

Living in Adoration

SCRIPTURES: Romans 13:12; John 14:27; John 15:10, 11; Matt. 5:39; Philippians 4:11; Philippians 4:8

As Spiritual Beings, we need to Dwell on “Glory of Life” & Feel the Inner Joy this releases.

Adoration is Immersing yourself in the “Glory” of Anything in God’s Universe. Adoration is Stop to FEEL the Glory in *Whatever you have before you*. It allows “Soul Joy” to flood your being. If you Strive for Peace or Contentment, Inner Joy will begin to Rise in you.

“Discontent” traps you in the turmoil of the Physical World. Wherever you are, Surrender to your Soul & Strive to Feel Content, in order to Allow Spiritual JOY to Rise thru you.

3 Steps for Releasing SOUL JOY into your life:

1. Practice ADORATION of the GLORY of LIFE, every day. You can experience Adoration of a Sunset, Flower or Tree, Mountain or Meadow, Lake or Stream, Bird or Animal, Wind, Ocean, Sky, Sunlight, or Midnight. You can use Adoration of a Person (start with someone you love; then strangers).

Steps: 1. Move out of your head & into your heart to FEEL the world around you. 2. Move into the NOW & become intensely Aware of the Absolute beauty of this moment 3. Place this intense attention upon the object of your adoration exercise. 4. Strive to Feel the ESSENCE of that which you behold. (If a person “What does it feel like to be this person). 5. See the Glory of God expressing thru the object of your concentration. 6. Cherish the Inner Joy that your Adoration releases. Use Adoration of the master Jesus Christ!

2. Strive for Contentment (inner peace) on a Continuing Basis. 1. Each day, Surrender to your Soul! Ask the Holy Spirit to flow thru you & use you. 2. Release your “Needs & Wants” - be Content wherever you are, with whatever you face. 3. Feel Content in this Moment: move into the Now; release worry about the Future. 4. Declare: “*Peace, Be Still!*” & FEEL the “GLORY of this Moment”. 5. Choose to “Be At Peace” thru-out your day. Be Content – even as the world falls apart. “Be Content” wherever you find yourself. 6. Feel Inner Joy quietly rising out of your state of Inner Peace.

3. Thru-out your Day, program in times to reconnect with your Peace, Joy, & Love of Life.