

12 STEPS TO WALKING AS A SON OF GOD! (UIHOS)

Romans 8: 19-21

(All Power points are at
<http://clcc.tableproject.org/>)

SONS OF GOD

- ◉ Romans 8:19 For^{G1063} the^{G3588} earnest expectation^{G603(intense anticipation)} of the^{G3588} creature^{G2937(all creation)} waiteth for^{G553} the^{G3588} manifestation^{G602} of the^{G3588} Sons^{G5207(uihos)} of God.^{G2316}
- ◉ Romans 8:20 For^{G1063} the^{G3588} creature^{G2937(all creation)} was made subject^{G5293} to vanity,^{G3153(moral depravity)} not^{G3756} willingly,^{G1635} but^{G235} by reason of^{G1223} him who hath subjected^{G5293} *the same* in^{G1909} hope,^{G1680 (bold assurance)}
- ◉ Romans 8:21 Because^{G3754} the^{G3588} creature^{G2937} itself^{G848} also^{G2532} shall be delivered^{G1659} from^{G575} the^{G3588} bondage^{G1397} of corruption^{G5356} into^{G1519} the^{G3588} glorious^{G1391} liberty^{G1657} of the^{G3588} children^{G5043} of God.^{G2316}
- ◉ Romans 8:22 For^{G1063} we know^{G1492} that^{G3754} the whole^{G3956} creation^{G2937} groaneth^{G4959} and^{G2532} travaileth in pain together^{G4944} until^{G891} now.^{G3568}

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- ◉ Gal 5:17 For^{G1063} the^{G3588} flesh^{G4561} lusteth^{G1937} against^{G2596} the^{G3588} Spirit,^{G4151} and^{G1161} the^{G3588} Spirit^{G4151} against^{G2596} the^{G3588} flesh:^{G4561} and^{G1161} these^{G5023} are contrary^{G480} the one to the other:^{G240} **so that^{G2443} ye cannot^{G3361} do^{G4160} the things^{G5023} that^{G3739} ye would.^{G2309} (walk as a Son of God)**
- ◉ Gal 5:18 But^{G1161} if^{G1487} ye be led^{G71} of the Spirit,^{G4151} ye are^{G2075} not^{G3756} under^{G5259} the law.^{G3551}

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- ◉ In these next 4 session we will learn about what holds us back from our ability to walk as Sons and Daughters of God (Uihos)
- ◉ None of this teaching works unless we APPLY it to our lives....we will see NO change in our lives unless we changes **what we do!....not just what we know!**
- ◉ We will go into the “How To’s” of changing things and ,when applied, see how they will change our lives.
- ◉ Write down what you would want in your life that is not there currently (3 things)
- ◉ What is holding us back from achieving these?

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- ◉ Lets start with **Addictions** and see how they hold us back
- ◉ **We are ALL Addicted to Something!!!!!!! A bold statement but scientifically TRUE!**
- ◉ 1) Drugs (socially unacceptable)
- ◉ 2) Alcohol (socially unacceptable)
- ◉ 3) Smoking/Gambling (Socially Unacceptable)
- ◉ 4) Pornography (NOT DISCUSSED)
- ◉ 5) Fear (Acceptable)
- ◉ 6) Stress (ACCEPTABLE)
- ◉ 7) Control (Socially Acceptable)
- ◉ 8) Arrogance (Don't like but acceptable)
- ◉ 9) Judgment (VERY ACCEPTABLE)
- ◉ 10) *Need to be **accepted** by others (Praise)(Acceptable)
- ◉ 11) Knowledge (Rewarded and Acceptable)
- ◉ 12) Computer addiction/Video games (Acceptable)

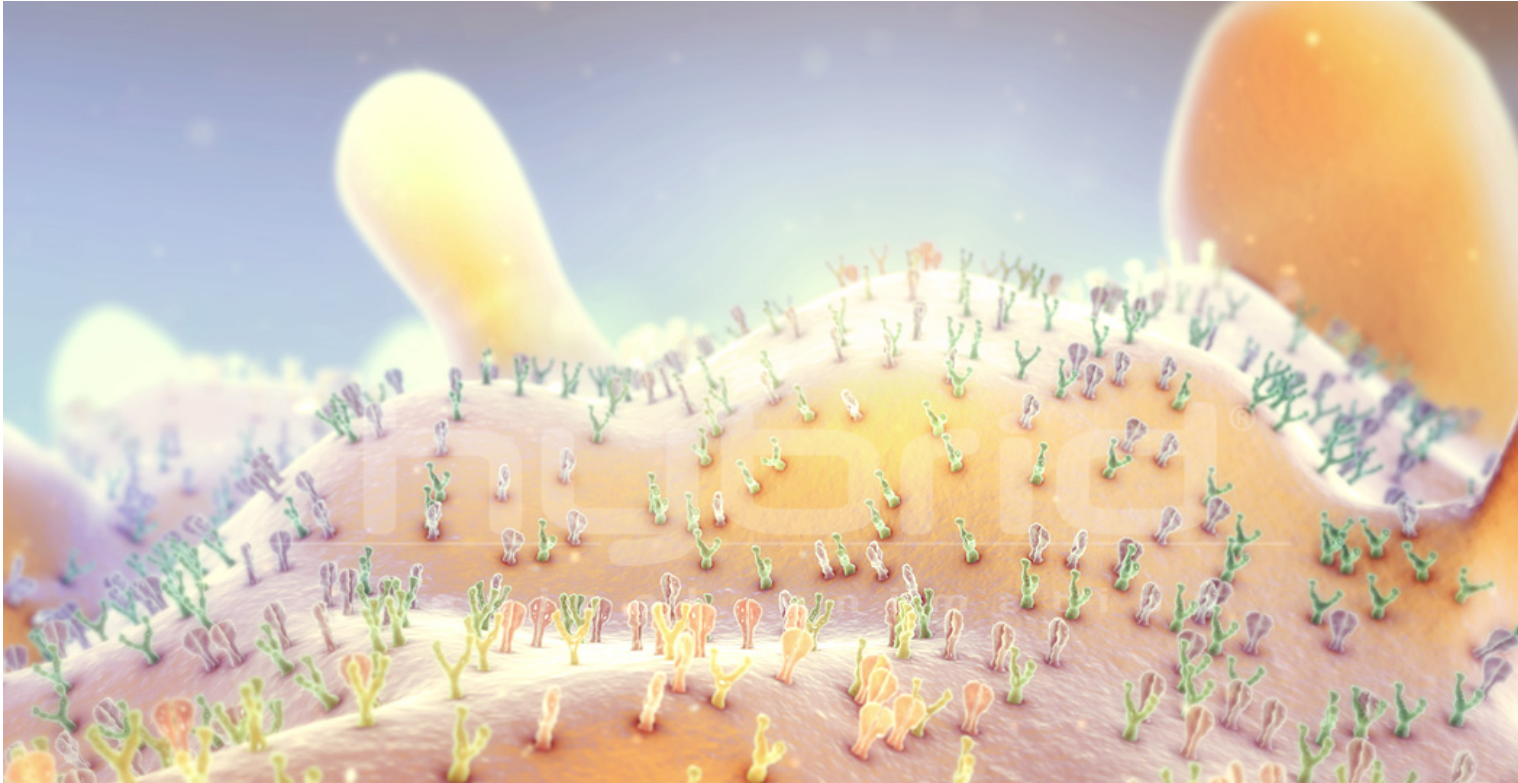
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- ◉ Lets first define a few terms:
- ◉ **Addiction:** is the repetition of a behavior despite adverse consequences
- ◉ - (if you can't **control your emotions** and your **emotions control you** and your physical well being you may be addicted to that state.) (Remember: we create from the beliefs of our heart)
- ◉ **Insanity-** doing the same action over and over again expecting different results.

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- ◉ **All addictions are Chemical Addictions (Bold Statement)**
- ◉ 1) Each emotional or physical state the hypothalamus of the brain produces neuropeptides (Amino acids or Chemicals) based on that emotional state that **"key lock"** into your cells receptor sites and you vibrate at a certain frequency based on that emotion. Like waves attract each other and line up with each other (there are hundreds of different amino acids one for each emotion created)
- ◉ 2) When a cell divides it produces more receptor sites for that emotional state therefore the body "craves" more of those neuropeptides produced from that *emotional state* (***We CHOOSE whether we crave Negative or Positive emotional states***)

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- ◉ IF you want more information on this chemical addiction GO To:
- ◉ <http://learn.genetics.utah.edu/content/addiction/drugs/mouse.html>
- ◉ “How Neuropeptides Interact with Receptor Sites”

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- ◉ So what is happening when I decide to change:

The moment we decide to change our life, we awaken the power to transform the impossible into the possible. *I AM* what my heart chooses.

Why live each day waiting to die? Why not live each day as if it were your last?

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- Dr. Joe Dispenza, (University of Aberdeen) with background in biochemistry, neurology, and cellular biology, teaches how to **re-program(REPENT)** thinking using neuro-physiologic principals.
- *"If we're bombarding the cell with the same attitude and the same chemistry over and over...",* he says, *"when that cell finally decides to divide...that next cell will have more receptor sites for those particular emotional neuropeptides and less receptor sites for vitamins minerals nutrients, fluid exchange, or even the release of waste products or toxins."* Stress is caused and results in *"Dis-Ease"* On the other hand, says Dr. Dispenza, ***"Positive loving thoughts improve cell function!"***

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- ◉ All addictions, both socially accepted and unaccepted by society can only be conquered by **surrender to a higher power (GOD)** and Seeking diligently an intimate relationship with that higher power (PaPa). We can not do it in our own power...we need God!
- ◉ As this intimacy develops the bonds of physical, chemical and emotional dependency on these addictions breakdown and you are **“set free”!**
- ◉ **Surrender and Relationship** are the **KEY** to Empowerment and Life!

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- ◉ We may ask: How do we do this? How can I become the “*salt*” and the “*light*” and break these addictions? It has been with my family for generations....
- ◉ The answer will be discussed shortly in an *Easy 12 Step Process*:
- ◉ *First we must choose to form a new identity based on who we are not who we were*

SONS OF GOD DECREE!

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- ◉ *"Who am I not to be great? Me, with the imagination of a brilliant child and the powers of my ancient Loving God.*
- ◉ *"Who am I to be ordinary? Me, who you created to bring order to Chaos, to heal the sick and raise the dead...in the name (authority and character) of Christ Jesus!*
- ◉ *"Who am I to be afraid? Me, who can serve others and do not judge while empowering infinite lives "on Purpose" while being the "salt and the light" of this world!*
- ◉ *"Who am I to be a slave to the past? Me, who lives in the "NOW" moment in alignment with "I AM", Me, who can travel time like the oceans and rewrite history with a single word with Gods Power!*
- ◉ *"Who am I to be anonymous? Me, whose name should be spoken in reverent tones or in terrified whispers because of the powerful God I serve and lives in me all for his Glory!*
- ◉ *"Who am I to deny my greatness? If I would deny it to myself, I cannot magnify my awesome God and I deny it to the entire world." And the world should Not Be Denied! (JOHN 3:16)(JOHN 17:1)*

REVIEW

- ◉ We are all addicted to something
- ◉ **Addiction:** is the repetition of a behavior despite adverse consequences
- ◉ All addictions are chemical in Nature
(Hypothalamus/neuropeptides/keylock to receptor sites)
- ◉ Surrender and Relationship are the key to walking as an empowered Being
- ◉ Identity of oneself is a key to becoming who God wants you to be for his Glory and for the Purpose he created you for!

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Gotta **ROCK IT** to get out of it!!! *DO SOMETHING DIFFERENT!*

COMFORT BOX

JOY

Shalom

Prosperity

ABUNDANCE



ARE YOU stuck in a RUT?



A rut is a grave with
the ends kicked out.

Earl Nightingale

YOU'RE IN A RUT WHEN
nothing about what you do
interests or excites you.
You feel you could do it with
your eyes shut. Sometimes
your eyes really are shut.

