

**HOW TO  
RENEW  
YOUR  
MIND**

**TO DISCOVER  
GOD'S  
SUCCESS PLAN  
FOR YOUR LIFE**

**RAYFORD L. JOHNSON**

**HOW TO RENEW YOUR MIND**

ROOM, VOL. 1

BIBLICAL LIFESKILLS  
&  
TO DISCOVER GOD'S SUCCESS PLAN  
FOR YOUR LIFE

RAYFORD L. JOHNSON

Editor Beth Moore  
ALL SCRIPTURE QUOTATIONS, UNLESS  
OTHERWISE SPECIFIED,  
ARE FROM THE HOLY BIBLE,  
KING JAMES VERSION. ENGLISH STANDARD  
VERSION  
COPYRIGHT 1979, 1980, 1982, 1983 BY THOMAS  
NELSON, INC.  
Copyright © [ThugExposed.org](http://ThugExposed.org) Ministries, 2023

## Table of Contents

INTRODUCTION -----	7
Godly Wisdom is Key -----	7
Chapter 1 -----	15
Navigating Safely & Successfully Through the End Times -----	15
Chapter 2 -----	28
We Serve a Loving & Personal God -----	28
Chapter 3 -----	38
It's Not About Us -----	38
Chapter 4 -----	52
How to Walk in the Spirit of God -----	52
Chapter 5 -----	66
How to Obtain Divine Spiritual Awareness --	66
Chapter 6 -----	74
How to Break a Bad Habit -----	74
Chapter 7 -----	85
Successfully Preparing to Petition God's Throne -----	85
Chapter 8 -----	93

4-Steps to Growing Faith-----	93
Chapter 9 -----	99
Developing God's Perspective-----	99
CHAPTER 10-----	107
Life and Death are in the Power of the Tongue 107	
Chapter 11 -----	111
How to Think & Believe From the Heart (Spirit) 111	
CHAPTER 12-----	134
Positive Thinking is A Skill Set-----	134
CHAPTER 13-----	140
False Self Respect vs. True Self Respect--	140
Chapter 14 -----	147
The Art of Focus -----	147
Chapter 15 -----	153
Defense Against the Weapons of Distractions- 153	
Chapter 16 -----	157
How to Cast Down Toxic Thoughts & Imaginations -----	157
Chapter 17 -----	167

You are More than a Conqueror! -----	167
CHAPTER 18-----	177
Powerful Influence of Music -----	177
Chapter 19 -----	200
Wokeism Vs. The Holy Bible -----	200
Chapter 20 -----	225
Metaverse vs. The Kingdom of God -----	225
Chapter 21 -----	236
Music Industry & Private Prison-Social Engineering Conspiracy-----	236
CHAPTER 22-----	262
Discerning Godly Vs. Toxic Relationships -	262
Chapter 23 -----	268
GOOD TACT VS. BAD TACT -----	268
Chapter 24 -----	279
Finding God's Plan For Your Life -----	279
Chapter 25-----	293
Your Body is Your Earthly Vehicle -----	293
Chapter 26 -----	298
Yoga Danger -----	298
Chapter 27 -----	303

Training for the "Great Commission"....Every Believer's Call to Duty! -----	303
Chapter 28 -----	312
Why We Witness -----	312
Chapter 29 -----	362
True Salvation Conversion Vs. False Salvation Conversion -----	362
Chapter 30 -----	376
How to Witness to an Atheist or Agnostic -----	376
Chapter 31 -----	386
Getting Organized for Success -----	386
Chapter 32 -----	391
Goal Planning -----	391

## INTRODUCTION

### Godly Wisdom is Key

**K**nowledge alone doesn't bring success, not even knowledge gained at the highest Ivy league university level. Believe it or not, some of the most knowledgeable individuals I have ever met have been those who live behind concrete and barbed-wire fences.

In my career with the California Department of Corrections and Rehabilitation, I came across some of the most creative and ingenious inventions, such as battery-operated tattoo guns made from ink pens, a portable radio-cassette motor, double AA batteries, and a bread bag tie for the needle.

We had an inmate conceal an electric wire he stole from a workshop class with toothpaste, running it down the wall from the cell's light fixture to the toilet, where he made a plate on his metal-toilet seat to grill cheese sandwiches. He then ran the wire into the toilet water to boil his top ramen noodles in a plastic bag. Jokingly, but in pure amazement, I remember telling my coworkers that I didn't know if I should write him up on disciplinary

action or send him on a furlough to a science fair.

I remember a coworker testified to me that an inmate on his unit had taken a paper cup, scrap wires, and a small piece of metal, then pointed it to the southern sky, and was receiving a transmission frequency from ESPN, which allowed him to tune into live professional sporting events.

An individual can be gifted with intellect by obtaining information and knowledge. Still, if they lack wisdom, which is the proper application of knowledge, they will end up off course in life and heading down a path of destruction.

Wisdom is the key ingredient for success. Why? Because true wisdom only comes from God.

*For the Lord gives [skillful and godly] wisdom;  
From His mouth come knowledge and  
understanding.  
He stores away sound wisdom for the  
righteous [those who are in right standing with  
Him];  
He is a shield to those who walk in integrity  
[those of honorable character and moral  
courage],*

*He guards the paths of justice;  
And He preserves the way of His saints  
(believers).*

*Proverbs 2:6-8 (Amplified Bible)*

*Do not forsake wisdom, and she will protect  
you: love her, and she will watch over you.  
Get wisdom, though it cost all you have, get  
understanding. Proverbs 4:6-7*

God delivers His wisdom through His written Word. The wise will take heed to God's Word and meditate on it.

*Meditate on God's Word day and night and  
you will have good success. Joshua 1:8*

The principles and concepts in this life skills curriculum are entirely biblically based. I recommend meditating on this curriculum repeatedly and attentively, just as scripture tells us to meditate on the Word of God day and night for success. Doing so will embed these biblical life skills in your subconscious (spirit), so they will become a cognitive reflex, which will ensure Godly success in every situation.

That said, let me now explain what I mean when I say Godly success. Godly success is the polar opposite of worldly success.

Worldly success is often measured by the following:

- Being Financially Wealthy
- Fame
- Higher-Education
- Peer Respect
- Happy Marriage and Family

Though all these things can be an added blessing to anyone's life and can be the fruits of Godly success, they're not the biblical definition of Godly success. Simply put, Godly success is obediently and faithfully walking out God's blueprint for your life.

Income and fame have nothing to do with Godly success. In God's eyes, a new Christian inmate at the county jail, obediently following Christ by seeking God's will and plan each day through prayer, and studying and being obedient to God's Word, is a genuinely successful individual.

This inmate is more successful than the high-paid business executive and church-going family man, who opted out from a missionary assignment God delegated to him for a successful and stable career in the corporate

world. That individual is unsuccessful in God's eyes; he is a disobedient servant.

If God calls you to be a mechanic, you will know because he will put a powerful and unshakeable desire in your heart to be one.

God's Word tells us...

*Delight yourself before the Lord and He will give you the desires of your heart.*

*Psalms 37:4*

God will also keep your thoughts focused if you commit your plans to Him.

*Commit thy works unto the Lord, and thy thoughts shall be established.*

*Proverbs 16:3*

When God places His talents and gifts within an individual, that individual is given the anointed ability to manifest those gifts and talents regardless of past school performance, low income, criminal record, etc.

The first ingredient one needs for Godly success is faith. God's Word commands us to walk by faith and not by sight (2 Corinthians 5:7). How do we get faith? God gives us the answer in Romans 10:17 "*Faith*

*comes by hearing and hearing by the Word of God.”*

Some might say to themselves, “I’m not that smart; I’ve done poorly in school and have ADHD and dyslexia.”

Again we must go back to what God’s Word says about us in our new covenant through Christ, which tells us, *“We have the mind of Christ.” 1 Corinthians 2:16*

And as for the learning disabilities that plague so many in our society, by Yeshua’s stripes, we are healed (1 Peter 2:24).

*Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed. 1 Peter 2:24 KJV*

Only through Christ can we walk in our true identity. *I can do all things through Christ who strengthens me. Philippians 4:13*

Regardless of the opposition, remember, as a believer in Christ, the earth is our temporary home, not our permanent one. We are citizens of the Kingdom of Heaven. Earth is God's wonderful creation and is a blessing for all; however, it is also a spiritual battlefield

and we are commanded to endure the hardship as good soldiers in Christ.  
(2 Timothy 2:3)

*Thou therefore endure hardness, as a good soldier of Jesus Christ. 2 Timothy 2:3*

Please don't equate Godly success with living a problem-free life. God's Word tells us just the opposite.

*These things I have spoken unto you, that in me ye might have peace. In the world you will have tribulations; but be of good cheer I have overcome the world. John 16:33*

Satan's diabolical mode of operation has not changed since the Garden of Eden. Satan is very crafty through his temptations at attempting to make us our own worst enemy against Godly success. The good news is, through the life skills contained in God's Word, He always promises us a solution and a successful way out (1 Corinthians 10:13).

I would strongly recommend, after reading and meditating over each session in this workbook, that you utilize the gift of your God-given imagination to role play in your mind the principles of the curriculum to your current and projected future circumstances.

Do this over and over, until faith and confidence is developed within your heart.

I hope and pray in Yeshua's name for your divine Godly success.

## Chapter 1

### **Navigating Safely & Successfully Through the End Times**

**I**n Revelation, the Whore of Babylon represents the sinful world system. The Beast represents the New World Order System, which is currently being implemented through the "Great Reset," a diabolical world agenda facilitated by the World Economic Forum, which we will go into shortly.

Why did I choose to start with this subject for this Biblical Life-Skills Curriculum? Because it's essential first to know where you are in life before making a well-informed decision about where you want to go.

Most of us understand how the GPS navigation system works. Before proceeding to our desired destination, we must know and input our current location. If you don't know your current location, that's defined as being "lost," right?

This is where many people are in their lives today, lost. They want to go somewhere

meaningful in life; however, they need clarification about where they currently are in life and have no sense of where they want to go.

This session will help you understand where we are on the biblical prophetic timeline.

God has provided a guided light through His Word, the Holy Bible.

*Your word is a lamp to my feet and a light to my path. Psalm 119:105*

God's Word has a lot to say about the times we are living in now. The New World Order, aka "The Great Reset," is a regular topic currently trending heavily on world news, and many other antichrist agendas will come as prophesied in scripture.

If you mentioned the New World Order twenty years ago, many would chuckle and roll their eyes, believing you were a naive and gullible conspiracy theorist. The Great Reset is a real-world governmental plan to consolidate all resources, countries, finances, etc... into one system.

The World Economic Forum, by definition, is the International Organization for Public-

Private Cooperation. The Forum engages the foremost political, business, cultural, and other leaders of society to shape global, regional, and industry agendas.

At this time, we are still in the center of a prophetic pandemic of the coronavirus pestilence (Luke 21:11). The elites of the New World Order utilize pestilence to leverage the implementation of their New World Order so that they can justify it as an emergency global crisis, which empowers governmental control, to expand their power over the regulatory rights of its citizens. A good example is the President of the United States implementing executive orders which bypass the democracy of the constitutionally designed governmental system.

The elites love fabricating and creating societal chaos, such as pestilence, climate crisis (global warming), terrorist acts, wars, etc, in that it is a major loophole they can use to invade and confiscate citizen's privacy, rights, income, property, etc. for what they justify as "for the good of the country."

The motto of the Freemasons (Greek letter organizations), the orchestrators of the New World Order/Great Reset, is " Order out of Chaos."

Their doctrine is that if you create enough chaos, people will plead for order at any cost. I discuss this in detail in my book *Greek Letter Exposed*, which you can download for free at [www.thugexposed.org](http://www.thugexposed.org).

The Great Reset has a slogan, "You will own nothing, and you will be happy." The world government leaders and their oligarchs (the country's most wealthy supporters) plan, as documented in the "*Great Reset*," is to take over all private property and lease it back out, to every citizen, under regulatory control.

In return, they believe that citizens will feel a sense of community equity and will be happy with all the governmental benefits, such as free health care, housing, education, a feeling of national security, or a 24/7 surveillance system.

Think I'm kidding? This is something already in play in China. China is the prototype for the Great Reset's surveillance system, which will gather the data to create a social credit score for every citizen in the country. Again, this is already in play in China. A social credit score consolidates a citizen's finances, criminal record, medical, politics, religion, social interaction, driving, etc.

If you were to jaywalk in China, it would lower your social credit score if you attended a meeting with a group that opposes issues of the Chinese government, which will drastically lower your social credit score.

A low social credit score can block you from traveling outside and even within the country. In these cases, a person cannot purchase a ticket for a bus, train, subway, etc., because all the kiosks and transportation services have facial recognition that will, by default, enforce all travel bans. If an individual that is travel-banned sneaks on a transportation vehicle, they will be identified and reported by China's high-tech surveillance cameras within seconds, arrested, and jailed.

The Great Reset is the same terminology as President Joe Biden's phrase, "Build back better." In a nutshell, it's to enlarge and empower a worldwide government body for total control of the world population. This is accomplished through 24/7 surveillance; and putting all data, energy, and commodities on a centralized smart meter grid for government regulation, just like in China.

This is the world system module the antichrist must have to implement the future mandate of the "Mark of the Beast 666".

This is the Whore of Babylon spirit, prophesied in that Satan uses it to condition and bewitch humanity into the antichrist beast system.

The Whore of Babylon represents all that is sinful in the world. It is described as a very seductive spirit that has spiritually fornicated with the kings of the earth and has enticed and intoxicated humanity all around the world with her wine of abominations.

The Whore of Babylon is the ungodly world system, and satan is her king. Satan has commissioned her to lure, intoxicate, and capture souls into the kingdom of darkness through sin.

God's Word tells us that people's hearts will wax cold in the last days. We live in a time where churchgoers are coming out in droves to support political candidates who advocate for abortion, defunding the police, LGBTQ, etc.

The Whore of Babylon is the forerunner to the Mark of the Beast (666), which she is riding

on. She is like the opening act, warming up the audience for the headline artist, the Antichrist. Her job is to bewitch the souls of humanity by intoxicating them with deception and lust for sin, so they will be pre-conditioned to embrace the mandate for the Mark of the Beast (Revelation 13:16-18).

Revelation alludes that this spiritual whore radiates a luring attraction, so much so that Apostle John had discovered himself briefly marveling and admiring her appearance (Revelations 17:6). Again, metaphorically speaking, the Babylon Whore represents the sinful world system.

*1 And there came one of the seven angels which had the seven vials, and talked with me, saying unto me, Come hither; I will shew unto thee the judgment of the great whore that sitteth upon many waters:*

*2 With whom the kings of the earth have committed fornication, and the inhabitants of the earth have been made drunk with the wine of her fornication.*

*3 So he carried me away in the spirit into the wilderness: and I saw a woman sit upon a scarlet coloured beast, full of names of*

*blasphemy, having seven heads and ten horns.*

*4 And the woman was arrayed in purple and scarlet color, and decked with gold and precious stones and pearls, having a golden cup in her hand full of abominations and filthiness of her fornication:*

*5 And upon her forehead was a name written, Mystery, Babylon The Great, The Mother Of Harlots And Abominations Of The Earth.*

*6 And I saw the woman drunken with the blood of the saints, and with the blood of the martyrs of Jesus: and when I saw her, I wondered with great admiration.*

*7 And the angel said unto me, Wherefore didst thou marvel? I will tell thee the mystery of the woman, and of the beast that carrieth her, which hath the seven heads and ten horns.*

*Revelation 17:1-7*

Paul is recorded in the New Testament confronting the Galatians, who appeared to be spellbound by a spirit with similar characteristics of the Whore of Babylon.

Frustrated with the sinful and secular ways of the Galatian church, Apostle Paul, compelled by the Holy Spirit, boldly confronted them by stating the following:

*O foolish Galatians, who hath bewitched you, that ye should not obey the truth, before whose eyes Jesus Christ hath been evidently set forth, crucified among you?*

*Galatians 3:1*

Paul observed that these church-going Christians were under a satanic spell or bewitchment, which had heavily influenced them to backslide into their former lifestyle of carnality and hedonism.

The Spirit of Babylon radiates a powerful, enticing spell that can draw individuals into drinking her spiritual wines of abominations. There are all types of spiritual wines, such as greed, pride, vanity, jealousy, sexual perversion, etc.

In secular terms, the Whore of Babylon is “eye candy.” Again, even Apostle John, a powerful man of God, went into a temporary gaze, and was subconsciously marveling and admiring this spiritual whore until the angel snapped him out of it.

*And the angel said unto me, Wherefore didst thou marvel? I will tell thee the mystery of the woman, and of the beast that carrieth her, which hath the seven heads and ten horns.  
Revelation 17:7*

This is why God's Word tells us to be spiritually sober, or in other words, stay away from Satan's wine.

*Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour. 1 Peter 5:8*

The Spirit of the Babylon Whore, is bidding to install her sinful values into all the nations of the earth, and according to Biblical prophecy, she will be successful.

*For all nations have drunk of the wine of the wrath of her fornication, and the kings of the earth have committed fornication with her, and the merchants of the earth are waxed rich through the abundance of her delicacies.  
Revelation 18:3*

It is vital in these times that we be led by the Holy Spirit, or we'll be in severe danger of being sucked into the Whore's enticing and deadly vacuum.

God's Word tells us that the Beast the Whore rides in on will eventually turn on her in hatred and destroy her. This means the portrayed benevolent system of the New World Order, presented to bring security, equity, and peace, will turn against humanity to destroy them.

*And the ten horns which thou sawest upon the beast, these shall hate the whore, and shall make her desolate and naked, and shall eat her flesh, and burn her with fire. For God hath put in their hearts to fulfill his will, and to agree, and give their kingdom unto the beast, until the words of God shall be fulfilled.*

*Revelation 17: 16-17*

This is why God tells us to come out from the world system and be holy because God's wrath will come on those who embrace the Beast and the New World Order system.

*Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you. 2 Corinthians 6:17*

*Because it is written, Be ye holy; for I am holy. 1 Peter 1:16*

When we befriend the secular world system, we become God's enemy. That's why we can't allow ourselves to love the world.

*Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. 1 John 2:15*

*Ye adulterers and adulteresses, know ye not that the friendship of the world is enmity with God? whosoever therefore will be a friend of the world is the enemy of God. James 4:4*

Those who will accept the Beast's system are those who have been intoxicated by the Whore's spiritual wine and have fallen in love with the world.

The purpose of the Biblical Life Skills curriculum is to prevent that tragedy from ever happening. The key to prevention is to follow the path that God has already laid out for us.

Along that path, you will find your divine purpose and the gifts and talents that God has gifted you personally to fulfill your purpose.

Proverbs 3:5-6 clarifies our instructions:

*Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Proverbs 3:5-6*

This Biblical Life Skills curriculum will expose the tactics of Satan, and present the safeguards and weaponry we have been given by God to overcome and have victory over Satan.

The foundation of the Biblical Life Skills curriculum is God's Word, the Holy Bible. Its the greatest success book ever written, hands down. God has promised us that if we read and meditate on His Word, and be faithful and obedient to His Word through all the trials and tribulations of life, we will be prosperous and have good success. God's Word provides us all the discernment we will ever need to overcome every trap of the kingdom of darkness.

*This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.*

*Joshua 1:8*

## Chapter 2

### We Serve a Loving & Personal God

**O**ur Mighty God can communicate, listen, monitor, protect, heal, bring judgment, bless, and manage all of the creation simultaneously, with a personal, caring, loving attentiveness.

It's unfathomable; our human minds cannot possibly begin to understand that. The same God that can accomplish all this with perfection is the same God that lives within every believer.

Thinking about this in my natural mind, I used to believe that a God having a zillion tasks going on simultaneously must be a very impersonal and out-of-touch God. Again with my natural mind, it seemed impossible that with all that God has going on, how could I be seen as essential to Him? How could I believe He would even hear or see me, better yet, genuinely care about me? I knew what my pastor had told me, 'You can cast all your cares on Him because He cares for you,' but subconsciously, I couldn't wrap my mind around that concept. It just wasn't logical to me.

I had to renew my mind and get an understanding because, with that type of mindset, there was no way I could genuinely have absolute faith in God.

Now I wouldn't project those negative beliefs in my conscious mind because I always prayed and acted like I had communication with God during my prayer time. However, subconsciously, those nagging thoughts were telling me otherwise. When a prayer petition was not granted or was delayed, those thoughts that "God must be apathetic and distant" would grow.

It felt like prayer was to grab a ticket, sit down and wait behind the couple billion plus people in front of you.

God's ability to engage with everyone on earth with His undivided attention was not logical. How could God split into eight billion-plus entities of Himself to engage with everyone at the same time in different locations all around the world?

Then after much prayer and petitioning God, He gave me the revelation that the technology of the spirit mind is in no comparison with the

fleshly mind. It surpasses the technology of the natural mind for beyond comprehension.

*For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts. Isaiah 55:8-9*

God is a spirit; the technology of the spirit mind is far more advanced than the most high-tech quantum computer.

Then God reminded me of Google. God's knowledge and technology supersede Google beyond any comparison.

When you type a keyword into the Google search engine requesting information, at the same time, millions of others worldwide are typing into the same search engine, to the exact server location, and obtaining the customized data they have requested.

Therefore, if we can accept that man whom God created can create a device to reach and serve billions simultaneously with their carnal mind, how much more advanced would God's technology be? He who created

manages and holds together all the particles of the universe that we see and don't see.

*And he is before all things, and by him all things consist. Colossians 1:17*

God's Word tells us that He even keeps an itemized inventory of every single hair on our heads.

*But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows. Luke 12:7*

You must have the faith that God has your undivided attention, when you go before His throne.

*Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession. For we have not a high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need. Hebrews 4:14-16*

*But without faith it is impossible to please him: for he that cometh to God must believe*

*that he is, and that he is a rewarder of them that diligently seek him. Hebrews 11:6*

*And this is the confidence that we have in him, that, if we ask anything according to his will, he heareth us: And if we know that he hears us, whatsoever we ask, we know that we have the petitions that we desired of him.  
1 John 5:14-15*

When you genuinely understand how to present and attentive God is for you, that's when you can truly understand God's perfect love.

God is present within us, and around us 24/7. He never leaves us. You never have to pray for God to show up because He is omnipresent, meaning He is already present everywhere.

*Whither shall I go from thy spirit? or whither shall I flee from thy presence? If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there. If I take the wings of the morning, and dwell in the uttermost parts of the sea; Even there shall thy hand lead me, and thy right hand shall hold me. Psalm 139:7-10*

Having that understanding alone, should give us the faith to cast out any fear that we may have. God is not only loving, God is love.

*He that loveth not knoweth not God; for God is love. 1 John 4:8*

The Word of God tells us that perfect love casts out all fear.

*There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. 1 John 4:18*

When you believe God is truly in you, and you have kept your heart clean through meditating on His Word and being obedient to Him, His presence in the believer will manifest His power and drive all fear out of your heart and soul.

When this is accomplished, the believer can come to God's throne, casting all their cares in faith, believing that God cares for and loves them.

*Casting all your care upon him; for he careth for you. 1 Peter 5:7*

## Speaking from the Spirit

*Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. Romans 8:26*

When speaking from my spirit, out of my mouth, I find it helpful to imagine the words in a laser flow coming out from my heart region and going directly to where they're being sent via the Heavenly Father's will. I don't focus within my natural head brain, but I shift my focus to my heart region, where my spirit is, to avoid contaminating the frequency flowing from my head brain where my soul resides.

Scripture tells me that "out of my belly shall flow rivers of living water" (*John 7:38*). That river is God's Words and His anointing. As I focus and imagine the flow coming from the rivers inside my belly, up to my heart (spirit), and out of my mouth, I also imagine that river coming up to my head and brain and allowing the flow of God's Words and anointing to establish my thoughts, giving me His spiritual revelations, wisdom, and knowledge.

Practice meditating on the anointed words from the Holy Spirit within your spirit.

Thinking from the spiritual heart will keep your thoughts and actions grounded in the *fruits of the spirit*.

*But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law. Galatians 5:22-23*

The first key is to get into a peaceful state by focusing and meditating on God.

*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Isaiah 26:3*

As you relax, let the utterance from the Holy Spirit flow from your belly. You might even sense some fear from what you might think God will tell you; that's normal; stay committed in your heart to trusting God and again focus on the heart region, not your head region.

*Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the Lord, and depart from evil. It shall be health to thy navel, and marrow to thy bones. Honor the Lord with thy substance, and with*

*the firstfruits of all thine increase. Proverbs  
3:5-9*

*There is no fear in love; but perfect love  
casteth out fear: because fear hath torment.  
He that feareth is not made perfect in love. 1  
John 4:18*

Practice processing incoming information into the heart's brain. Develop the practice of redirecting negative thoughts in the head region into the heart region. I do this by visualizing a laser flow of thoughts from my head to my heart.

When walking through the park, visualize the scenery flowing into your eyes and then going into your heart. Make sure you're very relaxed, and start feeling appreciation and gratitude to God for the beautiful and awesome creation He has made for us. Take this practice everywhere you go.

By faith, let an utterance come from your belly through your heart; it might bring an utterance to sing, pray, prophesy, or give a Word of knowledge as given by the utterances of the Holy Spirit. This takes faith; this is why we must study and meditate on the Word of God. It cultivates supernatural faith in us.

*So then faith cometh by hearing, and hearing by the word of God. Romans 10:17*

An utterance from the Holy Spirit will come through a heavenly or native tongue. It might flow as a prayer, decree, praise, worship song, interpretation, prophecy, or a word of knowledge such as instruction, warning, encouragement, or praise.

Don't try to analyze the utterance with your head region; doing so will stop the Holy Spirit's flow. Pray for boldness as Paul did to speak forth the Holy Spirit's utterances.

*And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel. Ephesian 6:19*

The more you increase your time with God in prayer and in His Word, the better your discernment will be to His utterances.

*Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded. James 4:8*

## Chapter 3

### It's Not About Us

#### ***Safeguarding from the Spirit of Narcissism & Selfishness***

**A**s believers in Christ, God's Word clearly shows that it's not about us.

Now in no way am I saying that God believes we are insignificant. We know we are very significant to God based on His lovingly gave His only Son to redeem us from eternal damnation and to be adopted as His children into the Kingdom of Heaven.

*For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. John 3:16*

Yeshua completed God's work for our Salvation when he decreed on the cross, "It is finished."

*When Jesus therefore had received the vinegar, he said, It is finished: and he bowed his head, and gave up the ghost. John 19:30*

Through the glorious work done on the cross for us, we have been redeemed from the kingdom of darkness. This means we were bought with the blood of Yeshua; we are now God's property, not our own.

*For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's. 1 Corinthians 6:20*

Yeshua, God the Son, now wants to live His life through us to save lost souls. Apostle Paul understood this revelation when he wrote:

*I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me. Galatians 2:20*

*I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. Romans 12:1*

As prophesied in the last days, humanity would increasingly become lovers of themselves.

*This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, Traitors, heady, highminded, lovers of pleasures more than lovers of God; Having a form of godliness, but denying the power thereof: from such turn away. For of this sort are they which creep into houses, and lead captive silly women laden with sins, led away with divers lusts, ever learning, and never able to come to the knowledge of the truth. 2 Timothy 3:1-7*

This **narcissistic** mentality has heavily infiltrated secular culture and even the church

**nar·cis·sism** - noun - “*excessive interest in or admiration of oneself and one's physical appearance*”

A popular song, which helped to affirm and glorify the narcissistic mentality in the mainstream, is Frank Sinatra's 1969 song “My Way”.

In a nutshell, the "My Way" philosophy practiced in the Garden of Eden brought forth

the curse of death upon all humanity, which is why we needed a Savior in the first place.

Another pioneer of the "My Way" philosophy was the infamous satanist and 33rd Degree Freemason, Aleister Crowley, whose famous cliché is, "Do what thou wilt."

This philosophy has taken off like wildfire and has given birth to mentalities which have given birth to phrases such as:

- "Greatest Love of all is to Love yourself."
- "What's important is that you're happy."
- "It's my life."
- "It's my body."
- "It's your thang, do what you want to do."

## **7 Toxic Traits of the Spirit of Narcissism and Selfishness**

1. Very rarely or never witnesses/ Does not train or study to share the gospel.
2. Obsessed with secular goals and becoming rich and famous.
3. Regular "pity parties", murmuring and complaining; they are the center of their universe.
4. Obsessed with being materially trendy

5. Little or no desire to help those outside their circle of influence
6. Dull conscience to sin and regularly meditate on unhealthy/impure thoughts
7. Negative attitude

*Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts.*

*James 4:3*

## **Examine Yourself**

God has given us a simple standard in His Word so we can examine ourselves, whether we are living in His will or are living our lives selfishly with the "My Way" philosophy. Here is the standard:

### **Christ Spirit:**

*But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law. Galatians 5:22-23*

### **Flesh:**

*Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, idolatry, witchcraft, hatred, variance, emulations,*

*wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God. Galatians 5:19-21*

We cannot Find God's Will for our lives walking in the flesh.

**We find God's Will for our lives by seeking it.**

*But **seek** ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Matthew 6:33*

**KINGDOM OF GOD - God's Way of Doing Things**

*While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal. 2 Corinthians 4:18*

**We Seek God's Kingdom through:**

- Meditating on the Word of God (Holy Bible)
- Praise, Worship, and Thanksgiving

- Praying/Intercessory Prayer
- Fasting
- Walking in Obedience

When we diligently follow these Biblical principles, we will begin to manifest the Kingdom of God within us. God's Word tells us that the Kingdom of God is within us.

*Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.  
Luke 17:21*

*While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.  
2 Corinthians 4:18*

## **Key to Developing The Passion of Christ**

*Delight yourself in the Lord, and he will give you the desires of your heart. Psalms 37:4*

## **The Passion of Christ is Winning Souls**

### **Study and Train to Witness**

*Study to shew thyself approved unto God, a workman that needeth not to be ashamed,*

*rightly dividing the word of truth. 2 Timothy 2:15*

## **Yeshua Wants to Seek the Lost Through Us.**

*For the Son of man is come to seek and to save that which was lost. Luke 19:10*

*The fruit of the righteous is a tree of life; and he that winneth souls is wise. Proverbs 11:30*

*Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost. Matthew 28:19*

## **Disclaimer**

Before obtaining the benefits of God, we must first come into covenant with God, which means repenting of all our sins and acknowledging and receiving the sacrifice of forgiveness God lovingly provided to us, through His Son, Yeshua, on the cross at Calvary.

Also contained in that covenant of being set free from the bondage of sin was provision

and authority to be set free from curses and evil spirits (Galatians 3:13), inflicted by witchcraft, new age, soul-ties, addictions, habitual sin, generational curses, etc...

To come into covenant means to come into agreement. The following prayer is for salvation, to be infilled with God's Holy Spirit, and deliverance from evil spirits and curses.

Father, I decree your son Yeshua Hamashia as Lord and Savior over every area of my life. I believe, Father, that your son Yeshua Hamashia was placed on the cross for my sins and the world's sins and that He was buried and raised by You on the Third Day.

I repent for all my sins (name them) and my ancestors' sins on my mother and father's side, known and unknown. I ask your forgiveness for all my sins, and I forgive all those who have offended me and sinned against me. I forgive myself.

I renounce all demonic activity that I have participated in my past and my present; I renounce, reject, and repent this day for all:

- Witchcraft, Sorcery, Black Magic, White Magic, Divination
- Pharmakia (Witchcraft through Drugs)
- Horoscope, new age, yoga, psychic readings, etc.
- Tarot cards & palm readings, and all cultic practices which pay homage to pagan eastern religions.
- Ouija Boards
- Worldly music & entertainment which pays respect and glamorizes evil lifestyles.
- Prayers to false gods and spirit guides.
- Membership in secret societies, Greek letter organizations, Freemasons, etc.. all organizations that give honor to false gods.
- Gang ties (name your gang)
- Soul ties-current and past, and all demonic unions created through fornication and occult sex magic & perversions.
- I renounce all demonic covenants, soul ties, and portals to the soul created through drugs, alcohol, strange tattooing, and strange piercings.

By the power of the blood of Yeshua, I break off every curse, hex, spell, soul tie, curse words people have spoken, generational curses of disease, sickness, premature death, depression, addictions, mental illness, anger, murder, divorce, gangs,

violence, poverty, sexual perversion, witchcraft, abuse, abandonment, idolatry, jealousy, unforgiveness, pride, social life problems, in every area of my life. I now call the fire of the Holy Spirit (Hebrews 10:29) to burn and torment every demonic spirit hiding within my conscious and subconscious mind, emotions, body, tattoos, symbols, home, etc.... I command the Holy Ghost fire in Yeshua's name to burn them out of their hiding places now!!!

Angels of the Lord bind the demonic king and queen ruling over any area of my life and put a fiery chain around the neck of the head demon or principality who received the assignment from satan to afflict, torment, oppress, and possess me and a chain of fire around every evil spirit under the authority of the Principality.

Break their demonic crowns off their heads and all their jewelry, amulets, and any devices and weapons they came with on their assignment.

I command these spirits to pack their belongings and prepare to leave my body and soul. My soul, being, emotions, will, and conscious and subconscious mind. Leave my home and family in Yeshua Hamashia's name... Now!!!. I say out!!! in

the name of  
Yeshua!!!

Angel of the Lord, drag these spirits and every spirit under their authority into the outer darkness into the Abyss. Evil spirits, I command you never to return again. Yeshua, I ask you now to close every portal of my soul that has been opened to the demonic world through the sorcery I've done through drugs, alcohol, sexual promiscuity, worship of demons and false gods, generational curses, occult magic, gangs, pagan secret societies, witchcraft, etc., and the spirits which have haunted my mind with tormenting thoughts, voices, hallucinations, nightmares, demonic paranormal experiences, sickness, and disease, etc.....

I thank you for the blood of your son Yeshua; I decree right now that it protects and covers me from the enemy. I thank you, Yeshua, for the stripes that you allowed to be torn violently in your back, for Your Word states in 1 Peter 2:24, "By His stripes, we are healed." So I decree that by Yeshua's stripes, I'm healed, from the top of my head to the soles of my feet.

Father, Your Word says in Romans 10:13,  
"Whosoever that call on the name of the Lord,

shall be Saved.” John 8:36 states, “Who the Son has set free, is free indeed.” So I call on you, Yeshua Hamashia, as my Lord and Savior, and I decree by Your Word that I’m set free indeed!!!

Father, I ask that you fill me now with your Holy Spirit. Acts 1:8 states that I will receive power when I receive the Holy Spirit and that He will lead me into all Truth according to John 16:3. I receive this Holy impartation by faith and the gifts that accompany it, such as the gift of speaking in new tongues, among others which are referenced in scripture according to 1 Corinthians Chapter 12. Lord, I ask you to give me the discernment of every skill set, talent, and spiritual gift you have placed within me, so I can utilize them to win souls and bring you glory. I decree by faith that Your Holy Spirit is leading me towards Your perfect will, plan, and purpose for my divine destiny in Christ’s Kingdom.

I decree that I have the mind of Christ according to 1 Corinthians 2:16 and the divine armor of God according to Ephesians 6, which is the helmet of salvation, the breastplate of righteousness, a belt of truth, the sword of the spirit (which is the Word of God), and that my feet are prepared with the Gospel of Christ. I decree that I and my family are

51

blessed in Yeshua Hamashia's name.  
So Be it!!!!

Praise God!!!

## Chapter 4

### How to Walk in the Spirit of God

*This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh.*

*Galatians 5:16*

**A**s believers, every day is a chess match against Satan and his kingdom of darkness. If you're the type that is confident and leans on your own understanding, it doesn't matter how well-planned and articulate you are or even how much money you have backed your plans. Whether short or long-term, it will fail if it's not rooted in God's Word.

The key to obtaining victory every day, according to God's Word, is just acknowledging Him in all your ways. (Proverbs 3:6)

God has shown me, through self-examination, that it's only when we acknowledge and are directed by Him that we truly succeed. Good ideas can pop into our heads all day long, but if we don't acknowledge God and aren't directed by Him,

those plans will fail because they have no spiritual root.

Satan always presents humanity with a short view plan, which can look exciting, prosperous, and even wise; however, it's a plan for destruction. Satan's mode of operation is "short-term gain, long-term pain."

God revealed that Satan and his army are well-staffed 24/7. He hones in on the most minor details of our lives, which we may think are insignificant. Satan wants to utilize that information to create a cunning scheme for our downfall and destruction.

God's Word tells us to be sober to be aware of Satan's traps.

*Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour. 1 Peter 5:8*

In Ephesians 4:27, the Word of God tells us, "Don't give place to the devil." A burglar doesn't need a wide open door to enter a home. A small bathroom window left slightly open will do. Similarly, Satan only needs a small crack to slip in.

