

A Lenten Journey

Rising Above Life's Challenges



COPYRIGHT © 2021, by William D. Carlucci

All rights reserved. No part of this publication may be reproduced, stored electronically or mechanically, photocopied, recorded, or transmitted without the author's prior written permission.

ISBN 979-8-88627-926-9

Printed in the U.S.A.

What is Lent?

The word “Lent” is derived from an old English word meaning “spring” and is a period of penance and abstinence observed by many Christians. Lent begins with Ash Wednesday (a different date every year) and ends on Holy Thursday (the day before Good Friday when Christians commemorate Jesus Christ’s crucifixion). That’s a period of 40 days if you don’t count Sundays. Lent is an homage to Jesus’ 40 days of fasting in the desert to prepare for his earthly ministry.

Lent officially began during the Council of Nicaea in 325 C.E.,¹ a first-of-its-kind gathering of representatives from all the major Christian sects. Initially, the rules around Lent were stringent. Those observing it were only allowed to eat one meal daily and only in the evening. Meat, fish, and animal products were off-limits. But by the 1400s, Christians were allowed to eat by noon. Eventually, other foods (like fish) were allowed, and in 1966, the Roman Catholic Church restricted fast days only to Ash Wednesday and Good Friday.

Pope Gregory the Great instituted Ash Wednesday in the 600s, marking penitent Christians’ foreheads with ashes burned from the palms of the prior year’s Palm Sunday at a service. **Wearing ashes was intended to be a biblical symbol of repentance and a reminder of mortality.** Ash Wednesday follows Fat Tuesday (Mardi Gras or Shrove Tuesday), the last day of eating rich or fatty foods before Lent.

Not all Christian denominations observe Lent. Lent is typically observed in the Roman Catholic Church and some Protestant denominations, such as Anglicans/Episcopalians and Methodists. Baptists and other evangelical denominations are less likely to observe Lent; as they say, the practice is not mentioned in the Bible. Eastern Orthodox churches still incorporate much fasting in Lent, though they have a different observance period.

The practice of fasting for religious purposes isn’t just a Christian one. Muslims observe total daytime fasts from everything, including water [for instance, during Ramadan]; Jews have certain fast days (e.g., Yom Kippur, the Day of Atonement) and seasons with dietary restrictions (e.g., no yeast in Passover Week).”

¹ C.E. Church of England.

Even people who aren't religious may observe a Lenten practice, seeing it as a time of reflection or a way to "reset" their lives, removing something unhelpful from them.

Why Give Something Up for Lent?

During Lent, many Christians commit to fasting and giving up certain luxuries to replicate the account of the sacrifice of Jesus Christ's journey into the desert for 40 days; this is known as one's **Lenten** sacrifice.

You're out with your friends on a Friday night, and suddenly, you notice that one of them has switched from his favorite microbrew to - lemonade. Is it time for Lent already? Giving up something for Lent sometimes evokes head-scratching in non-Catholics, but what might seem like just another Catholic eccentricity can actually be a practice with deep spiritual significance **if done with a rigorously edited purpose.**

Fasting is a practice to grow closer to God and exercise self-mastery of spirit over body. **The hunger experienced when fasting emulates Christ's sufferings for our sins.** Fasting is a practice of humility and our love for God. When fasting, journal what is being revealed to you.

This period of 40 days that precedes Easter's celebration originates in the early days of the Church. Converts seeking to become Christian, primarily adults, spent several years studying and preparing. Becoming a Christian was severe business under the threat of Roman persecution, so their preparation was intensive! They went through a final period of "purification and enlightenment" for the 40 days before their baptism at Easter. The rest of the Church began to observe the season of Lent in solidarity with these newest Christians. It allowed all Christians to recall and renew their commitment to baptism.

Today, we know Lent as a season of conversion: We acknowledge how we have turned away from God in our lives and focus on turning our hearts and minds back toward God. Hence, **the three pillars of Lent are prayer, fasting, and almsgiving.** These observances help us turn away from whatever has distracted or derailed us and return to God. **Giving up something for Lent is ultimately a form of fasting.** We can deprive ourselves of some small pleasure or indulgence and offer that sacrifice to God. Or we might "give up" a bad habit, such as smoking, as a way of positively turning our life back toward what God wants for us.