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- Step1- (Repent- intend to think and live a "New Way") We Must admit that we were powerless over some of the worlds ways and had succumbed to them and that our lives had become less then manageable by us alone...not to judge it but to help change it with the help of God...by changing ourselves. If we don't want to then stop here and go on with life as you know it!
- (Psalms 90:8) Thou hast set^{H7896} our iniquities^{H5771} before^{H5048} thee, our secret^{H5956} sins in the light^{H3974} of thy countenance.^{H6440}
- (1Corn 4:5) Therefore^{G5620} judge^{G2919} nothing^{G5100} before^{G4253} the time,^{G2540} until^{G2193} the^{G302} Lord^{G3588} come,^{G2962} who^{G2064} both^{G3739} will bring to light^{G2532} the^{G5461} hidden things^{G3588} of darkness,^{G2927} and^{G4655} will make manifest^{G2532} the^{G5319} counsels^{G3588} of the^{G1012} hearts:^{G2588} and^{G2532} then^{G5119} shall every man^{G1538} have^{G1096} praise^{G1868} of^{G575} God.^{G2316}
- We are not to pass a harsh opinion on the conduct of any man, including ourselves since there are so many things that go to make up his character which we cannot know; and so many secret failings and motives which are all concealed from us from generation to generation.

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- ◉ The first step for a **Son of God** is admitting there is a problem and not burying it! What we focus on we serve and become...what is our focus? In order to fix a thing we must admit the thing is in us.
- ◉ If you are not ready to admit a problem then you can go around the mountain again thru trials (**James 1:13**)
Let no man^{G3367} say^{G3004} when he is tempted,^{G3985} I am tempted^{G3985} of^{G575} God:^{G2316} for^{G1063} God^{G2316} cannot be tempted^{G2076} ^{G551} with evil,^{G2556} neither^{G1161} tempteth^{G3985} he^{G848} any man:^{G3762}
- ◉ **Acceptance not denial** is the first step - This Gives **HOPE**
- ◉ (**Micah 7:8**) Rejoice^{H8055} not^{H408} against me, O mine enemy:^{H341} when^{H3588} I fall,^{H5307} I shall arise;^{H6965} when^{H3588} I sit^{H3427} in darkness,^{H2822} the LORD^{H3068} *shall* be a light^{H216} unto me.

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- ◉ Step 2-(Relationship) Came to believe that a Power greater than ourselves (Papa God) and relationship with him could restore us to Sanity (*NOW*) here on earth!(Psalms 55:22)(1John 4:18-19)
- ◉ Many religions have members focus on having hope and faith that someday in heaven all will be restored to a healthy state...including them!
- ◉ All of these religions typically involve some god/spirituality or meditation but no close relationship with that god like we are called to by calling Him "Abba" Father....all our defects in character can be corrected by God....they lead us back to God for help (Romans 8:15)

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- ◉ **Psa 55:22** Cast^{H7993} thy burden^{H3053} upon^{H5921} the LORD,^{H3068} and he^{H1931} shall sustain^{H3557} thee: he shall never^{H3808 H5769} suffer^{H5414} the righteous^{H6662} to be moved.^{H4131}
- ◉ **1Jn 4:18** There is^{G2076} no^{G3756} fear^{G5401} in^{G1722} love;^{G26} but^{G235} perfect^{G5046} love^{G26} casteth^{G906} out^{G1854} fear:^{G5401} because^{G3754} fear^{G5401} hath^{G2192} torment.^{G2851 (G1161)} He that feareth^{G5399} is not^{G3756} made perfect^{G5048} in^{G1722} love.^{G26}
- ◉ **1Jn 4:19** We^{G2249} love^{G25} him,^{G846} because^{G3754} he^{G846} first^{G4413} loved^{G25} us.^{G22}
- ◉ **Rom 8:15** For^{G1063} ye have not^{G3756} received^{G2983} the spirit^{G4151} of bondage^{G1397} again^{G3825} to^{G1519} fear;^{G5401} but^{G235} ye have received^{G2983} the Spirit^{G4151} of adoption,^{G5206} whereby^{G1722 G3739} we cry,^{G2896} Abba,^{G5} Father.^{G396}

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- ◉ There is no doubt about it. Read the last couple chapters in Revelation for a clear understanding. God's new city comes down from heaven, and God makes his residence on the Earth. And people live on the (new) Earth with him but minus the death and decay of our current situation. The Saints reign with God in this new city, the Kingdom of God finally made fully on Earth like it is in heaven. (Revelations 21:1-7)

This is sometimes referred to as “The Life after”!

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- ◉ **Rev 21:1** And^{G2532} I saw^{G1492} a new^{G2537} heaven^{G3772} and^{G2532} a new^{G2537} earth:^{G1093} for^{G1063} the^{G3588} first^{G4413} heaven^{G3772} and^{G2532} the^{G3588} first^{G4413} earth^{G1093} were passed away;^{G3928} and^{G2532} there was^{G2076} no^{G3756} more^{G2089} sea.^{G2281}
- ◉ **Rev 21:2** And^{G2532} I^{G1473} John^{G2491} saw^{G1492} the^{G3588} holy^{G40} city,^{G4172} new^{G2537} Jerusalem,^{G2419} coming down^{G2597} from^{G575} God^{G2316} out of^{G1537} heaven,^{G3772} prepared^{G2090} as^{G5613} a bride^{G3565} adorned^{G2885} for her^{G848} husband.^{G435}
- ◉ **Rev 21:3** And^{G2532} I heard^{G191} a great^{G3173} voice^{G5456} out of^{G1537} heaven^{G3772} saying,^{G3004} Behold,^{G2400} the^{G3588} tabernacle^{G4633} of God^{G2316} is with^{G3326} men,^{G444} and^{G2532} he will dwell^{G4637} with^{G3326} them,^{G846} and^{G2532} they^{G846} shall be^{G2071} his^{G848} people,^{G2992} and^{G2532} God^{G2316} himself^{G848} shall be^{G2071} with^{G3326} them,^{G846} and be their^{G848} God.^{G2316}
- ◉ **Rev 21:4** And^{G2532} God^{G2316} shall wipe away^{G1813} all^{G3956} tears^{G1144} from^{G575} their^{G848} eyes;^{G3788} and^{G2532} there shall be^{G2071} no^{G3756} more^{G2089} death,^{G2288} neither^{G3777} sorrow,^{G3997} nor^{G3777} crying,^{G2906} neither^{G3777} shall there be^{G2071} (G3756) any more^{G2089} pain:^{G4192} for^{G3754} the^{G3588} former things^{G4413} are passed away.^{G565}
- ◉ **Rev 21:5** And^{G2532} he that sat^{G2521} upon^{G1909} the^{G3588} throne^{G2362} said,^{G2036} Behold,^{G2400} I make^{G4160} all things^{G3956} new.^{G2537} And^{G2532} he said^{G3004} unto me,^{G3427} Write:^{G1125} for^{G3754} these^{G3778} words^{G3056} are^{G1526} true^{G228} and^{G2532} faithful.^{G4103}
- ◉ **Rev 21:6** And^{G2532} he said^{G2036} unto me,^{G3427} It is done.^{G1096} I^{G1473} am^{G1510} (G3588) Alpha^{G1} and^{G2532} (G3588) Omega,^{G5598} the^{G3588} beginning^{G746} and^{G2532} the^{G3588} end.^{G5056} I^{G1473} will give^{G1325} unto him that is athirst^{G1372} of^{G1537} the^{G3588} fountain^{G4077} of the^{G3588} water^{G5204} of life^{G2222} freely.^{G1432}
- ◉ **Rev 21:7** He that **overcometh**^{G3528} shall inherit^{G2816} all things;^{G3956} and^{G2532} I will be^{G2071} his^{G848} God^{G2316} and^{G2532} he^{G846} shall be^{G2071} my^{G3427} son^{G5207}

REVIEW OF 12 STEPS

- ◉ Step 1-(Repent/think) a new way/decide you want to improve your life by improving yourself
- ◉ Step 2- (Decide) that a power greater than you (God) could remove your character flaws. Only thru relationship with papa God is this possible

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- ◉ Step 3- (TRUST) Made a decision to turn our will and our lives over to the care of God as we understand Him through Christ Jesus.
- ◉ Without TRUST there is no true relationship! Without TRUST there is *Stress*!
- ◉ Becoming a Son of God we must welcome non-Christians into our fold so as to LOVE them (and not judge them) to the Truththrough our actions...not our words!
- ◉ Different Churches work with different types of spirituality (we look to spiritual Progress not perfection in ourselves) with RELIGION always rearing it's ugly head! (Man made rules with no Godly Purpose) Our entire existence is about *Relationships!!!* (Mathew 22:37) (Proverbs 3:5-6)

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- ◉ **Mat 22:37** (G1161) Jesus^{G2424} said^{G2036} unto him,^{G846} Thou shalt love^{G25} the **Lord**^{G2962} **thy**^{G4675} **God**^{G2316} with^{G1722} **all**^{G3650} thy^{G4675} heart,^{G2588} and^{G2532} with^{G1722} **all**^{G3650} thy^{G4675} soul,^{G5590} and^{G2532} with^{G1722} **all**^{G3650} thy^{G4675} mind.^{G1271}
- ◉ **Mat 22:38** This^{G3778} is^{G2076} the first^{G4413} and^{G2532} great^{G3173} commandment.^{G1785}
- ◉ **Mat 22:39** And^{G1161} the second^{G1208} *is* like unto^{G3664} it,^{G846} Thou shalt love^{G25} **thy**^{G4675} **neighbour**^{G4139} as^{G5613} **thyself**.^{G4572}
- ◉ **Pro 3:5** Trust^{H982} in^{H413} the **LORD**^{H3068} with **all**^{H3605} thine heart;^{H3820} and lean^{H8172} not^{H408} unto^{H413} thine own understanding.^{H998}
- ◉ **Pro 3:6** In **all**^{H3605} thy ways^{H1870} acknowledge^{H3045} him, and he^{H1931} shall direct^{H3474} thy paths.^{H734}

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- ◉ *Proverbs 3:5-6*
- ◉ Trust - *Batach* (H) Be Bold/confident/and sure of refuge
- ◉ Heart- *Labe* (H) heart/very center or core
- ◉ Understanding- *Biynah* (H) Knowledge/Meaning
- ◉ All- *kol* (H)- whole/every/any/all
- ◉ Ways- *derek* (H)-Roads/modes of action/courses in life
- ◉ Acknowledge- *yada* (H)-know him/be aware/ask him
- ◉ Direct- *yashar* (H)- to make straight/pleasant/prosperous/right
- ◉ Paths- *orach* (H)- Road/Race/caravan

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- ◉ With no Trust there is **STRESS** (defn) a constraining force or influence: as
- ◉ *A)* : a force exerted when one body or body part presses on, pulls on, pushes against, or tends to compress or twist another body or body part
- ◉ *B)* : the deformation caused in a body by such a force
- ◉ *C)* : a physical, chemical, or emotional factor that causes bodily or mental tension and has been found to be a key factor in disease causation

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- ◉ So lets see what happens to us when we don't "TRUST" in God!
- ◉ **Stress....** is thought to be an important factor in many health problems which activates the "fight or flight" or "stress response" in humans.
- ◉ When the hypothalamus experiences the stressor signal, it simultaneously activates the two major stress pathways: the autonomic nervous system and the endocrine system
- ◉ activated by the hypothalamus, involuntary functions such as heart rate, blood pressure, respiration, and body fluid regulation are affected, pituitary gland is stimulated and many Hormones are released causing:

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- ◉ ...the release of **Cortisol** (a key hormone released) in the body results in:
- ◉ 1. Acceleration of heart rate
- 2. Dilation of coronary arteries
- 3. Dilation of bronchial tubes
- 4. Increase in force of heart contractions
- 5. Increase in rate of metabolism
- ◉ 6. Increase in anxiety (Anxiety attacks)
- 7. Increase in gastrointestinal motility
- 8. Increase in rate and depth of respiration
- 9. Decrease in feeling of tiredness
- 10. Decrease in Salvation (dry mouth)
- ◉ 11. Dilation of pupils
- ◉ 12. Death

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- ◉ Physical Manifestation-The physical problems related to chronic stress include the lowering of the immune response, chronic muscle tension, and increased blood pressure. These problems can eventually lead to serious life-threatening illnesses such as heart attacks, kidney disease, and cancer.