God gave me the revelation that every day and night, Satan is waiting to deploy a spiritual assault on God's people. Giving place to the devil is giving the devil an open target.

This is why God makes it clear in multiple passages that our steps are to be ordered by the Lord (Psalm 37:23) because the spiritual battlefield is invisible to us without God's spiritual vision.

This is a daily chess game with Satan. Humanity must learn that it is impossible to beat him by using your own intellect. First off, Satan sees more of the chessboard. We need help seeing one whole square. He's been playing chess with humans for thousands of years, returning to Adam and Eve, the first match he won.

The good news is that a mighty and wise God is ready to make every move against Satan, our diabolical opponent. God, our undefeated Coach, sees the whole entire chess board and beyond. All we have to do is resist moving the pieces ourselves. We must be patient and wait on God. He will tell us how to move throughout "the board" here on earth; He will establish our thoughts according to

Proverbs 16:3, which will always lead to victory.

We must understand that we should never lean on our own understanding (Proverbs 3:5). Left unto ourselves, we are no match for Satan and his army.

The enemy's earthly and spiritual intelligence far outweighs our earthly intelligence. Satan has a communicational and data network that is literally "out of this world."

The kingdom of darkness is staffed up against humanity 24/7, planning from early morning to evening: deception, failure, confusion, poor time management, pride, discord, sickness, disease, temptation, distraction, poverty, anger, offense, lack of forgiveness, jealousy, lust, fear, anxiety, etc. So be sober-minded; don't give up!

*Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour. 1 Peter 5:8*

Imagine how silly we can look to Satan when going out of our house, out into the world, spiritually blind, without acknowledging and consulting with God first in prayer.

God knows and has warned us, in His Word, of the snares and deception Satan has laid out for humanity. John 10:10 tells us that Satan comes to kill, steal, and destroy. That has been his mode of operation for humanity since the Garden of Eden.

Our loving Heavenly Father has instructed us to come to Him for knowledge and wisdom daily (James 1:5), so He can direct and bless our path toward His perfect will for our lives.

The world's safest, most joyful, and most fulfilling place, “hands down,” is in the Heavenly Father’s perfect will for your life. You get to that place through obedience to His Word.

It is wise to let God’s Holy Spirit guide you in all your ways. This is how God designed it:

*For the ways of man are before the eyes of the LORD, and he pondereth all his goings.  
Proverbs 5:21*

*The steps of a good man are ordered by the Lord: and he delighteth in his way.  
Psalm 37:23*

*Trust in the Lord with all your heart, and lean not on your own understanding. In all your ways acknowledge Him and He shall [a]direct your paths. Do not be wise in your own eyes; Fear the Lord and depart from evil. It will be health to your flesh and strength to your bones. Proverbs 3:5-8*

God gives us a key to maintaining good health in this passage: obedience to His Word. God says it will bring health to our flesh and strength to our bones. In some translations, it says marrow to our bones. Marrow produces not only strength for our bones but also good health for our blood, which is the life center of our body, bringing nutrition to all the members of our body.

*He that trusteth in his own heart is a fool: but whoso walketh wisely, he shall be delivered. Proverbs 28:26*

*Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither;*

*and whatsoever he doeth shall prosper. Psalm 1: 1-3*

*O LORD, I know that the way of man is not in himself: it is not in man that walketh to direct his steps. Jeremiah 10:23*

God's network supersedes Satan's network far and beyond. Its intel transcends time and space. Heaven's data and communication network can access past, present and future data. As a believer, we have the mind of Christ, which is activated when we are walking in the Spirit. When it's activated, we are connected to a Wi-Fi network with unlimited data and spiritual intelligence transmitted from heaven's holy throne room.

Whatever scheme the enemy has planned or is planning against you, heaven will dismantle it and keep you secure on God's path for your life. This privilege is afforded to us by simply consulting God in prayer.

## **Out of The Belly Flows Rivers of Living Water**

*He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water. John 7:38*

The main key to petitioning an anointed prayer, to making a faith-filled powerful decree, is to allow the Holy Spirit to petition and decree for you, according to the Heavenly Father's perfect will.

This is a lesson that Jesus taught and demonstrated to His disciples, which was why every one of His prayers and decrees hit the target and succeeded without fail. Jesus said *“For I have not spoken of myself; but the Father which sent me, he gave me a commandment, what I should say, and what I should speak.”* John 12:49

*Then answered Jesus and said unto them, Verily, verily, I say unto you, The Son can do nothing of himself, but what he seeth the Father do: for what things soever he doeth, these also doeth the Son likewise.* John 5:19

In summary, Yeshua, our Savior, only spoke and would do what His Father told Him to speak and do. To be a Christian means to be Christ-like. Those who proclaim Christ's disciples, His disciplined followers, should do likewise.

The power that is bringing the flow of rivers of living water out of the belly is the Holy Spirit.

Within that glorious river of water from heaven is God's:

- Word
- Will
- Thoughts
- Authority
- Power
- Anointing
- Glory
- Wisdom
- Knowledge
- Prophecy
- Healing
- Deliverance
- And more....

When you repent of your sins, accept and confess Yeshua as your Lord and Savior, and receive the Baptism of the Holy Spirit, you not only receive a new Christ spirit within your heart (2 Corinthians 5:17, Ephesians 3:17), but you also receive the Holy Spirit within you.

With the awareness by faith that the Holy Spirit now lives in you and that there are holy rivers from heaven flowing in your belly, you must activate it by faith.

Activation of this gift starts by the discipline of being still (Psalms 46:10) and discerning the utterance of the Holy Spirit moving within your belly up to your mouth. The utterance often manifests within the believer as a vibration within the mouth and belly region.

The Day of Pentecost was the first baptism of the Holy Spirit, where the believers of Christ received an utterance from the Holy Spirit:

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

Once the believer senses the utterance, they must, by faith, surrender their will, mind, vocal cords, and entire body to the utterance of the Holy Spirit and allow God's power to operate and flow through them. In essence, you are allowing the Holy Spirit to fully possess you so that the Heavenly Father can utilize your vessel as an instrument to do His perfect will through you. This is why the believer's body is referred to as the body of Christ and the temple of the Holy Spirit (1 Corinthians 6:19), because the believer surrenders their body to the Holy Spirit as Christ our Savior did here on earth.

When we pray, it's vital that we pray for the Heavenly Father's will as Christ did. The Holy Spirit, which scripture tells us came from the Heavenly Father (John 15:26), knows the Father's perfect will for our lives and for the lives of others. Allowing the Holy Spirit to pray and decree through us will always be the perfect prayer. The Holy Spirit has natural and spiritual intel about ourselves and others, which we are not privy to.

*Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. Romans 8:26*

Surrendering our will to God allows the Holy Spirit to pray and decree out of our mouths the most powerful prayers and decrees, even if we do not know about what we're praying, in that the flow of the Spirit comes in real-time in various formats, such as our native tongue, foreign tongue, or as we see in Acts, a Heavenly tongue. When the utterance comes, you must let go by faith and allow the Holy Spirit to possess you, then open your mouth and speak out the utterance boldly by faith.

Spirit willing, you may even be able to sound the utterance from your tongue with your mouth closed and pick up the translation from the Holy Spirit. As the river of utterance comes through me, I've had real-time conversations with the Holy Spirit.

Apostle Paul prayed, "And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel." Ephesians 6:19

The more you spend time with God in prayer, meditating on His Word, the better you will know His presence and utterance.

To get started, relax, and allow the spiritual river from your belly to flow into your mind through faith, creating the thoughts of the mind of Christ and an utterance vibration in your mouth region.

God's Word tells us that if we commit our works to the Lord, He will establish our thoughts (Proverbs 16:3). Imagine how knowledgeable and wise you can be by allowing the Holy Spirit to think for you. Apostle Stephen had the Holy Spirit flowing thoughts to his mind. That's why no one was successful in opposing him.

*And they were not able to resist the wisdom and the spirit by which he spake. Acts 6:10*

### **Eight Steps to Flowing in the Spirit:**

1. Receive Yeshua as your Lord and Savior, and the Baptism of the Holy Spirit
  2. Meditate and be obedient to God's Word (Holy Bible)
  3. Enter into Praise and Worship (Thanking God and telling God how much you love Him.)
  4. Relax, and be still; find your quiet place (Psalm 46:10)
  5. Ask the Lord to search your heart and soul. Repent, forgive, and cast all of your cares to Him (1 John 1:9, Mark 11:25, 1 Peter 5:7)
- \*Note: Unrepented sin, the inability to forgive, and uncasted cares can give place to the devil and allow a wrong spirit to create a false utterance, causing confusion, deception, etc.
6. Discern the utterance through the Holy Spirit, stay relaxed, and keep your mind on God
  7. Open your mouth, and speak out by faith, as the utterance from the Holy Spirit compels you
  8. Believe, wait, and expect

Note:\*It takes time with the Holy Spirit to get clearly tuned into Him. The more time you spend in God's Word and prayer, the more clear the utterances and your thoughts will become.

## Chapter 5

### How to Obtain Divine Spiritual Awareness

*What am I to do? I will pray with my spirit, but I will pray with my mind also; I will sing praise with my spirit, but I will sing with my mind also. 1 Corinthians 14:15*

**W**hen we are "born again," we are given a new component of ourselves. A brand new component, which is a version of ourselves from God. A component unlike our soul that we are not familiar with.

This might be difficult to comprehend because how can you be unaware of something working in your life, which is you when you are unaware of what you are doing?

The best way to explain it is that our heart, subconscious mind, immune system, liver, kidneys, etc., are constantly working; however, we are unaware most of the time what they are doing, and the majority of the time, we are not even thinking about them. They are working 24/7, regardless.

The spirit has a mind of its own, separate from the soul (mind, emotions, will). The spirit is calibrated with the Holy Spirit.

The spirit is inviting the soul (mind, emotions, will) to connect and come ultimately inside; however, the soul has its pre-programmed ungodly desires from the last sinful spirit, the spirit which died and was replaced by the Christ Spirit, through the born again experience.

The soul initially has very little consciousness of the spirit. It's in tune with many of the thoughts of the spirit and premonitions but does not have the whole experience of the spirit.

Our spirit knows the deep things of God; it knows everything in the spirit realm. As believers, we are supposed to feed our spirit with the Word of God.

The enemy works on creating a spiritual gulf between our soul and our spirit by attempting to make our relationship with God unstable. By making the Christians feel insecure in their salvation, they can feel doubt, unbelief, anxiety, and fear.

These spiritual pesticides create a barrier between the soul and spirit. They pollute and weigh down the heart's spirit, greatly hindering the connection between the soul and spirit. A clean and light heart is vital to connecting one's soul with the spirit.

Jesus said, "*Blessed are the pure in heart: for they shall see God.*" *Matthew 5:8*

Our new spirit as a Christian has divine technology to communicate and experience God and His glory. Satan has made it his mission to weigh down the spirit with care, negative thought patterns, guilt, anxiety, and fear to obstruct the connection between the soul and spirit with sin, selfishness, unforgiveness, lust, our own understanding, greed, jealousy, envy, etc.

Satan knows he can't damage or corrupt the believer's spirit. God's Word states that the spirit is incorruptible (1 Peter 1:23), so his mission is to pollute the believer's soul, which hinders the connection between soul and spirit.

We should be eternally grateful that we serve a good and loving God, who gave us His Holy Spirit to weigh our hearts (Proverbs 21:1) and to convict us of our sins (John 16:8), for us to

come back into right fellowship with our loving Heavenly Father.

Fear keeps our mind off God, focused on chaos and the negativity around us and within us. This is a common universal strategy of Satan that we must be aware of and have a spiritual counterattack for. The most basic, simplistic, and effective way to counter the attack of fear is presented to us by the Old Testament prophet, Isaiah "You keep him in perfect peace whose mind is stayed on you, because he trust in you." Isaiah 26:3

When we are at peace with God, with a clean heart, that is the key to positioning ourselves to connect intimately with God. Spending time with God in prayer, reading, meditating, and decreeing His promises will manifest that perfect peace you need to connect your soul and spirit with God.

Satan is always trying to fish our souls out of the spirit. Our foe uses baits of frequencies, such as:

- Lust
- Anger
- Fear
- Doubt
- Circumstances

- Confusion

Satan knows being in the Spirit means divine protection; walking in the Spirit manifests God's strong tower for the believer (Proverbs 18:10). Staying in the Spirit maintains our:

- Peace
- Joy
- Provision
- Faith
- Protection
- Positive Thinking
- Fear of God/Wisdom
- Healing

This is why God's Word tells us to walk in the Spirit and we won't fulfill the lusts of the flesh.

*This I say then, walk in the Spirit, and ye shall not fulfil the lust of the flesh. Galatians 5:16*

This is why God's Word commands us to resist the devil, submit to God, and he will flee (James 4:7). Through the power of the Holy Spirit, we must resist the crafty and luring temptations of the devil.

*Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of*

*the Lord, knowing that your labor is not in vain in the Lord. 1 Corinthians 15:58*

We remain steadfast through consistent training, reading, meditating, and obeying God's Word. In doing this discipline, it will build our faith, giving us the perfect place to rest in Christ. Resting in Christ is synonymous with being in the Spirit because God is one with our spirit.

*But he who is joined to the Lord is one spirit with Him. 1 Corinthians 6:17*

Yeshua (Jesus) stated He wanted us to rest in Him (Matthew 11:28). Once we are rested and stop fighting against His will, meaning we have died to our fleshly desires, then the Holy Spirit can utilize us to live the Heavenly Father's will through us (Galatians 2:20). At this point, this is when our connection with God and His will for our life becomes clearer, day by day.

## **5 Steps to Cleaning & Lightening the Spirit/Heart**

1. Read, Meditate & Obey God's Word:

2. Praise & Worship:
3. Be Still/Petition God's Throne:
4. Fast
5. Wait on the Lord

### **Scripture References:**

*Every way of a man is right in his own eyes,  
But the LORD weighs the hearts.  
Proverbs 21:2*

*Anxiety in a man's heart weighs him down,  
but a good word makes him glad.  
Proverbs 12:25*

*And the cares of this world, and the  
deceitfulness of riches, and the lusts of other  
things entering in, choke the word, and it  
becometh unfruitful. Mark 4:19*

*There is no fear in love; but perfect love  
casteth out fear: because fear hath torment.  
He that feareth is not made perfect in love.  
John 4:18*

*But without faith it is impossible to please  
Him: for he that cometh to God must believe  
that He is, and that He is a rewarder of them  
that diligently seek Him. Hebrews 11:6*

*Come unto Me all ye that labor and are heavy laden, and I will give you rest.*

*Matthew 11:28*

*The spirit indeed is willing, but the flesh is weak* *Matthew 26:41*

*For it is God who works in you, both to will and to work for his good pleasure. Philipians 2:13*

## Chapter 6

### How to Break a Bad Habit

#### Fear of God Overcomes Sinful Addictions

**W**e live in an age where addiction treatment centers have saturated our communities with hopeful “solutions” for substance abuse, gambling, pornography, overeating, etc.

Unhealthy substance and behavioral addictions are epidemics spreading like wildfire through our communities. Although more and more treatment programs and pharmaceuticals are created to address these issues, unhealthy and sinful addictions continue to grow and grow. Why?

Because sinful addictions are a spiritual issue that we can't just throw piles of cash and earthly wisdom at. A spiritual issue requires a spiritual solution.

Before we resolve a problem, we must first identify the problem at its root.

Drunk driving, jail, and liver damage are all problematic components that stem from alcohol addiction. They aren't the root of the problem; they are branches that grow from the root. The root is sin.

The Holy Spirit revealed that there is even a deeper root below sin: the lack of the "fear of God." Scripture tells us that the "fear of God" is the beginning of wisdom. I'll come back to this topic shortly.

As a retired correctional counselor for the California Department of Corrections and Rehabilitation, I believe there are many great treatment programs and curriculum addressing addictions. They give you an understanding of the biological science of the addiction process, as I explain in Chapter 5. The Bible tells us, "In all thy getting, get an understanding" (Proverbs 4:7).

Many of these programs provide excellent relapse prevention mechanisms, which I was trained as a correctional counselor to implement at the prison. Our relapse prevention plans consisted of setting up a plan of safeguards and strategies so the inmates would not give place to the temptations which lead to sinful addictions, which would lead them to a relapse; in other

words, "backsliding" and going back to prison.

While many of these are great programs, we know from governmental statistics that many individuals who graduate from these programs will return to their addiction.

Why is this? Because the human will, by nature, is sinful, undisciplined, and stubborn.

When it comes down to it, the antidote or cure for addiction is not in the multi-step process of the program or curriculum. The answer to breaking sinful addiction is the "fear of God."

Let me break it down from a basic common sense perspective. If Jesus manifested physically before you in all His glory, and let's say you were just about to decide whether to indulge in a sinful habit you had been battling, might the presence of Jesus change your mind from indulging? Of course, it would. Why? Because the fear of God would consume you to overwhelming fear and trembling.

We read in the Old Testament that when God's manifested presence of His glory left the people, it wasn't long before Israel's

children would enter into habitual sin. Why? Because the manifestation of God's presence was gone, and like the old cliché goes, "out of sight, out of mind."

A reverent fear of a respected authority figure is a powerful deterrent to sin and wrongdoing. Take security guards at the mall, for example. Though many don't carry firearms, their mere presence deters much crime from happening. Why? Because along with their presence of authority, they also provide surveillance for local law enforcement. Scripture conveys that all humanity is under surveillance by the Kingdom of God 24/7.

*For the ways of man are before the eyes of the LORD, and he pondereth all his goings.  
Psalm 5:21*

I often give the following scenario to those I counsel for pornography addiction. I say, 'If you were in a private room at a table with an enticing porno video directly in front of you cued up on a computer, might you get the urge to click play if you knew you would not get caught and there would be no trace of you watching it? "Yes" is the obvious and honest answer.

Then I would ask, 'What if you were in that same room, with the same temptation, yet there was an individual in combat attire and an M-16 submachine gun warning you that if you touched the play button, he would blow your hand off. Would you be tempted to press play? The majority and obvious answer is "no." Why? Because they would want to keep their hand attached to their arm and avoid extreme pain and the possibility of bleeding to death.

What would prevent them from pressing play? Fear did. The fear of knowing an authority or dominant figure was present, and would enforce a severe penalty, is enough to divert them from indulging in their sinful addiction.

Though their urge to sin was strong, the fear of losing their hand was more potent. The decision to not follow through with their urge is a wise decision. Fear is the motivator for their wise decision. God's Word states:

*The fear of the LORD is the beginning of wisdom: and the knowledge of the holy is understanding. Proverbs 9:10*

As Christians, our body is the temple of the Holy Spirit. Therefore, when an individual with a sinful addiction feels distant from God's

presence, they often feel comfortable enough to sin. They have a false sense of secrecy as if they're alone. They don't see an immediate consequence coming from their sin.

Sometimes it's a belief in "counterfeit grace," believing they have a grace card that they utilize as a spiritual credit card to pay for the sin they plan to commit. God's Word states they are deceived:

*For if we sin wilfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins.  
Hebrews 10:26*

Again, the only true cure for overcoming a sinful addiction is the reverent fear of God. So how does one develop a healthy fear of God? Just ask God for it. Ask with a sincere and repented heart, and God will give it to you. I found myself just reading and meditating on God's Word will cultivate the fear of God.

The fear of God is in tandem with God's wisdom. If obeyed, it will be "health to your flesh, and marrow to your bones" (Proverbs 3:8). God's Word tells us that obedience is the key to maintaining good health. Sin will bring sickness and death. We see an example of this in John 5:14.

*Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee.*

In contrast, let's look at Proverbs 3:7-8. In this passage, we clearly see that the fear of God brings us good health.

*Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.  
Proverbs 3:7-8*

Let me make it clear. Foremost, God's love should motivate us in our obedience to obeying God's Word.

*For this is the love of God, that we keep his commandments: and his commandments are not grievous. 1 John 5:3*

We are so blessed to obtain God's amazing grace daily; we should never take it for granted.

With that being said, God's Word tells us that His fear is our treasure.

*Wisdom and knowledge will be the stability of your times,*

*And the strength of salvation;  
The fear of the Lord is His treasure. Isaiah  
33:6*

## **Understanding The Science Addiction**

***Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour. 1 Peter 5:8***

Substance abuse is often triggered by a refusal to utilize appropriate coping mechanisms or their absence. It offers a temporary escape from the pains individuals experience through life's trials and tribulations.

The goal or the objective of substance abusers is to escape into a temporary pleasure zone of forgetfulness, where there is a sense of peace, rest, happiness, and a sensation of ecstasy. This illusion inevitably becomes a self-destructive and addictive cycle that can birth generational curses down the bloodline.

## **What Causes Addiction?**

Serotonin is a reward neurotransmitter in the brain that produces a feel-good and motivational chemical that drives us to be resourceful and feel happy. A deficit or lack of serotonin is what causes depression. Science has proven that negative thought patterns inhibit serotonin transmitters from producing serotonin, which causes depression. On the other hand, positive thoughts cause a healthy release of serotonin to the brain, which raises the frequency in the brain, causing depression to dissipate.

Dopamine is a similar neurotransmitter. It's also known as a reward transmitter. It makes us feel good when we accomplish something or are excited about eating a slice of our favorite dessert.

A “high” is triggered when substances such as cocaine, alcohol, or marijuana cause the dopamine and serotonin levels in your brain to increase significantly. The danger is that your brain creates a new baseline, or standard, for the dopamine and serotonin levels. Our brain is always chemically regulating itself; the abnormal “high” creates an imbalance within the brain’s regulating system. After the new chemical baseline is

erratically set in the brain, the next time the individual accomplishes something or anticipates that slice of their favorite dessert, the brain is not that impressed anymore. The result of one's new chemical baseline gives the illusion that life is flat and boring without substances such as cocaine, alcohol, marijuana, etc.

Ordinary accomplishments can't trigger the neurotransmitters to produce the same dopamine and serotonin levels as the unhealthy stimulants. Therefore, the brain and body react as if there is a chemical deficit, causing negative emotions such as anxiety, nervousness, irritation, depression, etc. The body begins to crave the substance, which produces irregularly high dopamine and serotonin levels, thus causing an addiction.

It does not just take alcohol, street drugs, or pharmaceuticals to drive the serotonin and dopamine levels to irregularly high levels in the brain. They can also be induced by excess sugar, coffee, theft, gang banging, gambling, violence, music, pornography, etc.

This does not necessarily mean that things that cause dopamine and serotonin to go to high levels are always bad. Some of these "natural highs" can be good for us. Others

can be very harmful, even deadly. An addictive sugar high, for example, can cause obesity, while an addictive drive to exercise can help one maintain good health and a fit physique.

## Chapter 7

### Successfully Preparing to Petition God's Throne

*Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded. James 4:8*

**B**efore petitioning the throne of God, it is vital to ensure your heart is clean.

If the heart is not clean, it can give place to unhindered demonic influence and attacks in one's life, including ongoing generational curses, poverty, patterns of failed relationships, sickness, and even premature death. God's Word tells us, "*Don't give place to the devil.*" *Ephesians 4:27.*

Read what King David's petition was to God in the Old Testament after he had committed adultery with Bathsheba and had her husband killed.

*Have mercy upon me, O God, according to thy lovingkindness: according unto the*

*multitude of thy tender mercies blot out my transgressions.*

*Wash me thoroughly from mine iniquity, and cleanse me from my sin.*

*For I acknowledge my transgressions: and my sin is ever before me.*

*Against thee, thee only, have I sinned, and done this evil in thy sight: that thou mightest be justified when thou speakest, and be clear when thou judgest.*

*Behold, I was shapen in iniquity; and in sin did my mother conceive me.*

*Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom.*

*Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow.*

*Make me to hear joy and gladness; that the bones which thou hast broken may rejoice.*

*Hide thy face from my sins, and blot out all mine iniquities.*

*Create in me a clean heart, O God; and renew a right spirit within me.*

*Psalms 51:1-10*

The following is a spiritual exercise that I titled The Three-Point Heart Check-Up. From the natural realm, we can't search the deeper parts of our heart; only God can through His Holy Spirit.

*And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God. Romans 8:27*

*But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.*

*For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God.*

*Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God.*

*Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual.*

*1 Corinthians 2:10-16*

As we see in verse 10, God's word states, "for the Spirit searcheth all things." This is vital because if we go before the throne with unrepentant iniquity in our hearts, God will turn away from us.

*But your iniquities have separated between you and your God, and your sins have hid his*

*face from you, that he will not hear. Isaiah 59:2*

Out of the Father's love, mercy, and grace for us, He sent His Holy Spirit to be our Counselor. The Holy Spirit is our court-provided legal counselor, which searches our hearts thoroughly for any present and past spiritual crimes we have committed that Satan would use to prosecute against us, such as unforgiveness, pride, uncasted care, etc.

Scripture tells us that Satan is our accuser day and night (Revelation 12:10). Satan is constantly seeking legal right, through humanity's sin, to block prayer petitions and to obtain legal authority to curse and even kill. This is why so many individuals, including Christians, live a defeated life out of not just disobedience but ignorance.

Hosea 4:6 states:

*My people perish for a lack of knowledge.*

Proverbs 4:7 states:

*In all thy getting, get an understanding.*

The good news is that we serve a loving God and Judge, ready to forgive the one with a sincere, repentant heart.

*If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. 1 John 1:9*

It's vital that we have no unforgiveness in that God's Word tells us that if we don't forgive, God will not forgive us.

*And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. Mark 11:25*

Another significant hindrance to prayers being blocked is holding on to uncasted cares. God's Word tells us that holding on to the cares of the world will choke God's Word out of our hearts.

*And the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in, choke the word, and it becometh unfruitful. Mark 4:19*

We are directed in 1 Peter 5:7 to cast all our cares to God because He cares for us. When a believer chooses to hold on to their worrisome cares rather than to cast them, or they become consumed with loving the world system, their soul becomes infected with sin, unbelief, and doubt. They become double-

minded, embracing two mental paradigms, the carnal mind and the mind of Christ, which are at continuous war against each other (Romans 8:7). God's Word conveys that the double-minded individual should not expect anything from God.

*If any of you lack wisdom, let him ask of God, who giveth to all men liberally and upbraideth not, and it shall be given him.*

*But let him ask in faith, never wavering; for he that wavereth is like a wave of the sea, driven and tossed by the wind.*

*For let not that man think that he shall receive anything of the Lord.*

*A double-minded man is unstable in all his ways.*

*James 1:5-8*

Now with that being said, let's move to the 3-Point Heart Check-Up.

In this process, we are asking the Holy Spirit to search our heart for the following:

1. Unrepented Sin
2. Unforgiveness
3. Uncasted Cares

*\*Note: When coming before the throne of God, always come with thanksgiving and*

*gratitude in your heart. Being thankful for all the goodness, mercy, and grace He has given you.*

Before you start the 3-Point Heart Check, enter into praise and worship. This clears the toxic and demonic (Ephesians 2:2) frequencies in the airwaves, giving you a clearer reception in communicating with the Holy Spirit.

After you petition God's throne to search your heart, be still (Psalm 46:10) and wait for the Holy Spirit to establish your thoughts (Proverbs 16:3). Remember, having the Holy Spirit take over the entire prayer session is vital.

Yeshua, our Savior, modeled perfectly for us. He stated in John 14:10

*Believest thou not that I am in the Father, and the Father in Me? The words that I speak unto you I speak not of Myself; but the Father that dwelleth in Me, He doeth the works.*

How is this possible? Through the Holy Spirit praying through us.

*Likewise the Spirit also helpeth our infirmities; for we know not what we should pray for as we ought, but the Spirit itself maketh*

*intercession for us with groanings which cannot be uttered. Romans 8:26*

*He that believeth in Me, as the Scripture hath said, out of his belly shall flow rivers of living water. John 7:38*

*And pray for me, that utterance may be given unto me, that I may open my mouth boldly to make known the mystery of the Gospel. Ephesians 6:19*

So allow the utterance of the Holy Spirit to establish your thoughts and imaginations for this prayer petition. As you meditate on it repeatedly, it will download from your mind into your spirit, which creates the spiritual atomic power you will need against the kingdom of Satan to bring forth the breakthrough.

*Remember, "it's not by power nor by might, but by the Spirit of God" Zechariah 4:9.*

## Chapter 8

### 4-Steps to Growing Faith

#### Natural Faith vs. Spiritual Faith

**T**here is no such thing as having "no faith"; we all utilize faith in everything we do, whether walking, driving, eating, or even sleeping. We trust and put our "natural" faith in an action, environment, or product that will be safe and perform.

Now there is spiritual or "holy" faith, which is the faith to believe outside the realm of natural laws, which we call the miraculous. God's Word tells us we all have been issued a measure of spiritual faith. It might be very small, but scripture states all of us have spiritual or "holy" faith.

*For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as **God hath dealt to every man the measure of faith.***  
*Romans 12:3*

God has lovingly gifted all of us a measure of faith, and it's our responsibility to grow it through biblical meditation upon God's Word.

Yeshua gives us all faith because it takes spiritual faith to believe the spiritual gospel, to believe Yeshua died for our sins and was raised from the dead because to believe an event that superseded natural law truly takes supernatural or spiritual faith.

*For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast. Ephesians 2:8-9*

*For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. John 3:16*

*That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. Romans 10:9*

God gave humanity the perfect measure of faith to believe in Yeshua for salvation. Some will have to grow their faith to believe in healing and miracles.

Jesus is sometimes recorded rebuking people for having little faith in healing and demon deliverance. We have the responsibility to grow our faith by following His biblical directives.

Yeshua said if we could have faith the size of a grain of mustard seed, we could move mountains.

*If ye have faith as a grain of mustard seed, ye shall say unto this mountain remove hence to yonder place and it shall remove; and nothing shall be impossible unto you.*

*Matthew 17:20*

This is the first place where we see spiritual faith in the context of size. A mustard seed is very tiny, like the size of an apple seed. So, in general, the faith to believe in the gospel of salvation must be somewhat smaller than a mustard seed.

Satan is always targeting our measure of faith to bring forth spiritual "crop failure" with his arsenal of spiritual pesticides. Satan is constantly deploying relentless attacks on the seeds of spiritual faith, deploying spiritual pesticides of

- *Fear*
- *Doubt*

- *Unbelief*

The only way to overcome these spiritual pesticides, which stunts the growth of holy faith, is to counter attack with the Word of God and to firmly walk in the new identity of God we received when we were "born again".

*Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new. 2 Corinthians 5:17*

Continue to cycle and repeat the following steps to grow your faith. This will build a strong tower around your faith, keeping the enemy and his pesticides out.

1. Read, Speak & Decree (Write out your decrees) His word out loud. Romans 10:17 states "Faith comes by hearing, and hearing of the Word of God."

2. Pray in the Holy Spirit, which can be native, foreign or heavenly tongues based on the utterance from the Holy Spirit. When we pray in the Spirit, it actually builds our faith.

*But ye, beloved, building up yourselves on your most holy faith (spiritual faith), praying in the Holy Ghost. Jude 1:20*

3. Act on your faith. God's Word tells us, faith without works is dead.

*For as the body without the spirit is dead, so faith without works is dead also.*

*James 2:26*

We must be of good courage and take action when we are prompted or led by the Holy Spirit.

*The wicked flee when no man pursueth: but the righteous are bold as a lion.*

*Proverbs 28:1*

4. Wait on the Lord. God's timing is always perfect. God lives outside of time. We live on the time-line, which inhibits us from seeing the "big picture." God is literally everywhere. He is omnipresent; He sees the beginning from the end.

*Declaring the end and the result from the beginning, And from ancient times the things which have not [yet] been done, Saying, 'My purpose will be established, And I will do all that pleases Me and fulfills My purpose,'*     *Isaiah 46:10*

*Can any hide himself in secret places that I shall not see him? saith the LORD. Do not*

*I fill heaven and earth? saith the LORD.  
Jeremiah 23:24*

It's vital to know that natural faith lives on the earth's time-line; however, spiritual faith dwells outside of time with God in the 3rd dimension of heaven. Meaning when the Holy Bible tells us to "callet those things which be not as though they were." (Romans 4:17). God is conveying that in the Spirit, outside of time, it is done once; it's been decreed according to God's will.

God will then manifest the petition on to the earthly time-line, in His timing, which is always perfect-timing. To believe outside of time, and to believe that a Heavenly Father will deliver one's petition in perfect timing, an individual must have spiritual faith, which only comes from God.

*We walk by faith and not by sight. 2  
Corinthians 5:7*

## Chapter 9

### Developing God's Perspective

**R**ecently, I was at a restaurant with my two small children, ages six and eight, and I was sharing with them what the Holy Spirit had given me. Our family had been experiencing some unusual demonic attacks within that last week. I felt my faith being attacked and tested at a higher level. The struggle was real, and I had been calling out to God fervently to help me in my faith.

God is good, and He is always faithful. The revelation began flowing through me while we sat in the restaurant, waiting for our order. God showed me that before we had ordered, all three of us had imagined what we desired to eat in detail, which excited us to order our selections.

Then once the waitress came to us to take our order, we were at peace, excited, and patiently awaiting what we had imagined. I was not worried about my order not arriving. Though it took a long time, I remained patient, believing our order was prepared excellently and with tender loving care.

God gave me a powerful revelation when we were awaiting our order. He showed me that the initial order was the seed, or in other words, the petition to start the process of our food being prepared.

During the long waiting period, God revealed that I could get frustrated, start complaining, leave the establishment without the food we had ordered, and go down the street and get some less quality food within minutes at a fast food joint.

However, I chose not to. Why? Because the kids and I had been to the restaurant before, and we loved the food. We understood and respected the quality of prepping and care in the kitchen. Therefore we were more than happy to wait, in that we had faith that the restaurant would undoubtedly deliver and deliver well.

I did not feel led to ask the waitress if our food was almost ready, nor did I feel compelled to return to the kitchen to make sure they had my order right.

I begin to feel convicted in my soul, knowing that there have been many times in which I have exhibited more faith in my favorite restaurants than in God. God showed me an

analogy that in His restaurant, I had often exhibited the characteristics of a disgruntled, impatient, and rude customer that just walked out on their order because they felt it took too long.

Knowing God has always shown Himself faithful and loving to me in every way, why would I place more trust in an imperfect restaurant at certain times than I would in a perfect, Holy, and loving God?

God showed me that so many Christians are canceling their prayer petitions over and over to have to start back over and over, to petition once again.

When a believer petitions God in prayer, Satan immediately deploys impatience, anxiety, doubt, and unbelief spirits. These spirits have the assignment to function as spiritual pesticides to destroy the seeds of the prayer petitions.

The believer has to cover their prayer seeds with faith and trust in God.

*Trust in the Lord with all thine heart; and lean not unto thine own understanding. Proverbs 3:5*

*Rejoicing in hope; patient in tribulation;  
continuing instant in prayer;  
Romans 12:12*

*But they that wait upon the Lord shall renew  
their strength; they shall mount up with wings  
as eagles; they shall run, and not be weary;  
and they shall walk, and not faint.  
Isaiah 40:31*

*But the God of all grace, who hath called us  
unto his eternal glory by Christ Jesus, after  
that ye have suffered a while, make you  
perfect, establish, strengthen, settle you.  
1 Peter 5:10*

*Wait on the Lord: be of good courage, and he  
shall strengthen thine heart: wait, I say, on the  
Lord.  
Psalm 27:14*

*Blessed is the man that endureth temptation:  
for when he is tried, he shall receive the  
crown of life, which the Lord hath promised to  
them that love him.  
James 1:12*

Our loving and generous Heavenly Father has meticulously set the perfect time to deliver every customized petition. However, many become tired of waiting and walk out on God

before the delivery. God desires to deliver to His children:

- Healing
- Joy
- Financial Provision
- Answers
- Deliverance (from situations and evil spirits)
- Protection
- Peace
- etc.

However, like a disgruntled, impatient, and unreasonable customer, many foolishly and unknowingly give indirect ultimatums to God, demanding their petitions be delivered in their time frame and according to their preferences. You might say, "I would never do such a thing to God." However, we can do so in our attitudes and actions.

There is a "cliche" that I was taught years ago by a mentor which says, "What you do is so loud, I can't hear what you are saying."

God is all-knowing, all-present, and all-loving. He knows the beginning to the end (Isaiah 46:10). He knows us inside and out, every particle, what's in our heart, and even the very number of the hairs on our head (Luke

12:7). There is never any reason not to trust God!

Some seeds grow fast, others slow. Again, we must trust God's timing; it's always perfect.

