfort to deal with the pain. We look around and see the temptation. If our focus is on self, we will dwell on the temptation and eventually give in to sin or addictions (Anger, sexual, drinking, smoking, drugs Etc).

When we sense pain, we should instead run to Jesus and pass the pain through him to deal with. Jesus will extinguish the temptation and heal your pain. You do not need to run to a temptation or addiction.

Those who Love their own Life

John 12:25 GNB Those who love their own life will lose it; those who hate their own life in this world will keep it for life eternal.

The world teaches us to love self. So we love our life and try to find our place in the world. The world is full of enticements and traps that burden us. In the end, we lose our life, because we focus on self.

People focused on self, will lose their divine compass and drift away from God or their compass is defective and they are confused.

To hate our own life, is to hate anything that tries to separate us from God's Love. We have to hate sin (Resentment, anger, sexual sin, addictions Etc) and be determined to attach ourselves to God.

We consistently move away from self towards God and we can be sure of our divine compass working properly and finding the life good deeds God has prepared for us (Ephesians 2:10).

We will find this life of good deeds as long as we are in union with Jesus. We are looking at Christ and not at self.

Forget about Self and Take up your Cross

Luke 9:23-24 GNB And he said to them all, "Anyone who wants to come with me must forget self, take up their cross every day, and follow me. For whoever wants to save their own life will lose it, but whoever loses their life for my sake will save it.

Most people find it difficult to pick up their cross, because their cross is a burden. For many, the weight of their cross will crush them. We cry out "God, why have you forsaken me".

The weight of our cross can sometimes overwhelm us. Jesus said the same thing when he was on the cross. He experienced the unbearable pain of our sins on him.

Yet, God never totally abandoned Jesus. He did send Simon of Cyrene to help him. Simon helped him carry his cross up to Calvary. God was always there by Jesus side and never left him.

Christ carried the ultimate cross that would redeem all of humanity. He has experienced his cross (He paid for our sins) and has the green light from the Father to help you carry your cross. So look to him and his words.

We become full of God and this lightens the weight of our cross. Christ is next to us. We have forgotten self and remembered Christ. We experience a release from carrying our cross daily.

We have lost our life in Christ and in turn, we will save it. Our lives fortified in Jesus, as we keep our eyes on him and away from self.

Search for God's love and you will find his unconditional love.

Search for his grace and you will find his undeserved help.

Search for his forgiveness and be released from your sins.

Search for his righteousness and will have the strength to overcome your sin and addictions.

Christ Eternal Perfection

Eyes on Jesus make us happy, because of his eternal perfection. He is perfectly made by God, because he is sinless and was obedient to carry his cross. His Spirit in us brings nothing but peace.

We do not live for self, but for Christ who lives in us. Life is now lived in the faith in Jesus who loved us and gave his life for us (Galatians 2:20). We are totally living for Jesus and not for self.

Fulfilment from Self, Person or Thing

Eyes on self and the world make us more depressed, because of imperfections and the imperfect circumstances. Self and the world are imperfect because of sin. Sin brings more sin, fear, depression and hopelessness.

So people look for success, money and fame for perfection. Do not be deceived by the worlds portrayal of perfection. They look perfect on the outside, but on the inside they are still wondering where is the fulfilment and purpose in life.

You cannot find fulfilment from self, a person or thing. It is only temporary.

Hope in Self

Eyes on self will end up in disaster. You will hate yourself, because of your failure to live up to your expectations or the expectations of others.

Something will always bug the living day lights out of you. Even if you are perfect, the enemy of your soul will find something to make you hate yourself. He has caught you revolving around self.

Hope in a Person

When you put your hope on a person, it is just a matter of time, they will let you down. The imperfections of sin abide in them. These relationship's will be volatile and will not give you stability. E.g. Husband/wife relationships. Parent/child relationships.

Human beings, can never match up to the perfection desired by others. Only Christ can, because he has the perfection of God.

So if you want to stabilize your emotions, always connect to your first love (Revelations 2:4). **Predominantly this is the problem of the church today; they have lost their first love.**

Hope in Things

As for putting our hope in things, it gives us a temporary satisfaction. Eventually the created thing will lose its lustre and we will need to move on to the next thing.

The soul wanders around, trying one thing after another. It can only rest when it finds Jesus, the incarnate of God.

The new person

2 Corinthians 5:17 Anyone who is joined to Christ is a new being; the old is gone, the new has come.

When we meet Christ and continue in his presence, we become one with him. We leave the old self and take on the new self, molded by Christ.

Of course, it is a lifetime refiner's fire work in progress. Our character being molded into Christ. We are the clay and He is the potter.

The new person is not concerned about self and does not get hurt so easily because his focus is on Jesus. He knows how to release the hurt to Jesus.

As he joins himself to Christ, he knows how to stay away from the imperfections of the world.

Self-Performance

Self-performance is when we are focused on self and our own performance for God. A lot of people think they need to perform for God.