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- ◉ List of some Stress related DIS-EASES:
- ◉ 1)diarrhea 2) Nausea 3) Indigestion
- ◉ 4) Spastic Colon 5) Irritable bowel Syndrome 6) Constipation
- ◉ 7) colds and sinus infections 8) Vaginal yeast infections 9) Bladder infections
- ◉ 10)fiber myalgia 11)Arthritis 12) High Blood Pressure
- ◉ 13) heart disease 14) Kidney Disease 15) Asthma
- ◉ 16)headaches 17) Migraines 18) Stroke / Death
- ◉ What do we do to learn to TRUST?????.....

ASIDE*

- ◉ “If you want to know WHO you are see Who you hang out and surround yourself with”!!! Hang with those who you TRUST !
- ◉ http://www.youtube.com/watch?feature=player_embedded&v=JWToUATLGzs
- ◉ **Resonance:** One of the more powerful and central ideas in physics. It's a perfect example of emergence and systems thinking as one.
- ◉ Christian Huygens saw this in his own clock building workshop when he saw that all the pendulums of clocks attached to the same wall would eventually fall into synchrony. He correctly realized that the wall must be somehow be transmitting energy between all the vibrating clocks until eventually they fell into synchrony
- ◉ In 90 days women under the same roof will align menstrual cycles.
- ◉ We have watched 32 discordant metronomes achieve synchrony in a matter of minutes

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- ◉ Why do I want to be a Son of God (I'm saved).....this is Hard stuff...cant someone else do it?....Who am I to walk in power and Purpose?
- ◉ **Mat 5:13** Ye^{G5210} are^{G2075} the^{G3588} salt^{G217} of the^{G3588} earth:^{G1093} but^{G1161} if^{G1437} the^{G3588} salt^{G217} have lost his savour,^{G3471} wherewith^{G1722 G5101} shall it be salted?^{G233} it is thenceforth^{G2089} good^{G2480} for^{G1519} nothing,^{G3762} but^{G1508} to be cast^{G906} out,^{G1854} and^{G2532} to be trodden under foot^{G2662} of^{G5259} men.^{G444}
- ◉ **Mat 5:14** Ye^{G5210} are^{G2075} the^{G3588} light^{G5457} of the^{G3588} world.^{G2889} A city^{G4172} that is set^{G2749} on^{G1883} an hill^{G3735} cannot^{G1410 G3756} be hid.^{G2928}
- ◉ **Mat 5:15** Neither^{G3761} do men light^{G2545} a candle,^{G3088} and^{G2532} put^{G5087} it^{G846} under^{G5259} a bushel,^{G3426} but^{G235} on^{G1909} a candlestick;^{G3087} and^{G2532} it giveth light^{G2989} unto all^{G3956} that^{G3588} are in^{G1722} the^{G3588} house.^{G3614}
- ◉ **Mat 5:16** Let your^{G5216} light^{G5457} so^{G3779} shine^{G2989} before^{G1715} men,^{G444} that^{G3704} they may see^{G1492} your^{G5216} good^{G2570} works,^{G2041} and^{G2532} glorify^{G1392} your^{G5216} Father^{G3962} which^{G3588} is in^{G1722} heaven.^{G3772}
- ◉ Ya see its our duty to grow and walk in purpose for Gods Glory and Honor as we were "Purchased for a Price" and Love our God and will die to what we want to do in the flesh and do what he has directed us to do! No Christian Fans we must DOERS!

REVIEW (END SESSION #1)

- ◉ YOU ARE SAVED...now what????
- ◉ How do I change what I have always done/thought? We are all addicted to something or many things.(science and receptor sites)
- ◉ **Step 1-Repent/think** a new way/decide you want to improve your life by improving yourself.
- ◉ **Step 2- Decide** that a power greater than you (God) could remove your character flaws. Only thru relationship with papa God is this possible
- ◉ **Step 3- (TRUST)** Made a decision to turn our will and our lives over to the care of God as we understand Him through Christ Jesus.(Hard but)

SONS OF GOD

- ◉ NO FEAR!(Read aloud Daily or when attacked)
(TOOL)
- ◉ Psalms 62:8 (Refuge and Shelter)
- ◉ Proverbs 30:5 (Shield and Protects)
- ◉ Philippians 4:6-7 (conditional)
- ◉ Philippians 4:19 (PROVIDER) Jehovah Jireh
- ◉ 3John 1:2 (Prosperity and Health)
- ◉ Proverbs 17:22 (Medicine)Laughter Therapy

LAUGHTER TREATMENT

PROVERBS 17:22

- ◉ According to studies By the CTCA (Cancer Treatment Centers of America in 2012), laughter therapy does provide physical benefits, such as helping to:
- ◉ Boost the immune system and circulatory system
- ◉ Enhance oxygen intake
- ◉ Stimulate the heart and lungs
- ◉ Relax muscles throughout the body
- ◉ Trigger the release of endorphins (the body's natural painkillers)
- ◉ Ease digestion/soothes stomach aches
- ◉ Relieve Chronic Pain
- ◉ Balance blood pressure
- ◉ Improve mental functions (i.e., alertness, memory, creativity)
- ◉ Laughter therapy may also help to:
- ◉ Improve overall attitude
- ◉ **Reduce stress/tension**
- ◉ Promote relaxation
- ◉ Improve sleep
- ◉ Enhance quality of life
- ◉ Strengthen social bonds and relationships with others
- ◉ Produce a general sense of well-being (Peace)

SONS OF GOD

"HOW TO" LEARN TO TRUST GOD! (ACTION STEPS)

- 1) Read and know the scriptures listed on slide 36
- 2) Read Your Identity statement(I AM) and Remember who God is to you (Papa)(If you don't have one write one of who God says you are)
- 3) Know you have a **Purpose** and you were uniquely created for that Purpose by God...everything God created serves a purpose....why not you??? The Creator of a thing is the only one who can tell you its Purpose! Must know him!
- 4) Create a "**When God Came Thru**" or "**Miracle**" book (Important when you're going through it)
- 5) Talk to God daily...and then Listen!(Meditation)
- 6) Have a Friend/Mentor to walk you thru the truth when your in pain or doubt. James 5:16
- (James 5:16) Confess^{G1843} your faults^{G3900} one to another,^{G240} and^{G2532} pray^{G2172} one for another,^{G240 G5228} that^{G3704} ye may be healed.^{G2390} The effectual fervent^{G1754} prayer^{G1162} of a righteous man^{G1342} availeth^{G2480} much.^{G4183}

SONS OF GOD



- ◉ Step 4: (Into The Light) Made a Searching and fearless Moral Inventory of *Ourselves!* (Luke 6:41/ Mathew 7:3-5) *Leave no root hidden or it will come up at the worst time!* *Hebrews 12:15, "Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled."*
- ◉ A major step that will happen after admitting a problem exists is admitting your shortcomings and **write them down!**
- ◉ Each individual must look at his past and present circumstances and situations and determine where he has missed the mark (**sin-** (harmartano Greek) *missing the mark not receiving the prize*)(Luke 6:43-45) without judgment of oneself!
- ◉ By bringing these shortcomings into the light they can not **sabotage your gifts and talents** any longer and can be dealt with turned over and overcome. You are released from Bondage and Shackles....by your decision to search fearlessly into yourself and THE WORD!!!(John 8:31-32)

SONS OF GOD



- ◉ Mathew 7:3-5 You can only change You!!...stay focused on that and not others short comings!

- ◉ Mat 7:3 And^{G1161} why^{G5101} beholdest^{G991} thou the^{G3588} mote^{G2595} that^{G3588} is in^{G1722} thy^{G4675} brother's^{G80} eye,^{G3788} but^{G1161} considerest^{G2657} not^{G3756} the^{G3588} beam^{G1385} that is in^{G1722} thine own^{G4674} eye?^{G3788}
- ◉ Mat 7:4 Or^{G2228} how^{G4459} wilt thou say^{G2046} to thy^{G4675} brother,^{G80} Let^{G863} me pull out^{G1544} the^{G3588} mote^{G2595} out of^{G575} thine^{G4675} eye;^{G3788} and,^{G2532} behold,^{G2400} a beam^{G1385} is^{G1722} in thine^{G4675} own eye?^{G3788}
- ◉ Mat 7:5 Thou hypocrite,^{G5273} first^{G4412} cast out^{G1544} the^{G3588} beam^{G1385} out^{G1537} of thine own^{G4675} eye;^{G3788} and^{G2532} then^{G5119} shalt thou see clearly^{G1227} to cast out^{G1544} the^{G3588} mote^{G2595} out of^{G1537} thy^{G4675} brother's^{G80} eye.

REVIEW

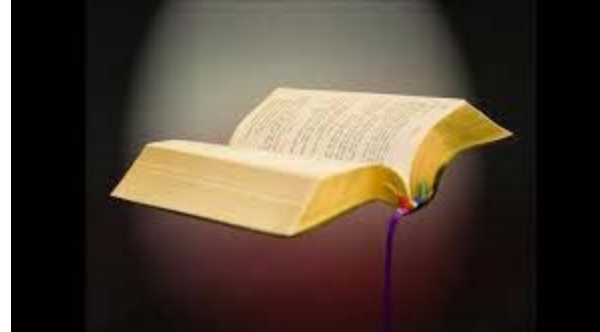
- ◉ YOU ARE SAVED...now what????
- ◉ How do I change what I have always done/thought? We are all addicted to something or many things.(science and receptor sites)
- ◉ **Step 1-(Repent)/think** a new way/decide you want to improve your life by improving yourself.
- ◉ **Step 2- (Decide)** that a power greater than you (God) could remove your character flaws. Only thru relationship with papa God is this possible
- ◉ **Step 3- (TRUST)** Made a decision to turn our will and our lives over to the care of God as we understand Him through Christ Jesus.(Hard but)
- ◉ **Rule of resonance-** you become who are hang with/together we are more powerful than apart.
- ◉ **Step 4-(Inventory)** made a fearless and thorough inventory of ourselves and shortcomings. Bring it into the light!

SONS OF GOD



- ◉ Luke 6:43-45
- ◉ Luke 6:43 For^{G1063} a good^{G2570} tree^{G1186} bringeth not forth^{G2076 G3756 G4160} corrupt^{G4550} fruit;^{G2590} neither^{G3761} doth a corrupt^{G4550} tree^{G1186} bring forth^{G4160} good^{G2570} fruit.^{G2590}
- ◉ Luke 6:44 For^{G1063} every^{G1538} tree^{G1186} is known^{G1097} by^{G1537} his own^{G2398} fruit.^{G2590} For^{G1063} of^{G1537} thorns^{G173} men do not^{G3756} gather^{G4816} figs,^{G4810} nor^{G3761} of^{G1537} a bramble bush^{G942} gather^{G5166} they grapes.^{G4718}
- ◉ Luke 6:45 A good^{G18} man^{G444} out^{G1537} of the^{G3588} good^{G18} treasure^{G2344} of his^{G848} heart^{G2588} bringeth forth^{G4393} that which is good;^{G18} and^{G2532} an evil^{G4190} man^{G444} out^{G1537} of the^{G3588} evil^{G4190} treasure^{G2344} of his^{G848} heart^{G2588} bringeth forth^{G4393} that which is evil:^{G4190} for^{G1063} of^{G1537} the^{G3588} abundance^{G4051} of the^{G3588} heart^{G2588} his^{G846} mouth^{G4750} speak!
- ◉ Become a **fruit inspector**...good fruit....good seed....look at your fruit and see what needs to be changed **in you!**

SONS OF GOD



- ◉ Do we believe the word or the world?
- ◉ John 8:31 Then^{G3767} said^{G3004} Jesus^{G2424} to^{G4314} those Jews^{G2453} which believed^{G4100} on him,^{G846} If^{G1437} ye^{G5210} continue^{G3306(meno-dwell)} in^{G1722} my^{G1699} word,^{G3056} *then* are^{G2075} ye my^{G3450} disciples^{G3101} indeed;^{G230}
- ◉ John 8:32 And^{G2532} ye shall know^{G1097} the^{G3588} truth,^{G225} and^{G2532} *the^{G3588} truth^{G225} shall make you free.*
- ◉ *Disciples of Jesus know the truth of their identity thru the word and this truth removes the doubt of environment or generational programming that have been placed in us!*

SONS OF GOD

(ROMANS 3:23)



- Step 5: (CONFESSION- Dropping the weight!) Admitted to God to ourselves and another person the *EXACT* nature of our wrongs. (James 5:16) (Acts 3:19) **Write them down!! This should be a key step to "renewing the mind" ...lets get rid of them!**

WE IN THE CHURCH ARE sometimes TAUGHT TO *BURY* AND NOT *CONFRONT SIN!!!*.....not judge yourself but get past it...lay it down!