God tells us to walk by faith, not sight (2 Corinthian 5:7). We can learn this lesson from a farmer. When a farmer plants his seeds, he has learned to be patient. He is not going out daily, digging up his seeds, seeing if it's sprouted. No! He understands and has faith that an underground process is going on that he can't see. Though he can't see it, he knows roots are formulating deep into the soil. The seed first grows down and then up.

He understands that as he continues to apply water to the seeds, growth will eventually sprout up above the ground over time. Then at that time, the farmer must continue to apply water, fertilizer, and sunlight to his up-and-coming crop.

What would happen if the farmer became impatient and decided to stop watering the seed because no growth had happened above ground within just a few days?

The process would be aborted, and no crops and harvest would ever occur. Yet many Christians fail to water their seeds of petitions, so the petitions are aborted. How do we care and water our petitions? By

- Thanking God
- Praise & Worship
- Praying
- Reading, meditating, and obeying God's Word (Joshua 1:8)
- Decreeing His promises (To your petition- Proverbs 18:21). Timing is crucial, and God's timing is always perfect
- Patiently waiting on God in faith (Romans 10:17)

We must believe God's Word, which is His promise, is accurate, faithful, and will never return empty.

*So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.*

*Isaiah 55:11*

Again, when you have petitioned God, it is a spiritual seed. Take care of it and adequately

nurture it through the presented process. We mustn't fall into doubt and unbelief and then abandon our seeds to go for Satan's seeds of deception. Satan always promises fast miracle growth, which only ends in crop failure.

It's a spiritual law, "We reap what we sow," so be discerning and wise regarding the seeds you plant.

*Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. Galatians 6:7*

God Bless.

## CHAPTER 10

### Life and Death are in the Power of the Tongue

*Death and life are in the power of the tongue:  
and they that love it shall eat the fruit thereof.  
Proverbs 18:21*



Sticks and stones may break my bones, but words will never hurt me.” Many grow up believing this. However, scientific data has proven this far from the truth. Albert Einstein said that everything is energy. That includes our words. Even our thoughts produce energy. This is why a dog can sense fear in an individual. The dog senses the vibrations or frequency in a person’s voice as they speak their thoughts out loud. A dog can discern whether the words are positive or negative.

Japanese scientist Dr. Matsui Enomoto gauged the power of words through a scientific test in a controlled laboratory experiment. Dr. Enomoto wanted to demonstrate how our words impact water. Why is this relevant? Because our bodies are 72 percent water.

In Dr. Enomoto's experiment, boiled white rice was placed in three beakers, then covered with water. The first beaker was labeled "Thank you." The second beaker was labeled "you idiot," and the third was not labeled.

During this 30-day experiment, the first beaker labeled "thank you" was verbally thanked every morning. The second, "you idiot," was greeted that way every morning, and the last beaker with no label was ignored.

After 30 days, the beaker that had been thanked was producing and projecting a pleasant aroma. Inside the beaker that had been insulted, the rice had rotted and turned an ugly gray and blackish color. The ignored beaker produced a similar but less potent result than the second one.

The rice in the beakers represented our body to demonstrate water's impact on the body. The water in the beakers represented the water in our bodies being full of cells. These cells can be impacted positively or negatively based on the pattern of frequencies they are exposed to.

According to Proverbs 18:21, our words and thoughts carry a frequency. All of them. This is why it is wise to watch what we say, and

what we think. Proverbs 23:7 states, “As a man thinketh, so is he.”

Dr. Caroline Leaf, a cognitive neuroscientist with a Ph.D. in communication pathology specializing in neuropsychology, states, “You are what you think; 75-98 percent of mental and physical illnesses come from our thought life.”

Note: ~~<http://drleaf.com/blog/you-are-what-you-think-75-98-of-mental-and-physical-illnesses-come-from-our-thought-life/>~~

It is vital to understand that our words and thoughts can cause our bodies and others to react in a healthy or unhealthy way. Our body is at peace and at ease when we allow and create positive frequencies. When we allow and create negative frequencies, our body is at dis-ease, thus the word *disease*.

Our words, thoughts, music, etc., carry energy through frequencies, whether good or bad. Much research proves that unforgiveness and hatred can cause sickness in the body, such as cancer, heart disease, mental illness, etc.

There has been an increase in cancer in our society, especially in children. Could it be because much of the mainstream music, such as gangsta rap and heavy metal, is producing second-hand frequency vibrations of hate,

and other negative emotions, which can damage and create cancer cells, among other diseases? Again, we are made up of 72 percent of cellular water.

We should be very cognizant of what type of energy we allow to impact the water within us. Negative energy can disturb our water, causing cellular damage to our bodies. On the same note, positive energy creates and maintains healthy cells, thus producing healthy bodies.

## Chapter 11

### How to Think & Believe From the Heart (Spirit)

#### Science Discovery of the Brain (Intrinsic Nervous System) in the Heart

**S**cientific research shows that we have a thinking brain in our hearts called the "intrinsic nervous system."

Scientific research has proven that our nervous system, along with all the other systems, operates at optimal performance when we allow the heart and brain to lead, meaning when we choose to think from the heart first.

Science has discovered that the heart and brain are connected to a universal network, which scientists call "entanglement." This says that all living creatures and particles are inner connected with each other, no matter how far apart they are from each other. This provides the heart, brain, or intrinsic nervous system with superior levels of intuition. Along with a brain being in the heart, scripture tells us that the Christ spirit also lives in our

hearts. This is where our mind of Christ resides. (1 Corinthians 2:16)

*That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love. Ephesians 3:17*

This should be reason enough to check in with the heart before evaluating and deciding. When the heart-brain is activated consciously to take the lead to evaluate, it gathers the intel through the entanglement network. It then uploads the data to the head-brain through the vagus nerve.

The heart-brain and head-brain work in sync with each other. The heart, through its intuition, gathers interior and external field data first, then uploads it to the head brain.

The head brain is renewed by the spirit's data located in the heart, according to Ephesians 3:17.

*Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Philippians 4:6-7*

This chapter is designed to teach the reader emotional maturity for optimal mental, physical, and spiritual well-being. Instability in one's emotions creates stress, anxiety, and depression, among other harmful emotions, which deteriorates an individual's mental and physical health.

Thankfully, ancient wisdom from the Holy Bible, God's Word, tells us that the key to dominating our emotional life lies within our physical heart. Let me explain.

In our educational system, we have been taught, from grade school to medical school, that the heart's core purpose is to pump and distribute blood throughout the body. In our literature and poetry, it has been conveyed to us that the heart is a metaphor or symbol of love, caring, and the emotional thoughts of the head brain.

We read scriptures such as:

*As a man thinketh in his heart so is he.  
Proverbs 23:7*

*This is the covenant that I will make with them  
after those days, saith the Lord, I will put my*

*laws into their hearts, and in their minds will I write them. Proverbs 10:16*

*That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in the heart that God hath raised him from the dead, thou shalt be saved. Romans 10:9*

*For with the heart man believeth unto righteousness. Romans 10:10*

*For out of the heart proceed evil thoughts, murders, adulterers, fornication, thefts, false witness, blasphemies: These are the things which defile a man: but to eat with unwashed hands defileth not a man. Matthew 15:19-20*

*Let the words of my mouth, and the mediation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeem. Psalm 19:14*

*Blessed are the pure in heart: for they shall see God. Matthew 5:8*

So, is it true? Do we genuinely think with our physical heart? Yes, groundbreaking research in just the past decade has proven that there is an actual brain in the heart, known as the intrinsic nervous system.

The field of neuro-cardiology science has proven that the heart has an intrinsic networking system consisting of a network of brain cells with over 40,000 neurons.

***\*Neurons carry electrical messages from one part of your body to another.***

The heart can process information independently, independent of the head brain. Meaning the heart can make decisions, learn and store memory. The heart, like the brain, is a hormone gland. It creates and secretes many hormones that affect the function of the body and brain.

Another game changer is that it has been discovered that we do more thinking from the heart than the brain. The heart sends more messages to the brain than the brain sends to the heart. The vagus nerve is a wired connection between the heart and the brain. The heart acts as the first-response processor, processing the received data such as the visuals, emotions, touch, smell, cognitive perceptions, intuitions, etc. The encounter of the five senses is processed in real-time through the five senses, then sends the processed data right up to the brain through the vagus nerve for bodily chemical/enzyme distribution via the nervous system. Depending on the programming of the heart

and brain, this can be a healthy or unhealthy systematic process. In this chapter, I will discuss how to program your heart for optimal well-rounded health in God's way.

The brain acts as a secondary computer hard drive, which stores the information given to it by the heart. Neural circuitry patterns, which are formed in the heart and go to the brain, are developed based on behavioral conditioning perceived initially by the heart.

For example, if a little girl is walking through their neighborhood and suddenly a dog breaks loose through a neighbor's fence and bites her, that event is stored in the neurons of the intrinsic nervous system (heart brain) of that child and will be used as a reference of fear and danger. This reference creates a neural circuitry pattern as a defense mechanism. This pattern will play on forever by default unless a new experience is introduced to discredit it or create a new, modified perception of the former one.

For example, hypothetically, a parent of the same child who was victimized brings home a puppy. They raise the puppy to be friendly, loyal, and loving. Though the experience locked in the individual's neural circuitry patterns references dogs as vicious and

dangerous predators, through the new positive experience, the neural circuitry pattern of dogs as vicious and dangerous has now been modified with a new, positive perception of dogs. However, by default, there still can remain an objective and balanced perception of dogs within the neural circuitry patterns, which triggers the belief that “some dogs can be vicious predators so that I will be cautious with my encounters with dogs.” This is a healthy, balanced, and rational cognitive defense mechanism.

Another interesting fact about the heart is that it has been proven that it not only does our thinking process within our heart, but the heart also cultivates our personality. Yes, science has proven that personality dwells within the physical heart.

The following are two excerpts from the NAMA Journal and the online magazine [Listverse.com](http://Listverse.com). The article is “Memory Transference in Organ Transplant Recipients” (Volume 19 Issue 1, 24th April 2011). The article discusses the drastic personality effects that occur in heart transplant recipients. The recipients of the following heart transplants took on some of the personality traits, food and drink tastes, and other habits of their donors. This goes to

validate that memory of events, preferences, personality traits, trauma, etc., are contained within the 40,000 neurons of the heart. When transplanted in another individual, they become active the same as a computer hard drive being installed from one computer to another.

### **Jamie Sherman Awakes from Transplant Feeling Rage And Anger Tucson, Arizona**

“Jamie Sherman had undergone several heart surgeries by the time she had a heart transplant at 24. She’d suffered from a heart defect since birth. When she awoke following the successful procedure, she felt a deep anger, so much so that she wanted to fight, although she didn’t know why. She also began to have cravings for Mexican food, especially cheese enchiladas, something that she hadn’t craved before. Six months following the transplant, Jamie was able to meet the family of her donor, a 29-year-old man named Scott Phillips. She quickly mentioned her cravings and liking for Mexican foods, and she wasn’t too surprised to hear that Scott’s favorite food was Mexican, and he particularly liked cheese enchiladas. When Jamie found out that Scott

had died in a fight at a sports bar after being hit in the head and suffering major brain trauma, she felt that she now understood where her sudden feelings of anger came from. She theorized that he felt anger and rage in the seconds before he was hit and consequently died, and these feelings were locked in his heart when it was transplanted to her.”

### **Claire Sylvia Has Strange Cravings and Dreams New England**

“Not only did the heart and lung transplant that 47-year-old Claire Sylvia received save her life, but it also made her the first person in New England to undergo the process. She’s also convinced that in addition to vital organs, she received some of her donor’s tastes, as if his memories were locked into his heart and lungs and consequently are now flowing in her body. She told a reporter that when she was asked what she wanted to do first after the operation, she said that she was ‘dying for a beer right now.’ This was strange to Claire, as she’d never enjoyed beer in the slightest before. Over the coming days, she also found that she was experiencing cravings for foods that she’d never liked or

even eaten before, such as green peppers, Snickers chocolate bars, and strangely, McDonald's Chicken McNuggets, something which she'd never had a desire to eat. She also began to experience strange dreams. She would see a thin, young man who she believed was called Tim. Specifically, she had the words "Tim L" in her mind when she had the dreams. By searching through local obituaries of the days leading up to the day of her transplant, she came across Timothy Lamirande. Timothy Lamirande was 18 years old when he died in a motorcycle accident on the same day as Claire's transplant. He had been on his way home from a local McDonald's restaurant. A bag of Chicken McNuggets was found in his jacket pocket when doctors removed his clothing in a desperate attempt to save his life. She managed to track down Tim's family, whom she hadn't met before, and they confirmed to her that the cravings she was having were indeed all for foods that Tim had enjoyed very much, beer and all. She has remained in touch with Tim's family ever since."

### **William Sheridan Becomes An "Art Genius"**

"William Sheridan turned to drawing as a hobby to take his mind off waiting for a heart

donor to become available. Truth be told, he wasn't very good. However, one of the first things he noticed following his surgery in 2006 was that all of a sudden, his talent for art had seemingly improved tenfold. After agreeing to meet the family of the man who had donated the heart (originally as part of a campaign to raise awareness of the need for donors), he discovered that the man, 24-year-old Keith Neville, had been a very enthusiastic artist, and he was very good, too. In addition to the art skills, William felt he'd genuinely become more "caring and loving," which he attributed to Keith. His case is just one of several that have been studied by Professor Gary Schwartz of the University of Arizona. According to him, more and more evidence is being found that strongly suggests that organs retain cellular memories and that every organ in the body appears to do so."

Science has proven that the human heart is not one-dimensional but multi-dimensional. The heart is an organ gland muscle that is chemical, hormonal, electric, and spiritual.

Again, the heart creates an electromagnetic field around the body, expanding a parameter of three to eight feet, which is over fifty times more potent than the brain's magnetic field. Within that magnetic field is a multitude of

frequencies that can contain positive and negative information, which not only come from the natural world but also the spiritual world.

Frequencies come in all forms of matter. Science has proven that all things created are made of material matter, whether seen or unseen; all creation has a unique frequency or vibration. To name a few: audio, visual, pain, emotions, thoughts, and yes, even spirits. Remember, though spirits are invisible, their frequencies have been detected by electrical instruments called manometers.

The believer's body is the temple of the Holy Spirit; it appears the belly is the Holy Spirit's control panel.

*He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water. John 7:38*

The believer must quiet or wean the soul to effectively hear, feel, discern, and even see what the Holy Spirit is transmitting to the spirit within the human heart.

There is an electromagnetic field around the body, filled with various frequencies which can be both positive and negative. These frequencies can be thoughts, emotions,

music, lust, utilities, radio, television, appliances, visuals, etc. This static can interfere with the soul receiving the reception from the spirit via the Holy Spirit, which works through the subconscious mind or right brain.

When the conscious mind or soul is fully stimulated and active, the subconscious mind or spirit lays dormant behind the scene, yet is still active.

This is why they utilize meditation, yoga, and other Eastern art techniques in the new age culture to quiet and wean the soul. The goal of the New Age is to empty the soul and fill it with various spirits, which is demonic. In Christianity, we meditate solely to fill the mind and heart with God's Spirit.

When the conscious mind, the soul or left brain, is sedated by meditation, the mind is led into an alpha state, with more profound meditation into a theta state (trance state), with the next level being the delta state (sleep). The goal is for the subconscious mind or the spirit to take over. This is why we can have vivid dreams with clear visuals, sound, and touch.

Meditation can be a blessing if one has the Spirit of Christ within their heart and it is

Christ whom they are meditating on. However, any other meditation towards a foreign spirit is sinful and can harm the soul and body.

New Agers aims to tap into this superpower mode in the awake state to channel the energy and (demonic) spirits through the conduit of the right brain/heart (subconscious). This brings forth special New Age powers; however, Satan's payment for these sinful clairvoyance powers are curses and eventually death.

*For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord. Romans 6:23*

## **Heart Intuition and Discernment**

God has given us the heart as a tool for supernatural discernment. The heart and its magnetic field can interconnect with all other magnetic fields within the universe. The heart can discern, decipher and even decode information held in the electromagnetic fields

of humans, animals, nature, objects, and even events from the past, present, and future.

God has entangled all His creation subjects within His infinite data network. God has total control because God is sovereign.

*He is before all things, and in him all things hold together Colossians 1:17*

*Great is our Lord and mighty in power; his understanding has no limit Psalm 147:5*

*The LORD hath prepared his throne in the heavens; and his kingdom ruleth over all. Psalms 103:19*

God's directives for our lives are given through the heart.

*I delight to do your will, O my God; your law is within my heart. Psalm 40:8*

*The king's heart is in the hand of the Lord, as the rivers of water: he turneth it whithersoever he will. Proverbs 21:1*

The goal for every believer should be to connect to God's network by first obtaining a relationship with His Son, Yeshua, through the Holy Spirit.

The new spirit within the heart (Ephesians 3:17), that the "Christian" obtains upon being "Born Again" is elite spiritual technology. God has given it to us so we may stay connected personally to Him 24/7.

When we learn to allow our hearts in their pure state to be the first responder to all of life's situations, and not our head-brain, our nervous system will bring the soul (*mind, emotions, and will*) and body into perfect optimal health, peace, and harmony, known as *homeostasis*.

## **Getting Heart-Brain Focused**

As humans, we are electrical first before we are chemical. We receive and transmit electrical frequencies like radio through our electrical nervous system. However, like any other electrical device, frequency static from other devices can hinder a clear reception.

Other than the challenging obstacle of attempting to quiet the internal frequencies of

the soul (mind, will, emotions) from continuous thoughts and emotions of daily concerns, there are also external frequencies that come into play within our external environments around us, such as the cellular, microwave, radio, and Wi-Fi frequency waves.

These frequencies interfere with our cognitive process. They disturb the human soul and body with electrical frequency static, making the reception unclear or mute from hearing from our spirit within our heart.

Pagan religions model the concept of inviting a foreign/demonic spirit within the heart to obtain data to an alternative universal network. Though it obtains paranormal and helpful data, the infrastructure is designed by Satan to lead humanity into darkness and eternal damnation eventually.

This network provides discernment and data to psychics, astrologers, fortune tellers, yogis, witches, alchemists, magicians, etc.

God has forbidden humanity to access this demonic alternative network.

*When thou art come into the land which the Lord thy God giveth thee, thou shalt not learn to do after the abominations of those nations. There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch. Or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer. For all that do these things are an abomination unto the Lord: and because of these abominations the Lord thy God doth drive them out from before thee.*

*Deuteronomy 18: 9-12*

Start this 7-Step Process by getting focused, by purposely meditating on God and His Word.

Now shift your consciousness from the head brain to your heart. It's helpful for me to visualize an elevator of my consciousness descending down from my head to my heart, then physically touching my heart. Why? Because whatever we touch, our focus goes immediately there. In this case, it's our heart we want to focus on.

## **Detoxing the Heart**

### **1. Keeping Our Mind On God (Isaiah 26:3)**

### **2. Relaxed Breathing, Focusing on the Heart Region**

Slow and relaxed breathing lowers the cortisol levels in the body which increases the blood flow circulation so the rest of the body can be nourished. When the body is not in a relaxed mode, it is stressed, meaning blood veins constrict and slow the bloodstream, creating poor circulation, which depletes the minerals in the blood and causes the body to go into what medical science calls the “fight or flight” mode. Basically when the nervous system is stressed, the body produces the stress enzyme *cortisol*, which draws out the minerals from the blood to prepare for the emergency that the nervous system is telling the body is about to happen. Again, this is called the "fight or flight" mode.

Stress in the body causes:

- High Blood Pressure
- Stroke
- Heart Attack
- Skin Issues
- Hair Loss

- Etc.

The following breathing exercise will help you to obtain your optimal state of relaxation in just a few minutes.

While engaging in this breathing exercise, it's vital that you direct your focus from your head-brain to your heart-brain, and I suggest you have a written or typed-up list of things that you are thankful for close by.

It has been scientifically proven that when we speak or think, subatomic particles are created that produce an electrical frequency, either good or bad.

When we have thoughts of gratitude, appreciation, and even compassion, neuroscience has proven that the neurotransmitters in our brain begin releasing dopamine and serotonin, our in-house happy and motivational chemicals. This provides better treatment than any pharmaceutical drug, with no adverse side effects.

Neuroscience has also proven that gratitude, appreciation, and compassion produce an enzyme within the body called telomeres, which repair and heals diseased or damaged

cells in the body. Combining relaxed breathing with thoughts of gratitude is a sure recipe for optimal health.

Again, on the reverse side, thinking and talking negatively stresses and produces detrimental subatomic particles with negative frequencies that produce an overload of chemicals like cortisol, which damages the body's cellular structure.

So, let's get started. Find a quiet environment and a comfortable place to sit and relax your muscles and focus on your heart region. A good practice is lightly touching your heart region with your hand and keeping it there during the breathing exercise. Touch helps draw your attention directly to the area where you feel pressure.

While seated in a comfortable position, breathe through your nose and slowly count up to five as your stomach inflates with air. Imagine what the breath looks like and imagine it coming into your heart region and circulating through your entire body. After you have counted slowly to five, exhale just as slowly for a slow five seconds, imagining all negative particles and frequencies being expelled out of your system from the heart region.

In between each breath, meditate on the item from your gratitude list, begin to feel the emotion, and attempt to hold on to that feeling as long as you can. Attach a scripture from the Word of God to meditate on in tandem with the feeling.

*Meditate on the Word of God and you will have good success.*

*Joshua 1:8*

**Note:** Neuroscience has proven that associating a solid feeling with a memory keeps it at the forefront of the memory.

Repeat this cycle for 10 minutes, which is a good goal. Fifteen to 20 minutes daily is an ideal goal to get to.

When you breathe deeply, you work to alkalize your body directly by increasing oxygen intake, relieving stress, and cleansing your body of toxins; you also work indirectly to alkalize your body by improving digestion! Breathing deeply is one of the most effective ways to alkalize your body.

**Note:** When you breathe deeply, you work to alkalize your body directly by increasing oxygen intake, relieving stress, and cleansing

your body of toxins, you also work indirectly to alkalize your body by improving digestion! Breathing deeply is one of the most effective ways to alkalize your body.

**3. Prayer, Casting All Your Cares to Him (1 Peter 5:7)**

**4. Meditating On His Word (Joshua 1:8)**

**5. Praise and Worship**

**6. Cultivate A Thankful Heart**

**7. Fasting**

## CHAPTER 12

### Positive Thinking is A Skill Set

#### Thermostat vs. Thermometer Mentality

**T**he difference between a firm and weak character is that a strong character has a thermostat mentality, and a weak character individual has a thermometer mentality.

Let me explain. A thermostat sets the desired temperature (baseline) in the room. A thermometer reacts to whatever temperature is in the room. The objective of successful life management is simple. Be the thermostat. When life heats up, set your emotional thermostat through the power of God's Word to keep "cool."

The thermometer individual goes up and down in life and lets ongoing circumstances dictate their attitudes and actions.

## **Renewing the Mind**

We were birthed into a fallen world. Humanity's soul, by default (mind, emotions, and will), is sinful and cursed, guided by a sinful spirit, enslaved by sin and death. When a person gets saved, meaning they have been born again with the spirit of Christ, they are given by God a new spirit of Christ. Your spirit is your intuition, conscience, and communion port to the Holy Spirit. Your spirit has the assignment of renewing your mind with the Word of God (Romans 12:2).

Our state of being is rooted in how we think. God's Word tells us, "as a man thinketh, so is he." Proverbs 27:3

God has given us a free choice to choose what we think about and meditate on. Often new Christians are under the assumption that once they become born again, their mind is renewed into the mind of Christ. No, God has given every believer the responsibility to renew their mind through reading, meditating, and obeying His Word.

**God Created Humans in Three Parts.**

*And the very God of peace sanctify you wholly; and I pray God your whole **spirit** and **soul** and **body** be preserved blameless unto the coming of our Lord Jesus Christ.  
1 Thessalonians 5:23*

### **3 Parts of Humanity**

- **Body:** human anatomy
- **Soul:** mind, emotions, and will
- **Spirit:** intuition, conscience, and communion with God.

The soul has three components: the *mind*, *emotions*, and *will*. It is the will God has given us to obey Him by renewing our minds with His Word or not. We all have the *will* to think positively or think negatively.

I intentionally titled this chapter "Positive Thinking is a Skill Set" in that one must have the *will* to renew their mindset with the Word of God to develop a positive and moral mentality.

God's Word presents a straightforward and easy solution to overcome a harmful and sinful mindset by simply casting down evil thoughts and replacing them with good thoughts.

This process is accomplished only by meditating on God's Word, the Holy Bible, day and night, according to Joshua 1:8. But as the saying goes, "It's easy to do, but it's easier not to do."

In this segment, I will present a step-by-step process guide for those willing to be obedient to God's Word and start renewing their mindset to the mind of Christ.

This session includes scientific methods rooted in God's Word from Christian neuroscientist Dr. Caroline Leaf.

Dr. Leaf breaks it down like this and teaches that our thinking is rooted in love or it is rooted in fear. There is no in-between; there are no gray areas.

Science has confirmed that our brains are only wired for love; they are not designed to take in toxic thoughts and the emotions of fear. Love is one of the fruits of the Spirit (Galatians 5:22). The biblical definition of love releases a host of built-in organic chemicals in the body, such as:

- Oxytocin
- Dopamine
- Serotonin

- DHEA
- Telomeres

These built-in chemicals put the body, soul, and spirit in harmony in a peaceful state called “homeostasis.”

Fear releases an overload of cortisol from the brain, which is a good chemical. However, when released in an unbalanced level through stress and fear, it becomes very toxic, even deadly, to the cells in the body, causing the following:

- Cellular Damage
- Heart Disease
- Cancer
- Etc

God’s Word tells us “ *He did not give us a spirit of fear, but of power, love and a sound mind*”. 2 Timothy 1:7

The body, soul, and spirit must be engaged in the mind renewal process. It’s a requirement that they must sync in harmony with each other. Thanksgiving, praise, and worship bring us into the presence of the glory of God, which brings the power to transform our minds into the mind of Christ.

God's Word tells us enter into His gates with thanksgiving and His courts with praise (Psalm 100:4). Having an attitude of thanksgiving has been proven not only to be healthy for our mental state but also for our physical health.

*Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. Psalm 100:4*

*Rejoice in the Lord always: and again I say, Rejoice. Philippians 4:4*

Scientific studies have proven that gratitude and appreciation produce the in-house chemicals, telomeres, DHEA, and dopamine. These chemicals administer healing and restoration to the physical body.

## CHAPTER 13

### False Self Respect vs. True Self Respect

*“A good name is rather to be chosen than great riches, and loving favour rather than silver and gold.” Proverbs 22:1*

**I** was always taught that a real man lives by his values and convictions, regulated by his God-given conscience. This means that he won't join or be persuaded to do anything he believes deep within isn't right, no matter the consequences. This was called self-respect and having integrity.

There was a time when the majority valued integrity (doing the right thing, even when no one was looking). I was raised to believe that if you did something or joined something that violated your conscience, you violated your self-respect. I was also taught that a real man diligently sought his God-given talents and purpose and carried them out with a strong work ethic. He would not let anyone, or anything, stop him from obtaining them.

Today, I see and talk to youth, many gang members, who want to demand immediate

respect from others. If they don't get the respect they feel entitled to, they often unleash verbal epithets or escalate to physical violence, even murder.

Many have been given street names by their gangs, such as "Do Dirty", "Puppet," and "Creeper," which are usually associated with their reputation. They have allowed their street names to replace their birth names, giving them a new diabolical identity.

As a retired correctional counselor, I ask, "Why are you in a gang, and what are the beliefs behind the mission of your gang?" Often, I get a puzzled and defensive look, followed by a runoff of shallow and illogical answers such as:

- "That's just who I am."
- "I'm not allowed to say."
- "Because I'm a gangsta."
- "I grew up in this."
- "I'm protecting my hood."
- "That's my family."

Gang members often realize that the question is one they cannot logically answer in good conscience. They typically try to avoid the question altogether, knowing deep within their God-given conscience that there is no

truth or peace in their immoral "gang-banging" pursuits. That can be a brutal and tormenting truth to absorb and live with.

This is where drugs, alcohol, and reckless behavior appear. These destructive methods can soothe their conscience temporarily by giving them a false sense of peace. However, when they return to their senses, their conscience is still there, waiting and pleading for them to change their ways to have inner peace.

*There is no peace, saith the LORD, unto the wicked. Isaiah 46:22*

## **Counterfeit Respect**

*In all thy getting, get understanding. Proverbs 4:7*

I remember working at the correctional facility on a lock-up unit, basically the jail within the jail. This unit was extremely loud throughout the entire day due to the constant verbal combat between gang rivals.

On one particular day, it was unusually quiet. My co-workers and I were amazed at the almost dead silence, other than the one

screaming inmate in a solo cell on the second tier.

I volunteered to try to quiet him down. As I approached his door, I stated, "Everyone is asleep, man; why don't you take a break and lay it out too." He screamed out through his vent again, seeking a response from a rival gang. Again, I informed him that everyone was asleep. Through some small talk, we engaged in a conversation, at which time he stated, "I hate it when it's quiet." When I asked him why, he replied: "Because I think." I asked him, "Why don't you like to think?" and he said, "Because I think back to all the evil I've done, the girls I've violated, and how I've let my family down".

He stated that when he was on the "streets", he could distract himself from his thoughts through drugs, alcohol, sex, music, and "gang banging". On the lock up-unit, however, no such escape was accessible. The only method available for him, he said, was to engage a rival gang member in verbal combat. He conveyed to me that the real prison was not the brick, mortar and metal of the prison, but the one within his mind. In short, he told me his thoughts made him hate himself, due to all the bad he had done in his life.

Knowing he was in a gang, I asked him, “Why did you join the gang in the first place?” His tone changed abruptly from a low, somber tone, to that of a drill sergeant, stating, “For respect and respect for my barrio!” I said “Let’s test that”. He asked what I meant. I explained to him that we were going to see if it was actually true that he joined that gang for respect.

“Do the activities you do as a gang member violate your conscience?”

He looked at me with a surprised expression, then responded, “Yeah, so.”

“Well, how do you deal with that?”

“I smoke weed and drink alcohol and then shake it off.”

“Would you say that your conscience and your self respect are one in the same?”

“What do you mean by that?”

“If you didn’t smoke cigarettes, because you believed it was bad for you, but I put pressure on you to smoke anyway, and you finally gave

in. Did I make you violate your self respect, by making you go against your conscience?”

He thought about it for a few seconds and then answered, “Yeah, I guess.”

“Hold on for a sec, you just told me earlier you joined a gang for respect, right?”

“Yeah.”

“But you just said the activities you do as a gang member violate your conscience, which you acknowledged to me was one with your self respect.”

“You’re trying to spin me up, Johnson” he said with a puzzled and somewhat frustrated look on his face.

My final question to him was, “How do you get respect in a gang when what you do as a gang member violates your self respect?”

He stared at me for a few seconds and then looked away, as if he felt ashamed that he didn’t have an answer.

I explained to him that when we do things that violate our conscience, we are in essence “punking” ourselves. If you are living

a lifestyle of cursing, stealing, abusing substances, lying, sexual promiscuity, negative peer association, etc., you are truly “punking” yourself and where is the self respect in that?

## Chapter 14

### The Art of Focus

*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*

*Isaiah 26:3*

**M**icrosoft Corporation came out with a study stating that humans, on average, have a lesser attention span than goldfish. A goldfish has an attention span of nine seconds, and humans average only 8.25 seconds.

\*Source:<http://www.usatoday.com/story/news/2015/05/14/attention-span-human-worst-than-goldfish/27293073/>

Whether you're talking about business, relationships, or sports, focus is vital.

My Little League coach repeatedly told me when I was up to bat, "Keep your eye on the ball!" His objective was to get me to focus. If up to bat, I paid attention to the first baseman verbally taunting me or a bird in the tree for even a split second. I would never see the

ball coming at me at 60 mph, resulting in a sure miss and strike.

Many things can attempt to lure us off our focus if we allow it. Distractions are a part of life; however, when we allow distractions in areas where we need 100 percent focus, it can impact our lives negatively. It stops us from reaching our fullest potential.

Many youths today are classified as special education students. This is not because they are any less intelligent than their peers. Still, due to a lack of attention span, many students disconnect their focus multiple times as an instructor is giving a lecture or demonstration.

The average math problem contains multiple steps. For example, if you have a math problem containing seven steps and the student disconnects their attention during step three by daydreaming, then by step five, they are distracted again by simply playing with a loose thread on their shirt. The student is guaranteed to perform poorly on the upcoming test. A student with this type of pattern in most of their classes is likely to be classified as a special ed student.

Medical science has a technical term for this behavior. They have classified it as A.D.H.D., which is Attention Deficit Hyperactivity Disorder. This behavior is often unknowingly groomed in children by their parents from birth. Let me explain.

I remember going into places of business with my mom when I was about preschool age and my mom instructing me to sit down and be still. The same applied when I went to church or in most business establishments. Going on long road trips, I was encouraged to look out the window and enjoy the spectacular scenery. During these times, my mind would spark with imagination, from envisioning what it would be like living in the various towns we would pass to being a superhero, to envisioning myself all grown up with a family and an exciting career or business.

Those were the days before digital tablets and mobile movie devices. Society has allowed these devices to steal hours and hours of our youth's imagination and creativity during the formative years of their lives, along with the skill set of being still and focused.

Focus is a skill set that should be taught and practiced from early childhood. When this is not the case, an A.D.H.D. personality will likely develop. Though this is 100 percent curable, it is often mainly treated through pharmaceuticals, which causes harmful side effects to the body and mind. God has placed this three-pound magnificent supercomputer on all of our shoulders, which we call the brain. Scientists have estimated that this computer has the processing power of 100 million MIPS (Million Computer Instructions Per Second), with a memory capacity of 2.5 petabytes (1 million gigabytes). To give you an idea of the type of memory your brain has, if it was a digital video recorder, your brain's capacity could archive three million hours of TV shows. You would have to leave the TV running continuously for more than 300 years to use up all that storage.

With a biological computer of this magnitude on our shoulders, wouldn't it be a waste to play music, movies and only engage with social media? A computer of this type could run programs, which could greatly help a person with their personal development to achieve their God-given potential and goals.

All of us are the program managers of our minds, meaning we manage the thoughts and

activities we engage our minds in. A wise program manager will only allow positive programming within their mind monitor, ensuring no viruses enter. While an unwise program manager will carelessly allow any programming based on whatever stimulates their pleasure center, unknowingly allowing a hoard of viruses to enter and eventually destroy their God-given destiny.

You are the program manager 24/7. A responsible program manager keeps a detailed schedule of their daily programs, making sure positive programming and interaction are running throughout their entire day. They read and meditate on God's Word. They take time to become still and allow the Holy Spirit to establish their thoughts.

*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.*

*Philippians 4:8-9*

A careless program manager wastes hours of the day with mindless entertainment and interaction, even deleting memory, files, and slowing down their processor through drug and alcohol abuse.

We should aspire to be that responsible program manager. With that goal set, we are guaranteed success. The alternative is sure self destruction.

### **6 Step Focus Plan:**

1. Wake up & pray the Lord's prayer - Matthew 6:9-13
2. Praise & worship
3. Read & meditate on God's Word
4. Review & decree your goals
5. Be still with a pen & paper (Psalms 46:10) & ask God to establish your thoughts and schedule (Proverbs 16:3)
6. Acknowledge God (Proverbs 3:5-7) & move forward in faith

## Chapter 15

### Defense Against the Weapons of Distractions

**A** common strategy in a professional basketball game is when a team is ahead by a point or two, and there is less than a minute left in the game, the winning team will attempt to strategically run out the clock while the ball is in their possession.

They will pass the ball around; the guards will dribble aimlessly around the court while the seconds run down, all to prevent the opposing team from getting the ball and possibly scoring.

God created humanity for a purpose, to accomplish an earthly mission that will glorify our Heavenly Father. The Holy Bible is our manual and road map on how to do it. We have been given limited time here on Earth to accomplish our mission.

Ephesians 6 reminds us that we are in a spiritual war in which Satan and his kingdom are our foes. Satan's mission is to kill, steal,

and destroy (John 10:10). Our enemy desires to steal the God-given gifts and talents for your mission, to destroy them or hijack them to build up and strengthen the kingdom of darkness. His strategies are very crafty and subtle. In this session, I will talk about Satan's weapon of distraction.

*Lest Satan should get an advantage of us: for we are not ignorant of his devices.  
2 Corinthians 2:11*

The weapon of distraction's objective is to detour us from our God-given mission. People often say they don't have enough time to write a book, return to school, work out, spend time with their kids, etc. This is often false. There is enough time; it's how we budget our time, just like money.