Performance is critical in the school system and in the work place. Because of the need to perform in life, we think the same when it comes to our spiritual life.

If you had a tough life growing up, with authoritarian or performance based parents, teachers or bosses. Your impression of God will be that of an authoritarian person, who is only happy when we perform.

This attitude of self-performance will be brought to the table of God, that we need to work hard for God to get his approval or the approval of others.

When you see God in this manner, you will think only by performing, can God love me. God is not interested in our performance for him, he wants us to remain in his Son.

Remain in the Son the Real Vine

John 15:1,4 (GNT) "I am the real vine, and my Father is the gardener.... Remain united to me, and I will remain united to you. A branch cannot bear fruit by itself; it can do so only if it remains in the vine. In the same way you cannot bear fruit unless you remain in me.

As we are conscious of the Son 24/7, we are remaining in the real vine. The Son is connected to the Father who is the gardener.

Those who remain in the Son, will bear the fruits of the Holy Spirit, of love joy, peace, patience, kindness, goodness, gentleness, faithfulness and Self Control (Galatians 5:22).

For those disconnected from the vine Jesus, when trouble comes, many leave the church. Their focus is on their performance.

So like a job, they look for a new church or they give up on their service to God. They focus on self or a man.

When we connect to the vine, we will not leave the church. We would think, What Would Jesus Do (WWJD)? We are waiting on Gods response on the situation.

Most of the time, it is a character flaw that is being pruned by God. He will take away our bad fruits and sometimes he will even prune our good fruits, so that better fruit can grow.

As we look to Jesus, we will find the answers. Jesus will say, *"Love your priest and parishioners and trust in me alone to work out the situation, don't try too hard"*.

God works his miracle in us, changing our character as we connect to the vine Jesus. His promises are Yes and Amen (2 Corinthians 1:20). We just have to wait on God to move us to the next level.

Practice the Presence of Jesus

Decide to be God centered and not self centered. Whatever problem you are facing today, it could be an irritation, a fear, and anxiousness about some issue.

Decide today to center the whole day on Jesus and enjoy his company. You can think about Bible stories and put yourself in the characters. Today decide to be full of God and not full of self.

Chapter XIV

Issues of the heart

CCC 368 The spiritual tradition of the Church also emphasizes the heart, in the biblical sense of the depths of one's being, where the person decides for or against God.

The heart of a man is important, for every life-issue comes from the heart. When a man watches over his heart with due diligence, he can protect it from all harmful things and channel the good through it.

The heart and his spirit are connected. From here will flow the waters of the Living God and he can decide whether he is for or against God.

First sign of Trouble center your Heart on God

The Spirit of the Living God flows throughout the heart depositing peace, when centered on Jesus.

The heart centered on the problem, will endure with anxiety and worry. The heart is pierced by the troubles and feels the pain of the world.

At the first sign of trouble, connect your heart to Jesus heart. See a cable connecting your heart to his and dwell on this picture. Let Jesus come into your heart and channel his peace.

Jesus will sieve the heart and calm it down. The Lord will say, *"I have come to overcome your problems, do not let your heart trouble you"*.

If you have noticed, all problems will pass. Did we handle it with the grace of God, or with our old nature? As you abide in the Lord, remember scriptures like *Isaiah 26:3 "The Lord will keep me in perfect peace as my (Eyes, Mind, Heart) are stayed upon him, because I trust in him"*.

The Stony Heart

Ezekiel 36:26 CPDV And I will give to you a new heart, and I will place in you a new spirit. And I will take away the heart of stone from your body, and I will give to you a heart of flesh.

The first thing the Lord works on is our heart of stone, which is our old nature. As we practice the presence of Jesus, God transforms the heart from Stone to Flesh.

The stony heart, feels nothing for God, some image of God we acknowledge during the Sunday Mass. Our communion stagnated at a head-level, not reaching our heart.

The heart hardened by the knocks and disappointments of life, inadvertently turned into stone because of our attachment to the world and detachment from God.

The pain and sorrows of life turned into a "Stone Clad Jacket" around the heart, which refuses to allow the "Life of God" to come in.

Unknowingly we are on guard and we imprison ourselves. The heart is alert and wants protection from the hurts and pains of life. In the end, we keep God out too.

Heart of Flesh

CCC 1432 The human heart is heavy and hardened. God must give man a new heart. Conversion is first of all a work of the grace of God who makes our hearts return to him...The human heart is converted by looking upon him whom our sins have pierced:

Under the stone, you will see the heart of flesh. The heart of flesh, is a heart looking for God and desires a communion with the Living God.

As the heart looks at Jesus, the stone around the heart is chipped one piece at a time. The callousness of the heart removed a bit by bit by the Living Water.

As the heart continues to abide in Jesus, God's spring of love, floods to every corner of your heart. Unconditional Love penetrates the heart and breaks the stone. This takes a season of diligent abiding and searching for Jesus.

Exposed is the heart of flesh filled with love, that can now worship God freely and yearns for a communion with the living God.