- Knowing what we did is wrong and admitting it out loud are two very different things. Hearing your own voice say it heals you of the constant fear of it being found out! God already knows...are we respecters of persons or God? God wants us free of the bondage we placed ourselves in as he has already set up freedom for us thru Christ!
- Admitting past errors and wrongs we have buried to another out loud and to ourselves is a key to repenting and taking the power away from the times we "missed the mark" (sin)... *ALL* must go through this or never get to their full potential as a Son of God.

SONS OF GOD



◉ James 5:16

- ◉ Therefore, confess your **sins** to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

- ◉ James 5:16 Confess^{G1843} your faults^{G3900} *(a side slip/error)* one to another,^{G240} and^{G2532} pray^{G2172} one for another,^{G240 G5228} that^{G3704} ye may be healed.^{G2390} *(cured/make whole)* The effectual fervent^{G1754} *(active and mighty)* prayer^{G1162} *(petition)* of a righteous man^{G1342} *(equitable in Character and action)* availeth^{G2480} *(Force/power)* much *(many much/great abundant)*.

SONS OF GOD



- ◉ Act 3:19 Repent^{G3340} (to think differently) ye therefore, ^{G3767} and^{G2532} be converted, ^{G1994} (renewed/turned AROUND) that your^{G5216} sins^{G266} may be blotted out, ^{G1813} (smeared out, obliterated) when^{G3704} the times^{G2540} of refreshing^{G403} (REVIVAL) shall come^{G2064} ^{G302} from^{G575} the presence^{G4383} of the^{G3588} Lord; ^{G2}
- ◉ Pro 28:13 He that covereth^{H3680} (hide/conceal) his sins^{H6588} shall not^{H3808} prosper: ^{H6743} but whoso confesseth^{H3034} and forsaketh^{H5800} them shall have mercy. ^{H7355} (love and compassion)

(Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain love and compassion.)

- ◉ Mathew 7:1-2 Judge^{G2919} (Try/Condemn/punish) not, ^{G3361} that^{G2443} ye be not^{G3361} judged. ^{G2919}
- ◉ For^{G1063} with^{G1722} what^{G3739} judgment^{G2917} ye judge, ^{G2919} ye shall be judged: ^{G2919} and^{G2532} with^{G1722} what^{G3739} measure^{G3358} ye mete, ^{G3354} it shall be measured to you again.
- ◉ Who decides how we are judged?

SONS OF GOD

(JAMES 2:9-10)



Jas 2:9 But^{G1161} if^{G1487} ye have respect to **persons**,^{G4380} (to show partiality) ye commit^{G2038} sin,^{G266} and are **convinced**^{G1651}(convicted) of^{G5259} the^{G3588} **law**^{G3551}(mosaic law) as^{G5613} transgressors.^{G384}(violators/breakers)

Jas 2:10 For^{G1063} whosoever^{G3748} shall keep^{G5083} the^{G3588} whole^{G3650} law,^{G3551} and^{G1161} yet offend^{G4417} in^{G1722} **one**^{G1520} **point**, he is^{G1096} guilty^{G1777} of **all**.

**NO SIN IS GREATER THAN ANY OTHER SIN!!!
(DISCUSS)!**

SONS OF GOD

- ◉ Is there an unforgivable sin???
- ◉ Mark 3:29 But^{G1161} he^{G3739 G302} that shall blaspheme^{G987} against^{G1519} the^{G3588} Holy^{G40} Ghost^{G4151} hath^{G2192} never forgiveness,^{G3756 G859 G1519 G165} but^{G235} is^{G2076} **in danger^{G1777} of eternal^{G166} damnation:^{G2920}**
- ◉ What does this mean? **(Discuss)**
- ◉ Lets see blasphemy against the Holy Spirit, is any sin that a person clings to by continually resisting the **convicting power of the Holy Spirit**. Keep in mind that there is not one specific sin that is unforgivable, such as lying, stealing or murder, but rather a perpetual **hardening of the heart** and **willfully sinning against God and man** (1 Timothy 4:2; Titus 1:15).

SONS OF GOD

- ◉ Titus 1:15 Unto the^{G3588} pure^{G2513} all things^{G3956} *are*^(G3303) pure:^{G2513} but^{G1161} unto them^{G3588} that are defiled^{G3392} and^{G2532} unbelieving^{G571} *is* nothing^{G3762} pure;^{G2513} but^{G235} even^{G2532} their^{G846} mind^{G3563} and^{G2532} conscience^{G4893} is defiled.^{G3392}
- ◉ Titus 1:16 They profess^{G3670} **that they know**^{G1492} **God**;^{G2316} but^{G1161} in works^{G2041} they deny^{G720} *him*, being^{G5607} abominable,^{G947} and^{G2532} disobedient,^{G545} and^{G2532} unto^{G4314} every^{G3956} good^{G18} work^{G2041} reprobate.^{G96}
- ◉ 1Timothy 4:2 **Speaking lies**^{G5573} **in**^{G1722} **hypocrisy**;^{G5272} having their^{G2398} conscience^{G4893} seared with a hot iron^{G2743}

SONS OF GOD



- ◉ How do I choose who I share with???(Mathew 6:14)(1 John 1:9)(Mathew 18:21-22) (Mathew 18:35)(Colossians 3:13)(Psalms 32:1)
- ◉ A RIGHTEOUS MAN! (James 5:16) dikaios
- ◉ *dik'-ah-yos*
- ◉ From G1349; *equitable* (in character or action); by implication *innocent*

Someone who has also dared to grow and look honestly at themselves!

- ◉ Someone that loves and doesn't judge!(There by the grace of God go I)
- ◉ Someone that has walked that path! (walk a mile in my brothers shoes)
- ◉ Someone who wants to see you succeed!
- ◉ Someone who loves themselves...because God loves them unconditionally! (God so loved the world...)
- ◉ Someone the Holy Spirit Chooses! Ask!! (Do not cast your pearl among swine)

SONS OF GOD



- ◉ ***BURN THE LIST!!! And forgive yourself!***
- ◉ *2 Corinthians 5:17, "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."*
- ◉ *Psalms 103:12, "As far as the east is from the west, so far hath he removed our transgressions from us."*
- ◉ *Romans 8:1, "There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit."*

SONS OF GOD (TO DO)



- ◉ Say these 3 decrees until you believe it (**Out Loud! With passion and conviction**) **We believe what we say!** (*Fake it till u make it!*)
- ◉ *"I am a new creation in Christ, old things have passed away and all things become new."*
- ◉ *"The old me has been crucified and my old man has been buried with Christ. Now my life is in Christ as I have been raised to life with Him and I am free to walk in the newness of life."*
- ◉ *"Not only did God choose to forget my sins, but He also wants me to forget them as well. He wants me to draw near to Him (boldly) with a true heart, in full assurance of faith, being clean from an evil conscience of hidden lies."*

REVIEW

- ◉ YOU ARE SAVED...now what????
- ◉ How do I change what I have always done/thought? We are all addicted to something or many things or the worlds ways.(science and receptor sites and Resonance)
- ◉ **Step 1-(Repent)/think** a new way/decide you want to improve your life by improving yourself.
- ◉ **Step 2- (Decide)** that a power greater than you (God) could remove your character flaws. Only thru relationship with papa God is this possible
- ◉ **Step 3- (TRUST)** Made a decision to turn our will and our lives over to the care of God as we understand Him through Christ Jesus.(Hard but)
- ◉ **Rule of resonance-** you become who are hang with/together we are more powerful than apart.
- ◉ **Step 4-(Inventory)** made a fearless and thorough inventory of ourselves and shortcomings. Bring it into the light!
- ◉ **Step 5-(Confession/Drop the weight)** Admitted to God , ourselves and another person the exact nature of our wrongs.

SONS OF GOD- YOU CANT DO STEP 6 UNLESS STEP 5 IS COMPLETED!*

- ◉ Step 6 (RENEW-Make new again/New Identity) - we were entirely ready to have God through the guidance of the Holy Spirit remove all these Lies that gave us value and told us who we were! (Mathew 5:37) (*Say what you mean and mean what you say!*)
- ◉ Mat 5:37 But^{G1161} let your^{G5216} communication^{G3056} be,^{G2077} Yea,^{G3483} yea;^{G3483} Nay,^{G3756} nay: ^{G3756}for^{G1161} whatsoever is more^{G4053} than these^{G5130} cometh^{G2076} of^{G1537} evil
- ◉ Once the **lie is revealed** it is time to “let go of the old self” and the things that identified you and gave you value in your old life. (“I need this (accolade/attention/compliment) so I can feel good about me....I do this (service/help/song/work) so I can feel good about me...I want this (car/truck/airplane/TV)so I can feel good about me...”)(Ephesians 2:10)(Ephesians 1:4-5) (next slide)
- ◉ (Colossians 2:13-14)
- ◉ **TIME TO FORM OUR NEW IDENTITY! It Takes Time**
- ◉ **Remember: It is Progress not perfection is what we seek!**

SONS OF GOD



- ◉ **Eph 2:10** For^{G1063} we are^{G2070} his^{G846} workmanship,^{G4161} created^{G2936} in^{G1722} Christ^{G5547} Jesus^{G2424} unto^{G1909} **(epi-for the distribution of)** good^{G18} works,^{G2041} which^{G3739} God^{G2316} hath before ordained^{G4282} **(fit up in advance)** that^{G2443} we should walk^{G4043} **(prove ones ability)** in^{G1722} them.^{G846}
(a pre- destiny for greatness based on choices)
- ◉ **Eph 1:4** According as^{G2531} **(in harmony with)** he hath chosen^{G1586} us^{G2248} in^{G1722} him^{G846} before^{G4253} the foundation^{G2602} of the world,^{G2889} that we^{G2248} should be^{G1511} holy^{G40} and^{G2532} without blame^{G299} before^{G2714} him^{G846} in^{G1722} love:^{G26}
- ◉ **Eph 1:5** Having predestinated^{G4309} **(ordained)** us^{G2248} unto^{G1519} the adoption of children^{G5206} by^{G1223} Jesus^{G2424} Christ^{G5547} to^{G1519} himself,^{G848} according^{G2596} **(in harmony with)** to the^{G3588} good pleasure^{G2107} of his^{G848} will! **(Choice!)**



SONS OF GOD

- ◉ **Col 2:13** And^{G2532} you,^{G5209} being^{G5607} dead^{G3498} in^{G1722} your sins^{G3900} and^{G2532} the^{G3588} uncircumcision^{G203} of your^{G5216} flesh,^{G4561} hath he quickened together^{G4806} **(reanimated co-jointly)** with^{G4862} him,^{G846} having forgiven^{G5483} you^{G5213} **all**^{G3956} trespasses;^{G3900} **(up to that point or ALL?)**
- ◉ **Col 2:14** Blotting out^{G1813} **(exoliopho-obliterated)** the^{G3588} handwriting^{G5498} of ordinances^{G1378} that was against^{G2596} us,^{G2257} which^{G3739} was^{G2258} contrary^{G5227} to us,^{G2254} and^{G2532} took^{G142} it^{G846} out of^{G1537} the^{G3588} way,^{G3319} **nailing^{G4338} it^{G846} to his cross;**

SONS OF GOD



- ◉ The only way to **change** truly is to "Accept **Responsibility** that you did it" (no victim/not mom/not dad/not uncle/not environment /government/church ect...) and you have been given the **POWER** to change it! You have now given power back to you!
- ◉ 1st Conversion step **(IDENTITY)** **We gotta get this!**
- ◉ Who am I Now? (John 1:12-13)(Galatians 4:6-7) (John 15:15)(Romans 5:1-2)
- ◉ **Joh 1:12** But^{G1161} as many as^{G3745} received^{G2983} him,^{G846} to them^{G846} gave^{G1325} he power^{G1849} to become^{G1096} the Sons^{G5043} of God,^{G2316} even to them that believe^{G4100} on^{G1519} his^{G846} name:^{G3686}
- ◉ **Joh 1:13** Which^{G3739} were born,^{G1080} not^{G3756} of^{G1537} blood,^{G129} nor^{G3761} of^{G1537} the will^{G2307} of the flesh,^{G4561} nor^{G3761} of^{G1537} the will^{G2307} of man,^{G435} but^{G235} of^{G1537} God.