Distraction against the believer is a spiritual battle. Spiritual discernment from the Holy Spirit is necessary when engaging with the spirit of distraction. The spirit of distraction is subtle and crafty; many believers can't even identify it. This spirit will influence co-workers, friends, and family members to be unknowing agents of distraction to delay, hinder, and detour you from accomplishing the mission God has for you day by day.

*...being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.  
Philippians 1:6*

At one time or another, we all have been utilized as agents of distraction to hinder someone. Here are just some of the tactics of the weapons of distraction:

- Unplanned phone calls
- Social media addiction
- Low energy/ Poor diet/ Not getting enough sleep.
- Text conversations containing: gossip, politics, sports, etc.
- Excessively hanging out with peers
- Ungodly romantic relationship (not equally yoked)
- Hard to say "no" to people
- Video games

Like the basketball strategy, the enemy sends these attacks to run down the clock, knowing all humans have limited time, including Satan.

*Therefore rejoice, ye heavens, and ye that dwell in them. Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, **because***

**he knoweth that he hath but a short time.**

*Revelation 12:12*

We must value and safeguard our limited time here on earth because many souls have been lost to hellfire due to complacent Christians who have been distracted and left their posts.

So the first line of defense is awareness. To be aware, we must be sober-minded, avoiding contamination of the world's secular system; in other words, avoiding loving the world. Jesus stated:

*Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. 1 John 2:15*

The Word of God also gives us discernment, renewing and cleansing our minds, keeping our spiritual discernment at optimal strength.

Another weapon we have as spirit-fill believers to combat the spirit of distraction is temperance, a fruit of the Spirit (Galatians 5:22), meaning self-control; God knows we need temperance to resist sinful temptations, which distracts us from our God-given purpose.

## Chapter 16

### How to Cast Down Toxic Thoughts & Imaginations

**T**houghts are spiritual seeds, whether good or bad. Meditating on a thought waters the seed, causing it to grow into an imagination. Piggybacking on a biblical metaphor, these spiritual seeds grow into spiritual trees which produce spiritual good fruit or bad fruit.

*Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit. A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit. Matthew 7:17-18*

Imaginations are powerful. They cultivate desires for humanity to do acts of righteousness or acts of sin. God gives us the personal responsibility to safeguard our mind from toxic thoughts by meditating on His Word.

*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure,*

*whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Phillipians 4:8*

*Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; 2 Corinthians 10:5*

We can cause imaginations to work against us or cause imaginations to work for us. God tells us to meditate on things that are pure, lovely, honest, and of good report, in that these types of thoughts produce good imaginations, which branch out and manifest fruits of peace, love, joy, faith, self-control, patience, and other beneficial Godly traits.

Meditating on Satan's thought seeds, such as fear, lust, greed, jealousy, hatred, etc., produces evil imaginations, which produce the fruits of fear, torment, vanity, low-self esteem, anger, depression, etc. These thoughts manifest destructive attitudes and behaviors.

Again, this is why God's Word instructs us to pull down these imaginations to the obedience of Christ.

When a thought becomes an ongoing imagination, that thought will eventually digest into the heart. Just like food being chewed in the mouth, it will eventually enter the digestive system and impact the body, good or bad, depending on what the body is chewing on.

Thoughts are spiritual food. When you chew on a thought by thinking about it over and over, it will eventually digest itself into the heart, which in turn gets rooted in the subconscious mind of the heart's little brain (intrinsic nervous system), creating patterns of thoughts and behavior which science calls neural circuitry patterns, which are passed on from generation to generation through genetics / DNA.

*And Jesus said, Are ye also yet without understanding? Do not ye yet understand, that whatsoever entereth in at the mouth goeth into the belly, and is cast out into the draught? But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries,*

*fornications, thefts, false witness,  
blasphemies Matthew 15:16-19*

It's the heart that defiles the individual. What you allow in the heart can bless you or curse you. That's why it's so vital to be cautious and evaluate what you meditate on.

As scripture tells us, "Be still" (Psalm 46:10). Practice allowing the rivers of the Holy Spirit in your belly to flow into your mind (John 7:38). As you read God's Word, the Holy Bible, follow it up with praise and worship. That anointed river within the belly will flow more intensely and rapidly, manifesting peace and understanding.

The key is to train your mind by allowing complete guidance of the Holy Spirit, to be constantly aware and on guard of your thought life. Scripture conveys to us that Satan's main point of focus is humanity's mind. A good soldier is constantly aware and on guard against the enemy's attacks. Installing an alarm in our cars, business, and home is good common sense. Why not an alarm in your mind? What do I mean? Three times daily, I send a phone alarm message to remind myself to think from my spirit. It keeps me aware and on guard.

We must react immediately to a negative thought as if it were a punch coming to our head. It would be unwise and harmful to your health to allow an enemy to repeatedly strike you in the head before deciding to respond.

Being trained in self-defense systems growing up, I was taught to have an immediate and quick trained response to a physical strike from your opponent. An instructor once told me, "If you have to think about blocking a punch, it's already too late." My instructor communicated that my response must be a muscle and mental reflex. This only comes through consistent and repetitive training.

Our daily and continuous spiritual battles are based on the same principles. Our response must be immediate and fast through our Christ spirit within. However, just like a trained fighter, we must implement a consistent and repetitive training program. We have to be disciplined. The word *disciple* comes from the word discipline. As Christians, we are called to be Christ's disciples. Here is the dictionary definition for the word "disciple."

*one who accepts and assists in spreading the doctrines of another: such as Christianity*

*a) one of the twelve in the inner circle of Christ's followers, according to the Gospel accounts*

*b) a convinced adherent of a school or individual, i.e., a disciple of Freud*

Now being a disciple means we are disciplined. Let's now look at the definition of the word “discipline”.

*This word derives from the root ש . נ . י (sh. m.a) means hearing, so discipline is the trait of hearing and following orders and instructions – from others outside and from within.*

It's common knowledge to know it's easier to pluck out a newly sprouted weed than a tree with roots. Pluck out that toxic thought while it's still a weed, then immediately counter the negative thought(s), with biblical scripture(s) in a faith-filled decree.

*Study to show yourself approved 2 Timothy 2:15*

Just like a trained fighter, our immediate counter-response should be customized to the type of attack. For example, a trained fighter wouldn't deploy a leg block to respond to a facial strike. As spiritual warrior, we must

also respond with a customized response to Satan's attacks. For example, if you are feeling a fever come upon you and the thought of "I'm getting sick" is being deployed from the enemy, you would go into your spiritual arsenal and respond immediately with a faith-filled decree, such as:

"I rebuke that thought and the demonic spirit(s) behind it in Yeshua's Mighty Name! Yeshua's stripes heal me according to 1 Peter 2:24."

I have provided a link to some scripture flash cards to assist you in your training.

[www.lifeskills.org/scripturecards](http://www.lifeskills.org/scripturecards)

Again, our response time in casting down negative thoughts must be as swift as a self-defense reflex, which is only developed through meditation and repetition of God's word. We must exercise and develop the cognitive awareness to scan and evaluate our incoming thoughts and beliefs and our past thoughts and beliefs that lie deep within our subconscious mind and heart at various levels. Get still (Psalm 46:10) and then ask the Holy Spirit to search your heart; He will show you clearly.

The subconscious thoughts and beliefs, for example, are those thoughts that surface often when an individual is praying. They can come as those fiery darts Ephesians talks about (Ephesians 6:16), which create that extra mind, or double mind of doubt, which is toxic to our faith.

Please don't fall into the temptation of engaging with the enemy's thoughts or feeling he is deploying to you. Cast them down. Don't investigate them. They always come against the knowledge of God. They are lies; engaging empowers them and creates doubt, fear, and stress.

*A double minded man is unstable in all his ways. James 1:8*

\* Note: Our subconscious mind can also work as a powerful agent downloading God's Word deep into our heart where our spirit is (Ephesians 3:17), allowing the believer to cultivate a supernatural power source of faith and deploy an explosive burst of power against the enemy.

What do these subconscious toxic thoughts sound like when one is praying?

- "I prayed about this before, and still, it hasn't worked."
- "God is not going to forgive me."
- "I know a minister who prayed to God for this, and he didn't even get it."

Most believers think the right thing to do is to ignore these subconscious thoughts and raise their voices charismatically over them. That is farthest from the truth.

Leaving toxic thoughts running around in your mind and heart is equivalent to allowing street rats to enter your home, nest, and contaminate it.

Let's get to the step-by-step process of casting down toxic thoughts.

### **5-Step To Renewing The Mind**

1. Develop a regular biblical study time.
2. Create scripture flash cards related to your challenges. You can download some at [ThugExposed.org](http://ThugExposed.org).
3. Write out customized prayers, then meditate and decree.

4. Post reminders in your home, office, car, and even on your phone (calendar/alarm) to stay meditating on positive things.
5. Stay spiritually sober (1 Peter 5:8) by being mindful of what and who you associate with. God's Word tells us, "Bad company corrupts good morals." (1 Corinthians 15:33). Bad company doesn't just mean toxic people. People can keep company with toxic television programs, social media, reading material, etc.

In a nutshell, the following passage from God's Word sums it up. I believe Joshua 1:8 is the shortest but greatest success speech ever written.

*This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.*

*Joshua 1:8*

## Chapter 17

### You are More than a Conqueror!

#### Understanding the Spiritual Hierarchy of Our Authority

**G**od tells us in His Word that we are not only more than conquerors, but we have been made kings through the redemptive work of Christ on the cross.

*“Nay, in all these things we are more than conquerors through him that loved us.”*  
Romans 8:37

*And hath made us **kings** and priests unto God and his Father; to him be glory and dominion for ever and ever. Amen.*  
Revelations 1:6

That said, we should not be subordinate to Satan's suggestions and decrees regarding our life. We have been placed at a superior rank over our enemies through Christ. God's Word states that not only are all our enemies under Yeshua's feet but also the believer's feet. He has also given us the keys of the Kingdom of Heaven, which authorizes the

believer, under the directives of the Holy Spirit, to bind and loose.

*“Thou hast put all things in subjection under his feet. For in that he put all in subjection under him, he left nothing that is not put under him. But now we see not yet all things put under him.”*

*Hebrews 2:8*

*“Thou hast put all things in subjection under his feet. For in that he put all in subjection under him, he left nothing that is not put under him. But now we see not yet all things put under him.”*

*Luke 10:19*

*“And I will give unto thee the keys of the kingdom of heaven: and whatsoever thou shalt bind on earth shall be bound in heaven: and whatsoever thou shalt loose on earth shall be loosed in heaven.”*

*Matthew 16:19*

Christ has put Satan and all his minions under our feet. That means principalities too. In Ephesians 2:2 Satan is called the "prince of the air." Notice he was not called the "king of the air". Why? Because Yeshua is King, and we as His disciples, have been promoted to king, under His Kingship.

A king is above a prince; therefore, we should never allow any member of the Kingdom of Darkness to intimidate or pull rank over our kingship position in Christ.

God's Word tells us that Satan is under our feet and that we can tread over scorpions and serpents and all the power of the devil.

*Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.*

*Luke 10:19*

God's Kingdom has come, and His will be done, on earth, as it is in Heaven. God's government of heaven is now on earth, and as citizens of heaven, we have been authorized, or deputized, to rule under the guidelines of God's authority.

Satan and his demons are always trying to lobby his will into our lives through deploying toxic thoughts. When an individual gives in to Satan's proposition, they legally give Satan power over that area of their life. This is why God tells us not to "give place to the devil."

*Neither give place to the devil.*

*Ephesians 4:27*

God's Word tells us that perfect peace will come upon us when we keep our mind on God. How do we do that? We read and meditate upon His Word as Joshua 1:8 tells us. A regular session with God's Word, is a regular session with God, because God is His Word.

*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*

*Isaiah 26:3*

*In the beginning was the Word, and the Word was with God, and the Word was God.*

*John 1:1*

As a retired peace officer and counselor for the California Department of Corrections and Rehabilitation, it was my job to introduce the inmates to a new way of thinking from a positive and well-rounded perspective. My hope was that I would convince them to renounce and turn from an unhealthy, antisocial, sinful mindset, and to begin working on developing a healthy, productive and moral mindset.

We can't force a moral mindset on anyone. God has given us all a free will of choice, to live in sin, or to live in righteousness.

*And if it seem evil unto you to serve the Lord, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: **but as for me and my house, we will serve the Lord.***

*Joshua 24:15*

*I call heaven and earth to record this day against you, that I **have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live:***

*Deuteronomy 30:19*

God's Words tell us that there is safety in a multitude of counselors (Proverbs 11:14). Godly counsel leads us into God's perfect and blessed will for our life. Ungodly counsel leads individuals into Satan's plan for their lives. Satan and his demons are always attempting to counsel us, suggesting thoughts and perspectives that rival the knowledge of God (God's Word).

We must remember that they are under our authority. They are spiritual criminals. When they approach us with counsel, they are being insubordinate. They are trespassing on holy ground, in that the Kingdom of God is not only with us, it's within us.

*Neither shall they say, Lo here! or, lo there! for, behold, **the kingdom of God is within you.***  
*Luke 17:21*

<b>Hierarchy of Authority</b>	
<b>GOD (Father, Son &amp;</b>	
<b>Angels/Saints(Us)/</b>	
<b>Satan</b>	
<b>Principalities</b>	
<b>Demons</b>	
<b>Witches/Warlocks/ Masonic &amp; Cult</b>	

Yeshua rebuked Peter, as Satan was attempting to counsel Him through Peter. Yeshua stated, "Get thee behind me, Satan!". Peter, in ignorance, was attempting to persuade Yeshua to go to the cross for our redemption. Peter was speaking under the influence of Satan, and it was against the knowledge of God. Therefore, Yeshua rebuked his words swiftly before they took root in his mind.

*But he turned, and said unto Peter, **Get thee behind me, Satan:** thou art an offense unto me: for thou savourest not the things that be of God, but those that be of men. Matthew 16:23*

This shows us that Satan will attempt to use others, even those closest to us, to counsel us with worldly wisdom that opposes the knowledge of God. This is why God's Word instructs us to bring every thought into captivity, meaning we must closely monitor all our thoughts with discernment to safeguard our minds and heart from the enemy.

The passage below also states, "Casting down imaginations," referring to sinful imaginations, in that toxic imaginations are the product of toxic thoughts, which have the power to drive the will of humanity into extreme unbelief, fear, lust and sinful acts, which leads to self-destruction.

*Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;*  
*2 Corinthians 10:5*

In prayer, petition the Holy Spirit to identify any strongholds in your mind. Be still and let God establish your thoughts. God will begin to show you any deep-rooted fears, sins, unbelief, etc.

Write them down, and from the heart, sincerely begin to Repent, Renounce (*Declare your abandonment from the sin*) and Renew your mind with the Word of God in a counter-response to obliterate Satan's strongholds.

As you read a key passage in God's Word addressing a challenge or need, ask yourself, "What does that look like for me?". Then ask the Holy Spirit for visuals. Begin to exercise your God-given imagination. Again, the more

you meditate on the imagination, which are word pictures, the more precise and detailed the imagination will become. The more transparent they become, the more faith you will have. Imaginations are the seeds that birth reality according to God's will.

*For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.  
Jeremiah 29:11*

*The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.  
John 10:10*

*Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.  
Joshua 1:8*

*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.  
Proverbs 3:5-6*

*Commit thy works unto the Lord, and thy thoughts shall be established.*

*Proverbs 16:3.*

## CHAPTER 18

### Powerful Influence of Music

*Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience*  
*Ephesians 2:2*

**T**he following will give you an idea of how powerful the influence of music is over the mind. Roy H. Williams, Ph.D., author of the book *Thought Particles*, conducts seminars for businesses on creating successful advertisements by triggering the subconscious mind.

Dr. Williams presents the brain in two parts. The left brain is the skeptic. Our conscious state, or the part of the brain, comprehends the words we are reading. The right side, our subconscious, records everything we hear and see, even if unaware, 24 hours a day. It's a 24-hour audio and video recorder.

The research conveys that music has the power to bypass the left hemisphere of the brain, which is our skeptic, and go directly into the right hemisphere of the brain, which

in turn takes the message and uploads it back to the left hemisphere during the sleep cycle, which influences our beliefs and behaviors, unknowingly or subconsciously.

Let's take, for example, when someone says they listen to a "gangsta rap" song "just for the beat." Though they might believe they are blocking the negative messages consciously with their left brain, their right brain is recording everything, even any backward masked messages.

Our right brain is so intelligent that it will take the message and transfer it back to our left brain during the sleep cycle, even without knowing it, influencing our beliefs, emotions, and behaviors. Advertisers and the psychology industry have been utilizing music for years by discreetly hiding latent messaging within the music to direct their message into peoples' subconscious without them realizing it.

For example There are grocery stores that have placed messages in the low-tone music to direct shoppers to specific items they want to sell more of. I heard about a store that placed latent messages about an item in its produce department. They put the message, "Strawberries are delicious. Go purchase the

strawberries,” into the store’s soft elevator music output. Again, the consumers could not hear the message consciously; however, their right brain (subconscious) heard and processed everything. Soon after, strawberry sales soared through the roof.

## **Backward Masked Songs**

Backward masked songs, which are music with the lyrics played in reverse, are increasingly used by artists who practice the dark arts of the occult. It has been scientifically proven that although the back-masked lyrics enter the left brain to the right brain backward, when they enter the right brain, they will, by default, be mirrored in reverse. During the sleep cycle, the backward lyrics enter the left brain, having the individual believe and understand the messages without realizing they are doing so. There is no skeptic guard in place in the right brain. Therefore, after being reinforced over time, the lyrics' messages (beliefs) can be embedded into an individual’s character. Satan uses the back-masked technique to install his diabolical directives into humanity's soul deceptively.

Rap artist Jay Z back-masked his song, Lucifer 9, to say, “666, murder, murder

Jesus.” This is a rapidly growing trend in the music industry.

## **Sasha Fierce Exposed**

Beyoncé, aka "Queen Bey," introduced the media world and her fans to her alter-ego, Sasha Fierce, in 2008. The news went viral, and so did her album of the same name. Beyoncé described *Sasha Fierce* as a spiritual entity that comes over her and enters into her just before she performs. The following is Beyoncé in her own words.

*"I have out-of-body experiences. If I cut my leg, if I fall, I don't even feel it. I'm so fearless, I'm not aware of my face or my body. I have someone else that takes over when it's time for me to work, and when I'm on stage, this alter ego I created that kind of protects me and who I really am. Sasha Fierce is the fun, more sensual, more aggressive, more outspoken and more glamorous side that comes out when I'm working and when I'm on the stage."*

Sasha Fierce usually appears right before Beyoncé is about to take the stage.

"Usually when I hear the chords, when I put on my stilettos. Like the moment right before

when you're nervous" she says. "Then Sasha Fierce appears and my posture and the way I speak and everything is different".

"Right before I performed for the BET awards, I raised my hands up and it was the first time I felt something else come into me."

When an entity enters a person and changes its persona, it is demon possession.

Note: <http://beyoncetosashafierce.weebly.com/spirituality.html>

Note: <http://counterculturemom.com/beyonce-says-shes-demon-posse.../>

Let's now look at the name Sasha Fierce. In the spirit world, names are significant both in the Kingdom of God and the Kingdom of Satan because they carry with them an assignment. Sasha is a Russian name meaning "defender of mankind." It's a unisex name, meaning it's both masculine and feminine. Those that practice the Luciferian religion have a different understanding of Lucifer (Satan). They believe he was the "defender of mankind." In Luciferianism, the belief is that the God of the Holy Bible is a sadistic and stubborn deity who keeps Adam and Eve in enslavement in the Garden of Eden. Lucifer, who transformed into a

serpent, became their savior by offering them freedom through the enlightenment of secret knowledge.

Today this secret knowledge is known to humanity by various names such as sorcery, witchcraft, divination, black magic, etc.

The Freemasons, who align their doctrine with Luciferianism, also subscribe to this belief that Lucifer is the “defender of mankind.” Albert Pike, one of the most notable and respected Freemasons and author of the lodge's most celebrated book, *Morals and Dogma of the Ancient and Accepted Scottish Rite of Freemasonry*, states:

*“Lucifer, the Light-bearer! Strange and mysterious name to give to the Spirit of Darkness! Lucifer, the Son of the Morning! Is it he who bears the Light, and with its splendors intolerable, blinds feeble, sensual, or selfish souls? Doubt it not!”*

Pike is saying that Lucifer is the One who bears the Light of Freemasonry. Lucifer is the Light-bearer of Freemasonry. To those who are students of the Holy Bible, this should be of no surprise because scripture tells us that

Satan can transform himself into an angel of light.

*And no marvel; for Satan himself is transformed into an angel of light.*

*2 Corinthians 11:14*

Sasha Fierce is an antichrist spirit; her representation of her allegiance to Satan is blatant in her music videos and stage performances. Symbolism in her costumes, and stage background design, hand signs of the all-seeing eye, pyramid, Baphomet, and 666 are embedded in the theme of her music. These symbols are witchcraft (sigil magick) for the purpose of spell-binding her audience to be subconsciously programmed with satanic/New World Order (NWO) doctrine and values.

For more information on how symbols are utilized in witchcraft for mind control, please watch [ThugExposed.Org](http://ThugExposed.Org)'s podcast titled "T.V. Mind Control/Sigil Magick" and "The Powerful Influence of Music". You can watch them at [www.thugexposed.org](http://www.thugexposed.org)

Now let's look at the second part of the singer's name, "Fierce". As we can see in the following definition of the word, "fierce" aligns with many of the attributes of the Kingdom of

Darkness - violently hostile or aggressive in temperament, given to fighting or killing.

## **Fierce**

1 a: violently hostile or aggressive in temperament

b: given to fighting or killing: pugnacious

2 a: marked by unrestrained zeal or vehemence (a fierce argument)

b: extremely vexatious, disappointing, or intense (fierce pain)

3 furiously active or determined (make a fierce effort)

4 wild or menacing in appearance

*\*Note: <http://www.merriam-webster.com/dictionary/fierce>*

These are clearly not the fruits of the Spirit of God as described in Galatians 5:22-23.

The fruit of the Spirit is love, joy, peace, long suffering, gentleness, goodness, and faith.

Sasha Fierce's character clearly displays the fruits of the flesh as described in Galatians 5:19-21.

*Now the works of the flesh are manifest, which are these: adultery, fornication, uncleanness, lasciviousness, 20 idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the Kingdom of God.*

This is why the New World Order, aka Illuminati, uses the demons of Sasha Fierce to stir up a race war. The world saw this message displayed at her 2016 Super Bowl performance as Beyonce and her background dancers dressed in black militant attire as she marched out as Sasha Fierce sang her song, *Formation*.

I'm not going into the full details behind the deception of the *Black Lives Matter* movement other than to say it was funded by New World Order globalist and billionaire George Soros. Soros invested \$33 million of his own money to start the Black Lives Matter movement. Thirty-three is a magical number

of numerology for the Masonic order. The mission or end game of the race war strategy is to create a "police state" with 24-hour surveillance and transparency of all global citizens. By creating extreme chaos, citizens will plead for order at any cost, which is the Illuminati/Masonic creed-- "order out of chaos."

In a nutshell, if you create enough fear through chaos, it is easy to legislate a police surveillance state; thus, we have the *Patriot Act*, which undermines the *U.S. Bill of Rights* instituted to protect our rights. The Second Amendment of the Bill of Rights gives U.S. citizens the right to bear arms. You see, the real motive behind political gun control is not to protect citizens but to ensure that there will be little to no resistance when martial law and the NWO move in to take complete control of the antichrist.

Sasha Fierce's agenda is to condition the masses of humanity to embrace the antichrist's satanic, socialist agenda. The Illuminati's selection of government is communism, which is socialism. They say communism is just socialism in a hurry. The best description of this would be an Orwellian society, often described as "big brother".

Let's look at the Merriam-Webster Dictionary's definition of communism.

**Communism:**

a way of organizing a society in which the government owns the things that are used to make and transport products (such as land, oil, factories, ships, etc.) and there is no privately owned property

1 a: a theory advocating elimination of private property

b: a system in which goods are owned in common and are available to all as needed

2 capitalized

a. a doctrine based on revolutionary Marxian socialism and Marxism-Leninism that was the official ideology of the Union of Soviet Socialist Republics

b. a totalitarian system of government in which a single authoritarian party controls state-owned means of production

c. a final stage of society in Marxist theory in which the state has withered away and

economic goods are dis-tributed equitably

d. communist systems collectively

<http://www.merriam-webster.com/dictionary/communism>

The government takes, manages, and controls every aspect of its citizens. Meaning a totalitarian system where the citizens have no right to private property. This is in perfect harmony with the blueprint of the New World Order. The antichrist will have nothing less than a totalitarian system of government. The Great Reset already has this in place.

Note: <http://www.behindthename.com/name/sasha>

In short, Sasha Fierce represents hedonism, rebellion, sexual lust, fornication, adultery, rage, violence, socialism, and satanism-- the same Babylonian-Jezebel spirit which opposes God in the book of Revelation.

*Notwithstanding, I have a few things against thee, because thou sufferest that woman Jezebel, which calleth herself a prophetess, to teach and to seduce my servants to commit*

*fornication, and to eat things sacrificed unto idols.*

*Revelation 2:20*

*And there came one of the seven angels which had the seven vials, and talked with me, saying unto me, Come hither; I will shew unto thee the judgment of the great whore that sitteth upon many waters: With whom the kings of the earth have committed fornication, and the inhabitants of the earth have been made drunk with the wine of her fornication. So he carried me away in the spirit into the wilderness: and I saw a woman sit upon a scarlet coloured beast, full of names of blasphemy, having seven heads and ten horns. And the woman was arrayed in purple and scarlet color, and decked with gold and precious stones and pearls, having a golden cup in her hand full of abominations and filthiness of her fornication: And upon her forehead was a name written, Mystery, Babylon The Great, The Mother Of Harlots And Abominations Of The Earth. And I saw the woman drunken with the blood of the saints, and with the blood of the martyrs of Jesus: and when I saw her, I wondered with great admiration. 7 And the angel said unto me, Wherefore didst thou marvel? I will tell thee the mystery of the woman, and of the*

*beast that carrieth her, which hath the seven heads and ten horns.  
Revelation 17:1-7*

As we read in verses six and seven, we can see that the spirit of Babylon is very seductive and enticing, in that even John, an apostle and mighty man of God, was spellbound momentarily and began to marvel and admire the Whore of Babylon.

This is the spirit that Satan wants to deploy into the souls of this generation. The Sasha Fierce mentality is one of the foundational mindsets for Satan's New World Order, led by the coming antichrist.

As a Christian minister, I have encountered many demons within individuals who came in through secular music of all genres, sometimes even music with Christian lyrics that had been deceptively infiltrated by instrumentals with demonic incantations within the frequencies. I have expelled demons from R&B, heavy metal, and rap recording artists and their fans by the Name of Yeshua (Hebrew for Jesus ).

*And these signs shall follow them that believe;  
In my name shall they cast out devils; they  
shall speak with new tongues;*

*Mark 16:17*

During these demonic manifestations, people's eyes rolled back to where there were no pupils, and growling, coughing, and violent posturing would occur. Demons manifest in a variety of paranormal ways. During these deliverances, many have testified that they felt things moving around in their body. Many say it felt as if snakes were inside of them. Some have reported they felt fiery, burning sensations when I called for the fire of the Holy Spirit in Yeshua's mighty name. The majority also report feeling physically lighter, with a much clearer mind after the deliverance prayer.

In some sessions, I have had the demon(s) manifest in the individual and speak out through the individual's mouth in anger and, at times, fear. Occasionally, these demons have attempted to negotiate with me to keep residence inside the individual.

Such was the case with my encounter with the demons of Sasha Fierce. Yes, I said demons of Sasha Fierce. There are legions of demons (legion = 3,000 to 6,000) which go by the name of Sasha Fierce. I have had three recent episodes with these demons. The first was an R&B recording artist out of Chicago

who contacted me through my website. The vocalist reported having paranormal experiences of demons jumping on her and even molesting her when she would lie down. This torment would go on night after night.

As I began to call out the demonic spirits by name as the Holy Spirit gave me words of knowledge, the demons started manifesting through her. She began to scream, growl, cough, and vomit as the demons were being expelled from her. At one point during the deliverance, the Holy Spirit gave me a word of knowledge to call out the demon of Sasha Fierce. I at first questioned it, as doubt crept in, thinking this was coming from my imagination. It seemed odd to my natural mind, but I felt compelled by my spirit to proceed. At which point I said, "Demon of Sasha Fierce, manifest in the name of Yeshua Hamashia and every spirit under your command!" After a fierce growl from the woman, the demon yelled out through the very petite recording artist, "She's mine, she's mine, you can't have her!" This demon was very vocal and defiant, refusing to come out without a fight. The resistance of this demon broke after a couple of minutes; then, it came out with an eerie and loud, horrific scream.

My next encounter was with a former fashion model from Washington D.C., who had contacted me through my website, requesting prayer for marijuana addiction, anger, suicidal thoughts, depression, voices in her head, and lust. As I prayed for her over the phone, demons began manifesting through coughing and growling within a couple of minutes. Again the Holy Spirit prompted me to call out the demon of Sasha Fierce. This petite woman begins to growl and scream. Then abruptly, the demon spoke out through her in a deep, manly, and beastly voice, “You can’t have her, you can’t have her, she’s mine,” followed by an angry rambling, which I couldn’t make out. Again the demon resisted violently, then came out with a boisterous scream. After the expulsion, the young woman began weeping uncontrollably in relief and joy.

It is important to note that both African American women were fans of Beyoncé and her album *Sasha Fierce*, and both proclaimed Christians.

My last and most recent encounter with the demons of Sasha Fierce was with a Caucasian woman who was a hair stylist living in Missouri. She contacted me through my 1-800 prayer number asking for prayer to

break a soul tie from her deceased boyfriend. She also requested prayer for heroin addiction, tormenting voices, suicidal thoughts, depression, meth addiction, and lust. She then later added that she was being sexually molested by demons at night. This spirit, which comes to torment, molest and even rape women, is an Incubus demon.

The deliverance went similar to the others, a quick manifestation of demons. However, when the Holy Spirit led me to call out the spirit of Sasha Fierce, this demon became more violent and vocal than the previous ones. It sounded like a vast demonic beast speaking out of this woman. There was no hint of a female tone in the voice. It sounded like a WWF wrestler growling and yelling at their intimidated opponent. This demon took almost five minutes to lose resistance, and, like the others, it came out with a roaring scream, followed by the woman weeping uncontrollably in relief and joy.

*In all thy getting get understanding.  
Proverbs 4:7*

## **How Demons Use Music To Enter The Human Soul**

Practitioners of witchcraft, which includes the new age movement, understand that everything created on earth and within the universe has a frequency or vibration. Believe it or not, our words, feelings, smell, taste, touch, emotions, and thoughts register an electric frequency. Even before science textbooks, the occult had gathered this information from the Ancient Egyptian Book of the Dead, known in cult circles as the mother of all witchcraft books, and is explained in my video podcast titled *T.V. Mind Control-Sigil Magick*.

Did you know that depression has been proven clinically to have a 6.66 hz (vibrations per second) frequency? How demonic is that? 6.66. I think it's interesting that the Holy Bible says in Nehemiah 8:10 that the "Joy of the Lord is our strength." Now the opposite of joy is depression, and its frequency is the same number as the antichrist, aka "Mark of the Beast." Satan is anti-God, and depression is anti-joy.

Love and happiness register at approximately 528 hz, and sexual lust has a 33 Hz frequency, often conjured up by a deep bass drum. A study was conducted by sex researchers in Daytona Beach about the

sexual frequency of deep-bass drums in the mid-1990s; it was called *Project Q*.

Satan knows sex sells, as does the entertainment industry, so it is no surprise why R&B and rap music utilize deep-bass beats in tandem with scantily clothed dancers and models in highly sexual-themed music videos. Sasha Fierce's character and music are saturated in frequencies of lust, anger, violence, and an antichrist theme. These demonic frequencies from the Kingdom of Satan are deployed to seduce humanity to act out in sinful and depraved behaviors.

### **How Musical Frequencies Impact the Human Soul & Body**

When musical frequencies enter the human nervous system (which is electric), they have been pre-encoded with information, which is then transmitted to the neurotransmitters in the brain, releasing chemicals to the body to respond to the frequency's content or program.

The soul and body may respond positively or negatively, all depending on the type of frequencies being inputted. God's Word says, "Life and death are in the power of the tongue." Proverbs 18:21

Our words and thoughts carry a frequency, all of them. This is why it is wise to watch what we say and what we think. Proverbs 23:7 states, “As a man thinketh so is he.”

Dr. Caroline Leaf, a cognitive neuroscientist with a Ph.D. in Communication Pathology and specializing in Neuropsychology, states, “You are what you think: 75-98% of mental and physical illnesses come from our thought life!” .

Note:\* <http://drleaf.com/.../you-are-what-you-think-75-98-of-mental.../>

It is vital to understand that our words, and even our thoughts, can cause our bodies and the bodies of others to react in a healthy way or an unhealthy way. Our bodies are at peace and ease when we allow and create positive frequencies. When we allow and create negative frequencies, our bodies are at disease, thus the word disease.

In a nutshell, these frequencies act in the same way as computer software. The frequency is the software program, and the body and soul are the computer hardware. There are only two software engineering companies in the spirit world creating

software to download into humanity: the Kingdom of God and the Kingdom of Satan. We all create spiritual software through our words, talents, and actions. The question is, what spiritual software company are you working for?

The Kingdom of Satan's software causes viruses of immoral thoughts and values, leading to curses, illness, bad behavior, and death. The Kingdom of God's software is Holiness and Righteousness, which brings forth wisdom, blessings, and eternal life.

*"The wages of sin is death." Romans 6:36*

*"I came to bring life and life more abundantly." John 10:10*

Like Norton's virus protector for the home computer, we all need a virus protector to protect us from the harmful frequencies swimming around us in this world system. Only through Jesus Christ can we obtain a free subscription to divine virus protection bundled with God's perfect love and peace.

*For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds. 2 Corinthians 10:4*

*Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son. Colossians 1:10-14*

*Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bring-ing into captivity every thought to the obedience of Christ. 2 Corinthians 10:5*

*For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ. 1 Corinthians 2:16*

## Chapter 19

### Wokeism Vs. The Holy Bible

*“Professing themselves to be wise, they became fools”  
Romans 1:22*

**W**hen I write this, there is a mass mainstream "woke movement" taking over our country by political force. You may ask, what is the "woke movement"? That's a great question because the woke movement and its phrase "woke" has countless unofficial denominations and interpretations of the phrase "wokeness."

I would believe that amongst the majority of the denominations of wokeness who have coined the phrase "woke," they might agree that being woke can be defined as being enlightened with new knowledge or perspective, which can transform the paradigm of one's beliefs and moral compass.

It can spiritually blind humanity from God's truth.

**whose minds the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them.**

*2 Corinthians 4:4*

Wokeness magically empowers opinions, loose ideologies, and personal feelings into counterfeit truths accepted and even embraced by a sector of mainstream society.

In other words, personal feelings and preferences supersede facts and reality to protect feelings, affirming what an individual feels is true, whether it is or not. This is blatantly illogical; however, arguing against this foolish logic can identify you as one or all of the following:

- Racist
- White Supremacist (even if you're black)
- Bully
- Homophobic
- Extremist, etc.

George Orwell stated, "The further a society drifts from the truth, the more it will hate those who proclaim it."

Satan is the founder and original author of "Wokeism." Words for the Woke movement no longer have to be true in meaning.

Mark Spence with Living Waters Ministry eloquently stated, "Truth is considered "hate speech" for those who hate the truth". He added "We are willing to destroy common sense all in the name of not wanting to offend someone".

It's a scientific truth that a human with XY chromosomes is a male, even if this male identifies as a woman. He is still, truthfully and biologically, a male with XY chromosomes.

A female is a human with XX chromosomes. Yet in Wokeism, if a man feels and expresses that he is a woman, his feelings can override science, and it's affirmed as truth.

This is the same as believing that adding a Lamborghini spare part on a Toyota Corolla makes the Toyota a Lamborghini. It's complete lunacy.

Spence points out the contradiction in the transgender movement, stating, "Trans people want us to accept them the way they are, but they don't want to expect themselves the way they are."

He asks, "If I'm in prison for robbing a bank, yet I identify as someone who didn't, should I be released right away?"

Wokeness lives virtually in a philosophical fictional world. Wokeness was created to appease humanity's wildest, most sinful fantasies. Its agenda is to undermine and destroy God's "truth."