Life proceeds from the Heart

Proverbs 4:23 CPDV Preserve your heart with all watchfulness, for life proceeds from this.

Now that your heart is open to the love of God, we have to watch and guard it. We have to want a continuous flow of God's Love.

For continuous Godly Life, we safeguard the heart from the struggle of the world. We keep the heart in the presence of God at all times.

As we became an Adult

Many things were stored in our heart, as we became an adult. A painful childhood or exposure to anger is stored. So was rejection and un-forgiveness.

As we fix our eyes on the Lord, he expels all useless and worthless things that weigh us down. Things, like fear, un-forgiveness, anger, resentment, pain, hurt, guilt, addictions Etc. The living water has flushed out all old baggage from our lives.

A heart purified by God, senses freedom. The burden lifted, we feel lighter and more love. Our faithful saviour has taken them all. God takes prominence, as we walk in freedom from our past.

The Deceitful Heart brings us back to our Old Ways

*Jeremiah 17:9 GNB "Who can understand the human heart?
There is nothing else so deceitful; it is too sick to be healed.*

Vigilance is necessary, so that our hearts do not wander. The Spirit of God needs to continuously flow through our heart to cleanse the deceit that abides and misleads.

This is where most people fail; they gave their heart to God, but did not follow up. When our hearts wander, we tend to drift away from God.

The heart being deceitful will bring us back to our old ways and keep us at status quo. We have no growth in our spiritual life or we are backsliding. We fall back to our old ways of resentment, anger Etc.

As the heart wanders, the deceitful heart will distract us into sin or problems and prevent us from finding our true heart in God.

Our first Love

Your true heart is found in your first love (Revelations 2:4). For those who do not know, Jesus is your first love, not your mother, father, spouse or your children.

Our job is to find Jesus with all our mind, heart and strength and keep our eyes on him. You need to fall in love all over again, with Jesus. In turn, the Lord will find you. He has already been waiting for you to glance at him.

When you find the Lord's heart, he will bring you to heightened joy, peace and happiness. You will find your Godly purpose when your heart belongs to Jesus.

Even at the pain of death, you will not fear (Psalm 23). There is no fear when love abides in you.

Maintain a Healthy and Pure heart

Psalms 51:10 GNB Create a pure heart in me, O God, and put a new and loyal spirit in me.

The process of purification is a lifelong process. It is important to maintain a healthy and pure heart; this helps the flow of God's Spirit in us.

Do not be quick to judge other's. This helps us not to build resentment. We need to understand everyone is a Child of God. The way they are, is a product of their environment and circumstances.

Everyone is different, so except and love him or her with God's Love. Use the Eyes of God to see into their lives and ask for the compassion of Jesus. You do this by looking at Gods character, not at the other person's character.

As we do this, we will be able to relate with many people and maintain a clean and clear heart. The new and loyal spirit abides in us, with our almost purified heart.

Remember, it takes a season of diligently searching for God. If you didn't find him, you were not diligent. You have allowed your flesh to overwhelm you with its own agenda.

We are familiar with this scripture, the spirit (heart) is willing but the flesh is weak (Matthew 26:41). The flesh is the obstacle.

Train your heart to tarry in the Lord's Presence

To overcome the flesh, train your heart to tarry in the Lord's presence. I use this analogy to 'Train', because we have to train ourselves to look for God's presence. This is a conscious decision to look for the Living God.

Whether we like it or not, we are running a marathon for God. There will be some winners and losers. The winners are those who run the race to the end.

Running a marathon is not easy, we need to train even to complete it. There will be some excellent runners and some poorer runners. All will be rewarded according to their effort to run the race.

Like a marathon, we train our hearts to tarry in Gods presence, so that we can overcome the flesh, problems and the world.

There is a Testing

Of all the things Jesus wants, he wants your heart. When God gets your heart, he gets all of you. Once we have given our heart to God, this is where the test starts.

The test is not from God, but from your flesh, circumstances of life and finally the god of this world.

Once you have overcome, the devil will want permission from God, to give you the final test.

Like how he sifted Peter (Luke 22:31) and Job (Job 1:6). The devil tested and sifted all the Saints of God. As we get closer to God, we will also be tested and not be given an exemption.

He will make you think that your problems have multiplied. Again, the devil is only a liar (John 8:44). He is the Father of lies.

His goal is to lead us away from Jesus and God's presence, using temptations, sin, anxiety and distractions. He is very good at his job and will always search for your gaze to be away from the Lord.

When you go through this sifting, connect to the Father and Son by fixing your eyes on Jesus. Literally, be conscious of the Lord's presence 24/7, you will get through this testing. Take his hand and never let go.

Christ will run to save us, when our hearts are centered on him. He came to destroy the devil (1John 3:8).

Jesus never let go of Peter's Hand

In the story of Jesus walking on water (Matthew 14:22); we are attentive of the lesson, to always look to Jesus and not to the storm.

Peter lost his focus, as he looked to the waves and started to sink. He was distracted and took his eyes off Jesus.