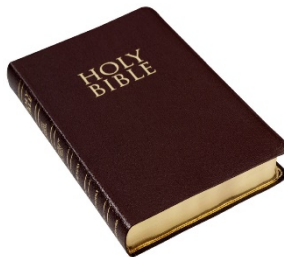
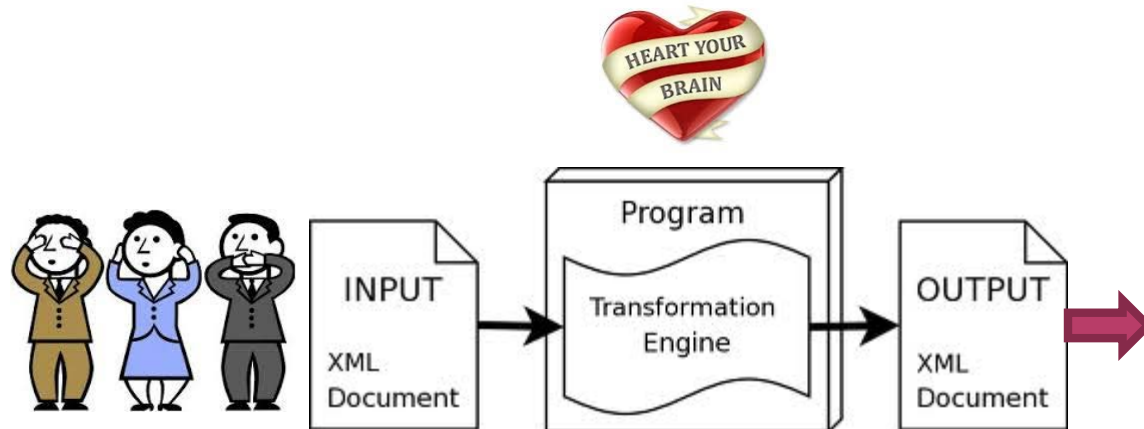
SONS OF GOD



- John 15:15** Henceforth I call you not ^{G3765 G3004 G5209}
servants; ^{G1401} for ^{G3754} the ^{G3588} servant ^{G1401} knoweth ^{G1492}
 not ^{G3756} what ^{G5101} his ^{G846} lord ^{G2962} doeth: ^{G4160} but ^{G1161} I have
 called ^{G2046} you ^{G5209} *friends*; ^{G5384} for ^{G3754} all things ^{G3956}
 that ^{G3739} I have heard ^{G191} of ^{G3844} my ^{G3450} Father ^{G3962} I have
 made known ^{G1107} unto you.
- Romans 5:1** Therefore ^{G3767} being justified ^{G1344} by ^{G1537}
 faith, ^{G4102} we have ^{G2192} *Peace* ^{G1515} with ^{G4314} God ^{G2316}
 through ^{G1223} our ^{G2257} Lord ^{G2962} Jesus ^{G2424} Christ: ^{G5}
- Galatians 4:6** And ^{G1161} because ^{G3754} ye are ^{G2075} *Sons*, ^{G5207}
 (Uihos) God ^{G2316} hath sent forth ^{G1821} the ^{G3588} Spirit ^{G4151} of
 his ^{G848} Son ^{G5207} (Uihos) into ^{G1519} your ^{G5216} hearts, ^{G2588}
 crying, ^{G2896} Abba, ^{G5} Father. ^{G3962}
- Galatians 4:7** Wherefore ^{G5620} thou art ^{G1488} no more ^{G3765} a
 servant, ^{G1401} but ^{G235} a Son; ^{G5207} (Uihos) and ^{G1161} if ^{G1487} a
 son, ^{G5207} then ^{G2532} an heir ^{G2818} of God ^{G2316} through ^{G1223}
 Christ!

SONS OF GOD

Transformation PROCESS:



SONS OF GOD (KEY)



First we must learn **NOW Living! Starting a New Story
Not just reliving The Old Story of your life!*

We are not what we **did we are who he says we are **NOW!***

** We don't say what we see we declare the desired
results!*

I)Now Living: How do I live in THE NOW? "This Moment?"

- ◉ How do I Hush the **BUZZZZZING** in my mind? **The MIND is THE NOW/POWER KILLER!**
- ◉ Too Often: **Self** Consciousness/Anxiety/Fear of(fill in the blank)/mental gymnastics play and we **MISS THE Moment**
- ◉ **First Key**
- ◉ **BREATH Deeply(In and Out) 3X** (Lesson)

*Discussion on **NOW!***

SONS OF GOD (POWER)



GENERATOR



ILLUMINATOR



Consummator



SONS OF GOD (HEBREWS 11:1)

- ◉ Heb 11:1 Now^{G1161} faith^{G4102} is^{G2076} the substance^{G5287} of things hoped for,^{G1679} the evidence^{G1650} of things^{G4229} not^{G3756} seen.
- ◉ *NOW- de-* faith is ONLY NOW! Alignment! What do u align with? Look at your fruit.
- ◉ *Faith-pistis-*belief with action
- ◉ *Is-esti-*makes up or consists of
- ◉ *The substance-hypostasis-*essence, building blocks
- ◉ *Of things-pragma-* matter
- ◉ *Hoped for- el Pizo-* expected/bold assurance
- ◉ *The evidence-elehogos-*proved
- ◉ *Of things -pragma-*matter
- ◉ *Not seen- blepo-* looked on by the natural eye

SONS OF GOD (HEBREWS 11:1)

- ◉ Translation: *In the NOW belief makes up the building blocks or essence of a thing expected and is proved by the showing up of matter not previously seen by the naked eye!*

SCIENCE SAYS: Man's Observations & **Expectations** on the **Subatomic Realm** altered the outcome of the experiment

- Proving that Man & His **consciousness(beliefs)**
 - Interacts
 - Controls
 - Influences Matter & it's Formation
 - What was a wave potential when acted upon by the thoughts and expectations (heart) of the observer became matter as expected and where expected! Dr. Feynman

SONS OF GOD (NOW) (HOWTO)

STEP 6 CONT

- ◉ Step 1- Learn To **Breath** before we react or if in fear (Brings us back to "NOW" and Peace!) AT LEAST **3X!!!!**
- ◉ Step 2- Stop Being **SELF CONSCIOUS** (most selfish state)/who cares what people think?/Be a God Pleaser not people pleaser/David Danced!(Galatians 5:1-10/Colossians 3:23/Proverbs 29:25)
- ◉ Step 3-Why **Worry** about the Future?(Mathew 6:9-13)(1 Peter 5:7)(Philippians 4:6)As a Christian we must understand **Mathew 6:25-34** to move into abundance! **TEST**
- ◉ **Mark Twain:** " *I have known a GREAT many troubles most of which have NEVER come to pass!*"

SONS OF GOD (HOW TO) STEP 6 CONT

- ◉ **STEP 4:** Focus on **Relationships without judgment!**(Ephesians 4:32) (Romans 2:1)(Mathew 7:1-5)(1 Peter 4:8)
- ◉ **STEP 5:** To make The Most of **Time Lose track** of it! (Mathew 6:34)(Psalms 118:24)(John 3:16/17)
- ◉ *If we believe we have eternal life then what is time? What are we missing when we allow ourselves to be constricted and ruled by time? Now is truly "the only time"!*
- ◉ *Other option is eternal death (perish- to destroy fully-apollomi)*
- ◉ **STEP 6:** If something is bothering you **move toward it** NOT away!(John 1:5)(Ephesians 5:8)(Psalms 119:105)(Psalms 27:1)(Isaiah 42:16)

SONS OF GOD (HOW TO)

- ◉ **STEP 7: Notice everything!** We will then notice the only *CONSTANT* is *CHANGE*! (Proverbs 3:5-6)(Jeremiah 29:11)(Isaiah 43:18-19)(Philippians 4:6)Embrace change/Be a change agent/ do not fall into the lie of static comfort!(or a life wasted)

REVIEW

- ◉ YOU ARE SAVED...now what????
- ◉ How do I change what I have always done/thought? We are all addicted to something or many things or the worlds ways. (science and receptor sites and Resonance)
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SONS OF GOD

- ◉ **STEP 7 (REPAIR)** Humbly asked him to give us courage to remove our shortcomings! How does this typically happen?
- ◉ **(TRIALS) + (Change)+ (Repent) = New Fruit**
- ◉ (1Peter 5:6) Humble yourselves^{G5013} therefore^{G3767} under^{G5259} the^{G3588} mighty^{G2900} hand^{G5495} of God, ^{G2316} that^{G2443} he may exalt^{G5312} you^{G5209} **in^{G1722} due time:**
- ◉ (Micah 6:8) He hath shewed^{H5046} thee, O man,^{H120} what^{H4100} *is* good;^{H2896} and what^{H4100} doth the LORD^{H3068} require^{H1875} of^{H4480} thee, but^{H3588} ^{H518} **(for) to do^{H6213} justly, ^{H4941} and to love^{H157} mercy, ^{H2617} and to walk^{H1980} humbly^{H6800} with^{H5973} thy God?**

SONS OF GOD

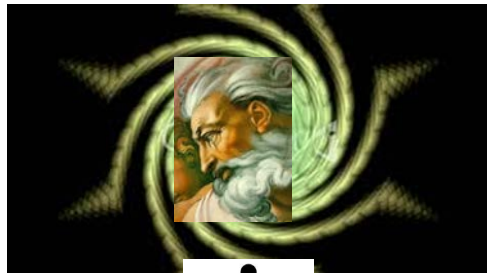
- ◉ ¹hum·ble
- ◉ *adjective* \ˈhəm-bəl *also chiefly Southern* ˈəm-\
not thinking of yourself as better than other people
- ◉ : given or said in a way that shows you do not think you are better than other people
- ◉ : showing that you do not think of yourself as better than other people
- ◉ *ITS NOT ABOUT YOU (US)!!!! Its's actually about God and "other people"*

Since a Key aspect of becoming a "Son of God" is spirituality and learning how to effectively operate in the spirit realm and listening to the guidance of the Holy Spirit (unseen), this **REPAIR** step focuses on Self healing/Prayer/Meditation/Hope (assurance on God in your life) and Faith (doing what you know to do even though the **flesh or others** would tell you not to....**Humbling ourselves!**)

SONS OF GOD

- ◉ **TRIALS- WHY TRIALS?** *ALIGNMENT with God so we can walk in POWER in Purpose! (THE ONGOING PROCESS!)*
- ◉ **1 Peter 5:10** - 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 (complete), stablish (set fast), strengthen, settle (build/erect) [you].
- ◉ **James 1:12** - Blessed [is] the man that endureth (undergo) temptation (putting to the proof/testing): for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him
- ◉ **Romans 5:3** - And not only [so], but we glory (rejoice/calm delight) in tribulations (our testing) also: knowing that tribulation(putting to the proof) worketh (fashions) patience (cheerful constant endurance);

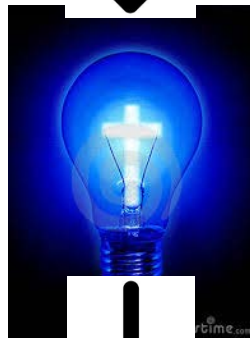
SONS OF GOD



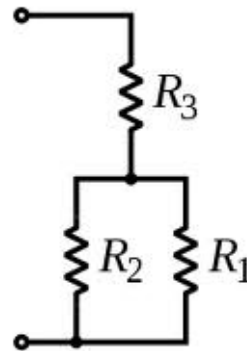
GENERATOR



Illuminator



Trials



I^2R Losses = HEAT



HUMBLE (flesh dies)

Consumer

POWER IN PURPOSE



SALT AND LIGHT



SONS OF GOD

- ◉ ***"BUT....Sometimes It seems like too much!!!!It's more then I can handle"!***
- ◉ **1 Corinthians 10:13** - There hath no temptation (Trial/Testing) taken you but such as is common to man: but God [is] faithful, who will not suffer (permit/allow) you to be tempted above that ye are able;**(God never allows more than we can handle in trials)** but will with the temptation(putting to the proof) also make a way to escape (ekbasis-an exit to go through), that ye may be able to bear (undergo) [it].(If we don't go through the exit we get to go thru the testing again) Ever feel stuck or stagnant, which trial are we avoiding?