*Jesus saith unto him, I am the way, **the truth**, and the life: no man cometh unto the Father, but by me. John 14:6*

Satan is the author of "Wokeism." It's wokeism's mission to deceptively justify lies into counterfeit truths by simply playing the "emotional card" by creating a narrative of those who oppose the emotionally fragile (mentally ill) individuals being labeled as hateful, racist, bigots, etc.

Wokeism is taking mental illness and normalizing it. As a retired counselor for the California Department of Corrections, one of

the ways we would identify a mentally ill individual was when we observed that individual was living outside of reality norms, such as believing they are an alien from Mars on a mission here on earth. The same as a woman believing she is a man. It's not reality. Scientifically it's untrue; however, woke modifies to appease human preference over the scientific truth of reality.

Jesus identified Satan as the father of lies.

*Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: **for he is a liar, and the father of it.***

*John 8:44*

Wokism is the doctrine of the fool. God's Word defines the characteristics of wokeism accurately in the following passages:

*A fool takes no pleasure in understanding, but only in expressing his opinion.*

*Proverb 18:2*

This scripture perfectly defines the mentality of Wokeism; the movement needs no scientific or factual understanding. They

present and demand their opinions and expressions to be accepted as truth and reality. This is "foolishness."

God's Word states:

*God forbid: yea, let God be true, but every man a liar; as it is written, That thou mightest be justified in thy sayings, and mightest overcome when thou art judged. Romans 3:4*

Wokeism's sinful and faulty logic has opened up a door where no ending is in sight. Woke activists and legislators are having a field day creating new policies and laws to push traditional gender, common sense, and truth off the cliff.

What's to be legislated next is anyone's guess. Will people start identifying themselves as a police officer and begin to start randomly arresting people? Will it lead to a 40-year-old male arrested on a child sex offense of a 12-year-old girl, using the defense that he identifies as a 12-year-old boy, so it's no longer child molestation?

**rac-ism:** *noun*

*prejudice, discrimination, or antagonism directed against a person or people on the basis of their membership in a particular racial*

*or ethnic group, typically one that is a minority or marginalized.*  
*"a program to combat racism"*

This woman appointed to the highest court in the country is blatantly "woke," so woke that she testified in front of Congress that she could not explain or answer "What is a woman?"

A "lying" demonic spirit drives wokeism. It proves that Adolf Hitler's diabolical method worked when Hitler said, "If you tell a lie over and over, people will begin to believe it". Where does it stop? Again, "truth" is the enemy of Wokeism.

Wokeism has successfully demonized law enforcement by creating the biased narrative that all law enforcement is racist and is hunting down and killing off black people in our streets throughout America.

The legislative policy backing this illogical and unfactual narrative is the "defund the police" movement which has proven, in a short period of time, to have backfired, putting communities in utter chaos with no apparent end to skyrocketing crime.

The "Truth" is that police have killed more Whites than Blacks. The truth is, that black men are killed 97% of the time by another black; police kill less than 1%.

Pro-Choice Wokeism has created the narrative that if a woman wants to kill her unborn baby, she has the right to because it's her body. Though the Truth is, the unborn baby is its entity with its soul and body. There is a demonic genocide being led by the privileged born, continuously advocating for killing the defenseless unborn.

God hates the shedding of innocent blood (Proverbs 6:17). Abortion is murder; again, the body being killed is not the mother's body but the baby's. That's just simplistic common, biological sense. This is what God has to say about it:

*For thou hast possessed my reins: thou hast covered me in my mother's womb.*

*I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well.*

*My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth.*

*Thine eyes did see my substance, yet being unperfect; and in thy book all my members*

*were written, which in continuance were fashioned, when as yet there was none of them.*

*Psalm 139:13-16*

### **The Prophetic Truth:**

God's Word, the Holy Bible, addresses the exposed and prophesied about the Wokeism movement in ancient times. Wokeism is not new; it's ancient, God addressed and warned humanity from embracing Wokeism in the Old and New Testament, and the consequences for doing so are documented in scripture.

*For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and Godhead; so that they are without excuse.*

*Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened.*

*Professing themselves to be wise, they became fools, and changed the glory of the incorruptible God into an image made like to corruptible God into an image made like to corruptible man, and to birds, and four footed beasts, and creeping things.*

*Wherefore God also gave them up to uncleanness through the lusts of their own hearts, to dishonor their own bodies between themselves:*

*Who changed the truth of God into a lie, and worshiped and served the creature more than the Creator, who is blessed forever. Amen.*

*For this cause God gave them up unto vile affections; for even their women did change the natural use into that which is against nature: and likewise also the men, leaving the natural use of woman, burned in their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompense of their error which was meet.*

*And seen as they did not like to retain God in their knowledge. God gave them over to a reprobate mind, to do those things which are not convenient; Being filled with all unrighteousness, fornication, wickedness,*

*covetousness, maliciousness: full of envy, murder, debate, deceit, malignity whisperers, backbiters, haters of God, spiteful, proud, boasters, inventors of evil things, disobedient to parents, without understanding covenant breakers, without natural affection, implacable, unmerciful:*

*Who knowing the judgment of God, that they which commit such things are worthy of death, not only do the same, but have pleasure in them that do them.*

*Romans 1:20-32*

### **Please heed God's warning:**

Whether you're black, white, Christian, Buddhist, Hindu, Wiccan, atheist, agnostic, Freemason, Greek Letter, feminist, LGBTQ, etc., we are all accountable to the one actual creator. We are all created and owned by the creator; our personal DNA is God's serial code labeled within us as proof of ownership.

We all have a mandatory court date called "Judgement Day." We will all be there, guaranteed, and Truth will be our Judge. Therefore, you need truth on your side to avoid the wrath of God. We have all been

subpoenaed. The Holy Bible is the legal subpoena; it contains all the legal information we will need to prepare for our upcoming court date. Our Judge is God, the Supreme Ruler, Creator, and Savior.

Whether you believe this or not is irrelevant. God's Word is truth, and God is His Word. God's Word states He has written his laws in humanity's hearts, within our conscience.

*For when Gentiles, who do not have the law, by nature, do what the law requires, they are a law to themselves, even though they do not have the law. They show that the **work of the law is written on their hearts**, while **their conscience also bears witness**, and their conflicting thoughts accuse or even excuse them. Romans 2:14-15*

As you read in real time what the Holy Spirit led me to write, you are discerning the absolute truth of God's Word. God is confirming it in your heart. Can you deny it and choose not to believe it? The answer is yes. But that would be foolish and have tragic and irreversible consequences; remember, tomorrow is not promised.

*Come now, you who say, "Today or tomorrow we will go to such and such a city, spend a*

*year there, buy and sell, and make a profit”; whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away. James 4:13-14*

God’s Word says:

*God forbid: yea, let God be true, but every man a liar; as it is written, That thou mightest be justified in thy sayings, and mightest overcome when thou art judged.*

*Romans 3:4*

In closing, I implore you today to accept and trust in Yeshua as your Lord and Savior and make God’s Word, the Holy Bible, the uncompromised standard for your life. The Holy Spirit will lead you into all Truth (John 16:13). Truth is the curative against the toxic and deadly "wokeism" pandemic.

If you haven't already, there is a prayer of Repentance and Salvation on page 29. Praying for you.

God Bless.

*And if it seem evil unto you to serve the Lord, choose you this day whom ye will serve; whether the gods which your fathers served*

*that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the Lord.*

*Joshua 24:15*

## **Anxiety History of transgenderism wokeness**

**T**he LGBTQ movement is an ancient movement that is nothing new. It originated in Mesopotamia and Babylon, where the culture worshipped the goddess Enchantress.

Rabbi Jonathan Cahn has done an exceptional job exposing the ancient Babylonian roots of this diabolical spirit, aka “Whore of Babylon.” His new book, “The Return of the Gods,” was an excellent resource for this session.

### **“Rainbow Goddess”**

Enchantress, by her followers, is known as “goddess of the sky, queen of heaven, master of tempests, hurler of lightning bolts, giver of

rain.” Here is an ancient Babylonian hymn praising her:

“Loud Thundering Storm, you pour your rain over all the lands and all the people. She directed its every gust, every peal of thunder, and every drop of rain. And, thus, the rainbow was under her lordship and direction.”

An ancient Elamite inscription records her name with a title in front of it—the word “Manzat.”

Manzat means “rainbow.” The Enchantress invading America is aka “The Rainbow Goddess.” An ancient Babylonian text describes her eyes as multicolored and iridescent. The ancient word is translated as iridescent, which comes from the Latin root iris, which means “rainbow.” Iris is also the name of the Roman goddess of the rainbow. So, as we can see, the rainbow, which is the current brand logo of the LGBTQ movement, is the ancient symbol of Enchantress, on which the LGBTQ doctrine is built.

As with many pagan gods and goddesses, her roots come from Babylon; her name, customs, and rituals have been changed and modified throughout the centuries to adapt to

various territories and cultures. Enchantress is recognized as the spouse of Baal, a pagan deity mentioned in the Old Testament. Baal serves as the leader among all the demonic pagan gods, all of whom are under the leadership of Satan.

She is also recognized as Ishtar, Asherah, Venus, the Queen of Heaven (as mentioned in Jeremiah 7:18), and the Whore of Babylon in the book of Revelation. Israel faced admonition and punishment from God for worshipping these false pagan goddesses. In many cult circles, Venus is known as an androgynous demonic deity, the female counterpart to Satan.

A hidden truth in Hollywood paganism is that the peace sign frequently displayed by many celebrities is a homage to "Venus," symbolizing their allegiance to Satan after making a deal (selling their soul) with him.

Again, this symbol is associated with the female representation of Satan in certain satanic cults.

In the realm of the occult, signs reveal and conceal meanings, and I go into more detail about this in my books, "Demon Mentality Exposed" and "Greek Letter Exposed."

This demonic spirit of Enchantress takes on various forms and commands legions of demons to carry out Satan's desires. Enchantress is associated with sexual promiscuity, feminism, prostitution, transgenderism, and other forms of sexual perversion. Her followers believe that she possesses the ability to cast spells to make same-sex attractions develop.

Ishtar, also known as Enchantress, was married to Tammuz, an ancient false pagan god, to whom she was unfaithful. According to Greek oracles, she was notorious for her infidelity, engaging in serial adultery. She is often depicted naked or in revealing attire. Enchantress is characterized as loud, vengeful, cunningly romantic, proud, seductive, rebellious, and covetous. Ironically, these are the same traits embraced by the "modern-feminist" movement in today's world.

The Oracles record that she indulges in alcoholic beverages, preferably beer, and would hang out at ale taverns (bars), conjuring up alcohol intoxication with immoral sexuality. In ancient times, going back over

7000 years ago to Mesopotamia, witches were known for brewing beers.

These hags would place spells and curses within the brewing pot, serving up beer as a catalyst to spread curses, spells, and sexual perversion throughout society.

Enchantress was known to have the magical power to “grind” away a man's masculinity to make him feminine and modify a man into a woman and a woman into a man. Today, emasculation of the male is part of the agenda that the LGBTQ movement is executing with zealousness. It labels and defines man's God-given masculine role as the protector of his wife and family as “toxic masculinity.”

This movement teaches men and boys to be more expressive of their feelings, to wear softer colors, to like and embrace pink, and to get in touch with their feminine side.

On the other hand, this movement teaches women and girls to become hard-core feminists by encouraging them to hide their emotions with toughness, dress in rugged and more masculine clothing, and assert strength and leadership in the workplace and at home; thus, the term "boss lady" came into

being. This trend strongly opposes God's command for the husband to head the household (Ephesians 5:23).

Gender-bending propaganda aims to confuse humanity and steer them away from their innate gender roles bestowed upon them by God. Its ultimate purpose is to hinder individuals from embracing and actualizing God's flawless blueprint for their lives, thus, redirecting them toward fulfilling Satan's malevolent intentions instead. Satan's chief goal is to corrupt and destroy the souls God loves, the souls He sent His only Son to be brutally crucified for, to redeem and atone for their transgressions against a righteous and Holy Heavenly Father (John 3:16).

Enchantress would perform actual 'gender-affirming surgery' or sex change surgery on her worshippers. There are actual images engraved on ancient Babylon tablets that show men dancing and praising Enchantress with scalpels in their hands, after being voluntarily castrated to switch to a female role in society.

Enchantress had male temple priests that would dress up in female clothing and with makeup, behaving like women. Parents in the community would bring their children to the temple and let these transgender priests dance before them. Does this sound familiar? Yes, these were the original drag queen shows that we now see being promoted to children here in America.

For Enchantress and her followers, the most powerful month of the year to cast spells on the culture is June, namely, June 26th. It is interesting to note that on June 26th, 2015, the Supreme Court made the monumental ruling to redefine marriage according to their own terms and legalize same-sex marriage. Furthermore, all three rulings in favor of the same-sex marriage agenda occurred on June 26th. This is not a coincidence, but rather a sinister omen.

A decision on June 26, 2015, that favored same-sex marriage rights fell in line with the two big decisions that set up the Obergefell case.

On June 26, 2003, a divided Court said in *Lawrence vs. Texas* that a Texas law that made it a crime for two persons of the same

sex to engage in intimate sexual conduct was deemed unconstitutional.

And on June 26, 2013, a divided Court in *United States v. Windsor* said that the Defense of Marriage Act (or DOMA) was unconstitutional as a “deprivation of the equal liberty of persons that is protected by the Fifth Amendment.”

In this present time of American history, the United States has forsaken its allegiance to God and has succumbed to the alluring, deceptive influence of this ancient Enchantress spirit. This Babylonian spirit, also known as "The Great Whore of Babylon," has resurfaced, and is more aggressive than ever before.

The spell of Enchantress has cast her diabolical spells on America—witchcraft, New Age, sexual perversion, gender-bending, and abortion are a growing epidemic and there are no signs of these evils slowing down.

The Enchantress' territorial Rainbow flag has been hoisted in this nation, and her enchantment has been unleashed upon humanity, spreading like a contagious epidemic.

Unfortunately, mainstream America, including our government, has tragically embraced this detestable spirit, and God's prophetic wrath is imminent.

*Let no man deceive you with vain words: for because of these things cometh the wrath of God upon the children of disobedience. Be not ye therefore partakers with them.*

*Ephesians 5:6-7*

America has defiantly legislated sins against God, into categorial "human rights."

As foretold in the Bible, this is the spirit of the "Great Whore of Babylon," which scripture states that the entire world has indulged in and become intoxicated by the abominations of her cup (Revelation 18). The following are a few examples of the wicked manifestations of the Enchantress spirit within our society:

- Same-sex attraction/Homosexuality/  
Lesbianism/Transgenderism

- Adultery/Fornication/Sexual Promiscuity
- Pedophilia
- Divorce
- Craving for Alcohol, especially Beer.
- Vindictive Behavior
- Feminism
- Drag Queens
- The Emasculation of men and boys
- The Masculinizing of women and girls
- Witchcraft/New Age
- Substance Addiction
- Pride

It's ironic that the LGBTQ organization, led by the demonic spirit of Enchantress, encourages its followers to be filled with and emboldened by pride. Pride is a sin that is repeatedly referenced as incredibly infuriating to God. The sin of pride is listed in Proverbs 6:16-19 as one of the most detestable sins, one that God hates the most. The LGBTQ organization willingly operates and openly associates itself with the word, "pride."

The LGBTQ movement has gained so much momentum that it transitioned from having a "pride" day to having a whole "pride" month. Pride is the same wicked sin that led God to

wipe out the entire population of the earth, except for Noah's family, because of Noah's obedience (Genesis 6:5-7).

God hates pride so much that He tells us to hate it too:

The fear of the LORD is to hate evil: pride, and arrogancy, and the evil way, and the froward mouth, do I hate.

Proverbs 8:13

God marked the rainbow as a new covenant with humanity, out of His love and mercy for us, as a reminder that He would never again destroy the earth by flood (Genesis 9:13). However, the LGBTQ movement has desecrated the meaning of God's creation of the rainbow, making it a symbol for every form of sexual perversion.

The Enchantress spirit willingly serves Satan and her ultimate goal is to lure humanity away from God, leading them towards eternal damnation in the Lake of Fire (Revelation 20:15).

God in His Word has pleaded with humanity to separate themselves and come out from

amongst the diabolical spirit of the  
Enchantress.

*And I heard another voice from heaven,  
saying, Come out of her, my people, that ye  
be not partakers of her sins, and that ye  
receive not of her plagues.*

*Revelations 18:4*

## Chapter 20

### Metaverse vs. The Kingdom of God

**A**t the time I'm writing this in 2022, a new high-tech virtual reality technology called the Metaverse is rapidly transforming the internet, and it's only in its introductory stage. Cyber users aren't just looking through the monitor of the World Wide Web anymore. With Metaverse technology they can now be literally inside the World Wide Web. It's like being able to jump through the television screen into your favorite sitcom and instantly becoming a character fixture in the show, interacting with all the characters, elements, and environments of the show seamlessly.

Facebook's CEO, Mark Zuckerberg, recently changed the name of Facebook to Metaverse. Microsoft by Bill Gates, Neural Link's by Elon Musk, and many other tech giants are joining forces to create adaptable platforms and plugins to enhance the Metaverse into a more realistic and seamless experience for the user.

For clarity, from here on out, though I'm privy that Metaverse is now a brand name, I'll be using the name metaverse interchangeably and generically to describe the entering of portals into the spiritual realm.

Metaverse users have the option to lose their God-given identity, create their own, and interact within the metaverse in every aspect of life in real time. The user creates their preferred gender, race, face, body, voice, clothing, house, car, etc... Corporations are already having staff meetings and doing business in the Metaverse. People are now traveling, dating, browsing through stores, and going to concerts in the Metaverse.

The Metaverse can be best described as digital dimensions, upon the foundational layer which we know as reality. The Metaverse, like a television set, projects multiple dimensional layers within the same space onto a single screen, manifesting a genre of virtual programs, based on the channel being transmitted. The Metaverse is a digital universe housing countless subscriptions of dimensional portals.

What most need to be privy to is that the kingdom of darkness hosts many digital dimensions. Let me explain. Pagan religions

around the world, via Babylon, have used ancient technology to open portals into the spirit realm, to enter into various spirit worlds, governed by the Kingdom of Darkness.

This knowledge was given to humanity by Satan and his fallen angels through a witchcraft practice called Alchemy. The Freemasons have a denomination of Alchemy called the Rosicrucians. Interestingly enough, the ancient Rosicrucian Headquarters from Egypt now resides in Silicon Valley, California, the technology capital of the world. Is this just a coincidence? I don't think so; let me go on to explain.

Satan is a creation-counterfeiter. His purpose for creating the metaverse was for the purpose of luring humanity from seeking the Kingdom of God to building their own Kingdom without God and acting as their own little god, while Satan positions himself on the digital throne as the superior god of the metaverse.

Satan's strategy is to use the metaverse both digitally and spiritually as bait, to draw humanity away from knowing God's salvation plan and purpose for their life. Satan's objective is to take them out of the world God

created for them and into another world controlled by the Kingdom of Darkness.

Many Christians rebuked the internet when it became mainstream in the '90s, saying Satan would utilize it to spread the indoctrination of sin worldwide, which it has, yet many ministries, including ours, have utilized it as a spiritual weapon to distribute the Gospel of Christ.

This is not an endorsement by any means for the Metaverse; however, God will equip His saints and send them out with His anointing to fight our spiritual enemy wherever there is a demonic stronghold.

Being promised, you will become "god" is a common denominator for many of the pagan religions of the world. Here are some mainstream religions that propagate these false teachings:

- New Age
- Humanism
- Satanism
- 5-Percenters
- Pantheism
- Yoga
- Wicca

The first record of humans entering the metaverse, is in the Garden of Eden. The technology used to enter in was the forbidden fruit from the Tree of Knowledge of Good and Evil.

*But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.*  
*Genesis 2:17*

Adam and Eve disobeyed God in entering the demonic metaverse, and it not only brought death upon them but upon all the bloodline of humanity. Satan lied to them, making them believe they could become like God.

For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil."  
*Genesis 3:5*

This ancient disobedient act opened the diabolical door into the demonic metaverse of the knowledge of evil, such as witchcraft, black magic, sorcery, horoscopes, blood sacrifices, etc. *The Book of Enoch* reports that humanity learned from fallen angels, and demons, how to do the rituals, incantations, oaths, etc. to open up portals and new demonic metaverses.

In modern times, within the past century, one of the most popular metaverse games is Dungeons & Dragons, which was placed on the market in 1974. D & D incorporates ancient witchcraft at its highest level to open up portals to the demonic metaverses. Users create their own world and avatar (identity) to their specifics.

In the 90's I was a group home counselor in Carmichael, California. We had a 17-year-old resident named David, who was serving time at the group home for the criminal offense of burglary. He performed a satanic ritual within the home and brutally sacrificed a cat to the devil. According to David's counseling file, his I.Q. tested at the genius level. David was an eccentric, yet pleasant kid, who enjoyed conversing about science and the paranormal.

One day he began talking about his spiritual beliefs. He explained to me how he had worked his way up through the ranks of Dungeon and Dragons to become a Dungeon Master. He told me how in his metaverse, he had created his own village, in medieval times fashion, in which he was the mayor. He had servants, chefs, and a harem of women, in which he said the intimacy was as real and sometimes more accurate than the natural

realm. He said his townspeople loved and adored him, and served him day and night. This was huge for David because he grew up in a household of neglect and abuse.

David explained how the Dungeon and Dragons game started off as just a board game, then once he had mastered the board game level, he was promoted to the next level, which was hallucinogenic drugs (Pharmakia, greek for "witchcraft"). It is a common ancient method of pagan religions all over the world, to enter into the spirit realm by taking Phamakia (drugs). David conveyed that at this stage of the game, you are now one with the game and it becomes overwhelmingly addicting.

His next level after the hallucinogenic drugs phase was Dungeon Master. At this phase, he was introduced to astral travel. Astral travel is a cultic-witchcraft practice where an individual goes into a deep state of meditation and detaches their soul from their body, to travel out and about. David was able to astral travel out of his body, into the portal of the medieval metaverse he had created.

It was very interesting to hear David explain how he had designed his avatar (metaverse body) to have better hearing, faster speed,

stamina, etc. He literally showed me a diagram rendering of his body, which looked half-animal and half-human. Though David boasted about the euphoria and self-gratification he experienced in his world, and how he could go into his metaverse any time he wanted, there lay an ongoing fear and torment within him about his utopian world.

I remember one day we were conversing and I was sharing with Him the Gospel of Christ. He listened very respectfully and intently. I then warned him that his metaverse was truly demonic. To my surprise, I got no resistance or argument from him. He then quietly told me that he had a horrifying experience on one of his journeys to his metaverse that validated him without any doubt that Satan genuinely ruled his wonderful world.

He told me the story that one day walking through his village, he had the thought to put up a Holy cross in the middle of the village town square. He commanded his workers to do so which they did. Upon doing so, the townspeople begin to act very strangely and distant from him. He said one evening he held a big dinner banquet, and his chef came out and brought him a special dressed-up plate of his favorite foods. He said he went to get a

spoonful of soup and then he soon realized that he had been poisoned.

He stated the town people, including his closest friends became so hateful and evil, laughing, and mocking him, as he was dying. He said the betrayal and the evil projected on him, from those he had called his loved ones, was unbearable to his soul. He said it was the worst thing he had ever experienced.

Surprisingly, he said after he had died in his metaverse and came back to this world, he became homesick, missing the metaverse, and decided to take the risk and venture back again through astral travel. When he arrived, he noticed the Holy cross had been removed and destroyed. Strangely, things had returned back to normal, as if that terrible event never happened. However, he knew within his heart that he could never truly trust the villagers again. Having come to grips with this truth was depressing and tormenting to him, knowing his loved ones were really not loved ones, but demons in virtual costumes.

I wish I could tell you David converted to Christianity, but sadly he chose not to at that time. Like many others, he was not done being god of his own metaverse.

Now back to the digital high-tech Metaverse that's recently been rolled out. Though it's digital and the metaverse is entered in through computer hardware, the concept is the same as the spiritual. The objective is to create an alternative world, outside of God's world, where the user becomes like a god.

Mark Zuckerberg and Elon Musk are on record projecting that within 10 years, there will be no need for digital hardware, humans will be wirelessly connected to the Metaverse through a digital implant in the brain.

Graphics, smell, touch, and sound will be at a higher-definition frequency than in real life. Developers are predicting that many people won't ever want to leave their metaverse, in that unlike the real world, they will believe they can control every aspect of their world, again, like a god.

Does that mean that Christians should not participate in the Metaverse? We know in the '90s, many felt that way about the Internet. We see society has woven the internet into every aspect of life, whether making a medical appointment, job searching, training, or working, the internet is clearly here to stay.

It's true the internet is being utilized to propagate extreme evil, yet on the other end of the spectrum, the internet has been utilized and is still being utilized as a powerful catalyst to preach the Gospel of Christ, winning countless souls to the Heavenly Kingdom.

Just as Daniel lived in Babylon, and Joseph lived in Egypt, and these kingdoms were both very evil and paganistic societies, yet God was still capable of leading these men of God by His Holy Spirit to bring forth His Glory.

The best advice I can give you about whether you should participate in the metaverse or not would be the following:

*Trust in the Lord with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall [a]direct your paths.*

*Proverbs 3:5-6*

## Chapter 21

### Music Industry & Private Prison-Social Engineering Conspiracy

#### MTV & BET INVESTING IN PRIVATE PRISONS

#### Rap Music & Private Prison Partnership Conspiracy Exposed

**I**n the '90s, the rap industry swiftly changed from the urban rhythmic battle of “Rocking the Mic” to a deadly game of disrespect and war of words between East and West Coast rap groups, Bloods, Crips, Gangster Disciples, etc. This new “gangsta rap” trend exploded out of nowhere and soon local wannabe rap groups were transforming themselves into street gangs, taunting and challenging the neighborhood gangs in their territory, which is now known as “drill music”. I talked with a man in Sacramento, California whose son was killed after he and his gang made a rap video disrespecting a rival neighborhood gang. He was killed in a drive-by-shooting in

less than 24 hours after the video was aired on Youtube.

Since the early '90s, the rap game has taken a very dark and diabolical turn. It changed from the creative battle of rhyming lyrics to who is "slanging" (selling) the most drugs, pimping the most women, and killing the most rivals ("opps").

How did this come to be? I can sum this up with one verse from the Holy Bible, "The love of money is the root of all evil." (1 Timothy 6:10).

America's slave industry has resurrected itself. It's larger, stronger and more profitable than ever before and has legally reinvented itself. This new slavery has nothing to do with race, but souls. It's illegal to capture and enslave a human being. It's called "human trafficking"; however, the modernized slave owner has learned through new advancements in psychology and technology that if you can capture an individual's mind, the body will follow into its own captivity. I have personally coined these modernized captors, techno-slave masters.

The rap audience has become the modern-day plantation for these techno-slave masters

who reside on Wall Street. These slave masters don't have to use the big sea ships, rifles and shackles. They have upgraded from their predecessors to the wireless technology of the frequency of musical airwaves. The gangster rappers and entertainers have become the new "Uncle Toms" using the frequency of music to entrap the minds of the masses. They are more than willing to sell their souls for wealth, fame and a nicer house on the plantation. I'm talking about Uncle Toms like Jay Z, Lil Wayne, Eminem, and so on.

Who are these techno-slave owners and what does music have to do with it? Well, it's a very finely-tuned, covert, and intricate system which has been a dirty little profitable secret of some of the New World Order's elites since the early '90s. These new techno slave owners or "handlers" are a diabolical syndicate of private prison corporations, pharmaceutical companies, and the entertainment industry.

How did this all come to light? Well, what blew this conspiracy wide open, was an anonymous letter that surfaced on the Internet in 2013. This letter was brought to my attention by a Hollywood insider, prompting me to do a little investigating. Not

to my surprise, the claims by the author checked out, even according to Wall Street's accounting system.

The European author of the letter claimed to be a former executive of a major record label in the United States. He stated he wrote the letter to clear his conscience after seeing the diabolical impact the rap industry was having on the youth in America. The letter was regarding a secret industry meeting held back in 1991 between the music and private prison industry on the topic of taking rap music in a new direction for more profit. The following is the anonymous letter.

*“After more than 20 years, I’ve finally decided to tell the world what I witnessed in 1991, which I believe was one of the biggest turning points in popular music and ultimately, American society. I have struggled for a long time weighing the pros and cons of making this story public as I was reluctant to implicate the individuals who were present that day. So, I’ve simply decided to leave out names and all the details that may risk my personal wellbeing and that of those who were, like me, dragged into something they weren’t ready for.*”

*Between the late '80s and early '90s, I was what you may call a "decision maker" with one of the more established companies in the music industry. I came from Europe in the early '80s and quickly established myself in the business. The industry was different back then. Since technology and media weren't accessible to people like they are today, the industry had more control over the public and had the means to influence them anyway it wanted. This may explain why in early 1991, I was invited to attend a closed-door meeting with a small group of music business insiders to discuss rap music's new direction. Little did I know that we would be asked to participate in one of the most unethical and destructive business practices I've ever seen.*

*The meeting was held at a private residence on the outskirts of Los Angeles. I remember about 25 to 30 people being there, most of them familiar faces. Speaking to those I knew, we joked about the theme of the meeting as many of us did not care for rap music and failed to see the purpose of being invited to a private gathering to discuss its future. Among the attendees was a small group of unfamiliar faces who stayed to themselves and made no attempt to socialize beyond their circle. Based on their behavior and formal appearances, they didn't seem to be in our industry. Our*

*casual chatter was interrupted when we were asked to sign a confidentiality agreement preventing us from publicly discussing the information presented during the meeting. Needless to say this intrigued and, in some cases, disturbed many of us. The agreement was only a page long but very clear on the matter and consequences which stated that violating the terms would result in job termination. We asked several people what this meeting was about and the reason for such secrecy but couldn't find anyone who had answers for us. A few people refused to sign and walked out. No one stopped them. I was tempted to follow but curiosity got the best of me. A man who was part of the "unfamiliar" group collected the agreements from us.*

*Quickly after the meeting began, one of my industry colleagues (who shall remain nameless like everyone else) thanked us for attending. He then gave the floor to a man who only introduced himself by first name and gave no further details about his personal background. I think he was the owner of the residence but it was never confirmed. He briefly praised all of us for the success we had achieved in our industry and congratulated us for being selected as part of this small group of "decision makers." At this point I begin to*

*feel slightly uncomfortable at the strangeness of this gathering. The subject quickly changed as the speaker went on to tell us that the respective companies we represented had invested in a very profitable industry which could become even more rewarding with our active involvement. He explained that the companies we work for had invested millions into the building of privately owned prisons and that our positions of influence in the music industry would actually impact the profitability of these investments. I remember many of us in the group immediately looking at each other in confusion. At the time, I didn't know what a private prison was but I wasn't the only one. Sure enough, someone asked what these prisons were and what any of this had to do with us. We were told that these prisons were built by privately owned companies who received funding from the government based on the number of inmates. The more inmates, the more money the government would pay these prisons. It was also made clear to us that since these prisons are privately owned, as they become publicly traded, we'd be able to buy shares. Most of us were taken back by this. Again, a couple of people asked what this had to do with us. At this point, my industry colleague who had first opened the meeting took the floor again and answered our questions. He told us that since*

*our employers had become silent investors in this prison business, it was now in their interest to make sure that these prisons remained filled. Our job would be to help make this happen by marketing music which promotes criminal behavior, rap being the music of choice. He assured us that this would be a great situation for us because rap music was becoming an increasingly profitable market for our companies, and as employees, we'd also be able to buy personal stocks in these prisons. Immediately, silence came over the room. You could have heard a pin drop. I remember looking around to make sure I wasn't dreaming and saw half of the people with dropped jaws. My daze was interrupted when someone shouted, "Is this a f\*\*\*\*\* joke?" At this point things became chaotic. Two of the men who were part of the "unfamiliar" group grabbed the man who shouted out and attempted to remove him from the house. A few of us, myself included, tried to intervene. One of them pulled out a gun and we all backed off. They separated us from the crowd and all four of us were escorted outside. My industry colleague who had opened the meeting earlier hurried out to meet us and reminded us that we had signed the agreement and would suffer the consequences of speaking about this publicly or even with those who attended the meeting.*

*I asked him why he was involved with something this corrupt and he replied that it was bigger than the music business and nothing we'd want to challenge without risking consequences. We all protested and as he walked back into the house I remember word for word the last thing he said, "It's out of my hands now. Remember you signed an agreement." He then closed the door behind him. The men rushed us to our cars and actually watched until we drove off.*

*A million things were going through my mind as I drove away and I eventually decided to pull over and park on a side street in order to collect my thoughts. I replayed everything in my mind repeatedly and it all seemed very surreal to me. I was angry with myself for not having taken a more active role in questioning what had been presented to us. I'd like to believe the shock of it all is what suspended my better nature. After what seemed like an eternity, I was able to calm myself enough to make it home. I didn't talk or call anyone that night. The next day back at the office, I was visibly out of it, but blamed it on being under the weather. No one else in my department had been invited to the meeting and I felt a sense of guilt for not being able to share what I had witnessed. I thought about contacting the three others who were kicked out of the*

*house, but I didn't remember their names and thought that tracking them down would probably bring unwanted attention. I considered speaking out publicly at the risk of losing my job, but I realized I'd probably be jeopardizing more than my job and I wasn't willing to risk anything happening to my family. I thought about those men with guns and wondered who they were. I had been told that this was bigger than the music business and all I could do was let my imagination run free. There were no answers and no one to talk to. I tried to do a little bit of research on private prisons but didn't uncover anything about the music business' involvement. However, the information I did find confirmed how dangerous this prison business really was. Days turned into weeks and weeks into months. Eventually, it was as if the meeting had never taken place. It all seemed surreal. I became more reclusive and stopped going to any industry events unless professionally obligated to do so. On two occasions, I found myself attending the same function as my former colleague. Both times, our eyes met, but nothing more was exchanged.*

*As the months passed, rap music had definitely changed direction. I was never a fan of it, but even I could tell the difference. Rap acts that talked about politics or harmless fun*

*were quickly fading away as gangster rap started dominating the airwaves. Only a few months had passed since the meeting, but I suspect that the ideas presented that day had been successfully implemented. It was as if the order had been given to all the major label executives. The music was climbing the charts and most companies were more than happy to capitalize on it. Each one was churning out their very own gangster rap acts on an assembly line. Everyone bought into it, consumers included. Violence and drug use became a central theme in most rap music. I spoke to a few of my peers in the industry to get their opinions on the new trend, but was told repeatedly that it was all about supply and demand. Sadly, many of them even expressed that the music reinforced their prejudice of minorities.*

*I officially quit the music business in 1993, but my heart had already left months before. I broke ties with the majority of my peers and removed myself from this thing I had once loved. I took some time off, returned to Europe for a few years, settled out of state, and lived a “quiet” life away from the world of entertainment. As the years passed, I managed to keep my secret, fearful of sharing it with the wrong person, but also a little ashamed of not having had the balls to blow*

*the whistle. But as rap got worse, my guilt grew. Fortunately, in the late '90s, having the internet as a resource, which wasn't at my disposal in the early days, made it easier for me to investigate what is now labeled the prison industrial complex. Now that I have a greater understanding of how private prisons operate, things make much more sense than they ever have. I see how the criminalization of rap music played a big part in promoting racial stereotypes and misguided so many impressionable young minds into adopting these glorified criminal behaviors which often lead to incarceration. Twenty years of guilt is a heavy load to carry, but the least I can do now is to share my story, hoping that fans of rap music realize how they've been used for the past two decades. Although I plan on remaining anonymous for obvious reasons, my goal now is to get this information out to as many people as possible. Please help me spread the word. Hopefully, others who attended the meeting back in 1991 will be inspired by this and tell their own stories. Most importantly, if only one life has been touched by my story, I pray it makes the weight of my guilt a little more tolerable.*

*Thank you.*

*(Anonymous author, 2013)*

Let me break down how it works, and how profits are made. The two major prison companies are CCA (Corrections Corporation of America) and the GEO Group. The number one shareholder for CCA and the GEO Group is The Vanguard Group, who holds shares in Viacom, which owns BET and MTV, the two major catalysts for the gangsta rap movement. Other shareholders are General Electric, which owns substantial shares in Universal, which owns significant shares in Interscope Records, which owns Suge Knight's Death Row Records. There is also Russell Simmons, CEO of Def Jam, a significant catalyst and pioneer in the gangsta rap and thug industry movement.

Private prisons earn on average \$122+ per day from the federal government per inmate. Techno-slave masters have the opportunity to double dip, earning extreme bonuses from the mass quantities of medication their syndicated pharmaceutical companies distribute out to the prisoners. Not only to prisoners, but also to the growing mental illness epidemic in free society, cultivated by the street drugs, violent and illicit behaviors, they're pushing throughout the music.