Nevertheless, how many of us are aware, that when Peter screamed to the Lord to save him. Jesus ran and grabbed Peter's hand and took him all the way to the boat.

Jesus never let go of Peter's hand, until Peter was safe in the boat. Then the storm died.

As the enemy is sifting you, keep your focus on Jesus. When it becomes unbearable, cry out to Jesus and call his name. Keep your focus on him and don't lose your gaze.

Jesus will tighten his grip giving you the assurance that he is with you. As you do this, you will sense his peace. He holds your hand faithfully during the problem until it dies.

We are All Targets

Staying away from God is not going to make you any less a target. The enemy comes to kill steal and destroy (John 10:10). He has already won the battle, when your focus is away from God.

He will be able to rob you of all your peace and joy, since you have no defender.

Staying away from God, is only going to make us focus on the world and their solutions. We sense in our hearts a heavy and a burdened emptiness.

Therefore, we will look for an escapism from the world. The world will only bring us more anxiety, guilt, depression and emptiness.

Peter's Denial of Jesus

All of us have have denied Jesus umpteen times. When we were suppose to stand up for him, we looked the other way and cried out *"I do not know him"*.

When Peter denied Jesus three times during the Passion of the Christ (Luke 22:54-62). The devil thought he won a victory with his sifting, that Peter would lose his way and stray away from Jesus.

Yet, during Peter's failure Jesus never turned his gaze away in disappointment. The Lord turned around and looked straight at Peter (Luke 22:61). A disappointed person, would have looked the other way, not straight at the person.

The Lord's stare was straight on Peter. As if to let him know, that even in his failures, the Lord is still looking at him. This was the Lord's compassion for Peter, because he knew he would fail the test. Jesus wanted Peter to see his Love for him.

The Lord was focused on Peter's future. The Lord knew his beginning and end. He knew Peter's heart, that he would build his church, so the Lord never took his eyes from him.

Lake Tiberius

In the resurrection at the Lake Tiberius, Jesus appeared to Peter and six other disciples (John 21:1).

Jesus asked Peter three times whether he loved him (John 21:15-17). He asked him three times, to counter the three denials that Peter had made against Jesus. Jesus wanted to give Peter confidence of his love for him and his mission for God.

This meeting strengthened Peter to know his destiny and to know that he would die a martyr for God.

In this Testing

We are all going to fail the test in our lives at one time or another. Like Peter, all of us have denied Christ.

When the testing came, we turned away from Jesus and denied him. The pressure was too overwhelming. We could not get it right the first time, or second, or third.

Even in our failures, Jesus is still looking at us; he never took his gaze from us. He knows this world is demanding, we will be duped by the falsity of the environment, so he is looking at us hoping we will look back.

Like Peter we have to get up from our failures and denials and look to the Jesus again. The Lord is always near the shoreline waiting to dine with us and give us confidence.

When we catch his Eyes, he will give us the assurance of his Love for us. He will instil his confidence back into us. Once we are focused on him, we can find all the love and peace we have desired.

Trust the Lord with all your Heart

Proverbs 3:5-6 GNB Trust in the Lord with all your heart. Never rely on what you think you know. Remember the Lord in everything you do, and he will show you the right way.

Trust in the Lord with all your heart. This is a 100% trust in God, not trust in self, others, our employer or the government.

We give our heart totally to Jesus. God is the author and finisher of our lives. In everything we do we remember and we look to the Lord.

We trust in him totally, even if there is an epidemic of sorts. We believe the virus will pass over us because of the blood of the lamb (Jesus) is on our doorpost. We have this mega trust in God.

What we Think we Know

What we think we know, is what we see around us, the situation, the problem, the boss, the finances, the hurt, the sickness, the pain Etc.

Never rely on what you think or what you sense in your heart. We give up our thinking on the problem and situation, which we have no control and hand it over to Jesus to sort out.

Remember God in Everything you Do

We remember God, by allowing the problem to flow through Gods Heart. We look to Jesus in every situation and circumstance. We are conscious of the Lord always and getting him involved.

Abandon yourself to God

As we abandon our self to the Lord and search the scriptures. We will be guided by God into the direction that we are to take. He will speak to us in our spirit or give us a sign.

When we rely on our thinking, this is where we start thinking about the worst possible scenario and situation and get apprehensive and worried. The heart being deceitful, will give us a wrong assessment of the situation.

When we trust in God with all our heart and abide in him, we will get an understanding of the situation from God. The reason, why solutions come and situations are worked out, is because we trusted in God, with all our heart.

We did not use our own thinking, but we were thinking of God always. When the mind is saturated with God, the Godly solutions can penetrate our mind. Supernatural help is forthcoming in your times of need. You will see miracles small and big, that were not forthcoming before.

I surrender all

We have all sung this song "I surrender all, all to Jesus I surrender, I surrender all".

Although we sing this song, the reality is that we hold back many things in the vast corners of our mind. To surrender all, is to surrender your Eyes, Mind and Heart to Jesus and abide in him only.