SONS OF GOD

- ◉ *"How do I go through trials"?*
- ◉ **Romans 12:12** - Rejoicing (calm delight) in hope (assurance/expectation); patient (persevere) in tribulation (pressure); continuing instant (diligent) in prayer (oral worship)
- ◉ **James 1:2** - My brethren, count (command) it all joy (calm delight) when ye fall into (surrounded by) divers temptations (many manifold, putting to the proof/testing);
- ◉ **Philippians 4:7** - And the peace of God, which passeth all understanding, shall keep (watch and guard) your hearts and minds through Christ Jesus
- ◉ **1 Peter 1:6** - Wherein ye greatly rejoice (jump for joy), though now for a season, if need be, ye are in heaviness (distress) through manifold temptations (putting to the proof)
- ◉ *The key to getting through a trial as it says over and over is JOY! Why? Nehemiah 8:10 for the joy of the Lord is your strength."*

SONS OF GOD

- ◉ *Isn't there an easier way? Is it really necessary? Am I evil or bad when I have to go through trials?*
- ◉ **1 Peter 1:7** - That the *trial* of *your faith*, being much *more precious than of gold* that perisheth, though it be tried (approved/proved) with fire, might be found unto praise and honor (value) and glory (dignity) at the appearing (disclosure) of Jesus Christ:....in you!
- ◉ **Acts 14:22** - Confirming (Re-establish) the souls of the disciples, [and] exhorting them to continue in the faith, and *that we must* (must /necessary) *through much tribulation* (putting to the proof/testing) *enter into* the Kingdom of God.
- ◉ **2 Corinthians 4:16** - For which cause we faint not; but though *our outward man perish*, yet the inward [man] is renewed day by day (Sons of God KEY- less of us more of him in us revealed)

SONS OF GOD

- ◉ *Why is God putting me through these trials??*
- ◉ **Jas 1:13** Let no man^{G3367} say^{G3004} when he is tempted,^{G3985} I am tempted^{G3985} of^{G575} God:^{G2316} for^{G1063} God^{G2316} cannot be tempted^{G2076 G551} with **evil**,^{G2556} neither^{G1161} tempteth^{G3985} he^{G848} any man:^{G3762}
- ◉ **Jas 1:14** But^{G1161} every man^{G1538} is tempted,^{G3985} when he is drawn away^{G1828} of^{G5259} his own^{G2398} lust,^{G1939} **(unfruitful longing)** and^{G2532} enticed.^{G118} **(entrapped/ deluded)**

SONS OF GOD

- ◉ God never temps or tests you with a “Sin” opportunity. He places nothing in front of any human to Induce him to do something wrong (drink/fornication/poor work integrity/unfaithfulness/drugs/pornography...ect)
- ◉ Gods tests draw us closer to Righteousness not away from it
- ◉ Every Godly test one goes through completely shows out more of Jesus from us.
- ◉ “Who is tempting me...”we are drawn away by our own inequity” ...but who draws us away?

SONS OF GOD

- ◉ Who is the Tempter? Satan and Self
- ◉ 1 Corinthians 7:5 Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of self-control.
- ◉ Mathew 4:1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after He had fasted forty days and forty nights, He then became hungry. And the tempter came and said to Him, "If You are the Son of God, command that these stones become bread.....
- ◉ 38 verses on who is the tempter in OT and NT

SONS OF GOD

- ◉ But God doesn't test us because He doesn't know how strong we are.
- ◉ Instead, He tests us because we don't know how strong we are — and we'll only realize it when times of testing come. King David prayed, "Search me, O God, and know my heart; test me (my faith) and know my anxious thoughts" (Psalm 139:23).
- ◉ 1) God does not test or tempt us of evil Satan does as he pulls on our own inequity
- ◉ 2) God himself only tests our faith/humility/dependence on him ect...so he can grow up into Mature Christians (Uihos)

SONS OF GOD

- ◉ *Why is it so important that I let the trial have it's perfect work?....that is painful...cant I find a place of comfort?*
- ◉ **Gal 4:1** Now^{G1161} I say,^{G3004} *That*^{G3588} the^{G2818} heir,^{G3745} as long as^{G5550} he^{G2076} is^{G3516} a child,^{G1308} (simple minded person-same thing over and over expecting different fruit) differeth^{G3762} nothing^{G1401} from a servant,^{G5607} (slave) though he be^{G2962} lord^{G3956} of all;
(supreme authority of the whole)
- ◉ **Gal 4:2** But^{G235} is^{G2076} under^{G5259} tutors^{G2012} and^{G2532} governors^{G3623} until^{G891} the^{G3588} time appointed^{G4287} of the^{G3588} father.^{G3962}
- ◉ **Gal 4:3** Even^{G2532} so^{G3779} we,^{G2249} when^{G3753} we were^{G2258} children,^{G3516} were^{G2258} in bondage^{G1402} (enslaved) under^{G5259} the^{G3588} elements^{G4747} of the^{G3588} world:^{G288}
(decoration) ***It's time for this Baby to GROW UP!***

SONS OF GOD

- ◉ **And when I die to flesh in purpose and become an Adult (son) what does that mean to the Kingdom of God?**
- ◉ **Rom 8:17** And^{G1161} if^{G1487} children,^{G5043} then^{G2532} heirs;^{G2818} heirs^{G2818} of^{G3303} God,^{G2316} and^{G1161} joint-heirs^{G4789} with Christ;^{G5547} if so be that^{G1512} we suffer with^{G4841} *him(experience the same kind of pain)*, that^{G2443} we may be also^{G2532} glorified together.^{G4888} **(exalted in company with)**
- ◉ **Rom 8:18** For^{G1063} I reckon^{G3049} that^{G3754} the^{G3588} sufferings^{G3804} of this present^{G3568} time^{G2540} are not^{G3756} worthy^{G514} *to be compared* with^{G4314} the^{G3588} glory^{G1391} which shall^{G3195} be **revealed**^{G601} **in**^{G1519} **us.**^{G2248}
- ◉ **Rom 8:19** For^{G1063} the^{G3588} earnest expectation^{G603} of the^{G3588} creature^{G2937} **(all creation)** waiteth for^{G553} the^{G3588} manifestation^{G602} **(Appearing/Disclosure/unveiling)** of the^{G3588} **Sons**^{G5207} **of God.(UIHOS)**
- ◉ **Not about us but about ALL CREATION and The Kingdom of God! We are “The Salt and The Light” in Christ!**

REVIEW

- ◉ YOU ARE SAVED...now what????
- ◉ How do I change what I have always done/thought? We are all addicted to something or many things or the worlds ways.(science and receptor sites and Resonance)
- ◉ **Step 1-(Repent)/think** a new way/decide you want to improve your life by improving yourself.
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SONS OF GOD



- ◉ **STEP 8- (INVENTORY/HONESTY)** Made a list of ALL persons we had harmed in our life and became willing to make amends to them ALL!
- ◉ ***"Why am I doing this?"***
- ◉ *By doing this list you accept both **RESPONSIBILITY** and **UNDERSTANDING** that what you did was wrong (so you can be more effective in not repeating it again)...and release the **power** the others have over you! The power **you** gave **them**.*
- ◉ This is NOT the time to Justify WHY you did it....Just to admit it was wrong and take responsibility for it...and be willing to make amends for it! (HEART ISSUE)



SONS OF GOD

- ◉ 2Co 13:5 **Examine**^{G3985} **yourselves**,^{G1438} whether^{G1487} ye be^{G2075} in^{G1722} the^{G3588} faith;^{G4102} prove^{G1381} (examine and test) your own selves.^{G1438(G2228)} Know^{G1921} ye not^{G3756} your own selves,^{G1438(G2228)} how that^{G3754} Jesus^{G2424} Christ^{G5547} is^{G2076} in^{G1722} you,^{G5213} except^{G1509} ye be^{G2075} reprobates?
- ◉ (adokimos: Unapproved and rejected)

SONS OF GOD



- ◉ **1Co 9:27** But^{G235} I keep under^{G5299} my^{G3450} body,^{G4983} and^{G2532} bring *it* into subjection:^{G1396} lest that by any means,^{G3381} when I have preached^{G2784} to others,^{G243} I myself^{G848} should be^{G1096} a castaway. (rejected)
- ◉ We do not really **want to** apologize but “we are the boss of our flesh” and place it under subjection to our spirit man and do what we do not want to do for the greater good of the individual. If we choose not to do this we hurt **ourselves**, the **individual we wronged** and the **Kingdom of God**! The only winner is Satan.

"I was wrong.
I need to apologize
to anyone
I've offended."

SONS OF GOD

- ◉ STEP 9: TO DO (Amends/ Courage/Power)
- ◉ *Made direct amends to such people wherever possible, except when to do so would injure them or others!*
- ◉ *Amends take courage but once done releases your power!*
- ◉ **Mat 5:24** Leave^{G863} there^{G1563} thy^{G4675} gift^{G1435} before^{G1715} the^{G3588} altar,^{G2379} and^{G2532} go thy way;^{G5217} first^{G4412} be reconciled^{G1259} to thy^{G4675} brother,^{G80} and^{G2532} then^{G5119} come^{G2064} and offer^{G4374} thy^{G4675} gift.
- ◉ ***Your Gift has no value if we don't do this step!!! Hypocrites we become! YODA***

SONS OF GOD



- ◉ Leviticus 5:16 And he shall make **amends**^{H7999} (**Shalam: Full repayment/make good/Restore**) for the harm that he hath done^{H834} ^{H2398} in^{H4480} the holy thing,^{H6944} and shall add^{H3254} the fifth part^{H2549} thereto,^{H5921} and give^{H5414} it unto the priest:^{H3548}
- ◉ Numbers 5:6 Speak^{H1696} unto^{H413} the children^{H1121} of Israel,^{H3478} When^{H3588} a man^{H376} or^{H176} woman^{H802} shall commit^{H6213} any^{H4480} ^{H3605} offence that men^{H120} commit, to do^{H4603} a **trespass**^{H4604} **against the LORD,**^{H3068} and that^{H1931} person^{H5315} be guilty;^{H816}
- ◉ Numbers 5:7 Then they shall confess^{H3034} (H853) their sin^{H2403} which^{H834} they have done:^{H6213} and he shall recompense^{H7725} his^(H853) trespass^{H817} with the principal^{H7218} thereof, and **add**^{H3254} **unto**^{H5921} **it the fifth**^{H2549} **part** thereof, and give^{H5414} it unto *him* against whom^{H834} he hath trespassed.

SONS OF GOD



- ◉ TO DO PROCESS: Of empowering oneself after wrong-doing: **REPENTING**
- ◉ **Inventory**(write them down)
- ◉ **Confess** (to yourself and another) *(By the way God already knew...he forgave it when you put on the robe of righteousness)*
- ◉ **Restore** (apologize to whoever you have hurt regardless of their reaction back as long as that apology does not hurt them or others)
- ◉ **Release** (Burn the list physically and release the wrongs you did from your heart!) LIVE IN NOW!!!
ALIGNED WITH "I AM"! Regain POWER!!!

SONS OF GOD

- ◉ What stops us from “REPENTING ONE
- ◉ TO
- ◉ ANOTHER?”
- ◉ PRIDE: **Pro 16:18** Pride^{H1347} (gaon-
pomp/arrogance/swelling) *goeth*
before^{H6440} destruction,^{H7667}
(ruin/crashing) and an haughty^{H1363}
(lofty/arrogant) spirit^{H7307} before^{H6440} a
fall. (tottering/ruin)



pride



SONS OF GOD

Other verses on Pride:

1) **Proverbs 8:13** The fear^{H3374} of the LORD^{H3068} is to hate^{H8130} evil:^{H7451} pride,^{H1344} and arrogancy,^{H1347} and the evil^{H7451} way,^{H1870} and the froward^{H8419}(perverse or lying) mouth,^{H6310} do I hate.