## **Examples**

Witchcraft in the music industry is now continuous mainstream news. The industry has profited on the aftermath of the violence which the music cultivates through witchcraft, affecting both gang members and those in the community. I'm talking about the shootings and killings that create post-traumatic stress disorders (PTSD), depression, anxiety, and panic attacks in so many individuals. Not just for the direct victims, but the secondary victims such as the family, friends and neighbors, who are impacted by these crimes and deadly addictions.

Many of these individuals get on pharmaceuticals just to cope with all the violence in their community. This creates billions of dollars of revenue for the pharmaceutical industry which the music industry invests in and profits heavily from.

Don't be mistaken. The thug movement is not just encapsulated within the rap industry, but in the '90s these techno-slave owners discovered that the "thug mentality" movement could also be transferable to R&B, pop, rock, punk music and more, and also infused into movies, television and video games.

In the pharmaceutical industry these technoslave masters invest in the elite Pharma companies such as Vertex Pharmaceuticals, Astellas Pharmaceuticals and Rexahn Pharmaceuticals. They have highly lucrative contracted ties to these youth and adult correctional facilities.

(Note: I want to make it clear that I don't believe that all pharmaceuticals are bad. I'm talking about those in the industry who purposefully abuse the use of pharmaceuticals for financial gain. Nor do I believe all those who invest or work in these financial groups or in these private prisons are bad individuals. I know many of them are decent, God-fearing people. I'm addressing the minority in these groups who are aware and have helped to orchestrate this diabolical plan of propagating the thug mentality through the media.)

As a retired correctional counselor for the California Department of Corrections and Rehabilitation, I know firsthand that medicating inmates is big business. Again, the pharmaceutical industry is a trillion dollar business. Unfortunately, I have witnessed too many psychiatrists zealous to start medicating instead of educating inmates.

Bottom line, medicating is more profitable than cures.

(Note: I want to make it clear that not all mental health staff believe this way. I have worked with and have learned from a lot of great psychologists and psychiatrists who truly have a desire to help individuals and would only prescribe medication after all other treatment attempts had failed.)

### **The Techno-Slave Master's Process**

A male youth comes to juvenile hall hallucinating after taking "Molly" (Ecstasy), a drug promoted by the rap industry. He is immediately medicated with psychotropic meds by the clinical staff. Staff observes and documents the youth portraying a hostile disposition, so he is also medicated for his hostile and aggressive behavior. These drugs transform him into a stoic, zombie like state, which leads to depression and anxiety, which leads to more medication.

After a period of time, the youth is released, with a strict regimen of medication scheduled three times a day. This youth most likely will not stick to the medication schedule nor the medication once released, but it is prescribed

anyway. The typical pattern is that the youth will likely hit the streets, self-medicating himself with street drugs, alcohol, promiscuous sexual encounters, partying and erratic adrenaline rush expeditions, such as gang banging and other criminal activities.

This will lead to the brain chemistry becoming even more off balance, which will eventually place them back into the correctional system, many times with an STD (sexually transmitted disease), back on their medication and then some. It's a setup, which is making these techno-slave masters wealthy beyond measure.

These corporate slave masters are the puppeteers and screenwriters for this well-orchestrated New World Order production. They simply direct the music industry which they have ownership in, to write the depraved scripts and then transmit them out through the music and the videos, which they know by previous testing, a large percentage of their target demographic will naively act out, driving them into their own self-destructive mental and spiritual captivity. Those who buy the music for the entertainment value, though don't act it out, are just as important to the cycle. They are the primary funders, or silent

investors, and willing marketers of this destructive and deadly cycle.

Fidelity, which is in the techno-slave master syndicate, is a significant shareholder of Rockstar Games Inc., a company infamous for their violent and depraved video games such as Grand Theft Auto (GTA). In this game, you, as the player, are awarded points by committing crimes as a dope dealer, car jacker, rapist, gang banger, and even a killer. In a recent podcast titled, "Grand Theft Auto Exposed" I featured a segment of the Nut Case gang, which was heavily influenced by the GTA game. This group of individuals became so "pumped up" by the game, that they went to the streets, committing violent crimes such as robbery, carjacking and even murder for points. What's really shocking and diabolical is, you can purchase this game at Toys R Us.

Other than the most obvious argument, that video games have been able to lure, entertain and captivate many children from healthy and vigorous outdoor play in the sunny park, there is research now supporting that certain video games are causing detrimental behavioral changes in children, such as aggressive, impulsive and violent behavior by influencing their mindset with deviant values.

Children who play violent video games may experience an increase in aggressive thoughts, which in turn, could boost their aggressive behavior, a controversial study conducted in Singapore stated. In the study, children ages 8 to 17 who played a lot of violent video games showed an increase in aggressive behavior such as hitting, shoving and pushing (three years later), compared to their behavior at the beginning of the study.

### **Video Game Study**

Source: [newsmax.com](http://newsmax.com)

Meanwhile, those who decreased the amount of time they spent playing violent video games saw a decrease in aggressive behavior, the researchers said.

*"The reason for the increase in aggressive behavior was that children who played a lot of violent video games had an increase in aggressive thoughts: for instance, they were more likely to interpret an ambiguous act, like someone bumping into them, as hostile" said study researcher Craig Anderson, a psychologist and professor at Iowa State University. "They were also more likely to see aggressive behavior as an appropriate way to*

*respond to provocation" Anderson said. "Children and adolescents who play a lot of (violent) games change over time, they start to see aggressive solutions as being more reasonable, ways to respond to conflict or frustration," Anderson told Live Science.*

*(Newsmaxhealth.com, 2014)*

*<http://www.newsmaxhealth.com/Health-News/violent-video-games-aggression/2014/03/25/id/561521/>*

As a retired Correctional Counselor for the California Department of Corrections and Rehabilitation, I can validate the above research from my own personal experience. I remember writing my book, "Thug Mentality Exposed", in a coffee shop in a gang-infested area of Sacramento, California. Across the street there were some posters that captured my attention. They first appeared to me as movie poster ads. The ad, plastered in multiple rows across the wall of an abandoned building, was for the infamous video game *Grand Theft Auto, San Andreas*.

Again, initially I believed it to be a movie poster. However, with closer examination, I realized it was actually a video game ad. My first thought being, why would a company advertise a game glorifying a violent felony offense of carjacking in this gang-related part

of the city? I later discovered that it was the number one selling game in America at the time. The next day I decided to continue my research of this game while at work at the N.A. Chaderjian Youth Correctional Facility in Stockton, California. At the time, the institution housed California's most violent inmates between the ages of 18-25. That morning I was working on a lock-up unit, where the most assaultive inmates in the facility were housed. We would escort the inmates solo, paired by staff in full restraints, into the recreational yard, where they would be placed in individual recreational cages. There were seven cages, in the shape of a "U." These inmates, who were rivals of each other, would curse back and forth, disrespecting each other's gang, family, mother, "dead homies", girlfriends, etc. for the entire three hours of their recreational period.

Irritated by this monotonous daily routine during the program time, I decided to distract their battle of insults with a simple question. "Have you guys played Grand Theft Auto?" To my surprise it stopped them in their tracks. Not only did it bring forth an enthusiastic response, but also cultivated a friendly conversation between the rivals.

The following is excerpted from my book, “Thug Mentality Exposed”:  
(Inmate testimonials)

“Yeah I played it at my old lady’s house,” a White Supremacist gang member yells out to a Fresno Bulldog gang member in an enthusiastic manner as he animates how the video game character he was controlling “jacked” an innocent driver for their car. The Bulldog yells back with mirrored enthusiasm, “You can have shootouts with cops.” Another inmate from the cage across shouts, “You can kill cops.” A few of them begin to smile and shake their heads in agreement towards each other after reminiscing together about the violent acts that they committed playing within the video game world. They then, one by one, start rambling off a list of other violent and hostile video games on the market. An inmate yells out with a passionate voice, “I want to see blood. I can’t play a game without blood!”

At this time, I can’t take any more. I have to ask them a question. “Why do you like these video games?” I ask in a subtle and sincere tone. The inmate with the “mark of the beast (666)” and a barcode tattooed on the back of his neck looks at me calmly and replies with sincerity and says, “You want a game that’s

going to show you how reality is, that's not going to hide it." Right after his reply, a ward yells out, "You play that 'Sniper' game," as he chuckles he says, "I used to snipe civilians and everything."

The most disturbing part of the discussion was when an inmate told me you can get a download to the game Grand Theft Auto which will allow the player to pick up a prostitute, beat and rape her, then kill her. As an inmate was educating me on this, another one yelled out, "And you get hood points for killing her."

*"I Loved The Game Because I Would Love To Do Work For The Mafia"*  
(Inmate essay)

*"I had this one game called "Driver" and it was cool because this dude would ride around town doing business with the Italian mafia and they would send him on missions to kill certain enemies they wanted dead to rob and steal money from rich guys, to wreck and crash into other enemy vehicles and to pick up women they called show girls that worked for the mafia. I loved the game because I would love to do work for the mafia for the amount of money they were putting*

*out for this “driver” dude. He was making \$50,000 a mission and in four missions that’s \$200,000 so in ten missions you are making a cool amount of money so that’s why that video game has me deeply entrenched.*

*“Grand Theft Auto, Vice City,” this game also has a lot to do with mafia because this Italian guy himself is running around a city killing people for money, he has to eat, sell dope, do missions or hits for an extraordinary deal of a lot of money. It has entrenched me because I will do the same to sell dope, kill for money at the same time, do business with a mafia that is mandatory going to pay me some damn good money to make these hits. I would put my life on the line for \$50,000 a hit and the hits are not complicated you could do them if you put yo mind to it and you won’t falter if you do it the way it is suppose to be done; second have your mind set on accomplishing it not being shaky having low self-esteem being paranoid and different feeling that you have when you know you are doing things you're not supposed to be doing. This is why some negative video games pump me up and have me somewhat deeply entrenched.”*

In closing, again, the real tragedy is that an individual can purchase games like these at their neighborhood department store.

Never underestimate the power of a video game. Simply put, a book tells us something, a movie shows us something, music lets us listen to something, but video games allow an individual to actually do something.

### **Psychological Warfare Strategy**

Why are musical lyrics the weapon of choice for the enslavement process? Lyrics are just a creative assortment of words to create a message. What is within the power of a word? Well, think about it. A word becomes a thought, a thought becomes imagination and imagination becomes a desire. The Bible says in Proverbs 18:21, that “Life and death are in the power of the tongue”.

As these techno-slave masters fund the music industry within their syndicate to seek talent, produce albums, videos, and concerts with criminal and immoral content, they understand that as it is systematically and continuously pumped through the airwaves. Scientific research and data has validated that new beliefs and behaviors will occur in the consistent listener, I discuss this in

Chapter 18, referencing Dr. Roy H. Williams' research on music and the brain.

Ephesians 2:2 tells that Satan is the prince of the air, who works in those who are disobedient. The media and entertainment industry, in partnership with the private prison industry, has utilized the free air as a catalyst, to deploy their diabolical frequency content into the souls of humanity.

## CHAPTER 22

### Discerning Godly Vs. Toxic Relationships

**A**t the core of the foundation of our life is our relationships. We have had good ones and toxic ones. Our relationships, starting first with our relationship with God, creates the foundation in our life, whether good or bad. Period.

Relationships will shape us, make us or break us. God's Word, the Holy Bible has a lot to say about relationships. Taking heed to Biblical wisdom will save you from a lot of trouble and pain. It's true, you can't judge a book by its cover, nor a gift by its wrapping paper.

Every aspect of our lives is entangled in various relationships at different levels. Our relationships with our:

- Parents
- Siblings
- Spouse (ex)
- Friends
- Social Media
- Enemies (Gangs, Bullies, etc...)

- Co-Workers
- Business
- Pastor
- Teachers
- Counselors
- Physician
- Coaches
- Barber/Hairdresser
- Law Enforcement
- Government Workers
- etc.

Again, some are good, some bad. I'm not going to go deep into the dynamics of all these types of relationships; it would be endless, but I'm going to keep it biblically simple when it comes to discerning and choosing and interacting in good relationships, and how to interact and avoid the toxic ones.

It all must start first with our relationship with God. If that's not aligned right, none of our relationships will be aligned right. It doesn't matter how prosperous, happy, and solid the relationship appears. They will eventually deteriorate and come crashing down if they are not in alignment with God.

Then we need the right spiritual ingredients to discern, be led, and interact in our

relationships in a healthy way. Those ingredients only come through the "Born Again" experience, by the repenting of sins to God, acknowledging and confessing Yeshua as Lord and Savior, forgiving others, and making God's Word, the Holy Bible, the uncompromised standard for living.

The Fruits of the Spirit are the ingredients in our new Christ spirit through being Born Again. God's Word decrees in 2 Corinthians 5:17 the following:

*Therefore **if any man be in Christ, he is a new creature**: old things are passed away; behold, all things are become new.*

The fruits or characteristics of our new Christ spirit are:

*But the fruit of the Spirit is **love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance**: against such there is no law.*

*Galatians 5:22-23*

The divine key is, no matter what, when interacting in any relationship, whether the person is of good or bad character, we are commanded by God to keep our behavior and attitude within the confines of the "Fruits

of the Spirit" (Galatians 5:22). This doesn't mean being a doormat; it means we must be led by the spirit of Christ, in order for us to be an effective ambassador for the Kingdom of God.

Don't worry about someone getting away with something; God says vengeance is His (Romans 12:19). That doesn't mean you don't report a crime or confront injustice. It means learning to let the Holy Spirit establish your thoughts before you interact and take action. When we do this, we can boldly decree God's promise in Romans 8:28, which tells us, "all things work for the good for those who love God and are called to His purpose". If we obey God in all our ways, it will eventually work out for our good. That means whether you are:

- *Lied and slandered on.*
- *Cheated on (Adultery)*
- *Stolen from*
- *Wrongly Fired from your job*
- *Assaulted*

God is a good and just God, He will always work it out to your good, on the condition you forgive, ask for forgiveness, and walk in the characteristics of your new Christ spirit. You have to know and trust God, that He is good

and just, none of us get away with anything. We reap what we sow. With that being said, God is full of mercy, grace and compassion. Thank God He has not punished us as we have deserved to be punished according to Psalm 103:10.

*He will not always chide: neither will he keep his anger for ever. He hath not dealt with us after our sins; nor rewarded us according to our iniquities.*

*Psalms 103: 9-10*

When we truly walk in Christ's love, we will want justice; however, we will want God's mercy, grace and compassion for others. The fruits of the Spirit are developed through exercising and practicing God's Word. God tells us in Joshua 1:8 in a "nutshell" how to accomplish this.

*This book of the law shall not depart out of thy mouth; but **thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.***

Obedying this is the key to keeping your alignment and relationship right with God.

In closing, make these scriptures a cornerstone in all your relational interactions:

*Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the Lord, and depart from evil. It shall be health to thy navel, and marrow to thy bones. Proverbs 3:5-8*

Acknowledge God in all your interactions and trust Him to lead you. Allow Him to establish your thoughts, in what to say, and what to do in your daily interactions in all your relationships. In doing so, you will have success in all you do.

That doesn't mean all your relationships will be prosperous, happy and long lasting. No, because people have their own individual will to choose if they will serve God, and live by His standards, or to live the contrary.

Either way, God has promised you as His child, by meditating and obeying His Word, you will be prosperous and successful in all you do. At times it may not look like it, but God is faithful. Be patient and it will work out to your good, as our Heavenly Father has promised.

## Chapter 23

### GOOD TACT VS. BAD TACT

*A soft answer turneth away wrath: but  
grievous words stir up anger.  
Proverbs 15:1*

*Death and life are in the power of the tongue.  
Proverbs 18:21*

**M**any people go through life perplexed as to why it's so hard for them to make friends and maintain stable relationships and employment. They have the mentality that it's them "against the world" and that most people in general are out to get them. They live their lives from one crisis to another. Their excuse for their relational conflict is most people are too sensitive, have no sense of humor or don't like them. Therefore, they walk around in life with a "chip" on their shoulder, being very defensive and often unpleasant.

They believe if everyone and everything would come into agreement with them, then all aspects of their lives would fall into place perfectly. They are oblivious to the fact that it

is their own attitude and behavior which is creating their problems.

They have “bad tact” which equates to poor communication skills which equal poor relationships, and brings forth ongoing problems.

My successful sales and marketing trainer once told me “Communication is only 10% of what you say and 90% of how you say it.” Individuals with bad tact are like a bull walking into a "china shop" attempting to deliver a message. They may succeed in delivering the message; however, much merchandise is broken in the process. These individuals are reckless with their words and have no or little regard for other people’s feelings. Their only goal is getting their message across to their own satisfaction.

They have no filter or mind editor, or just choose not to use it.

The following are examples of statements that people with bad tact make:

- “Is that gray I see? You’re getting old, huh?”
- “Are you gaining weight?”
- “You’re too skinny.”

- “I didn’t recognize you without your makeup.”
- “You’re losing your hair, huh?”
- “I like your car, but you should see John’s.”
- “Your nose is pretty big.”
- “I didn’t know your ears were that big until you cut your hair.”
- “What’s that spot on your face? Is that a birthmark?”

You would be surprised at how many individuals spend countless hours worrying and distressed about their physical insecurities. They don’t need us to remind them of those insecurities, even in a joking manner.

They might laugh at the joke, but many times it’s just a mask to cover up the offense and hurt. It’s OK to have a sense of humor and to joke, but be sensitive to others. Joke with people about appropriate subjects that won’t be offensive to them or that might damage their self-esteem. We all have our own insecurities; think how embarrassed you felt when people have gone out their way to comment on yours.

Karen Carpenter was a well-renowned singer in the 1970s who heard a reporter referring to her as “chubby.” That comment so hurt her

self-esteem that she became obsessed with losing weight. It developed into a mental illness, anorexia, which she later died from. “Life and death are in the power of the tongue.” (Proverbs 18:21)

### **Dampening Someone’s Glory**

- “That’s nothing, I caught a fish this big.”
- “That’s good, but my grade point average in high school was 3.8.”
- “That’s all? I made over \$50,000 last year.”
- “You did a good job, but that’s easy.”
- “Your car is nice, but I would have waited and got the newer model.”

Think how good it feels when you accomplish or win something that you have worked hard at. Now, would you appreciate someone putting a dark cloud over your achievement by minimizing it? Of course not! So we shouldn't do it to somebody else. Be humble and happy for others' accomplishments. Don't rush to try to compare and challenge your accomplishment with theirs; they won't appreciate it and neither would you.

*Let another man praise thee, and not thine own mouth; a stranger, and not thine own lips.*

*Proverbs 27:2*

## **Speaking One's Mind Recklessly**

*A fool uttereth all his mind: but a wise man keepeth it in till afterwards.*

*Proverbs 29:11*

There are individuals who boast about being a “straight shooter” or “telling it how it is.” They take great pride in being bold enough to say just what’s on their mind, without sending it through their cognitive editing room.

Yet, when others return fire on them, by speaking their unedited version of their mind, they are appalled, offended, deeply hurt and angered. Motivational speaker John Maxwell has some great advice about confronting others. He explains before you confront that you must sincerely care about them and you must demonstrate that in your mannerisms when you’re confronting them. People respond better to constructive criticism when they know that the person doing it truly cares for them.

As a former correctional counselor, I remember obtaining some wise and anointed advice from a ministry friend who told me

"Discipline without relationship produces rebellion." This piece of wisdom helped me tremendously not only as a counselor, but as a parent and every other relationship.

*A word fitly spoken is like apples of gold In settings of silver.*

*Proverbs 25:11*

## **Active Listening Skills**

Learning to listen attentively before speaking is a wise habit. Nothing is more annoying than having someone interrupt your sentence to give a comment when you haven't even finished yours. This leaves them with the feeling that the other person does not believe what they say is important or that they're not important. Speaking an uncensored mind is not wise. God's Word tells us the following:

*He that keepeth his mouth keepeth his life:  
but he that openeth wide his lips shall have  
destruction.*

*Proverbs 13:3*

*Wherefore, my beloved brethren, let every  
man be swift to hear, slow to speak, slow to  
wrath*

*James 1:19*

## **Basic Manners**

Basic manners are learning to say “thank you” and “you’re welcome” to anyone who extends a kind act towards you. Most individuals do not mind helping and assisting others as long as the person demonstrates genuine appreciation.

Nobody wants to feel used and unappreciated. Make it a habit to demonstrate appreciation, even for the small things. Next time someone offers or gives you something, give them a big smile, and a “thank you” or a “no, thank you.” Never take anyone’s kindness for granted or as a sign of weakness.

*To speak evil of no one, to avoid quarreling, to be gentle, and to show perfect courtesy toward all people.  
Titus 3:2*

## **Using Profanity**

There is a proverb that says, and rightly so, that “Profanity makes ignorance audible”. Many individuals use profanity as adjectives, conjunctions and nouns. Many believe that using profanity gets their point across

stronger or makes their joke funnier. It is usually because there is an audience that believes the same thing. Why? Most could not even give you a logical answer.

In truth, the profanity they are using makes no logical sense in their sentence structure. These words inappropriately describe obscene elements of our society and are immoral, disrespectful and inappropriate in our communication with others. The use of profanity is a clear sign that one needs to expand one's vocabulary and clean up of their personal morals and values.

The main disadvantage of cursing is that the one who curses actually curses themselves. This is a spiritual law from the Word of God.

*But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment.*

*Matthew 12:36*

## **Attire**

Attire comes down to common sense. I remember working as a counselor at a group home and coming on shift after about four of

our residents had come back from a job search. They came into the house discouraged, claiming they were the victims of racial profiling. These teenagers had their hats tilted, braided hair, pants sagging with their shirts out, walking with a “gangster stroll.” They didn’t understand that when walking into someone’s business, asking for a job, they must display to the employer that they can fit the profile characteristics, attire and grooming standards required for a position in their establishment.

I sat them down, and told them when you go for a job interview, you’re asking to work for them, so don’t expect for them to change a policy or standard for you. I said when you start your own business, you can wear your clothes and hair however you want. When you ask to work for someone else, unless it’s immoral, you must be willing to humbly conform to their policies and culture if you desire to be employed there.

## **In Summary**

Good tact is the key to successful communication, even with those who are challenging to get along with. Treating others as you want to be treated is the key. We

accomplish this by putting ourselves in the shoes of the person we are communicating with and try to visualize things from their perspective and not just our own.

Practicing this will give you a deeper understanding and knowledge about people and life in general. You will obtain respect from others, and some long-lasting, meaningful friendships to go along with it.

God's Word says “you reap what you sow” (Galatians 6:7) meaning that if you plant seeds of hostility, you will get a harvest of hostility back on you. If you plant seeds of kindness, you will get back a harvest of kindness.

### **Here are 12 Key Points of “Good Tact:”**

1. Be humble; don't brag and praise yourself.
2. Be sincerely happy about others' successes; don't compete with or attempt to minimize them.
3. It's not just what you say; it's how you say it (Non-verbal communication).
4. Do not gossip and use profanity.
5. Do not point out others' insecurities, unless you can sincerely help them and do it with good tact.

6. "Edit" your thoughts before talking.
7. Go out of your way to sincerely compliment and help others.
8. Listen to others as you want to be listened to (Make yourself see it from their perspective).
9. Remember that attitudes are contagious, good and bad.
10. Remember the rule, "you reap what you sow". Talk to and treat others as you want to be treated.
11. Attempt to find and see the good qualities in everyone. (It helps give you a more positive outlook on life).
12. Make it a habit to be nice, polite and appreciative, even over the smallest things.

## Chapter 24

### Finding God's Plan For Your Life

**B**efore doing any type of goal planning, the wisest thing you can ever do, is to first meet with God. Based on God is your creator, He knows exactly what you were created to do, simply because He created you. He designed and installed all your divine gifts and talents, for the sole purpose of glorifying Him. We glorify God through good works and by winning lost souls to His Kingdom.

A meeting with God in prayer. Prayer is not just talking with God; it's learning to be still (Psalm 46:10) and listening to God. Not just listening with our ears, but learning to listen with our spirit. Many are waiting for God to talk to them in an audible voice, He can, but this is not the norm. God communicates to our heart, where our spirit is (Ephesians 3:17) and then establishes our thoughts (Proverbs 16:3).

The best way to start listening to God is to open up His Word, the Holy Bible, because

God is His Word, so when we read God's Word, it is a supernatural visit with God.

*In the beginning was the Word, and the **Word was with God, and the Word was God.***

*John 1:1*

He will not only communicate to you through the establishment of your thoughts, but He will begin to install desires within your heart, to confirm the thoughts He has given you.

*Delight thyself also in the Lord: and he shall give thee the desires of thine heart.*

*Psalms 37:4*

As we take the initiative to increase our time with God so will the manifestation of faith, peace, and joy. The more time you spend with God, the better your discernment will be. Meaning you will know through a manifestation of faith, peace, and joy that God is directing you. By the way, faith, peace, and joy are three fruits of the Spirit (Galatians 5:22-23) we inherit when we obtain our new Christ spirit (2 Corinthians 5:17).

*Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.*

*James 4:8*

*For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.*

*Jeremiah 29:11*

So without complicating this message, here are steps to obtaining God's life-plan for your life. Let me note, his plans don't come all at once, they come in phases, we can see that in scripture. This is why we are mandated by God to walk by faith and not by sight (2 Corinthians 5:7).

1. **Start with Praise and Worship** to usher in the manifestation of God's glory. Give God thanks for all that He has done for you. God's Word tells us to "enter His gates with thanksgiving and courts with praise" (Psalm 100:4). In Philippians we are instructed to bring forth our petitions with thanksgiving.

*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;*

*Phillippians 4:6*

Be grateful for all of God's goodness, for saving us from our sin and giving us eternal life and His Holy Spirit lives within us and to guide us. Give God continuous thanks for the

fundamentals, such as; food, water, transportation, family, income, health etc.

In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

*1 Thessalonians 5:18*

After you feel the presence of God, through His peace, then begin to present your petitions.

**2. Ask God to cleanse and reformat your Heart and Soul** from any sin, unforgiveness and cares of the world. Ask God to cleanse out any ungodly and selfish desires, and goals that you might be holding on to. You want your heart to have a clean template for God to work with. Remember as a Christian, it's not our will, but God's will we want done in our lives.

*I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.*

*Galatians 2:20*

God will not bless any plans that he hasn't ordained. Many come to God with preconceived plans that they cultivate

through their mind and heart's desires and then want God to bless them. He won't. When we come to God, we must put everything on His altar. That which is not of His will be burned up on the altar. Not saying that every goal that we have before Christ is not God's will, we just have to have trust, and ask God, whether it is or not. We will not prosper in any plan which goes against God's plan for our lives.

*While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.  
2 Corinthians 4:18*

We are in a spiritual war here on earth daily. There is a battle taking place 24/7 for souls in the unseen spirit realm between the Kingdom of God and the Kingdom of Darkness.

One of Satan's most successful weapons is the spirit of distraction. Satan utilizes the spirit of distraction to make humanity oblivious to the spiritual war going on and to focus on desires and issues of low importance and of no eternal value.

You have to make sure your intent and motives of your heart are pure and line up

with God's Word. This is why many plans and prayer petitions don't receive God's answers and blessings.

*Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts.*

*James 4:3*

Remember, God loves you; you have to have faith and trust Him completely with the plans that He has ordained for your life. We develop this faith and trust by reading His Word. Romans 10: 17 states:

*In the Kingdom of God, success is not equated with financial wealth, fame, awards and educational degrees, Godly success is totally based on finding and faithfully fulfilling God's plan for your life.*

A prisoner who fulfills his daily agenda according to God's will is successful. At the other end of the spectrum, a billionaire philanthropist, who refused God's plan for his life to enter into full-time ministry, is not successful according to God's standard. Why? Because he is living in willful disobedience, believing his sacrifices of donations and volunteering will appease God.

The Word of God clearly conveys that "obedience is better than sacrifice".

*And Samuel said, Hath the Lord as great delight in burnt offerings and sacrifices, as in obeying the voice of the Lord? Behold, **to obey is better than sacrifice**, and to hearken than the fat of rams.*

*1 Samuel 15:22*

So before moving to the next step, make sure you have asked God to create in you a clean heart, as King David requested in the Old Testament after he had sinned against God by committing adultery with Bathsheba, and then having her husband killed.

*Create in me a clean heart, O God; and renew a right spirit within me.*

*Psalms 51:10*

God's Word tells us that if we have iniquity in our hearts, He will not hear us.

*If I regard iniquity in my heart, the Lord will not hear me:*

*Psalms 66:18*

So after giving thanks to God, with praise and worship, petition God to search your heart for any:

- Sin
- Un-forgiveness
- Un-casted Cares

Then be very still, and God will begin to establish your thoughts.

*Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.*

*Psalms 46:10*

*Commit thy works unto the Lord, and thy thoughts shall be established.*

*Proverbs 16:3*

Then with pen and paper, be prepared to write down what He gives you. Then take immediate action as the Holy Spirit directs you.

### **3. Bring your Petitions with Thanksgiving:**

It is important to have the faith, that when you're bringing your petition to the Heavenly Father, that you know you have God's full and undivided attention. With our natural mind, it can be difficult for some to understand, with all the responsibilities that God has monitoring and governing, everyone and

everything, down to the smallest particle within the universe.

How could God possibly truly care to give us His undivided attention? How could He sincerely be a loving Father to all of us be it there as an estimated 7 billion plus humans on planet earth. God's Word tells us, He knows the number of the very hairs on our head, and His eyes are everywhere looking upon us.

*But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows.*

*Luke 12:7*

*The eyes of the LORD are in every place, beholding the evil and the good.*

*Proverbs 15:3*

As far as God loving us, let's never forget He sent and gave His only Son to suffer and die in our place, and His care is so deep for us, that he even catches and bottles up all our tears.

*For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.*

*John 3:16*

*Thou tellest my wanderings: put thou my tears  
into thy bottle: are they not in thy book?  
Psalm 58:6*

Again, in a nutshell, God loves you, and you have His undivided attention 24/7.

Now, reverently, in a thankful attitude in faith, bring forth your petitions to your Heavenly Father. The following are examples of some wise prayer petitions:

- What is your perfect will for my life?
- What is my purpose?
- What are my talents & gifts?
- How do you want me to make a living?
- Help me to develop a healthy eating and exercise plan.
- Teach me how to build positive relationships with the right people and how to avoid the wrong ones
- Show me how to share my faith, and pray for people effectively.

*If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.*

*James 1:5*

*I have more understanding than all my teachers: for thy testimonies are my meditation.*

*Psalms 119:99*

#### **4. Be Quiet, Still, & Wait on God to Establish Your Thoughts:**

*Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.*

*Psalms 46:1*

*Commit thy works unto the LORD, and thy thoughts shall be established*  
*Proverbs 16:3*

*Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.*

*Psalms 27:14*

#### **5. Write it Down & Prayerfully Chart Your Course Daily:**

*And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it.*

*Habakkuk 2:2*

As you're quiet, still, and waiting patiently, the Holy Spirit will begin to start establishing your thoughts. Psalm 46:10 God tells us "Be still and know that I'm God." Meaning, it's vital we stay very still and focused, so we can discern it's truly the Holy Spirit and not a counterfeit demonic spirit, or even our own thoughts.

*Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world.*

*1 John 4:1*

When God communicates to us, He confirms it with a calming peace, faith, inner joy, and a strong desire to initiate what He has instructed us.

*Delight thyself also in the Lord: and he shall give thee the desires of thine heart.*

*Psalm 37:4*

A good foundation when beginning to chart your course is starting with the prayer Yeshua taught his disciples, which we call the Lord's Prayer. This is a mighty prayer; encapsulated in this prayer is everything you need for victory. It's important when you say this prayer that you don't say it in a fast and

monotone repetition manner, but reverently from your heart.

I'm going to break down this prayer, to bring clarity on how this prayer, which seems so simple, is so very powerful!

### **The Lord's Prayer**

***9 Our Father which art in heaven,  
Hallowed be thy name.***

*\* Giving God Holy reverence and the praise He deserves.*

***10 Thy kingdom come, Thy will be done in earth, as it is in heaven.***

*\* Through Christ, we now have the authority to implement Heaven's sovereign government here on earth.*

***11 Give us this day our daily bread.***

*\*Daily bread is God's Word, we need a specific word daily from God for direction.*

***12 And forgive us our debts, as we forgive our debtors.***

*\* We are repenting for our sins and forgiving others. (1 John 1:9, Mark 11:25)*

***13 And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, forever. Amen.***

\*Strength to resist temptation, protection from evil, and a firm declaration of God's Sovereign Power and Authority.

God's Word tells us there will be trials and tribulations, and many afflictions; however, we are commanded by God to walk by faith and not by sight (2 Corinthians 5:7).

*Many are the afflictions of the righteous: but the Lord delivereth him out of them all.  
Psalm 34:19*

Just be assured, that the safest, most peaceful, fulfilling place in the universe is being in the center of God's perfect will for your life.

## Chapter 25

### Your Body is Your Earthly Vehicle

**G**od gives us one body here on earth, and He has given us the responsibility to maintain it for His divine purpose.

As an occasional Uber driver, I've been informed that if a contracted driver does not maintain their vehicle with proper oil changes, fuel, yearly registration, etc., their days of driving for Uber won't be long. Their vehicle will indefinitely become inoperable and unqualified for Uber service.

Your body is a vehicle created to do the works of God. Every human body has a specific assignment from God to complete. The body carries the soul (mind, emotions, will), and the spirit carries the blueprint and the anointing to fulfill God's will for that body.

If the body breaks down prematurely, God's mission will not be carried out in that body. Just as an inoperable Uber vehicle cannot transport any passengers or make food deliveries, making it useless to the company.

That said, I will give you eight essential steps to keeping your earthly vehicle maintained and healthy for God's service. Before I go there, I'm going to give you a core nugget, which God's Word conveys is one of the primary foundations to maintaining divine health, which is summed up in the following passage:

*Do not be wise in your own eyes; Fear the Lord and depart from evil. **It will be health to your flesh, And strength to your bones.***

*Proverbs 3:7-8*

This scripture teaches us that good health starts with living life with God's wisdom, not ours, and by having a reverent fear of God by staying away from a lifestyle of sin.

In coming into agreement or covenant with this, God promises it will provide health to our body and marrow to our bones. Marrow produces the blood that nourishes the human body.

*5 Trust in the Lord with all thine heart; and lean not unto thine own understanding.*

*6 In all thy ways acknowledge him, and he shall direct thy paths.*

*7 Be not wise in thine own eyes: fear the Lord, and depart from evil.*

***8 It shall be health to thy navel, and marrow to thy bones.***

*Proverbs 3:5-8*

Medical science and God's Word tells us that the blood is the life of the body (Leviticus 17:14).

## **7-Biblical Steps to Maintaining Good Health**

**1. Meditate on the Word of God Day & Night and Obey it**

*This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.*

*Joshua 1:8*

**2. Breathe & Rest** Slow breathing is a great technique for relaxing. Scripture tells us that we should rest in Christ. Breathing produces alkaline. Alkaline is a cellular agent in our blood that assists the blood cells in transporting nutrients to the cells, organs,

muscles, skeleton, etc., along with building and reinforcing a robust immune system against sickness and disease.

*28 Come unto me, all ye that labor and are heavy laden, and I will give you rest.*

*29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.*

*30 For my yoke is easy, and my burden is light.*

*Matthew 11:28-30*

### **3. Decree God's Word Over Your Body**

Scripture tells us "life and death are in the power of the tongue." So decree life over your body. For example:

- "Lord, you are Jehovah Rapha, my healer." (Exodus 15:26)
- "By Yeshua's Stripes, I've been healed." (1 Peter 2:24)
- "No pestilence or plague shall come near my door." (Psalm 91)
- "No weapon formed against me shall prosper." (Isaiah 54:17)
- "My body is the Temple of the Holy Spirit." (1 Corinthians 6:19-20)

**4. Exercise** a minimum of 20 minutes, 3-5 days a week.

5. **Eat Healthy**, Drink water with lemon drops (produces alkaline). Take a daily multivitamin

6. **Take Long Walks Daily**- I recommend making these walks into prayer walks. Not only are these walks benefiting you physically, but also mentally and spiritually.

7. **Maintain a Healthy Thought Life**

*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*

*Philippians 4:8*

## Chapter 26

### Yoga Danger

#### Yoga Danger

**M**any believe the deception that Yoga is just the optimal stretching and breathing exercise, which brings peace and balance within their universe. In fact, Yoga is a Hindu ritual practice to the over 330 million deities on the Hindu temple roster.