You are continuously aware of Jesus presence and he is your friend and companion. Your eyes are on him, your thoughts are on him, trusting in him completely.

Many people struggle when they are asked to surrender their life to Jesus, because their heart is still on the things of the world.

Surrendering is a process and we need to continue to grow in the knowledge of God, so that our heart is focused on God.

Start with Surrendering your Day

Start with, surrendering your day to the Lord and just go with the flow. Ask the Lord to direct your steps. If you encounter some road blocks, take it as a part of your day. There must be a reason

Rejoice in the Lord always, I say rejoice (Philippians 4:4).
Do not try to fight roadblocks with anxiousness and worry, flow with the Holy Spirit and trust in the Lord.
Surrendering to the Lord is a life long journey

Thankful heart

*1 Thessalonians 5:18 GNT be thankful in all circumstances.
This is what God wants from you in your life in union with
Christ Jesus.*

In conclusion, many will agree with me, that life is not a lap of luxury, it is full of barb wire and pitfalls. Just when you think you just climbed out of a ditch, you fall into another ditch full of mud and murk. It is difficult to give thanks.

Yet God tells us to be thankful in all the circumstances and that this is what he wants us to do in union with Jesus.

Giving thanks to God is important, because we know God is there and he will help us in our problems. We are appreciating God for all that he has done in our lives in the midst of the troubled world.

Having a thankful heart is medicine to our soul and this thankfulness brings us into his presence.

It is Easier to give Thanks

As we abide in Christ, it is easier to give thanks. The focus is on the Lord and not on the problems. We are dwelling in his presence and we are far away from that which is disappointing or irritating us.

When we remain in the Lord, we are not forgetting our problems; we just do not spend that much time thinking about them. We enjoy the presence of God and leave it to the Lord to work out the situations or give us a solution.

We are Thankful that we were Chosen

We are thankful, that of all the people in the world, the Lord chose us, to walk with him. Billions of people were not chosen, yet we were able to recognize his presence, we acknowledged his presence and acted upon his presence.

Look for Things to be Thankful

As you begin to be thankful, do not look at what is missing in your life. Look for what is working in your life and be thankful for that. This is the catalyst that is needed to increase your gratitude.

If our thoughts are on what we do not have, we will find it difficult to be thankful. The mind is focused on the lack and the pain, it is a self issue. We are centering on self and not on God.

As you turn to what is working in your life, you are thankful for all things that are given, even the littlest or most insignificant blessings.

This attitude of Gratitude will increase the Presence of God in your Life. You will increase in more things and be even more thankful for the smallest miracle.

Your eyes are not on self, but on Jesus. If God did not withhold his son, will he not give you all things? (Romans 8:32).

Practice the Presence of Jesus

Look at your heart today and connect it to Jesus heart. See the wire or cable connecting and you are receiving all of Jesus love. When you are anxious, this is a good practice, to center on the Lord's heart and connect it to yours.

Chapter XV

Imagination used for Godly Purposes and Our Five Senses used for the Glory of God

Imagination used for Godly Purposes

God has given us a creative imagination. From the imagination comes all our creativity, used for the arts, architecture, science, business Etc.

Many people use their imagination for bad purposes, not realizing the effect on mind. The imagination submitted to evil will draw the person away from God and lead him to sin.

People, who caught up in sin, will experience all the fear, anxiety and depression that the world can give. That is why, we need to watch over our thoughts and imagination and keep it from running out of control. When we focus on the wrong things, this pulls us away from God's presence.

In the Fleeting Moments

In the fleeting moments, the enemy will try to draw us away from God. From the imagination is where lust, anxiety and anger starts. Your imagination starts with one thought, and develops into multiple images.

One picture develops into a mini movie. Before you know it, your mind is playing a Hell Block Buster of Sexual lust, Anxiousness or Rage!!

This is a very subtle distraction, to lead us away from Jesus. The more evil playing in your mind, the more you will stray away from God.

Your mind turned into a runaway train carrying the cargo of anger, lust and anxiety. Put the brakes on the train of your mind and carry the cargo Jesus. This cargo is filled love, peace and joy.

You are too Used to Jesus

When you center on Jesus, in time you will not want to use your imagination for nothing else. You are too used to having Jesus in your thoughts and love his peace and harmony.

Thoughts and images, will still try to mess with us. At this point, we will be able to identify unwanted thoughts and images and keep them from nesting in our minds.

Unwanted thoughts and images bring a sense of unwelcomed emotions and distractions that cloud our minds. Make a decision immediately; to cut out those unwelcomed thoughts or images (Temptations).

Failure causes us to fall into the sin or distraction. We have fallen into the enemy's trap. He wants us to be away from Jesus. When Jesus and God's word is always in your mind, you sense the difference. The mind renewed with Love Peace and Joy.

Remember, temptation and sin is always crouching at your door waiting for an opening to come in and disrupt your life.

The Holy Mass

The Holy Mass can be followed by creative reflection on the parts of the mass.