People often give up something they enjoy or depend on, like alcohol, fast food, or chocolate. Others choose to fast from practices that make them more pleasing to God, like gossiping or criticizing others.

Whatever you give up, the intent is a big part of genuinely recognizing Lent. *“Jesus calls us to fast but tells us to do it for the right reasons. It should not be for our glory, but God’s,”* says Stephen Corrigan, a fourth-year Catholic seminarian at St. Peter’s Catholic Church in Gloucester, England, via email. *“If we are doing something sinful, then it would be good to try to stop doing it ... But something which is not sinful can be given up, not because it is unclean but because we are called to something greater.”*

It can become somewhat rote when people observe Lent for a while. Rev. Coxe and many other religious experts suggest a three-pronged approach to making it more meaningful. Those prongs are prayer, fasting, and almsgiving.

Catholics observe fasting on Ash Wednesday and Good Friday from age 18 to 59. Fasting is defined as reducing the amount of food one normally eats. The Catholic Church lays this out as one meal per day, with two much smaller meals (those two shouldn’t be larger than the main meal). People within the age range who don’t have to fast are the sick, pregnant, or nursing, manual workers who need the calories for their health, and even guests at a meal who can’t fast without insulting their host. Some people may elect to fast on additional days throughout the season.

In addition to fasting, the Catholic Church requires people aged 14 and older to abstain from eating meat on Fridays during Lent. Fish, shellfish, amphibians, and reptile meat are okay.

Almsgiving is giving extra goods, particularly to help those in need. The 40 Bags in 40 Days movement is a widespread decluttering/almsgiving effort. People tackle a different area of the house daily and fill a bag with unwanted items to simplify their lives. It intentionally coincides with Lent, and at the end of the period, the items are donated, helping others in need. (One variation is collecting 40 items rather than 40 bags.)

This concept of doing a good deed is often incorporated into Lenten observances so that the observer is not just giving up a vice but also starting a virtue. Whether it’s doing volunteer work, contributing to a cause, or trying to incorporate something positive in their life, such as being more grateful every day.

Map Out Your Lenten Journey Game Plan with a Rigorously Edited Purpose?

Specify the purpose first and then the plan to meet that purpose. How have I turned my back on God? How can I turn my heart and mind back toward God? Hence, the three pillars of Lent are prayer, fasting, and almsgiving.

Table of Contents

What is Lent?

WED	THU	FRI	SAT	SUN	MON	TUE
<u>Ash</u> <u>Wednesday</u>	<u>Day</u> <u>2</u>	<u>Day</u> <u>3</u>	<u>Day</u> <u>4</u>	<u>Sunday</u>	<u>Day</u> <u>5</u>	<u>Day</u> <u>6</u>
<u>Day</u> <u>7</u>	<u>Day</u> <u>8</u>	<u>Day</u> <u>9</u>	<u>Day</u> <u>10</u>	<u>Sunday</u>	<u>Day</u> <u>11</u>	<u>Day</u> <u>12</u>
<u>Day</u> <u>13</u>	<u>Day</u> <u>14</u>	<u>Day</u> <u>15</u>	<u>Day</u> <u>16</u>	<u>Sunday</u>	<u>Day</u> <u>17</u>	<u>Day</u> <u>18</u>
<u>Day</u> <u>19</u>	<u>Day</u> <u>20</u>	<u>Day</u> <u>21</u>	<u>Day</u> <u>22</u>	<u>Sunday</u>	<u>Day</u> <u>23</u>	<u>Day</u> <u>24</u>
<u>Day</u> <u>25</u>	<u>Day</u> <u>26</u>	<u>Day</u> <u>27</u>	<u>Day</u> <u>28</u>	<u>Sunday</u>	<u>Day</u> <u>29</u>	<u>Day</u> <u>30</u>
<u>Day</u> <u>31</u>	<u>Day</u> <u>32</u>	<u>Day</u> <u>33</u>	<u>Day</u> <u>34</u>			