The word Yoga means to be “yoked with” or “tied with,” according to the Hindu Sanskrit definition (an ancient language of Hinduism). It means to be yoked with the Hindu god, Brahma, said to be one of the Hindu gods of creation.

Yoga has a series of stretching poses called asana. The most popular for Westerners is the Sun Salutation series, in which the basic asanas are taught. These are Warrior 1, Warrior 2 and Warrior 3.

In Sanskrit, those poses are called virabhadrasana, named after the demonic

Hindu warrior god Virabhadra. The Sun Salutation asanas are a theatrical ritual, acting out a violent and horrific murder of the Hindu deity Daksha, which was an assassination, a “hit” ordered by the Hindu deity Shiva, also known as the “Destroyer.”

Daksha was also known as a creator god, aka “the skilled one,” who opposed Shiva’s marriage to his daughter Sati. Sati, being depressed that she could not marry Shiva, killed herself. Shiva, in his grief and anger towards Daksha, then created Virabhadra for his revenge.

The “Sun Salutation Asanas” are literally a demonic exercise ritual which acts out the murder of Daksha through an illustration of yoga exercises. Paying homage and tribute to a homicide orchestrated by demonic deities.

The Holy Bible tells us to glorify God with our body. Doing a demonic ritual to a demon god of destruction is totally contrary to that.

*For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.*

*1 Corinthians 6:20*

Shaping your body into a graven image of a false god, a regular practice of Yoga, is also not glorifying your body or soul unto God. This ancient ritual is exercised to give tribute and worship to these demonic deities. This is idolatry, and a blatant violation of the first of the Ten Commandments, which is....

“Thou shalt have no other gods before me.”

*Exodus 20:3*

Scripture tells us in Hosea 4:6, “My people perish for a lack of knowledge.” Now how can people perish for a lack of knowledge about Yoga?

Scripture tells us not to give place to the devil (Ephesians 4:27). When an individual sins, a spiritual legality can be created, which "gives place", to allow a demon the legal right to come inside their body and soul, to oppress, possess, make ill, or even kill. Scripture also tells us “the wages of sin is death” (Romans 6:23).

God's Word tells the Christian, "Don't quench the Spirit" (1 Thessalonians 5:19). Practicing

Yoga quenches the fire of a Christian believer because, again, it allows demonic spirits to enter into the body of the deceived believer. The Christian's body is the Temple of the Holy Spirit (1 Corinthians 6:19-20).

Allowing evil spirits the legal right to come into the body which is the Temple of the Holy Spirit grieves the Holy Spirit, which we are told not to do! (Ephesians 4:30)

Grieving the Holy Spirit dissipates the anointing and power within a Believer. This causes doubt, unbelief, loss of joy, and thus loss of power because “the joy of the Lord is our strength.” (Nehemiah 8:10)

*What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.*

*1 Corinthians 6:19-20*

If you have been involved in the practice of Yoga, or any other pagan practice that pays tribute and worship to false deities, please listen up! First you need to repent, renounce and break all ties to these practices. Then

you need to totally surrender your life to Yeshua as your Lord and Savior. Next you need to pray to God for deliverance from any demons or curses that might have come in during Yoga sessions or any other of the pagan practices, such as martial arts, New Age, Reiki, Tai Chi, Acupuncture, dream catchers, pagan drumming and dancing, among many others.

There is a Salvation & Deliverance Prayer Video link below, which will help you.

• SALVATION PRAYER LINK:

- <https://www.youtube.com/watch?v=plaeGLRuYRo>
- DELIVERANCE PRAYER FROM DEMONIC OPPRESSION & CURSES: <https://youtu.be/2YBt1kvkFEs>

## Chapter 27

### Training for the "Great Commission"....Every Believer's Call to Duty!

#### Ministry Mission

#### G-4 MISSION

1. Get Saved
2. Get Delivered
3. Get Trained
4. Get Deployed

*The Spirit of the Lord God is upon me; because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound*

*Isaiah 61:1*

**A**n estimated 150,000 people die every 24 hours. Tragically, the majority of those souls, according to God's Word, are going to hell.

*Enter ye in at the straight gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat Matthew 7:13*

This is due to all of humanity having been born guilty in sin. We all inherited the sin spirit from Adam and Eve; therefore, we are born in sin, guilty and sentenced to death at conception. This is why all of us need a savior.

Satan has created a diabolical world system, rooted in rebellion, for the purpose of turning humanity's faith, trust, worship and heart unto him. It has been Satan's desire and goal since humanity's beginning to be worshiped as God.

*Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:*

*Romans 5:12*

It is God's law that the wages of sin is death (Romans 6:23), and all of us have sinned. We have all broken one or all of the 10 commandments, along with the many other commandments listed in the Holy Bible.

*For all have sinned, and come short of the  
glory of God;  
Romans 3:23*

So tragically, earth is like one big jail, with the majority of humanity waiting on death row. They are waiting to be transported to the prison of hell, to later be transported to the Heavenly Court on Judgment Day, then to be formally charged of all the earthly sins committed in their earthly body. Finally they are then sentenced to a second death, which is the "Lake of Fire."

*For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad.  
2 Corinthians 5:10*

*And whosoever was not found written in the book of life was cast into the lake of fire.  
Revelation 20:15*

So does this mean God hates the world? No, the Bible states:

*For God so loved the world, that he gave his only begotten Son, that whosoever believeth*

*in him should not perish, but have everlasting life.*

*John 3:16*

God's Word conveys to us that Satan is the (temporary) god of this world, and that he has blinded the eyes of the unbeliever (2 Corinthians 4:4). The book of Genesis tells us that Adam and Eve relinquished the deed of this world to Satan, for the price of the pleasure of sin, Satan has created a system rooted in rebellion, for the purpose of turning humanity's faith, trust, worship and heart to him.

*Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:*

*Romans 5:12*

Satan's end game is to get the entire world under one system to totally enslave, control, and then destroy the souls that God so dearly loves and created for His pleasure.

*Thou art worthy, O Lord, to receive glory and honor and power: for thou hast created all things, and for thy pleasure they are and were created.*

*Revelation 4:11*

*The thief cometh not, but for to steal, and to kill, and to destroy: I (Yeshua) am come that they might have life, and that they might have it more abundantly.*  
*John 10:10*

God's Word tells us not to love the world, stating that if we are a friend of the world, we become an enemy of God.

*Ye adulterers and adulteresses, know ye not that the friendship of the world is enmity with God? Whosoever therefore will be a friend of the world is the enemy of God.*  
*James 4:4*

The masses have been indoctrinated into Satan's prison system here on earth. Many in the world don't know that if they don't have Christ as their Savior, they are on death row, awaiting a guilty verdict, and sentenced to eternal damnation on Judgment Day.

Society has been trained and conditioned from childhood to get their education and develop their skill sets to pursue the "American dream" and then grow old and die gracefully.

King Solomon, known as the wisest man in the world, described life in Ecclesiastes as "grasping for the wind".

*Then I looked on all the works that my hands  
had done  
And on the labor in which I had toiled;  
And indeed all was vanity and grasping for the  
wind.  
There was no profit under the sun.  
Ecclesiastes 2:11*

Scripture describes our life as a vapor that vanishes away.

*Whereas ye know not what shall be on the  
morrow. For what is your life? It is even a  
vapor, that appeareth for a bit of time, and  
then vanisheth away.  
James 4:14*

Life is fragile and goes by very fast; it often takes going to a friend or family member's funeral to realize that fact.

Satan and his army are hunting for souls (1 Peter 5:8) to keep humanity captive and in darkness from the light. The Light is Christ (John 8:12), which brings freedom from darkness, and eternal life to lost souls for those who would repent and believe.

This is why it's so urgent that we share the good news of the Gospel with a dying world. As Christians, we have the curative to prevent spiritual death, and we have the tremendous Biblical responsibility of delivering the Gospel of Christ to a spiritually dying world. Sadly, many Christians are numb to the reality of the spiritual realm. They remain very casually silent while those around them, including friends and family, are heading off a cliff into eternal damnation. This apathetic mentality is a result of obsessing over the cares of this world, whether it be greed, selfishness, worry, fear, lust, etc. Scripture tells us that the cares of this world choke the Word of God out of our hearts.

*And the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in, choke the word, and it becometh unfruitful.*

*Mark 4:19*

God commands us to cast our cares to Him because He truly loves us and doesn't want us to be unfruitful.

*Casting all your care upon him; for he careth for you.*

*1 Peter 5:7*

I want you to ask yourself, if you overheard two men at a coffee shop who were seated right next to you talking very secretly about planning a terrorist attack at an upcoming high school championship basketball game in your city, and you knew that many of your family, friends and co-workers were planning to be there, would you call the authorities and alert your family, friends and coworkers what you were privy of? Of course, you would, and you would do it with extreme urgency.

Yet, why is there not the same level of urgency to warn those from hell and the eternal lake of fire? Because most Christians are not in tune with the Spirit. They don't have a consistent prayer life and don't study the Holy Bible on a regular basis. So their spiritual senses have become dull, causing them to be insensitive to the vital spiritual responsibilities God has given us as Believers.

*Therefore said he unto them, The harvest truly is great, but the laborers are few: pray ye therefore the Lord of the harvest, that he would send forth laborers into his harvest.  
Luke 10:12*

As Believers, we can lose focus and get distracted from doing the "Great

Commission". We must remember what God's Word tells us:

*The fruit of the righteous is a tree of life; and he that winneth souls is wise.*

*Proverbs 11:30*

## Chapter 28

### Why We Witness

*All True Christians are Ordained & Anointed  
Ministers by Christ*

**A**s true Christian believers, it is vital to understand that we don't have to wonder and pray about whether to go into ministry; we are in ministry. Not only are we qualified and commissioned to minister, we have been ordained to minister.

Jesus said:

*Ye have not chosen me, but I have chosen you, and **ordained you**, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you.*  
*John 15:16*

God's Word states:

*I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.*

*Galatians 2:20*

As a matter of fact, God's Word tells us that our bodies are no longer our own, but are the body of Christ.

*Now ye are the body of Christ, and members in particular.*

*1 Corinthians 12:27*

Romans 12:1 states that we are to become a living sacrifice, that it is our "*reasonable service.*"

Ministry is not just a formal title or a seminary education. Ministry is a lifestyle, whether you're a student, policeman, plumber, engineer, athlete, housewife, etc. God needs His children being ambassadors ( 2 Corinthians 5:20) for Him not just in the pulpit,

but in every aspect of life because that's where the lost and hurting souls are.

True Biblical Ministry is a lifestyle of obedience to God's Word and being led by the Holy Spirit to do the Father's will.

As Believers in Christ, we have been born again with a new spirit, becoming a new creature in Christ (2 Corinthians 5:17). We are equipped to do everything Christ did on earth because Christ's spirit works in us and through us. Yeshua even stated that He wanted to do more and more incredible things through us than he did on earth.

*Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father.*

*John 14:12*

We are God's workmanship. Scripture tells us that He has ordained us to do good works. (Ephesians 2:10)

What are good works? Loving our neighbors and even our enemies as Christ loved us. Sharing the Good News of the Gospel. Witnessing to the lost, providing for the poor, widows, elderly, fatherless, visiting the prisoners, praying for the sick, oppressed, homeless, etc.

So as ministers, it's our responsibility to study God's Word to grow closer to God and to know His perfect will for our lives. When we study His Word, it's a visit with God, because God literally is His Word. The book of John states in verse one:

*In the beginning was the Word, and the Word was with God, and the Word was God.*

*John 1:1*

When we believe, decree, and act on God's Word from our spirit, God manifests himself powerfully in our lives. This is why Scripture tells us to meditate on and study His Word day and night and to do what it says. Only then will we know God's perfect will for our lives. Knowing God's perfect will for your life

and acting on it is the ultimate and perfect recipe for joy, peace and contentment in your life.

*This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.*

*Joshua 1:8*

*Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.*

*2 Timothy 2:15*

## **Understanding God's Love for Us**

“God loves you.” I know some of you have probably been told that all your life, but it's true. In this session, my mission is to present the story of God's love, the "passion of Christ," with crystal clear clarity.

I have learned through the Holy Spirit that to have true genuine faith in God, one must be a diligent student of God's love.

Our Heavenly Father paid the ultimate price in the universe for our souls, which was the life of His Son Yeshua, which required the most extreme pain and suffering ever known to humanity. Christ paid the penalty for all our crimes by His blood, that He willingly and lovingly shed on that cross. That's why Yeshua stated, "It is finished", before He took His last breath. The penalty for our sin had been paid in full.

*For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.*

*1 Corinthians 6:20*

*In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace;*

*Ephesians 1:7*

*How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God?*

*Hebrews 9:14*

Because of the fall of Adam and Eve, humanity is born cursed and destined for hell. However, our loving Heavenly Father intervened on our behalf to save us from eternal destruction.

*Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned: 13(For until the law sin was in the world: but sin is not imputed when there is no law. 14 Nevertheless death reigned from Adam to Moses, even over them that had not sinned after the similitude of Adam's transgression, who is the figure of him that was to come. Romans 5:12-14*

*God shows his love for us in that while we were still sinners, Christ died for us. Romans 5:8*

God's love for us is beyond our understanding. He has created all of us uniquely to fulfill a special divine purpose.

*Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations. Jeremiah 1:5*

## **God's True Unconditional Love for Us:**

*But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ— by grace you have been saved.*

*Ephesians 2:4-5*

*See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him.  
1 John 3:1*

*Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love.*

*1 John 4:7-8*

It has become cliché and fashionable in mainstream Christianity to say “God loves you.” I believe it is a great thing to say and very true indeed.

However, over a period of time, just based on my own testimony, it had become so familiar to me, that I subconsciously began to take that truth for granted, and became somewhat

desensitized to God's love. Not intentionally, but at times, for me to tell someone “God loves you” became almost mechanical for me to say, even as an outreach minister.

Now don't get me wrong. I knew God loved me, and I loved God. However, over time my heart had become stoic and dull in processing the true revelation of God's love for me and all of humanity.

Proverbs 16:3 tells us that when we commit ourselves to God, that He will establish our thoughts. God is faithful, because that night, what resonated in my spirit was Proverbs 4:7 which states “ In all thy getting, get understanding”.

As a correctional counselor, I would teach the Victim Awareness Group at the California Department of Corrections and Rehabilitation to inmates. The core principle we were trained to zero in on was empathy. The Merriam-Webster definition of *empathy* is the following:

**empathy** noun  
*em·pa·thy* | \ 'em-pə-thē \

*Definition of empathy*

*1: the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another of either the past or present without having the feelings, thoughts, and experience fully communicated in an objectively explicit manner  
also : the capacity for this*

In other words, when a person has learned the ability to place themselves in another's "shoes" or circumstance, and feel what they are going through, they have successfully obtained empathy for that person.

I have witnessed first hand the power of empathy within a prison setting. It has the power to shatter and melt away the strong tower of pride, bitterness, selfishness, racism, hatred and even unforgiveness.

I felt compelled by the Holy Spirit to start researching the crucifixion in detail, which eventually led me to a website where I read an article by Dr. Eastman. His article helped me to gain a new perspective and deep appreciation for the unconditional love God has for all of us.

Through the detailed and graphic narrative presented by Dr. Eastman, I did my best to

imagine and empathize with the painful suffering, brutality, and betrayal Yeshua went through during the crucifixion.

The following are some powerful footnotes I gathered during my reading of this article titled *The Agony of Love*.

It is estimated that from the point when the crowd of Jewish leadership were crying out to the Roman Procurator, Pontius Pilate, "crucify Him, crucify Him", it took six agonizing and very long hours for Yeshua to die.

*"Then delivered he Him therefore unto them to be crucified. And they took Jesus, and led him away."*

John 19:16

The mental suffering of just thinking about the crucifixion to come was extremely agonizing all in itself. Scripture documents that Yeshua was profusely sweating significant drops of blood.

*And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground.*

Luke 22:44

How was that possible? Was the writer exaggerating? Well, let's hear from Dr. Mark Eastman, who is the author of the article titled "The Agony of Love".

"The notion that someone could sweat blood seems contrived. However, there is a rare but recognized condition called hematohidrosis, in which capillary blood vessels that feed the sweat glands rupture, causing them to express blood. This usually occurs under conditions of extreme physical or emotional stress."

Yet our Savior, under this extreme stress of the pain and torment, knowing what He would encounter, still went forward to the cross in love.

*Looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.  
Hebrews 12:2"*

So Yeshua clearly knew what He was taking on when He came from His throne in Heaven next to the Heavenly Father, to descend to earth on our behalf. It was the holy and pure love of God that preserved Him through the

mental and physical suffering. Our Heavenly Father had to bear the pain of watching and experiencing His only Son suffer as an innocent man for the sins of all humanity.

### ***The Trial***

When Jesus was captured through the betrayal of Judas, He was led away to the High Priest, Caiaphas, where the elders and scribes were gathered. Scripture tells us that Yeshua was mocked, spit on and beaten while blindfolded. The Roman soldiers taunted and laughed at Him, asking Him to prophesy who hit Him. During this period, thorns were placed on His head like a crown as a mockery, and He was beaten so severely that He was disfigured.

This was done in fulfillment of Isaiah 52:13-14:

*Behold, my servant shall deal prudently, he shall be exalted and extolled, and be very high. As many were astonished at thee; his visage was so marred more than any man, and his form more than the sons of men.*

### ***The Scourging (Flogged)***

After Yeshua's trial, He was flogged with whips. I'll now let Dr. Eastman give a detailed account of this :

"This process typically involved a whip with numerous leather thongs, 18-24 inches long, with bits of metal, bone or glass embedded in the leather. At times they would use an iron rod to beat the prisoner. According to Jewish custom, a prisoner was usually flogged 39 times (Forty minus one was a sign of Jewish mercy!)

Scourging was an extreme form of punishment. The skin on the victim's back was usually shredded, thus exposing the underlying muscle and skeletal structures. Severe blood loss and dehydration were the rule. Many victims died from such scourging.

After the scourging of Jesus, the Roman soldiers beat Him a second time with their hands and with a reed. Then they put on him a "crown of thorns."

Jesus had not consumed any liquids since the night before, so the combination of the beatings, the crown of thorns, and the scourging would have set into motion an irreversible process of severe dehydration and cardiorespiratory failure. All of this was

done so that the prophecy of Isaiah would be fulfilled:"

*I gave my back to the smiters, and my cheeks to them that plucked off the hair: I hid not my face from shame and spitting.  
Isaiah 50:6*

*But he was wounded for our transgressions,  
he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.  
Isaiah 53:5*

## **Crucifixion**

"Crucifixion was invented by the Persians between 300-400 b.c. It was perfected by the Romans in the first century b.c. It is arguably the most painful death ever invented by man, and it's where we get our term "excruciating". It was reserved primarily for the most vicious of criminals."

To add to this excruciating method of death, it was extremely cold when they arrested and transported Yeshua away from the garden. We know this because it's noted in scripture that Peter was warming himself by the fire in the courtyard.

*And the servants and officers stood there, who had made a fire of coals; for it was cold: and they warmed themselves: and Peter stood with them, and warmed himself.*  
*John 18:18*

Have you ever stubbed your toe, or jammed your finger in cold weather? It hurts something bad. The cold weather enhances the pain and discomfort to the extreme.

## **The Wooden Cross**

*Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed is every one that hangeth on a **tree**:*  
*Galatians 3:13*

Dr. Eastman will continue to explain the purpose of the cross in the *crucifixion*:

"The most common device used for crucifixion was a wooden cross, which consisted of an upright pole permanently fixed in the ground with a removable crossbar, usually weighing between 75-100 lbs. Victims of crucifixion were typically stripped naked and their clothing divided by the Roman guards.

In Yeshua's case this was done in fulfillment of Psalm 22:18, "They divide My garments among them, and for My clothing they cast lots."

As a gesture of "Roman kindness", the prisoner was offered a mixture of vinegar (gall) and wine as a mild anesthetic. This anesthetic was refused by Yeshua."

Consequently, He bore it all! The Apostle Peter stated of Yeshua:

*Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.*

*1 Peter 2:24*

Dr. Eastman then goes on in his article and explains how Yeshua was placed on his back with his arms stretched out and then nailed to the cross bar with nails that were 7-9 inches long. The nails were strategically placed between the bones of the forearm (the radius and ulna) and the small bones of the hand (the carpal bones).

**The strategic place of the nail had a few purposes:**

1. Ensured the individual would still hang on the cross, even past death.
2. It would sever the median nerve, which is the largest nerve in the hand, causing extreme tormenting pain up until death. In addition to the severe burning pain, it caused permanent paralysis of the hand.

**Note:** *We must remember, the nerve is "pain central". To sever the largest nerve is pain beyond human comprehension.*

3. Because of the strategic placement of the nail in the wrist, there would be minimal bleeding and no bones would be broken, which fulfilled the following scriptural prophecies

*I can count all my bones: they look and stare upon me.*

*Psalm 22:17*

*He keepeth all his bones: not one of them is broken.*

*Psalm 34:20*

Dr. Eastman states in the article:

"The positioning of the feet is probably the most critical part of the mechanics of crucifixion. First the knees were flexed about 45 degrees and the feet were flexed (bent downward) an additional 45 degrees until they were parallel to the vertical pole. An iron nail about 7-9 inches long was driven through the feet between the 2nd and 3rd metatarsal bones. In this position the nail would sever the dorsal pedal artery of the foot, but the resultant bleeding would be insufficient to cause death."

The Romans had perfected the crucifixion and the diabolical skillset of creating extreme long suffering pain unto death. After the torturous severing of the dorsal pedal artery in the feet, it would leave Yeshua in an impossible position to stop from suffocating to death. His knees were flexed out at about 45 degrees, he had to bear His own weight with the muscles of the thigh.

The legs would eventually weaken and give out, leaving the weight of the body to be held by the arms and shoulders, which within a few minutes, would dislocate the shoulders. Then, minutes later, the wrists and elbows would become dislocated. As a result, the arms would become 6-9 inches longer than normal.

Dr. Eastman will now go on to explain the result of the arms and legs collapsing:

"With the arms dislocated, considerable body weight is transferred to the chest, causing the rib cage to be elevated in a state of perpetual inhalation. Consequently, in order to exhale the victim must push down on his feet to allow the rib muscles to relax. The problem is that the victim cannot push very long because the legs are extremely fatigued. As time goes on, the victim is less and less able to bear weight on the legs, causing further dislocation of the arms and further raising of the chest wall, making breathing more and more difficult."

Dr. Eastman goes down a list of the chain reactions within the body that results from the body not getting the proper oxygen:

- Blood oxygen level begins to diminish and the blood carbon dioxide (CO<sub>2</sub>) level begins to rise.
- This rising CO<sub>2</sub> level stimulates the heart to beat faster in order to increase the delivery of oxygen and the removal of CO<sub>2</sub>.

- After several hours the heart begins to fail, the lungs collapse and fill up with fluid, which further decreases oxygen delivery to the tissues.
- The blood loss and hyperventilation combines to cause severe dehydration. That's why Jesus said, "I thirst." (John 19:28)
- Over a period of several hours the combination of collapsing lungs, a failing heart, dehydration, and the inability to get adequate oxygen supplies to the tissues cause the eventual death of the victim. The victim, in effect, cannot breathe properly and slowly suffocates to death. In cases of severe cardiac stress, such as crucifixion, a victim's heart can even burst. This process is called "Cardiac Rupture." Therefore it could be said that Jesus died of a "broken heart"!
- To slow the process of death, the executioners put a small wooden seat on the cross, which would allow the victim the privilege of bearing his weight on his buttocks. The effect of this was that it could take up to nine days to die on a cross.

When the Romans wanted someone to expire quickly, they would just break the legs of the victim, causing them to suffocate within minutes.

God's Word tells us that at three o'clock in the afternoon Jesus cried out with the little breath he had, "Tetelestai," meaning "it is finished." Then He gave up the ghost (John 19:30). When the soldiers came to Jesus to break His legs, He was already dead. As prophesied a couple thousand years before, not a bone of his was broken.

Apostle Paul explains this mission of love very clearly when he said:

*Let this mind be in you which was also in Christ Jesus, who, being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross. Therefore God also has highly exalted Him and given Him the name which is above every name, that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, and that every tongue*

*should confess that Jesus Christ is Lord, to the glory of God the Father.*

*Philippians 2:5-11*

### **Witnessing is a Rescue Mission**

The Gospel of Salvation over the years has been watered down significantly. From the beginning of the New Testament ministry, salvation was preached as a necessity to escape the fierce wrath of God (Ephesians 5:6) for the crimes humanity have committed against His laws. The first church preached that humanity was wicked, all have sinned, and true repentance was essential for Salvation.

Yeshua stated:

*From that time Jesus began to preach, and to say, Repent: for the kingdom of heaven is at hand.*

*Matthew 4:17*

Individuals who embrace the biblical perspective of true repentance will come to salvation with a greater gratitude and humility. Even when times get tough in life, the majority will hang on, understanding that whatever

they are going through can't be compared to what they had been saved from.

At about the turn of the century, when the mega churches rose up, many mainstream churches were eager for numbers to fill those seats and to get the tithes and offerings up. They understood that the repentance message made many of their congregants feel uncomfortable, The repentance message being: humanity is sinful, they must repent of all their sins and fully surrender their life to Christ by making the Holy Bible the standard for their life.

*If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*

*1 John 1:9*

True repentance doesn't mean an individual instantly becomes perfect after repenting, but that the individual has the willingness to surrender all to Christ.

*He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.*

*Proverbs 28:13*

*The Lord is not slack concerning his promise, as some men count slackness; but is long-suffering towards us, not willing that any should perish, but that all should come to repentance.*

*2 Peter 3:9*

God's message of repentance is bold and clear. However, many mainstream churches began to reason among themselves and decided that this message was too hard and too direct. It could be very offensive to new prospects, so they came up with a new marketing plan. They would soften the message, make people feel really good about themselves, and would introduce salvation as a life enhancement packet. In a nutshell, they lowered the standards to embrace the masses.

Salvation began to be taught as a system to obtain the "American Dream" by increasing their wealth, health, career etc. All they needed to do was say the salvation prayer and they were "free in Christ" to live their life, because Yeshua had already paid the price for all their sins and even future sins. This is the false doctrine called "hyper-grace" or counterfeit grace.

The message of salvation has become God catering to humanity's desires, making people feel really good about themselves, and entitled to having a five-star, luxurious lifestyle here on earth.

The mentality for this new liberal form of salvation and righteousness was no longer "I'm a guilty sinner" before an all sovereign and Holy God. It became more so "Ok God, I'm going to give you a chance to make my life better". Gratitude had been exchanged for an attitude of entitlement and narcissism.

God's salvation plan for humanity is not a luxury amenity, it's a life and death necessity. All of humanity has the same unknown court date. It's called Judgment Day and on that day all those found guilty of breaking God's law will be sentenced to eternal damnation.

However, God in His love, full of His amazing grace and mercy, offered His son Yeshua over 2,000 years ago to pay our fine for all the sins we have committed and are ever going to commit. Because God loves humanity and He is filled with great mercy, He doesn't want any to perish.

*The Lord is not slack concerning his promise, as some men count slackness; but is long*

*suffering to us-ward, not willing that any should perish, but that all should come to repentance.*

*2 Peter 3:9*

*The LORD is gracious, and full of compassion; slow to anger, and of great mercy.*

*Psalms 145:8*

God in His love is willing to commute the sinners sentence and set them free to serve Him.

*I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.*

*Galatians 2:20*

Many are working day in and day out to achieve the world's version of the "American Dream", and investing in retirement plans. Sadly, many have died before they have entered into retirement. Yet most never ask themselves the practical question, "what is my retirement plan after my retirement plan?".

*For what shall it profit a man, if he shall gain the whole world, and lose his own soul?  
Mark 8:36*

As a minister, the number one reason I encounter people rejecting Christ is that some individuals love their sin too much to surrender it. They want to be lord over their own life, so they create a theology, or god, which serves their selfish agenda. For example, they might say:

- " My god is a god of love. He is too loving to send anyone to hell."
- "There are many religious paths to god."
- "Yes, my girlfriend and I are sleeping together, but we truly love each other and God knows our heart."
- "Yes I have sinned, but my good far outweighs my bad."

This is idolatry. They have, in essence, made their god, which is a violation of the second law in the Ten Commandments:

*Thou shalt have no other gods before me.  
Exodus 20:3*

Some have denied God altogether.

*The fool hath said in his heart, There is no God. Corrupt are they, and have done abominable iniquity: there is none that doeth good.*

*Psalm 53:1*

*And this is the condemnation, that light is come into the world, and men loved darkness rather than light, because their deeds were evil.*

*John 3:19*

*And Jesus said unto him, Why callest thou me good? **there is none good** but one, that is, God.*

*Mark 10:18*

A barrier which is guaranteed to come up over and over again is a common reasoning of the unbeliever which is, " I believe I will go to Heaven, because I'm a good person".

The root belief being "my good outweighs my bad". Therefore, the individual deceptively believes they qualify for heaven.

But here is what God has to say about that.

*As it is written, there is none righteous, no, not one.*

*Romans 3:10*

*If we say we have no sin, we deceive ourselves, and the truth is not in us.  
1 John 1:8*

*The fool says in his heart, "there is no God."  
They are corrupt, and vile in their ways; there is no one who does good.  
Psalm 53:1*

But we are all as an unclean thing, and all our righteousness are as filthy rags.  
*Isaiah 64:6*

*For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:  
Not of works, lest any man should boast.  
Ephesians 2:8-9*

So in summary, not one of us outside of God's righteousness is good. Even our good works are seen by God as "filthy rags". Why? Because we are all guilty. Guilty of what? Guilty of breaking God's moral law.

Remember, God said:  
*If we say we have no sin, we deceive ourselves.  
1 John 1:8*

God's moral law was given to us as a schoolmaster to expose and reprove us for our sin. For example, let's take a few of God's moral laws:

God's Word states all liars will be thrown into the Lake of Fire (Revelations 21:8). The 9th of the 10 Commandments is, "Thou shalt not bear false witness against the neighbor." Ask yourself, how many lies have you told in your lifetime? If you're like the rest of us, more than you can count.

The 7th commandment is "thou shalt not steal". Now ask yourself, have you ever stolen anything regardless of its value? Have you ever downloaded copyrighted music or videos off the internet? Again, like the rest of us, you most likely broke this commandment too.

Yeshua said, "If you look upon a woman with lust you have already committed adultery with her in your heart" (Matthew 5:28). Have you ever looked at the opposite sex (or same sex) with lust? If you answered yes, then by your own admission to this and the other questions, according to God's moral law, you were an adulterous, lying, thief, and that is only three of the 10 commandments. Again we are all guilty!

So now ask yourself, if you had to stand in front of a holy and just God on Judgment Day on your own merit, guilty of all these criminal charges, do you believe you would go to heaven or hell? Remember the wages of sin is death (Romans 6:23). In witnessing encounters I have heard “but I’m a good person”, “that was a long time ago”, “I volunteer in my community”, and “I’m very active in my church”.

I would say to this individual, try that with a judge in a court of law after being convicted for attempted murder and bank robbery. You try telling the judge, “Judge, I’m sorry, but that was a long time ago. I’m now active in my church and volunteering in my community.” The judge would likely say, “I’m glad you’re sorry. You should be. You robbed a bank and shot at the security guard. That’s good you have been serving your community and church, but my judgment is not addressing your good deeds, but your crimes”.

You see the law presents to us our criminal wrap sheet, and the consequences for our sins, which is death according to Romans 6:23. Death is the consequence and the wage for our sins. It shows us how serious

God feels about sin, that only death will provide the full payment.

In a court of law, a good samaritan can volunteer to pay a fine for someone else's speeding ticket, and the violator would be legally exonerated from all financial responsibilities. This is the good news of the Gospel. God, our king and judge, has allowed all serious crimes that humanity has committed to be paid for by the blood shed of His Son, Yeshua Hamashiach, when He went to the cross on Calvary to die for us. To receive this pardon, we must trust in Yeshua, repent of all our sins, and accept and trust in Yeshua as Lord and Savior.

God gave us His “Moral Law”, the 10 commandments among other ordinances in His Word (Holy Bible), to give us knowledge of sin. The 10 Commandments are:

### **Ten Commandments (Exodus 20:17)**

1. You shall have no other gods before Me.
2. You shall make no idols.
3. You shall not take the name of the Lord your God in vain.
4. Keep the Sabbath day holy.

5. Honor your father and your mother.
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet.

In the following scripture, Apostle Paul indicates that he would not even have known what sin was, if it wasn't for God's law.

*What shall we say then? Is the law sin? God forbid. Nay, I had not known sin, but by the law: for I had not known lust, except the law had said, Thou shalt not covet.*

*Romans 7:7*

Again, Yeshua clarified that sin does not necessarily have to manifest itself blatantly in the natural, but it can take place in the imagination of the heart. Listen what Yeshua says:

*But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.*

*Matthew 5:28 God's Word tells us that a person can even be a murderer in their heart for hating someone, here are the words of Yeshua; Whosoever hateth his brother is a murderer: and ye know that no murderer hath eternal life abiding in him.*

*1 John 3:15*

God's Law is our moral compass, which guides the willing heart into an obedient life in Christ.

*Wherefore the law was our schoolmaster to bring us unto Christ, that we might be justified by faith.*

*Galatians 3:24*

God's "moral law" is our schoolmaster or trainer, which assists us to stay in God's perfect will for our lives. God not only implemented His law on tablets and scrolls, He also installed His laws on our hearts in order for our conscience to bear witness. Therefore, we are without excuse.

*But this shall be the covenant that I will make with the house of Israel; After those days, saith the LORD, I will put my law in their inward parts, and write it in their hearts; and will be their God, and they shall be my people.*

*Jeremiah 31:33*

*They show that the work of the law is written on their hearts, while their conscience also bears witness, and their conflicting thoughts accuse or even excuse them...*

*Romans 2:15*

## **Various Methods for Sharing the Gospel & How to Prepare**

In this session, I'm going to present some effective simple witnessing methods in sharing the Gospel and how to prepare.

For those who are fearful just thinking about sharing your faith, you can do it! Why? Because "We can do all things through Christ who strengthens us." (Phillipians 4:13)  
Remember, God did not give us a spirit of fear, but of power, love and a sound mind (2

Timothy 1:7). Proverbs 28:1 says, "The wicked flee when no one pursues, but the righteous are bold as a lion." When you trust Yeshua as your Lord and Savior and repent of your sins, He has made you righteous.

## **Developing the Character of a Good Witness**

**1. Be a living witness of Christ** As Believers, we are ambassadors of Christ (2 Corinthians 5:20). His Spirit literally lives in our hearts (Ephesians 3:17 ). We must represent. Meaning, we make the "fruits of the spirit" the standard for our life.

*But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts.*

*Galatians 5:22-24*

Our lifestyle will always be our strongest witness. We are mandated by God to be His ambassadors (2 Corinthians 5:20). Meaning we must walk in the "Fruits of the Spirit" which are birthed in us through the new spirit we obtained when we accepted Christ as our Lord and Savior (2 Corinthians 5:17).

The Believer must forgive, and not hold on to bitterness and past offenses. They must have temperance. God's Word tells us that a fool is angered quickly, but a wise man overlooks an insult (Proverbs 12:6).

**2. Write out your Testimony and Meditate on it** Keep it very basic so it will be easy to share. Make sure you pray and even fast before starting. It's essential that your testimony contains how you came to the conclusion, through God's Word, that you were in need of a Savior. Then testify about how God changed your character and life through His Word and your personal relationship with the Holy Spirit. Practice rehearsing your testimony, then pray for opportunities to share it.

Testify how Christ fulfilled that void within you. Remember, we all have basically the same story. All of us were in sin and heading for eternal damnation at one time.

### **EXAMPLE: "MY TESTIMONY"**

I was blessed to grow up in a Christian home. However, I grew up battling depression at a very young age, and at times, suicidal

thoughts. I didn't really understand where the heaviness was coming from. I just felt sad a lot of the time. I grew up being a poor student and got into a lot of fights at school because I didn't have the cool clothes and I was extremely small for my age. The combination of being viewed as the "dumb kid", being extremely small, and wearing off brand/ thrift shop clothing, caused a lot of verbal and physical conflict in my early school years. So, along with my depression, I was harboring a lot of anger, which gravitated me to the thug and gang peer group. Why? Because they accepted me unconditionally and we seemed to understand each other's struggles. Though I was heavily associated in this peer group, I never identified or considered myself a gang member and never was able to condition my mind to be hardcore and ruthless. I know it was the influence of the Word of God at home that kept my conscience hyper-sensitive and the fear of God surfacing in my heart.