Example during the Liturgy of the word, creatively imagine the scenes. Creatively see Jesus, what would the expression be on his disciple's faces? Are they in awe?

How would the village look like? Ask the Lord for his input on word. If you practice this, he will speak to you in your spirit.

During the Liturgy of the Eucharist, focus on the Liturgy. With your eyes focused on the altar. Ears and mind focused on the words spoken by the Celebrant. No other thoughts, except for thoughts on Jesus and the celebration.

Creatively see every scene during the mass, listen to the words spoken. Creatively see Mother Mary, the Saints and all the angels worshipping the Father and Jesus.

Focus and desire a communion with the Heavenly Father.

This helps to center and be focused on the Mass. Now we have used our imagination for good and holy things. A mind consecrated for God.

There is always a danger of losing our focus from God, so be vigilant. Keep eating the fresh manna from God by growing in Gods knowledge. Communion is 24/7, so you have to take territory progressively from the world and start shifting your focus to God.

You will see a difference in one year.

Our Five Senses Used for the Glory of God

Your Eyes are Fixed on the Lord

See the Lord in your mind or you can look at a picture or painting of Jesus. Your eyes are the gateway to your mind and always fixed on Jesus.

Continuously fix your eyes on Jesus, gaze at him. Creatively see the loving Jesus, his splendour and majesty, the throne of his robe trailing behind him.

Oh! What an amazing sight our beautiful Lord of the heavens looking at us with eyes of compassion and love, like a Father so proud of his children.

Jesus is the visible likeness of the invisible God, when you see Jesus you see the Father. The Holy Spirit blows like a wind around them. The angels stand around the throne of God, all of them worshipping the Lord day and night. The angels responsible for the children of God, wait earnestly for a signal from the Lord, to serve you.

When your eyes are on the Lord, his eyes are on you. He sends angels to serve you to dispatch his favor, free and undeserved help (Grace) and strength, Alleluia!! God is with you.

Be conscious and talk to the Lord in all circumstances. Even, for trivial matters, he is with you. See him sitting with you, walking with you wherever you go.

At work, do not be always caught up in what you are doing, step back and look to him. Get Jesus involved in your work. You get more supernatural favour working in your career life.

Your Mouth Confesses Gods Word

Your mouth is used to confess “God's word” or you can verbalize sentences like *"God's refreshing is coming upon me"*. This is a good practice, when tensed about something and you need to get into God's presence.

Keep on repeating, until you sense God's Spirit is with you. Your tension will fade and you feel the serenity of Gods comfort coming on you. The Father abides in you, giving assurance's that he is with you.

Confessing the Word of God ushers in the spirit of God and refreshes us. *God refreshes those who are weary and satisfies with food everyone who is weak from hunger (Jeremiah 31:25) GNT.*

When we confess the Word of God, it is sharper than a double-edged sword. It cuts through your spirit and soul, through your joints and marrow, the living refreshing of God penetrates your soul with the Spirit of the Living God.

When you are experiencing a low in your emotions, God's spirit cuts through those emotion to give you a high and pick you up in your emotions. If your body needs healing the Living water of God revitalize your joints and marrow and breathes life to it. (Hebrew 4: 12).

It is not up to God to give healing, it is up to you to believe in him and stand on his word. Do not be shaken by your crisis, everything needed is already given. We just need to believe in the promises of God. (Ephesians 1:3)

Your mouth sings songs of praise to God. All of your senses involved and this ushers in the presence of God in a real manner. The Lord abides in the praises of his people (Psalm 22:3). Your emotions activated, by loud praises to God.

When you sense a detached from God, you are worried or anxiousness. Use words to lead you into his presence. From a simple muttering or mantra of the name of Jesus, to simple sentences like "Jesus I trust in You".

Repetition of words to Jesus, will allow you to center on the Lord. You call Jesus comes.

Everywhere and everyplace, especially when you are doing needless activity, this is an opportunity to connect to God's Spirit.

Your Ears hear the Voice of the Shepherd

With your ears you hear the voice and words of the Shepherd. Our ears will be in tune with the Shepherd voice as we practice the presence of Jesus.

Faith comes from hearing the message, and the message comes through preaching Christ (Romans 10:17).

Attend as many seminars as possible; this will build your faith, as you listen to the word preached. Speak the word aloud, it will build you faith as you listen to it.

Your sense of Smell

Your sense of smell, is used to whiff the aroma of God, from the burning incense during the Mass or in your home.

With your breathing, pull in the breath of God and blow out all your worry, anxiousness. Do this until all anxiety leaves, with your mind centered on Jesus.

Your sense of Touch

With your sense of touch, touch something, a table, chair, crucifix, Bible, rosary. Or be in a praying pose.

Then, with your spiritual eye, see yourself holding on to the Lord's hand. See the hole, where the nail pierced his hand. Use your mind creatively and build on these scenes in your mind. This gives you the assurance that Jesus is with you.