2) **Proverbs 11:2** When pride^{H2087} cometh,^{H935} then cometh^{H935} shame:^{H7036} but with^{H854} the lowly^{H6800} is wisdom.^{H2451}

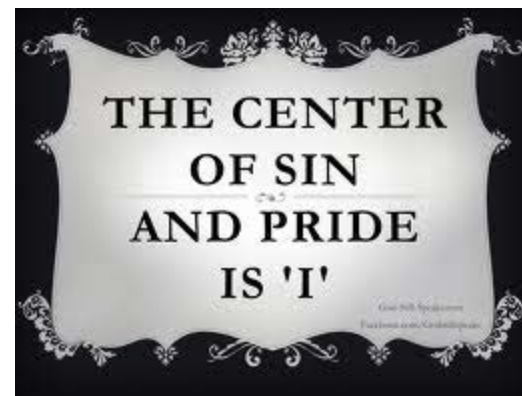
3) **Proverbs 29:23** A man's^{H120} pride^{H1346} shall bring him low:^{H8213}(humiliate/debase) but honour^{H3519} shall uphold^{H8551} the humble^{H8217} in spirit.^{H7307}

SONS OF GOD

Pride



- ◉ 4) **Ecclesiastes 7:8** Better^{H2896} is the end^{H319} of a thing^{H1697} than the beginning^{H4480 H7225} thereof: *and* the patient^{H750} in spirit^{H7307} *is* better^{H2896} than the proud^{H4480 H1362} in spirit. ^{H730}
- ◉ 5) **Proverbs 13:10** Only^{H7535} by pride^{H2087} cometh^{H5414} contention:^{H4683} (quarrel)but with^{H854} the well advised^{H3289} (**deliberate and resolve**) *is* wisdom. ^{H2451}
- ◉ Its NOT ABOUT YOU!!!!
- ◉ If only one shows up to quarrel...
- ◉ There can be no fight!



SONS OF GOD

- ◉ THE Greater Good- Our strength is in our Unity and working "AS ONE" not in our *rightness* and *separateness* working as *individuals*.
- ◉ 1) **Genesis 11:6** And the LORD^{H3068} said,^{H559} Behold,^{H2005} the people^{H5971} *is* one,^{H259} and they have all^{H3605} one^{H259} language;^{H8193} and this^{H2088} they begin^{H2490} to do:^{H6213} and now^{H6258} nothing^{H3808} ^{H3605} will be restrained^{H1219} from^{H4480} them, which^{H834} they have imagined^{H2161} to do.^{H621}
- ◉ 2) **Deuteronomy 32:30** How^{H349} should one^{H259} chase^{H7291} a thousand,^{H505} and two^{H8147} put^{H5127} ten thousand^{H7233} to flight,^{H5127} except^{H518 H3808 H3588} their Rock^{H6697(refuge)} had sold^{H4376(surrendered)} them, and the LORD^{H3068} had shut them up? (*delivered them*)

SONS OF GOD



- ◉ (Spouse) **Ecc 4:9** Two ^{H8147} *are* ^{H2896} better ^{H4480} than ^{H259} one; ^{H834} because ^{H3426} they have ^{H2896} a good ^{H7939} reward ^{H5999} for their labour.
- ◉ **Ecc 4:10** For ^{H3588} if ^{H518} they fall, ^{H5307} the one ^{H259} will lift up ^{H6965} (H853) his fellow: ^{H2270} but woe ^{H337} to him *that is* ^{H259} alone ^{H7945} when he falleth; ^{H5307} for ^{H6965} *he hath* not ^{H369} another ^{H8145} to help him up.
- ◉ **Ecc 4:11** Again, ^{H1571} if ^{H518} two ^{H8147} lie together, ^{H7901} then they have heat: ^{H2552} but how ^{H349} can one ^{H259} be warm ^{H3179} *alone*?
- ◉ **Ecc 4:12** And if ^{H518} one ^{H259} prevail against ^{H8630} him, two ^{H8147} shall withstand ^{H5975} ^{H5048} him; and a threefold ^{H8027} cord ^{H2339} is not ^{H3808} quickly ^{H4120} broken. ^{H542}

SONS OF GOD



- ◉ **Proverbs 27:17** Iron^{H1270} sharpeneth^{H2300} iron;^{H1270} so a man^{H376} sharpeneth^{H2300} the countenance^{H6440} of his friend.^{H745}
- ◉ **Hebrews 10:24** And^{G2532} let us consider^{G2657} one another^{G240} to provoke unto^{G1519 G3948} love^{G26} and^{G2532} to good^{G2570} works:^{G2041}
- ◉ **Hebrews 10:25** Not^{G3361} forsaking^{G1459} the^{G3588} assembling of ourselves together,^{G1997 G1438} as^{G2531} the manner^{G1485} of some^{G5100} is; but^{G235} exhorting^{G3870} *one another*: and^{G2532} so much^{G5118} the more,^{G3123} as^{G3745} ye see^{G991} the^{G3588} day^{G2250} approaching.^{G1448}
- ◉ **Psalms 133:1** A Song^{H7892} of degrees^{H4609} of David.^{H1732} Behold,^{H2009} how^{H4100} good^{H2896} and how^{H4100} pleasant^{H5273} *it is* for brethren^{H251} to dwell^{H3427} together in unity!^{H1571 H3162}

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- ◉ **STEP 8- (INVENTORY/HONESTY)** Made a list of ALL persons we had harmed in our life and became willing to make amends to them ALL!
- ◉ **STEP 9: TO DO (Amends/ Courage/Power)** Made amends to those we hurt (regardless of their response)



SONS OF GOD

- ◉ **Step 10 (Guard Your Heart) (Watch the Creeping Lion)**
- ◉ *Continued to take a personal inventory daily and when we were wrong promptly admitted it!*
- ◉ **2Corinthians 10:5** Casting down^{G2507} imaginations,^{G3053} **Logismos(reasoning/thought)** and^{G2532} every^{G3956} high thing^{G5313} that exalteth itself^{G1869} against^{G2596} the^{G3588} knowledge^{G1108} **(gnosis)Science/knowledge** of God,^{G2316} and^{G2532} bringing into captivity^{G163} every^{G3956} thought^{G3540} to^{G1519} the^{G3588} obedience^{G5218} of Christ;^{G55}

SONS OF GOD



◎ **Proverbs 4:23** Keep^{H5341}(Nasar)guard thy heart^{H3820} with all^{H4480 H3605} diligence;^{H4929} for^{H3588} out of^{H4480} it *are* the issues^{H8444} (Tosaw) boundaries/ limitations of life.^{H241}

◎ **1Peter 5:8** Be sober,^{G3525} (nepho)on watch be vigilant;^{G1127}(gregoreuo)be awake because^{G3754} your^{G5216} adversary^{G476} the devil,^{G1228} as^{G5613} a roaring^{G5612} lion,^{G3023} walketh about,^{G4043} seeking^{G2212} whom^{G5101} he may devour (catapino-drink down/eat whole)

NEVER RUIN
AN APOLOGY WITH
AN EXCUSE.

Kimberly Johnson

SONS OF GOD

- ◉ A Key to Walking as a Son of God is taking Responsibility For Our Thoughts and Actions!...as discussed in **2 Corinthians 10:5**.
- ◉ You *will make* mistakes that could lead you back down the wrong path!
- ◉ **Action Step:** Admit you made the mistake! Makes amends “**IMMEDIATEY**” or you will find yourself back where you started wondering “**HOW Did I get here again???**” (**Remember Insanity**)
- ◉ Admitting you have made a mistake IS NOT a sign of “**Weakness**” it is a sign of a “**Healthy and Growing Soul (mind, will emotions)**”

SONS OF GOD



- ◉ STEP 11 (Find Peace/Get Quiet/Get a Stronger Relationship with God)
- ◉ Sought thru **Prayer and Meditation** to Improve your conscious contact and relationship with God (PaPa).....
- ◉ Praying only for knowledge of his WILL For you (**Purpose**) and the Wisdom to use his power thru us to carry out that Purpose! (**Run our Race**)
- ◉ GET QUIET and REFLECT daily (No doing/just being) (We were created as a **Human Being** NOT a **Human Doing**) (tools-brainwave suites)

SONS OF GOD



- Mathew 6:31** Therefore^{G3767} take no thought,^{G3309 G3361} saying,^{G3004} What^{G5101} shall we eat?^{G5315} or,^{G2228} What^{G5101} shall we drink?^{G4095} or,^{G2228} Wherewithal^{G5101} shall we be clothed?^{G4016} (You becoming your own provider) (Philippians 4:10/Psalms 54:4 ect..)
- Mathew 6:32** (For^{G1063} after all^{G3956} these things^{G5023} do the^{G3588} Gentiles^{G1484} seek:)^{G1934} for^{G1063} your^{G5216} heavenly^{G3770} Father^{G3962} knoweth^{G1492} that^{G3754} ye have need^{G5535} of all^{G537} these things.^{G5130} (in Purpose he has laid up all you need)
- Mathew 6:33** But^{G1161} seek^{G2212} ye first^{G4412} (proton) (Firstly) the^{G3588} Kingdom^{G932} (Basilea) (Royalty/rule and realm) of God,^{G2316} and^{G2532} his^{G846} righteousness;^{G1343} (dikaisune) (Character/Justification) and^{G2532} all^{G3956} these things^{G5023} shall be added^{G4369} unto you.^{G5213} (God is no respecter of persons but is Just if you do what you are called to you receive what he has laid up for you- Shalom)
- Mathew 6:34** Take therefore no thought^{G3361 G3767 G3309} for^{G1519} the^{G3588} morrow:^{G839} for^{G1063} the^{G3588} morrow^{G839} shall take thought^{G3309} for the things^{G3588} of itself.^{G1438} Sufficient^{G713} unto the^{G3588} day^{G2250} is the^{G3588} evil^{G2549} thereof.^{G84} (Live in the “NOW” moment “one day at a time”!)

SONS OF GOD



- Psalms 37:4** Delight thyself^{H6026} **(anag)** **(Soft Pliable/moldable)** also in^{H5921} the LORD; ^{H3068} and he shall give^{H5414} **(asan)** **(Apply/Ascribe/Assign)** thee the desires^{H4862} of thine heart. ^{H3820}
- Isahia 64:8** But now, ^{H6258} O LORD, ^{H3068} thou^{H859} art our father; ^{H1} we^{H587} are the clay, ^{H2563} and thou^{H859} our potter; ^{H3335} and we all^{H3605} are the work^{H4639} of thy hand. ^{H3027}
- Philippians 4:6** Be careful^{G3309} **(merimnao)** **(anxious/nervous)** for nothing; ^{G3367} but ^{G235} in ^{G1722} every thing ^{G3956} by prayer ^{G43359} **(proseuche)** **(oratory worship)** and ^{G2532} supplication ^{G1162} **(DEESIS)** **(Petition-what do u desire?)** with ^{G3326} thanksgiving ^{G2169} **(eucharista)** **(Gratitude and Thanksgiving...it is done)** let your ^{G5216} requests ^{G155} be made known ^{G1107} unto ^{G4314} God. ^{G2316}
- ¹pe·ti·tion (Websters)
- Noun/verb** \pə-'ti-shən\ : a written document that many people sign to show that they want a person or organization to do or aid in the change of something!
- OR HIDE:**
- Genesis 3:8** And they heard^{H8085} **(H853)** the voice^{H6963} of the LORD^{H3068} God^{H430} walking^{H1980} in the garden^{H1588} in the cool^{H7307} of the day: ^{H3117} and Adam^{H121} and his wife^{H802} hid themselves^{H2244} from the presence^{H4480} ^{H6440} of the LORD^{H3068} God^{H430} amongst^{H8432} the trees^{H6086} of the garden.