Though in my sinful and depressed state, somehow I became an unofficial counselor to my peers, utilizing the principles of the Word of God which I was being force fed at home. Again, I never did drugs, shot, stabbed or robbed anyone. I actually deep down felt it was my mission to stop my peers from doing

evil deeds, and I began to discover many would truly respect and listen to me, and some would even heed my advice.

My life took a drastic change in 11th grade when a girl on my street named Sheri asked me to go to a Friday Youth meeting at her church on the other side of town. She and her mother took me to church that Friday night, and my life began to start a drastic change. Pastor Drake Jones, who had been radically saved from the streets of East Oakland, began to share on the Mind of Christ, and how he had grown up getting poor grades until he had discovered the power of God's Word (Holy Bible). He preached on how the Holy Spirit led him into the mirror to speak over his mind, quoting 2 Corinthians 1:16, which states "We have the mind of Christ." He said he did this daily and eventually his grades rose up. That night I went home and tested it out for myself, and within weeks my grades began to improve, I began to comprehend curriculum I never could before. I got into photography and won 1st place in the United States amongst high schoolers two years in a row. The local weekly newspaper became aware of this accomplishment and offered me a job as a photojournalist right out of high school.

I wish I could tell you I did a complete change after that Friday night youth church meeting, but I didn't. It took a few scared straight experiences, and an encounter with law enforcement that led me back to church by the grace and mercy of God .

As I began to pick up God's Word, knowing it had already worked for me in increasing my intelligence, I began to receive God's peace, joy, and purpose for my life. This led me into counseling at the California Department of Corrections. Before this, I had become a volunteer at my church's youth ministry, bringing my former peer group of thugs and gang members to the Friday night service. God put a deep love in my heart for this demographic and I had a genuine deep compassion for them. I lost my best friend to violence when he was shot and killed in the front yard of the house I grew up in. Another close friend I grew up with was killed in a gang related drive-by shooting right out of high school. My two best friends I grew up with who lived on my street, on both sides of me, died tragically.

My mission in Christ now is to simply share and testify the Good News of the Gospel, that Christ loves all of us, and has a will ,plan and purpose for our lives. All we have to do is

accept His gift of Salvation by repenting of our sins and believing that He died and paid the price for all our sins and rose from the dead so we could be adopted as children into the Heavenly Father's Kingdom. I'm so thankful God set me free from the dark, evil cloud of depression, sin, and low self-esteem, and Christ will set you free too.

### **3. Witnessing Tracts/Books**

At ThugExposed.Org Ministries, we have a series of testimonial tracts called the Awareness Report, which you can download for free @ [www.thugexposed.org](http://www.thugexposed.org).

You have the option to print these tracts out and pass them out or you may text, email or post them on social media sites. On the site, we also have some recommended ministry site links, with some very anointed witnessing tracts on our resource page. My personal favorite is [livingwaters.com](http://livingwaters.com).

If you are not confident about sharing your faith, ministry tracts are a great and effective way to begin your witness, and at the same time, develop boldness. You can pass them out directly or just leave them at locations around your city such as: hair salons,

barbershops, subway/bus benches, coffee shops, office waiting areas, nursing homes, correctional facilities etc.

I know by personal experience that ministry tracts are very effective. They have the ability to get passed on and on like a baton. I have received testimonial letters from inmates from prisons out of state who testified of reading a testimonial article which they said changed their life. Some had obtained a witnessing tract which I gave to an inmate at a local county jail, yet it ended up in their hands on the other side of the country.

If you're a new Christian, or new to witnessing, this is a great and effective way to get started, and will also begin to exercise and increase your faith and boldness.

#### **4. Church Invite**

One of the easiest ways to witness is to simply invite an individual to church or a ministry event. Again, pray and ask God daily to open up opportunities for you.

#### **5. Social Media**

Social media is a great platform to witness and minister to lost and hurting souls. The

enemy has been taking full advantage of this platform. The internet is a major spiritual battlefield for lost souls.

Here are some very effective ways to utilize social media:

- Create and share ministry videos and articles
- Promote Christian Events
- Start a ministry Podcast or YouTube channel
- Create a ministry blog

It's important to understand that it is the Holy Spirit that draws people to salvation, never us. This is why it's vital to have a clean heart, so we can hear God communicating to us through our spirit.

When a believer is genuinely led by the Holy Spirit, as they witness they are speaking the empowered Word of God. As their words fall within the ears of unsaved souls, it will register as truth within the individual, regardless if they claim to be of another faith, satanist, agnostic or even an atheist. Why is this? Because God, the manufacturer of all humanity, has pre-installed a truth mechanism within our soul and heart.

*Which shew the work of the law written in their hearts, their conscience also bearing witness, and their thoughts the mean while accusing or else excusing one another  
Romans 2:15*

Once the Word of God is deployed into the soul of the unsaved, no matter how strong their talking points are against the gospel, the human soul within can't deny the truth of God's Word. When the Holy Spirit revealed this truth to me, I learned I didn't have to get caught up in lengthy and fruitless debates.

This doesn't mean we don't defend the gospel. There are times when the Holy Spirit will compel you to defend the Word of God, as He gives you the words to say. God tells us to study to show ourselves approved, dividing the Word properly (2 Timothy 2:15). In the book of Acts, the disciples debated and defended the Gospel.

However, it's important that we develop discernment through the Holy Spirit to know when it's time for apologetics and when it's time to walk away and just pray. God has wired all of us with a divine mission. However, we must be willing to follow the prompting of the Holy Spirit as we do God's Great Commission.

*And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen.*

*Matthew 28:18-20*

### **Fasting as a Tool to Know God's Will**

I will concede that in the past, fasting has been a spiritual discipline that I have attempted to personally minimize and even evade, believing I could replace it with longer prayer sessions, meditating on God's Word and ministry work. I would sometimes fast, but to be truthful, I dreaded it. I even dreaded the thought of it. Just the word "fast" in a conversation or a sermon would at times make me coil up.

Scripture tells us to humble ourselves. Fasting humbles us by denying our soul. The soul has a desire to give into the flesh. As the

late Deliverance Minister Derek Prince put it, “Our Soul is the egotistical, arrogant, self-assertive part of us, which says, ‘I want, I think, I feel.’”

Fasting whips the soul and flesh into shape by weakening them. When the soul and body weans down, the believer then can hear the Spirit very clearly. We see in Psalms, David saying that he humbled himself by fasting.

*Surely I have behaved and quieted myself, as a child that is weaned of his mother: my soul is even as a weaned child.*

*Psalms 131:2*

Being humble is vital in our relationship with God, in that scriptures states:

*God resists the proud, but gives grace to the humble.*

*James 4:6*

How does fasting humble us? It strengthens our spirit to say “No” to our will and “Yes” to God’s will.

*I humbled my soul with fasting Psalms 35:13*

The following is a powerful word God gave to King Solomon for His people, for a breakthrough prayer, when going through a crisis:

*If my people, which are called by my name, **shall humble** themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.  
2 Chronicles 7:14*

In summary, God tells us that we must first repent and humble ourselves before He will hear from us.

*But your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear.  
Isaiah 59:2*

When we fast, it weakens and quiets the soul from all the external and internal noise and distractions (worries, appetite, fleshly urges, etc.) of our soul and body, in order for us to hear from God clearly in our spirit.

Often, a believer's prayer cannot break through because of spiritual legalities, such as sin, unforgiveness, ungodly soul-ties etc. Scripture tells us not to give place to the devil (Ephesians 4:27). However, many are unaware

that they have given place to the devil as a result of past sin, unforgiveness, soul-ties, pagan objects in the house, generational curses etc.

The bible states, “My people perish for a lack of knowledge” (Hosea 4:6). When a believer fasts, it quiets their soul for the believer to hear from the Holy Spirit to address those spiritual legalities Satan is using against them. The Holy Spirit will lead the believer to do one or all of the following to break those legalities:

- Repent
- Renounce (break a covenant/agreement verbally)
- Forgive

The Holy Spirit gives the believer divine knowledge, wisdom and direction. This is essential in witnessing, in that fasting will bring divine discernment of strategies on how, when, what, who and where to witness. When you fast, you will have a clear reception of the thoughts that the Holy Spirit will establish in your spirit. He will give you the desires of what to do, and what not to do, which is key for knowing God's perfect will.

*Commit thy works unto the Lord, and thy thoughts shall be established.*

*Proverbs 16:3*

*Delight thyself also in the Lord: and he shall  
give thee the desires of thine heart.*

*Psalm 37:4*

The continuous discipline of fasting and praying are key components when going into ministry.

## Chapter 29

### True Salvation Conversion Vs. False Salvation Conversion

**O**ne of the most terrifying passages in God's Word for many Christians is when Yeshua said

*Many will say to me in that day, Lord, Lord we have prophesied in your name? And in thy name have cast out devils? And in thy name done many workers? And then will I profess unto them, I never knew you: depart from me, you that work iniquity.*

*Matthew 7:23-24*

Scripture tells us to examine ourselves to make sure we are in faith. In other words, to make sure we had a genuine Christian conversion or "born again" experience from the heart.

*Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?*  
*2 Corinthians 13:5*

Let me put out a disclaimer now. I'm not here to judge whether your Christian conversion was true or false. I'm just coming in God's love to say that God's word tells us that we all need to examine ourselves to test whether we are in faith and not in "iniquity".

Proverbs 4:7 tells us "with all thy getting, get an understanding."

Let's start off by getting an understanding of the word iniquity, according to the Oxford Dictionary. Iniquity is defined as:

Immoral or grossly unfair behavior.

Merriam-Webster defines iniquity as:

1. gross injustice; wickedness 2. a wicked act or thing; sin.

It is often believed among some modern-mainstream churches that once an individual just prays the prayer of salvation, they are assumed to be a "born again" christian. So how can we be sure that we have had a true christian "born again" conversion and not a false one?

God's Word gives us a very simple examination process. Yeshua said in Matthew 7:16-20

*You will know them by their fruits. Do men gather grapes from thorn bushes or figs from thistles? Even so, every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, nor can a bad tree bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Therefore by their fruits you will know them.*

Once again, Yeshua says, "You will know them by their fruits." Fruits are behaviors and actions. Galatians 5:22 specifically list these fruits:

*But the fruit of the spirit is love, joy, peace, long suffering, kindness, goodness, faithfulness.*

A true convert has Christ's Spirit in their heart which contains these "fruits of the Spirit." (Eph 3:17). When the fruits of the Spirit truly reside in the heart, the believer will instinctively have a reverent fear to obey God's Word and they will be in constant pursuit of God's will for their life. There is still a growth period. This does not mean the believer is in perfection, but they are steadily learning and growing.

The believer will have a firm conviction from the Holy Spirit to repent when they sin. They come to the heavenly Father with a humble and repentant heart. The believer might get frustrated and at times and even doubt during trials and tribulation, but they stay on course because they are forever grateful for their eternal salvation.

The false Christian convert is often drawn to Christianity to fix a current situation or just to set up an insurance plan to keep out of hell while they choose to stay in a hedonistic lifestyle. The false convert conscience is not in alignment with God's moral law. They can curse, listen to ungodly music, watch sexual movies, lie, lust, and fornicate with little or no impact on their conscience. They are very good at justifying and minimizing sin and often throw out key phrases such as:

- "Nobody's perfect."
- "You're judging."
- "God knows my heart."
- "I have my own personal relationship with God"
- "Only God can judge me."

Our vote is a reflection of our heart. It displays our obedience or disobedience to God's Word. A false convert leaves God's

moral law outside the voting booth, and will minimize and justify immoral and evil abominations, such as same sex marriage and abortion.

\* I go more in detail on this subject in our podcast titled: *Can Voting Against God Bring a Curse.*

Again, It's biblical wisdom for all believers to continuously examine themselves as 2 Corinthians 13:5 tells us to do so that we won't allow unrepented iniquity to be found in our hearts before God on Judgement Day. None of us wants to hear Yeshua tell us, "Depart from me you worker of iniquity". By the grace of God, we want to hear "Well done, good and faithful servant" (Matthew 25:23).

The criteria in God's Word for biblical salvation is presented in Romans 10:9, which states: *"That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart the God hath raised Him from the dead, thou shall be saved."*

The key here is not just confessing the prayer of Romans 10:9. It's about confessing, accepting, and believing it with humility and obedience in your heart. That's when the true

spiritual transformation takes place. When you confess, believe, and accept Yeshua as Lord over your life, you surrender all who you are. God's Word tells us we are to become a "living sacrifice" unto the Lord, which says, "is our reasonable service." (Romans 12:1) When we truly make God Lord over our life, we allow Him to live His life through us (Galatians 2:20). Remember, we are the body of Christ. (1 Corinthians 12:27)

At this point, you might be saying, "I can identify with the traits of the false convert, so how can I make sure I'm truly saved?" You have to go back to Biblical basics, which are:

- Trust in Yeshua: "Confess Him as Lord," truly repent and follow Him with all your heart and soul. (1 John 1:9)
- Forgive (Matthew 25:24)
- Read and meditate on God's Word (Holy Bible) and make it the standard for your life (Joshua 1:8).

### **Witnessing Basics**

I like the way Ray Comfort with Living Waters Ministry witnesses. He has a very powerful evangelistic anointing. He is effective using

scripture to show that all of us unequivocally are guilty of sin and need a Savior. He does it in a very simplistic and duplicatable way.

The following is a witnessing scenario of the Living Waters witnessing technique. Studying this scenario will be very helpful in your evangelism.

*\*Disclaimer: To some, the following witnessing technique could come across as too strong and direct. However, I would recommend, after understanding the basic biblical fundamentals of this witnessing style, that you might modify it to suit your personality.*

### **Witnessing Scenario:**

Believer: Do you believe in an afterlife?

Unbeliever: Yes

Believer: Do you believe in Heaven and Hell?

Unbeliever: Yes

Believer: Do you believe you will go to Heaven?

Unbeliever: Yes

Believer: Do you believe you are a good person?

Unbeliever: Yes

Believer: Ok, do you mind if we put that through a quick test?

Unbeliever: Ok

Believer: Ok, here we go...How many lies have you told in your life?

Unbeliever: More than I can count.

Believer: What do you call someone who lies?

Unbeliever: A liar.

Believer: Have you ever stolen anything in your life?

Unbeliever: Yes.

Believer: So what do you call someone who steals?

Unbeliever: A thief

Believer: So what does that make you?

Unbeliever: A Thief

Believer: No, a lying thief? (This usually brings a chuckle or a smile.) Jesus said if a man looketh upon a woman in lust, he has already committeth adultery in his heart (Matthew 5:28). Have you ever looked at a woman in lust?

Unbeliever: Yes, I have.

Believer: Have you ever used the Lord's name in vain? Which is blasphemy, a very serious offense. In the Old Testament it was punishable by death.

Unbeliever: Yes

Believer: Not judging you, but by your own admission, you have told me that you are a blaspheming, lying, thief who is an adulterer at heart, and that's only four out of the ten commandments. So like the rest of us, you are guilty of breaking God's laws. Now if God judged you by the Ten Commandments, would you be innocent or guilty?

Unbeliever: Guilty

Believer: Do you believe God would send you to Heaven or Hell?

Unbeliever: Hell, but I believe I'm a good person now. I'm nice to everyone and I serve the community regularly.

Believer: Now try that in a court of law. That's like an individual being found guilty of murder then telling the judge "My crime happened several years ago. Since that time, I have turned my life around for the positive. I'm an active member in my church and have been doing volunteer work in the community for the last few years." The judge might say "That's good, but you still are guilty of these crimes and will have to pay the price. I'm judging you for your crimes, not your good deeds." God is a just judge. He makes sure justice is carried out on the guilty. Time does not excuse sin.

However, our God, being a loving Heavenly Father full of grace and mercy (2 Chronicles 30:9) sent His only Son (Yeshua) who willingly and lovingly left His throne in Heaven to come to earth, to put on earthly flesh, in order to pay our death penalty in full on the cross for all the sins we had committed, and for those we will commit.

*But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us. Much more then, being now justified by his blood, we shall be saved from wrath through him.*

*Romans 5:8-9*

So can you see, that all of humanity are guilty for breaking God's laws and are headed to eternal damnation unless they repent and trust in the Savior Yeshua, who is the only One who was able to pay all our sins in full?

Unbeliever: Yes

Believer: Are you ready now to repent and surrender your life to Yeshua?

Unbeliever: Yes

Believer: Are you willing to forgive all others as God has forgiven you?

*\*And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.*

*Mark 11:25*

Unbeliever: Yes

Believer: Praise God! Let's pray, please repeat after me....

“

Father, I decree your son Yeshua Hamashiach as Lord and Savior over every area of my life. I believe Father, that your son Yeshua was placed on the cross for my sins and died, and that He was buried and raised by You on the third day.

I repent for all my sins and for all my ancestors' sins, on my mother's side to my father's side, known and unknown. I ask your forgiveness for all my sins, and I forgive all those who have offended me, and sinned against me. I forgive myself. Yeshua, I thank You and love You for saving me, and right now I invite you into my heart to be my Lord, Savior, Healer and Deliverer.

I thank you for the blood of Yeshua Hamashiach which cleanses me now from all sin. And I come to you now as my Deliverer. You know my special needs - the thing that binds, that torments, that defiles, that evil spirit, that unclean spirit. I claim the promise of your word. “Whosoever that calleth on the name of Lord shall be delivered.” (Romans 10:13)

I call upon you now. In the name of the Lord Yeshua Hamashiach, deliver me and set me free. Satan, I renounce you and all your works. I loose myself from you, in the name of Yeshua, and I command you to leave me right now, in Yeshua's name.

Father, I ask that you fill me now with your Holy Spirit. Acts 1:8 states that I will receive power when I receive the Holy Spirit and that He will lead me into all Truth according to John 16:3. I receive this Holy impartation by faith and the gifts that accompanies it, such as the gift of speaking in new tongues, among others which is referenced in scripture according to 1 Corinthians 12.

Lord, I ask you to give me the discernment of every skill set, talent and spiritual gifts you have placed within me, so I can utilize them to win souls and bring You glory.

I decree by faith that your Holy Spirit is leading me now towards Your perfect will, plan and purpose for my divine destiny in Christ's Kingdom.

I decree that I have the mind of Christ according to 1 Corinthians 2:16, and the

divine armor of God, according to Ephesians 6, which is the helmet of salvation, breastplate of righteousness, belt of truth, sword of the spirit (which is the Word of God), and that my feet are prepared with the Gospel of Christ. I decree that I and my family are blessed. So be it, in Yeshua's Mighty Name!”

Praise God!!!

## Chapter 30

### How to Witness to an Atheist or Agnostic

**G**od's Word tells us that the fool says there is no God.

*The fool hath said in his heart, There is no God. They are corrupt, they have done abominable works, there is none that doeth good. Psalm 1:14*

The definition of a fool is: a person who acts unwisely or imprudently; a silly person.

- Oxford Dictionary

God's Word conveys that humanity is without excuse in denying the existence of God, in that there is overwhelming proof that God exists based on the creation.

*For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even*

*his eternal power and Godhead; so that they  
are without excuse*

*Romans 1:20*

Evolution, an atheist theory, wants us to believe in the "Big Bang" theory, that the intricate complexity and order of everything we see and are today, came from a random explosion. In other words they want us to believe the scientific impossibility that nothing created everything.

It's basic common sense to understand that a building can't build itself. A painting can't paint itself; and a creation can't create itself. Just as it's proof the building had a builder and the painting had a painter, every creation had a creator. Our God is an intelligent designer and creator. Just look at the systematic complexity and design not just all around us, but in us. Look at the detailed complexity of the eye, which surpasses by far any high-tech camera or telescope by NASA.

The following is an excerpt from an article from an optometrist:

Source: <https://www.midwesteyeconsultants.com/the-miracle-of-eyesight-how-it-works/>

"In short, the eye is nothing short of a wonder organ, as it can control the amount of light it takes in through muscles in the iris. These muscles contract and relax to alter the size of the pupil. The light first passes through the cornea, and then moves into the lens. This part of the eye bends the light, ultimately onto the retina.

The powerhouse of the eye, the retina is covered in millions of light-sensitive receptors known as rods and cones. Each receptor contains pigment molecules. These ultra-sensitive receptors are shapeshifters when hit by light. In response, they trigger an electrical message that travels to the brain via the optic nerve.

Vision is truly a miracle, when you consider that our eyes are only able to produce two-dimensional images. The brain's advanced processing means it's able to build these flat pictures into a 3-D view. Our eyes are positioned about two inches apart, so each

sees the world from a slightly different angle. The brain compares the two pictures, using the differences to create the illusion of depth.

Color is another variable entirely. Open your eyes, and you experience a wide variety of colors, but the reality is that you can only detect three different wavelengths of light, corresponding to green, blue, and red. Combining these three signals in the brain creates millions of different shades. Can you imagine how different life would be if you just saw in green, red and blue, like our pets do?

So, as you can see, vision is a result of your eyes and brain working together to allow you to take in the beauty of the world.

Again, atheists would have us believe the scientific impossibility that nothing created everything. Atheists assert that the "big bang" explosion brought together complex and intelligent order. There has never been a scientific record of any explosion in or outside of a laboratory in which an explosion brought forth order. It's a scientific law that

explosions bring chaos and disorder, never order.

It's vital to point out that "evolution" is not a science, but a theory. Science, according to Science Daily, is "a scientific method based on the collection of data through observation and experimentation".

Another core theory of evolution is that during the evolution process they claim there was a "change of kind". They believe the theory that a fish changed into a monkey. See that's not a change of species, like a trout to a salmon, but an entire change of kind. For example, there are various species of dogs which changed over time from the original dog species model, into poodles, German Shepards, pit bulls, etc.. However, they are all still dogs; they didn't "change kind".

Evolutionists recently presented an even stranger theory to the world, introducing the theory that the barnyard chicken is the ancient ancestor of the dinosaur.

*"Live Science" says of Darwinian evolution:*

*“It can turn dinosaurs into birds, apes into humans and amphibious mammals into whales.”*

Once again, there has never been an observable test of a species changing its kind. No record ever showed a dog turning into a turtle, a fish turning into a cat, or a monkey turning into a human. So because there is no observable data of evolution, it is classified as a theory and not a science.

Evolution’s excuse, according to their most notable and respected atheist, Richard Dawkins is: “We are condemned to live only for a few decades and that’s too slow, too small a time scale to see evolution going on.”

Charles Darwin said “We see nothing of these slow changes in progress, until the hand of time has marked the lapse of ages”. In other words, there is no observable proof. Atheism is a belief based on "blind faith".

Another colossal obstacle that atheism can't get around is DNA (deoxyribonucleic acid).

But before we go there, the following is a great way to set the stage when witnessing to an atheist or agnostic.

### **DNA is the Instruction Book of Life**

Ask the following abstract question to an atheist.

"Do you believe a book can make itself? That the paper's molecules just came together perfectly and formed the precise size, weight and color with chronological page numbers. Then the ink came down and formed the numbers, letters, sentences, pictures, and colors in perfect coherent order. Then the pages wrapped and bound itself in a perfectly designed book cover, has an ISBN number manifested on the back, in sync within a network of libraries and bookstores. (This works great if you have a book on hand as a prop.)

Ninety-nine percent of the time the atheist will say "no", unless they just want to give you a hard time. Then you ask, "What would you

believe about a person who believed a book could create itself?" They often respond that the person would likely be of low intelligence or crazy. Then that's when you say, "Well, that's atheism. An atheist believes the scientific impossibility that everything was created from nothing."

At this time we bring DNA into the conversation. DNA is the genetic information coded in the cell of every living thing which instructs us how to grow and how to function. It's our genes which determine whether we will be short or tall, the color of our hair, eyes, skin complexion etc. It determines the design, size, colors, characteristics in animals, plant life, insects and every living thing.

Another amazing fact is that it's all been pre-written. Did you know if DNA instructions were laid out from end to end, they would go to the sun and back multiple times? Think about that. The sun is 93 million miles away from the earth.

DNA is commonly referred to by scientists as the "Book of Life". Bill Gates said "DNA is like a computer program but far, far more advanced than any software ever created". So then you ask the atheist or agnostic, "Do you believe DNA, the "Book of Life" created itself?" Just by stopping there, your job is done. You have proven to their intellect, without doubt, that the beautifully designed and complex creation of earth and everything in it has an intelligent designer and creator, which can only be God.

You don't have to engage in an argument after that question. If they refuse to acknowledge that there is an intelligent creator after that presentation, they are most likely trying to avoid "moral responsibility" and accountability. I recommend that you kindly give them a ministry tract, depart peacefully, and just continue to pray for them in love.

If the individual humbly concedes to acknowledge and believe that there is a Creator, then you proceed with the gospel

presentation of the plan of salvation, of true repentance and trusting in Yeshua.

For more information and resources on how to witness to an atheist or agnostic, we recommend [Livingwaters.com](http://Livingwaters.com).

## Chapter 31

### Getting Organized for Success

**G**od is a God of order. In His creation we can see perfect order and harmony in His designs and systems. God is a God of order, not confusion.

*For God is not the author of confusion, but of peace, as in all churches of the saints.  
1 Corinthians 14:33*

Unfortunately, through humanity's sin in the Garden of Eden, sin entered into the world, causing corruption and chaos. The good news is, through the new covenant of salvation, by the blood of Yeshua, we have been redeemed and made a new creation in the image of Christ. 2 Corinthians 1:16 states that as believers, we have the mind of Christ. Therefore, the Christian believer was given the mindset to have Godly order and harmony in their life.

We also were all born in sin through the bloodline of Adam and Eve, in which we inherited the carnal sinful mindset, which causes disorder and chaos in one's life. As

scripture tells us, we must put on the new man if we desire to have order and harmony in our lives.

*And that ye put on the new man, which after God is created in righteousness and true holiness.*

*Ephesians 4:24*

The Holy Bible, God's Word, is the instruction manual to creating and implementing order in all our lives. This is why God instructs us to meditate on His Word and obey it.

*This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.*

*Joshua 1:8*

Disorder in a household gives place to chaos and destruction in every area of one's life. It becomes a chain reaction. For example, misplaced car keys have caused people to be fired for being tardy for work. An unclean and disorderly house creates an atmosphere of confusion, unproductivity and even depression. Misplacing essential documents and records have caused missed job

opportunities and profitable business opportunities.

It takes a Godly discipline to obtain actual divine order and harmony in our life. As believers, this discipline is in our spiritual DNA, which is referred to as the "fruits of the Spirit" in Galatians 5:22-23. We are called to be disciples of Christ. The word "disciple" comes from the word "discipline".

## **7-Steps to Creating Divine Order for Success**

**1. Develop a Habit of giving thanks, praise and worship to God** first thing in the morning. Psalms 100:4 states “ *Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.*”

**2. Read God's Word** (Holy Bible) this is food to your soul and spirit. This habit will cultivate the mind of Christ, which is all about order and harmony, keeping your thoughts and feelings in perfect harmony.

**3. Petition God's Throne with your requests**

Heavenly Father, your word conveys in James 1:5, that if I need wisdom, I can come to you.

I need your wisdom to create your divine order in my life. Establish my thoughts on what I need to do to get organized in an efficient way. Help me with an organizing system which will be best for me. Establish my thoughts Lord, so I know what to do and what not to do. I ask this in Yeshua's Name! So be it.

4. **Go into a quiet place and be still** with an attitude of worship. Wait on the Lord to establish your thoughts with a paper and pen. This is a common way God communicates to us his plans for our lives.

*Commit thy works unto the Lord, and thy thoughts shall be established.*  
*Proverbs 16:3*

*I wisdom dwell with prudence, and find out knowledge of witty inventions.*  
*Proverbs 8:12*

*And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it.*  
*Habakkuk 2:2*

Be patient and wait on God, meditating on His Word.

**5. Start Implementing the Plan God has given you** His plan could start with:

- A. Reading a book or watching a podcast on being organized
- B. Getting a calendar, financial/budgeting, organizational app on your phone, tablet, etc.
- C. Decluttering your environment

Remember to continue to ask the Holy Spirit to guide you in all your ways.

**6. Read a Faith-Filled Decree Over Your Life Daily** It's these characteristics that God has placed in you when you were "Born Again," which will give you the ability and consistency to maintain His order and harmony in your life.

**7. Meditate and Obey God's Word** and you will prosper and have good success. This is God's promise. (Joshua 1:8)

## Chapter 32

### Goal Planning

*A good man sheweth favor, and lendeth: he will guide his affairs with discretion.  
Psalms 112:5*

**T**here are many books, courses, seminars and podcasts on goal planning. Biblical goal setting is totally contrary to the world's method of goal setting. Though many of the world's methods of goal setting are very educational, inspirational, and even helpful to an extent, many of them are unbiblical at its root.

Let me explain. Most of the mainstream goal planning curriculum focuses on searching within ourselves to discern our personal preferences and desires for our life. Then the curriculum provides a method for charting out our course to enable us in hopes to achieve it. Though there are often Biblical principles in secular goal planning, as Christians, it's vital we understand that we are not our own. We have been bought by the precious blood of Yeshua.

*For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.*

*1 Corinthians 6:20*

We are not our own, we are part of the body of Christ. Our body is the temple of the Holy Spirit, and we are to let Christ live through us, in order to accomplish His will/goal.

*I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.*

*Galatians 2:20*

How can we allow Christ to live through us, when we have placed ourselves in charge of our own lives, by choosing our own goals, based on our personal preferences and selfish desires? Paul prophesied that this mindset would be prevalent in the last days.

*This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good,*

*Traitors, heady, highminded, lovers of pleasures more than lovers of God; Having a form of godliness, but denying the power thereof: from such turn away.*  
*2 Timothy 3:2*

As Believers we are to die to our own will, and allow the Holy Spirit to live Christ's will through us. This is what God's Word has to say about self planning.

*Go to now, ye that say, Today or tomorrow we will go into such a city, and continue there a year, and buy and sell, and get gain: Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away. For that ye ought to say, If the Lord will, we shall live, and do this, or that. But now ye rejoice in your boastings: all such rejoicing is evil.*

*James 4:13-16*

This passage clearly communicates to us that planning our own future solely on our own preferences is disobedience. The blueprint to successful goal planning God's way is laid out in the following scriptures:

*This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day*

*and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.*

*Joshua 1:8*

*Commit thy works unto the Lord, and thy thoughts shall be established.*

*Proverbs 16:3*

*Delight thyself also in the Lord: and he shall give thee the desires of thine heart.*

*Psalms 37:4*

The first key to goal planning is learning how to hear from God. To hear from God you must first be "Born Again" and have a clean heart. Our motives must be pure with the right intent. This process begins with prayer, meditation, and reading the Word of God. God's Word cleanses the impurities out of our hearts and minds.

*That he might sanctify and cleanse it with the washing of water by the word,*

*Ephesians 5:26*

*This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do*

*according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.*

*Joshua 1:8*

Goal planning God's way takes faith. God will not reveal the full picture of your map's journey. We see this in scripture, such as with Moses. Moses was not initially informed by God of the many trials and tribulations they would face on their journey out of captivity from Egypt into the Promise Land.

### **Moses was not informed about:**

Egyptian soldiers would trap them at a dead end of the Red Sea.

The dry and hot desert experiences unbearable thirst and hunger.

His own people became so angry against him, they talked of stoning him.

### **We will Be Tested by God**

Moses was tested by God, as many other great men and women in the Bible were. Moses wasn't perfect in his faith and obedience, but He persevered and was able to accomplish the Father's goal through the power of the Holy Spirit.

*“I the Lord search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds.”*

*Jeremiah 17:10*

*For you know that the testing of your faith produces steadfastness.*

*James 1:3*

However, Moses had the courage to trust God and walk by faith and not by sight (2 Corinthians 5:7). God made His goal of setting Israel free from slavery, to be Moses' goal. God infused His goal into Moses' heart, and Moses made the decision to obey it. Moses, by his own will, was obedient to God and he allowed God to utilize him as an instrument to fulfill His will. God is still asking us as Christians, His saints, to do the same today.

You have to truly trust God in order to truly be successful in goal setting and goal accomplishment. Again, you have to have a submissive and clean heart in order to be truly open to receive God's goals as your goals.

### **You must cleanse out all:**

- Doubt/Unbelief

- Selfishness
- Greed/Lust
- Pride
- Vanity, Coveting, Unforgiveness
- & every other sin

Once you surrender your heart to God, it's a lifelong process and battle to maintain and keep the heart clean.

**The first step in this process is to:**

1. Die to yourself and your own selfish desires and goals. (Galatians 2:20)
2. Ask the Holy Spirit to reveal any sin and unforgiveness in your heart.
3. Then Repent, which means to apologize and **turn away from sin.** (1 John 1:9)
4. As God establishes your thoughts and gives you your desire, journal and ask Him for daily guidance in mapping out your journey.

**God Holds Us Accountable for the Goals He Has Entrusted Us With**

We all have the responsibility to seek God's will for our lives through prayer and reading His Word. No one is exempt. We all will stand before the Lord to give an account for the actions we have done in our body.

*For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad.  
2 Corinthians 5:10*

Below is an illustration that Yeshua gave us about the importance of doing God's will and the consequences of doing the contrary.

### **The Parable of the Talents**

*14 "For it will be like a man going on a journey, who called his servants[a] and entrusted to them his property. 15 To one he gave five talents,[b] to another two, to another one, to each according to his ability. Then he went away. 16 He who had received the five talents went at once and traded with them, and he made five talents more. 17 So also he who had the two talents made two talents more. 18 But he who had received the one talent went and dug in the ground and hid his master's money. 19 Now after a long time the master of those servants came and settled accounts with them. 20 And he who had received the five talents came forward, bringing five talents more, saying, 'Master, you delivered to me five talents; here, I have made five talents more.' 21 His master said to*

him, 'Well done, good and faithful servant.[c] You have been faithful over a little; I will set you over much. Enter into the joy of your master.' 22 And he also who had the two talents came forward, saying, 'Master, you delivered to me two talents; here, I have made two talents more.' 23 His master said to him, 'Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.' 24 He also who had received the one talent came forward, saying, 'Master, I knew you to be a hard man, reaping where you did not sow, and gathering where you scattered no seed, 25 so I was afraid, and I went and hid your talent in the ground. Here, you have what is yours.' 26 But his master answered him, 'You wicked and slothful servant! You knew that I reap where I have not sown and gather where I scattered no seed? 27 Then you ought to have invested my money with the bankers, and at my coming I should have received what was my own with interest. 28 So take the talent from him and give it to him who has the ten talents. 29 For to everyone who has will more be given, and he will have an abundance. But from the one who has not, even what he has will be taken away. 30 And cast the worthless servant into the outer darkness. In that place there will be weeping and gnashing of teeth.'

*God is very serious about His children achieving their goals, God has given us all spiritual gifts and talents, in order to accomplish the Goals He has given us. He has given us His Holy Spirit to empower us (Acts 1:8).*

Below are some steps to get you on your way in the right direction in achieving God's perfect will (goal) for your life.

### **Essential Tools Goal Planning**

1. Calendar (Paper/Tablet)
2. Financial Budgeting Software
3. Journal
4. Things to do list.
5. Goal Board

### **Biblical Daily Routine for charting your course for Goal Success**

1. Praise & Worship
2. Read & Meditate on the Word of God (Holy Bible)
3. Pray
4. Petition your Prayers
5. Be Still & Wait for God to Establish your Thoughts.

6. Journal: Chart Your Course/Things to Do List/ Goal List
7. Decree in Faith

## **Conclusion**

The exciting news is that if you take the initiative to meditate and obey all the biblical principles in this book, God has guaranteed that you will be successful in life. Not necessarily worldly success, but Godly success, which is the only success that truly matters.

Here at [ThugExposed.org](http://ThugExposed.org) Ministries, we are in agreement and praying for you, that you will successfully zero in on God's perfect plan for your life.

We have provided the following free resources on-line:

- Ministry EBook Downloads
- Life Skills Curriculum
- Videos
- Prayer
- Guidance Sessions

Always remember God's promise in  
Philippians 4:13 "I can do all things through  
Christ who strengthens us".

God bless. We love you.

Brotha Ray

## **Resources**

**Free PDF Ministry Books @  
[ThugExposed.org](http://ThugExposed.org)**

- **Thug Mentality Exposed**
- **Demon Mentality Exposed**
- **Greek Letter Exposed**
- **Redemption of a LA Rogue Cop**
- **Successfully Navigating a Christian Life Through a Woke Culture**
- **How to Renew Your Mind To Discover God's Success Plan for Your Life**

**[ThugExposed.Org](http://ThugExposed.Org) Ministries  
1026 Florin Road #171  
Sacramento, CA 95831  
916-714-5840**