Like the Lady with the issue, of blood, see yourself touching the Lord's cloak. See this scene, the power of Jesus will heal your worry, anxiousness and sickness.

Do this everywhere and everyplace. You will always have the Lords peace with you.

Last words on our Senses

God has given us so many senses, which we use for our daily living. We should also use them to connect to the God who gave us those senses. As long as they are used properly, we can see the Glory of God manifest in our lives.

Chapter XVI

Jesus the healer of Depression

I was cautioned on writing this chapter, however I think it is necessary. Depression is a big problem in our society. I would like to caution the reader to consult medical professionals and seek help, besides reading this material.

Society hit by Depression

Depression affects every segment of society. Our emotions spiral down, when trouble hits us, causing the birth of depression. The depression could sometimes be hereditary or chemically induced. There are many causes of depression.

The depression is a dark and heavy cloud that overwhelms us, it brings on a feeling of hopelessness that invades us and we are devoid of hope.

Depression is a product of sin. Continuing in Sin will cause the individual to move into a more severe depression. Sin is a trap and people who continue into sin without repentance, fall into their net of depression.

Proverbs 5:22 GNT The sins of the wicked are a trap. They get caught in the net of their own sin.

Everyone in this world has some kind of depression, whether mild or severe. Depression affects the Christian and non-Christian.

God deals with the Depression

The Lord is always waiting at the door of a Christian or anyone who comes to him, to help them deal with depression. He puts you right by your faith in Jesus. God deals with the depression.

Romans 3:22 GNT God puts people right through their faith in Jesus Christ. God does this to all who believe in Christ, because there is no difference at all:

By continuing to fix your eyes on Jesus and confessing the word of God. The Christ in them deals with all depression. The greatest Doctor is living in them, they need only look and remain in Jesus.

He will not cost you a penny, only your attention.

Definition of Depression

A brief definition of Depression : *"An illness that involves the body, mood, and thoughts and that affects the way a person eats, sleeps, feels about himself or herself, and thinks about things"....*

Some of the reasons why we are depressed; fear of the future, failure, lack of respect, unfulfilled goals, pain, doubt, rejection, family pressure, work pressure, financial pressure Etc.

Many circumstances cause us to be depressed. This world is a pressure cooker of depression.

Depression creeps into our soul and emotions, when we are focused on the world, self or others. Eventually, something is going to disappoint us. Focused on things in this world will cause us to go into depression.

We did not have a heavenly focus in life; we were living with our Eyes away from God.

Living by the world Standards brings Depression

Living by the standards of the world, causes us to be depressed. We feed from the world, all its bad news, pain, anxiety, economic woes, materialism Etc.

Worldwide, people are losing their minds and they succumb to the pressure or in some cases suicide. They have allowed the depression to overwhelm them. The enemy of their soul crushed them when they gave up hope.

Faith in God stems Depression

Faith in God is what stems the depression. The focus is on heavenly things and not on earthly things. When we focus heavenward, we will not be worried about material gain or some individual.

Our focus is on the Heavenly Treasure and the relationship with the Trinity. We live for the Glory of God, which is more perfect than the glory of the world.

God's shines his glory into our emotions, problems and situations. The Glory flows from the very top of our head to our very little toe and the depression leaves, as God comes and pushes it out.

We must Know how to Handle Depression

As a Christian, it does not mean we will never be affected by some kind of depression. The spirit of depression is always lurking around waiting for an inroad. We must know how to handle the depression.

Thoughts on self and the environment, gives an in-road for the spirit of depression to come in. We will also be a victim, because we were looking at our problems.

The question is how are we going to deal with it?

Look to Jesus

Look to the Lord, when you have mild or severe depression. He will relieve you. Do not give the devil a foothold; submit to God by looking at his Son and confessing God's word.

Even better, memorize God's Word and speak to the depression, every time you sense it. Jesus can overcome anything in this world. We just need to point our focus on him.

John 16:33 GNB I have told you this so that you will have peace by being united to me. The world will make you suffer. But be brave! I have defeated the world!"

Again, notice the word "United". We have to be spiritually united to Jesus. Most of us are spiritually united to the world. We need to detach from the world and attach ourselves to Jesus by continuously having Jesus on our minds at all times by practicing his presence and studying his word.

Jesus gives us his peace and we will be able to overcome the depression. When we are spiritually united to Jesus, the spirit of Jesus chases out the spirit of depression.

For those charismatic people, you will notice during a praise and worship session, you can never feel depressed. To remain free from depression they need to continue to practice Jesus presence outside the charismatic experience.

Bible heroes Experienced Depression

Nobody in this world is exempt from depression. Most, will turn to some activity or career, to reduce their depression.

Some enrol for positive mental courses. Others will consult psychiatric doctors. The hospital's are filled with crazy people, assaulted by the world's pressures. They succumbed to the violence of life.

In the Bible, Moses, Elijah, Job and David all had to deal with depression. They handled it by turning their attention to God.

All of these Bible hero's had a relationship with God and they turned to him in their difficulties. Their solution was to turn to the almighty God for help.