SONS OF GOD (PRAYER)



- ◉ **Mathew 6:5** And ^{G2532} when ^{G3752} thou prayest, ^{G4336} thou shalt not ^{G3756} be ^{G2071} as ^{G5618} the ^{G3588} hypocrites ^{G5273} are: for ^{G3754} they love ^{G5368} to pray ^{G4336} standing ^{G2476} in ^{G1722} the ^{G3588} synagogues ^{G4864} and ^{G2532} in ^{G1722} the ^{G3588} corners ^{G1137} of the ^{G3588} streets, ^{G4113} that ^{G3704} they may be seen ^{G5316} ^{G302} of men. ^{G444} Verily ^{G281} I say ^{G3004} unto you, ^{G5213} They have ^{G568} their ^{G848} reward. ^{G3408}

- ◉ **(Get Quiet and be Intimate)**

- ◉ **Mathew 6:6** But ^{G1161} thou, ^{G4771} when ^{G3752} thou prayest, ^{G4336} enter ^{G1525} into ^{G1519} thy ^{G4675} closet, ^{G5009} and ^{G2532} when thou hast shut ^{G2808} thy ^{G4675} door, ^{G2374} pray ^{G4336} to thy ^{G4675} Father ^{G3962} which ^{G3588} is in ^{G1722} secret; ^{G2927} and ^{G2532} thy ^{G4675} Father ^{G3962} which seeth ^{G991} in ^{G1722} secret ^{G2927} shall reward ^{G591} thee ^{G4671} openly. ^{G1722} ^{G5318}

- ◉ **Mat 6:9** After this manner^{G3779(hooto)} (In this way) therefore^{G3767} pray^{G4336} ye: ^{G5210}
Our^{G2257} **Father**^{G3962} which^{G3588} art in^{G1722} heaven,^{G3772} **Hallowed**^{G37(hagiazō)}
(Holy/Purified/Consecrated) be thy^{G4675} **name.** ^{G3686(onnoma)} (Character/Authority)
- ◉ **Mat 6:10** Thy^{G4675} **kingdom**^{G932} **come.** ^{G2064(erchomai)} (has come (present tense)) Thy^{G4675}
will^{G2307} **be done** ^{G1096(ginomai)} (Is caused to be) in^{G1909} **earth,** ^{G1093} **as** ^{G5613} **it is in** ^{G1722}
heaven. ^{G3772}
- ◉ **Luke 17:20-21** "Now when He was asked by the Pharisees when the kingdom of God would come, He answered them and said, "The kingdom of God does not come with observation; nor will they say, 'See here!' or 'See there!' For indeed, the kingdom of God is within you."
- ◉ **Mat 6:11** Give^{G1325(Didomi)} (You Bestow) us^{G2254} **this day** ^{G4594} **our** ^{G2257} **daily** ^{G1967}
bread. ^{G740}
- ◉ **Mat 6:12** And^{G2532} **forgive** ^{G863(aphiemi)} (you lay aside) us^{G2254} **our** ^{G2257} **debts,** ^{G3783} **as** ^{G5613}
we ^{G2249} **forgive** ^{G863} (lay aside) **our** ^{G2257} **debtors.** ^{G3781}
- ◉ **Mat 6:13** And^{G2532} **lead** ^{G1533(eisphero)} (carry/bring) us^{G2248} **not** ^{G3361} **into** ^{G1519}
temptation, ^{G3986(peirasmos)} (Put to the proof) **but** ^{G235} **deliver** ^{G4506(rhuomai)} (Rescue/Rush
like a current flow) us^{G2248} **from** ^{G575} **evil:** ^{G4190(poneros)} (that which is hurtful) **For** ^{G3754}
thine ^{G4675} **is** ^{G2076} **the** ^{G3588} **kingdom,** ^{G932} **and** ^{G2532} **the** ^{G3588} **power,** ^{G1411} **and** ^{G2532} **the** ^{G3588}
glory, ^{G1391} **for ever.** ^{G1519 G165} **Amen.** ^{G281}
- ◉ **Mat 6:14** For^{G1063} **if** ^{G1437} **ye forgive** ^{G863} **men** ^{G444} **their** ^{G846} **trespasses,** ^{G3900} **your** ^{G5216}
heavenly ^{G3770} **Father** ^{G3962} **will also** ^{G2532} **forgive** ^{G863} **you:**

My Papa who lives in Heaven Holy and Consecrated is your Character and Authority. Your Kingdom has come and Your will is done in earth in the same way it is done in heaven. You give us every day our "daily bread" and you forgive us our debts in the same manner we forgive our debtors. You bring us not into testing or a putting to the proof but you rush in and rescue us from all that is hurtful to us. For yours is The Kingdom and the Miracle working power and the glory forever. Let it be as we have said!

THIS prayer is in the **PRESENT TENSE!**



SONS OF GOD (LAST WEEKS COMMENTS)



- ◉ **NOTE: REMINDER-** we are ALL addicted to something and it is a chemical addiction for all.
- ◉ When you say you help *“those people”* you are taking the focus off of the only one you can change with the problem..... **YOU!!!**
- ◉ Alcoholics and drug addicts have the **“ADVANTAGE”** of having had to look at themselves thoroughly and truthfully **before** healing could occur....an addict must change or his consequences could be **death or prison!**
- ◉ Many of us **HIDE** in our **“GOOD DEEDS”** so as not to have to be true to what we need to change in **OURSELVES!!!**
- ◉ You can NOT WALK as a **“SON OF GOD”** if you are NOT **truthful and diligent** in your INVENTORY and change of SELF! **REPENT (think a new way)**

SONS OF GOD (MEDITATION)

- ◉ Scriptures on **Meditation**: (To release the Christian to a **Now** Relationship with Papa God)
- ◉ Genesis 24:63
- ◉ Joshua 1:8
- ◉ Psalms 1:2
- ◉ Psalms 77:12
- ◉ Psalms 119:48
- ◉ 1 Tim 4:15
- ◉ Philippians 4:8.....and many others!



- ◉ **Gen 24:63** And Isaac^{H3327} went out^{H3318} to meditate^{H7742} in the field^{H7704} at the eventide:^{H6437 H6153} and he lifted up^{H5375} his eyes,^{H5869} and saw,^{H7200} and, behold,^{H2009} the camels^{H1581} *were* coming.^{H935}
- ◉ **Jos 1:8** This^{H2088} book^{H5612} of the law^{H8451} shall not^{H3808} depart^{H4185} out of thy mouth;^{H4480 H6310} but thou shalt meditate^{H1897} therein day^{H3119} and night,^{H3915} that^{H4616} thou mayest observe^{H8104} to do^{H6213} according to all^{H3605} that is written^{H3789} therein: for^{H3588} then^{H227} thou shalt make^{H6743 (H853)} thy way^{H1870} prosperous,^{H6743} and then^{H227} thou shalt have good success.^{H7919}
- ◉ **Psa 1:2** But^{H3588 H518} his delight^{H2656} *is* in the law^{H8451} of the LORD;^{H3068} and in his law^{H8451} doth he meditate^{H1897} day^{H3119} and night.^{H3915}
- ◉ **Psa 77:12** I will meditate^{H1897} also of all^{H3605} thy work,^{H6467} and talk^{H7878} of thy doings.^{H5949}

- ◎ **Psa 119:48** My hands^{H3709} also will I lift up^{H5375} unto^{H413} thy commandments,^{H4687} which^{H834} I have loved;^{H157} and I will meditate^{H7878} in thy statutes.^{H2706}
- ◎ **1Ti 4:14** Neglect^{G272} not^{G3361} the^{G3588} gift^{G5486} that is in^{G1722} thee,^{G4671} which^{G3739} was given^{G1325} thee^{G4671} by^{G1223} prophecy,^{G4394} with^{G3326} the laying on^{G1936} of the^{G3588} hands^{G5495} of the^{G3588} presbytery.^{G4244}
- ◎ **1Ti 4:15** Meditate upon^{G3191} these things;^{G5023} give thyself wholly^{G2468} to^{G1722} them;^{G5125} that^{G2443} thy^{G4675} profiting^{G4297} may appear^{G5600} ^{G5318} to^{G1722} all.^{G395}
- ◎ **Php 4:8** Finally,^{G3063} brethren,^{G80} whatsoever things^{G3745} are^{G2076} true,^{G227} whatsoever things^{G3745} *are* honest,^{G4586} whatsoever things^{G3745} *are* just,^{G1342} whatsoever things^{G3745} *are* pure,^{G53} whatsoever things^{G3745} *are* lovely,^{G4375} whatsoever things^{G3745} *are* of good report;^{G2163} if *there be* any^{G1536} virtue,^{G703} and^{G2532} if *there be* any^{G1536} praise,^{G1868} think on^{G3049} (meditate/take an inventory) these things.^{G5023}



SONS OF GOD

◎ A Process: (12 Steps)

- 1) **Get Comfortable and find a quiet restful place (early in the morning/ocean/prayer closet....)(Genesis 24:63)**
- 2) **Sit upright legs slightly apart and hands resting on legs gently (1 Thessalonians 4:11-12)**
- 3) **Close your eyes....(1Corinthians 2:9)**
- 4) **Breathe Deeply in and out and focus on your breathing (Proverbs 17:28)**
- 5) **Get lost in the “Now” moment...Notice the expansion and contraction of the chest when you breath (Proverbs 11:12)**
- 6) **Breath in thru the nose and gently out thru the mouth with lips slightly parted (Exodus 14:14)**

SONS OF GOD



- 7) Notice the stillness around you...feel it....sense it (PSALMS 46:10)
- 8) Now as you see fit go and see Papa God and your older brother Jesus. Rejoice in Papa and feel Joy (calm delight) for all he has blessed you with to steward over (Philippians 4:8)
- 9) See Jesus and the Holy Spirit and ask them for instruction on the day (what to do) (John 16:13)
- 10) If you start to "Think" about things to do.....come back to breathing in thru nose and out thru mouth to return to the "Now" (Exodus 3:14)
- 11) Don't get frustrated it will take some time to overcome the deep "thinking" programs and rejoice in the moments you are "Now"congratulate yourself! (Philippians 4:4)
- 12) As with ALL things of Value Persevere and Practice and learn to meditate 10 to 60 minutes each day and notice the ease of the day and the Peace you go thru it with. (ROMANS 5:3-5)



SONS OF GOD

- ◉ Step 12 (Walk as a Son of God (UIHOS) in Power Dominion and Authority in Purpose through Christ representing Papa God bringing order to Chaos)
- ◉ Having had a spiritual “Awakening” about your “*True Identity*” as a Son of God as a result of these steps, we tried our best each day to carry this message of empowerment to all Christians and the unsaved and to Practice these principals in all our affairs in Purpose so as to once again be “*the salt*” and “*the light*” to this World!
- ◉ ITS NOT ABOUT YOU BUT GOD AND OTHERS!!!!
LUKE 10:27

SONS OF GOD (REVIEW)

- ◉ We are all addicted to something and it is a “chemical addiction” !!!
- ◉ **WE can change and RENEW** if we diligently follow these 12 Steps with vigorous honesty!
- ◉ **Step 1:** We admitted based on results that we were powerless over the worlds ways and our lives had become unmanageable (Repent)
- ◉ **Step 2:** Came to believe that a Power greater than us could restore us to Sanity (Restore Relationship)
- ◉ **Step 3:** Made a decision to turn our will and our lives over to God as we Understand him through Jesus The Christ (Trust)

SONS OF GOD (REVIEW)

- ◉ **Step 4:** Made a searching and fearless moral inventory of ourselves (Bring Truth into the Light)
- ◉ **Step 5:** Admitted to God To myself and another Human Being the EXACT nature of these wrongs! (Confess-drop the load)
- ◉ **Step 6:** We were entirely ready to allow God to remove these “**ites**” in our promised land or make new again our heart! (Renew our Heart thoughts) (Renew our mind thoughts) (no double minded)
- ◉ **Step 7:** Humbly asked God to give us the courage to persevere and remove these shortcomings (REPAIR/Persevere)

SONS OF GOD (REVIEW)

- ◉ **Step 8:** Made a list of all the persons we had harmed and became willing to make amends to them ALL (Inventory/Honesty)(Character)
- ◉ **Step 9:** Made Direct Amends whenever possible to these persons except when to do so would hurt them or others (Make Right/Get your power back From those we hurt/Restore)
- ◉ **Step 10:** Continued to take a personal inventory “daily” and when we were wrong promptly admitted it! (Guarding our heart)

SONS OF GOD (REVIEW)

- ◉ **Step 11:** Sought through prayer and meditation to improve our conscious “relationship” with God and praying **ONLY** for the knowledge of his **PURPOSE** for us and the **Wisdom and Courage** to use his Power through relationship with him thru Christ to Carry out this God given “**PURPOSE**”! (In here lies-Shalom)(**NOT ABOUT YOU Attitude**)
- ◉ **Step 12:** Having had this *Spiritual Awakening* about my identity as a **SON OF GOD** as a result of diligently completing these steps we carried this message of empowerment to **ALL People** in Purpose in all our daily affairs!
- ◉ (We are the Salt and Light Once Again)