Holy Week

Passion/Palm Sunday - Day of Demonstration

Monday – Day of Authority

Tuesday – Day of Conflict

Wednesday – Day of Silence (No Recorded History)

Holy / Maundy Thursday

Good Friday – Day of Reflection and Atonement

Holy Saturday – Day of Mourning

Easter Sunday – Day of Victory

Maintenance

<u>Day</u> <u>1</u>	<u>Day</u> <u>2</u>	<u>Day</u> <u>3</u>	<u>Day</u> <u>4</u>	<u>Day</u> <u>5</u>	<u>Day</u> <u>6</u>	<u>Day</u> <u>7</u>
------------------------	------------------------	------------------------	------------------------	------------------------	------------------------	------------------------

Day
1

Ash Wednesday - Fast

Is it possible to comprehend what will occur over these next 40 days?

“This is how God showed his love among us: He sent his one and only Son into the world that we might live through him.” -1 John 4:9

“I have been crucified with Christ, and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.” -Galatians 2:20

*“The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.” Our Lenten Journey is a journey to a “child-like faith.” In other words, it’s **“going through life with our eyes closed.”** Wasn’t that God’s initial intent for us at creation? *“For God knows that when you eat from the Tree of the Knowledge of Good and Evil, **your eyes will be opened**, and you will be like God, knowing good from evil.” -Genesis 3:5**

So, how do we do this? First, we look up and **“Seek through prayer and meditation to improve our conscious contact with God, praying only for the knowledge of God’s will for us, and the power to carry it out.”**

Notes:

Day
2

Let's continue practicing the presence of God in our lives. Winners in life Practice, Practice, Practice – With A Purpose. Golfer Ben Hogan said, *"The more I practice, the luckier I seem to get."*

Brother Lawrence writes, *"We should establish ourselves in God's presence by continually conversing with God. It is shameful to quit this conversation to think of trifles and fooleries."*

We live in a period where we are being choked by the clock daily. No matter how hard we try, we can't finish it all. Then, tomorrow, we get to do it all over again.

Remember, we're going on this Lenten Journey with our eyes closed, and *"The life we now live in the body, we live by faith in the Son of God, who loved us and gave himself for us."*

The second thing we need to practice is not for sissies. **We need to inconvenience ourselves today despite the clock.** This practice aims to put ourselves in a powerless place with the faith of a child, confident God will meet our needs. As we practice this gift of inconveniencing ourselves, we will begin to see that God is doing for us what we could never do for ourselves.

By completing the following assessment, let's discover the strongholds that seem to have you in their grip.

Identifying Strongholds and Temporal Substances

What habit, substance, or activity do you tend to turn to when under pressure or stress?
(Check those that apply)

- | | |
|---|--|
| ☐ Excessive Work | ☐ Materialism |
| ☐ Sex / Pornography | ☐ Under-Earning |
| ☐ Over-Achievement | ☐ Overindulging in Alcohol |
| ☐ Binge Eating | ☐ Abusing Drugs (Legal and Illegal) |
| ☐ Taking Control | ☐ Headaches / Migraines |
| ☐ Uncontrolled Anger | ☐ Blaming Others |
| ☐ Money Dysfunction | ☐ Manipulation |
| ☐ Hoarding | ☐ Make Others Feel Sorry For Me |
| ☐ Exaggerate Success | ☐ Lie and Stretch the Truth |