Abraham Lincoln suffered from depression; he turned to the Bible for relief from the emotional upheaval. Abraham Lincoln was afraid to carry a knife for fear he would hurt himself.

Have Hope

Hope is necessary in our daily living; we have a confident expectation of good. This hope comes from faith in Jesus. Our faith perfected, as we fix our eyes on Jesus.

This faith gives us hope and drives out the depression. When we remain and are spiritually united with the vine of Jesus, we have hope and can overcome the depression.

Whosoever shall call upon the name of the Lord, they will be delivered (Joel 2:32). Depression is driven out as we call out the name of Jesus. When Jesus comes, depressions flee.

We speak to the depression, using the double-edged sword, which is the Word of God. The more scripture you know, the more it helps to drive out depression.

The Word of God, also needs to occupy our mind. This is why memorizing scripture is important. Once a scripture is memorized, it is with you forever.

The Depression Hides

The Depression hides in between our soul and spirit, dodging in and out, causing us to alternate between depression and happiness.

When circumstances overwhelm us, the depression comes and assaults us. We have to be conscious and fix our eyes on Jesus and not on the circumstances. As we speak the Word of God and fix our eye's on Jesus, the depression will turn tail and run.

For Charismatic's, they can pray in the spirit and drive out the depression by praying with the gift of tongues. This is an additional weapon against the enemy.

Depression is a Spirit

Once delivered from the spirit of depression, we may experience a time of happiness. However, we need to be aware, depression doesn't just leave.

The spirit will wait to come back into us when we lose our consciousness and focus on the problems, anxiety and difficulty. Depression brings more friends and gets a foot hold in us once again. The depression is just waiting for you to neglect Jesus.

In essence, if we are conscious and vigilant by keeping our eye's on Jesus, the Sacred Scriptures and attending the Holy Mass. The depression will have a problem making in-roads back to us. Our mind has been fortified by God.

We will fall back into Depression

When life is assaulting you with problems, we will inadvertently fall back to the depression. Depression is something that comes on and off, because this is a fallen and imperfect world.

Do not let depression take you down. Continue to trust and look to Jesus and his Word and in time the depression will leave. The process could take minutes, hours or days, it will leave if you dont give up. You are focusing on hope, which comes from the Lord.

We just need to know how to handle depression when it comes knocking on our door.

At a moment's notice the Depression will Leave

Jeremiah 29:11-13 GNB I alone know the plans I have for you, plans to bring you prosperity and not disaster, plans to bring about the future you hope for. Then you will call to me. You will come and pray to me, and I will answer you. You will seek me, and you will find me because you will seek me with all your heart.

There is a war going on and you are the prize. Be firm to stand against the enemy of depression. The depression will fight to stay in you and cause more havoc. Look to Jesus and you will overcome.

As you persist in fixing your eyes on the Lord, at a moments notice the depression will lift from you. The spirit of heaviness has left. You will experience a change in your emotions and feel something just left you.

A peace will overwhelm you because you chose to look for Jesus. Our loving Savior is always waiting by our side to help us with depression.

You did not give up on looking at Jesus, so Jesus will not give up on you. This is the power of fixing our eyes on Jesus, who produces an antidote, which is the presence of God.

God's presence drives out all depression, hopelessness, because it comes from your creator, who sent his Son to die and be with you until the end of time.

The key to life is remaining in Jesus. This is God's Plan.

God is Faithful even when we are not Faithful

As we fix our eyes on the Lord, we are assured that God is trust worthy and faithful, even when we are not faithful.

Remember; do not focus on your faithfulness, but look to the Lord's faithfulness. In time you will be faithful to the Lord, as you see that he is a God who is true and faithful.

2 Timothy 2:13 CPDV If we are unfaithful, he remains faithful: he is not able to deny himself.

In the End

The Lord is inviting us to draw near to him and he will draw near to us (James 4:8).

Practice the Presence of Jesus

If you are feeling depressed. Use your imagination and see the Lord looking at you. He says "Child why are you sad, don't you know I am with you. Take my hand. Even when you were in your mother's womb, I was there. I loved you then and even before. You were always on my mind.

Look to me child I will give you peace. My peace. I will help you in anything as you look to me".

ENDING PRAYER

Most Loving Father,

**I pray that not one person you have called
and chosen will be lost. Father strengthen
them with the power of your Son**

In the Name of Your Son Jesus



**Fix Your Eyes on Jesus
Practice the Presence of Jesus
24/7**

Jesus is very close to us in our everyday activities; it is just that the pressures and pleasures of the world separate us from him. He calls us every day to spend time with him

To find him in our everyday activities, we have to be determined to practice his presence. It starts by being conscious of him in all of our circumstances.

**It is like we are training for a marathon. But this is a marathon to find Jesus in our hearts. It is possible if you are very determined. When you find him, Jesus gives you all the love, peace and joy that you need and he overcomes all your difficulties, because he came to overcome the world
John 16:33**