- | | |
|--|---|
| ☐ Shopping When Stressed | ☐ Dishonestly Boastful |
| ☐ Spending on Toys | ☐ Self-Pity |
| ☐ Gambling | ☐ Rebellious & Resentful |
| ☐ Approval Seeking | ☐ Repetitive Spiritual Backsliding |
| ☐ Toxic Relationships | ☐ Frequent Exhaustion & Burnout |
| ☐ Rescuing Other People | ☐ Need or Enjoy To Hurt People |
| ☐ Physical Illness (Hypochondria) | ☐ Other: _____ |
| ☐ Excessive Exercise Conditioning | ☐ Other: _____ |
| ☐ Cosmetics & Surgery | ☐ Other: _____ |
| ☐ Excessive Clothes Buying | ☐ Other: _____ |
| ☐ Academic Achievement | ☐ Other: _____ |
| ☐ Religiosity | ☐ Other: _____ |
| ☐ Excessive Intellectualizing | ☐ Other: _____ |
| ☐ Perfectionism | ☐ Other: _____ |
| ☐ Obsessive Cleanliness | ☐ Other: _____ |
| ☐ Compulsive Organizing | ☐ Other: _____ |
| ☐ Excessive Worry | ☐ Other: _____ |
| ☐ Low Self Esteem | ☐ Other: _____ |
| ☐ Character Assassinating of Others | ☐ Other: _____ |

(Check “Yes” or “No” to the following)

Y N

- | | | | |
|--------------------------|--------------------------|----|---|
| ☐ | ☐ | 1. | I need more of the habit, substance, or activity than I used to experience a functional life under pressure. |
| ☐ | ☐ | 2. | I turn to the habit, substance, or activity for reward or protection. |
| ☐ | ☐ | 3. | I sometimes hide the habit, substance, or activity from those around me. |
| ☐ | ☐ | 4. | Has the habit, substance, or activity affected my productivity on the job, at home, or in other areas of my life? |

- ☐ ☐ 5. Have I been deceitful or dishonest with the habit, substance, or activity to the detriment of others around me?
- ☐ ☐ 6. Could the habit, substance, or activity left unaddressed be destructive to me or others?
(*Look at the worst-case scenario*)
- ☐ ☐ 7. Have those around me ever mentioned the habit, substance, or activity?
- ☐ ☐ 8. Do I get defensive when the subject of the habit, substance, or activity is brought up?
- ☐ ☐ 9. Do I feel guilt or remorse for indulging in the habit, substance, or activity?
- ☐ ☐ 10. Do I promise to stop the habit, substance, or activity without doing so?
- ☐ ☐ 11. Do I find that regardless of my resolve to stop the habit, substance, or activity, I only turn to it again?
- ☐ ☐ 12. After attempting to stop the habit, substance, or activity unsuccessfully, do I find that the habit, substance, or activity actually increases?

Notes:

**Day
3**

A conversation tends to be constructive when we talk and listen. This practice also makes our conscious contact with God keen. Today, not only will we continue to converse with God, but we will be listening - and what we hear as we visit the sound of silence in our lives will be critical.

Today, we begin putting it all out on the table. We empty all of the secrets that have impaired our conscious contact with God and start making a searching, fearless, and moral inventory of our lives thus far.

We will begin by taking a searching, fearless, and moral look at the poisonous resentments, especially those we have stored away as justified. Our inventory must be searching, fearless, and moral before we can ask God, in Jesus' words, to *"take this cup from us."*

Resentment is dis/ease more lethal than any malignancy. Its poisonous properties not only end life but also cause its victims to go through life in a still-born type state, conscious of their surroundings while unable to live abundantly as God promises.

Following is the Resentments assessment. Remember, be searching, fearless, and moral, and listen to the sound of silence. Putting pencil on paper has proven most effective when dealing with resentment, although the assessment is in a fillable format.

1. Ask yourself why you are holding on to the anger you have—complete column 1, then 2 from top to bottom.
2. On our grudge list, we set opposite each name our injuries. Place an (x) in the appropriate boxes in column 3.
3. Column 4 is the key column to clearing the resentments that block the flow of God's grace in our lives. Mature wisdom will show that while the situation has not been entirely our fault if you're rigorously honest with yourself, you will admit that the signs or risks are evident. This inventory is for you and your peace and freedom - not the other person, place, or thing.

(1) I'm Resentful At	(2) The Cause	(3) What Part of Me Has Been Hurt or Threatened?	(4) Where Was I To Blame? (<i>"I was..."</i>)
-------------------------	------------------	---	---

[illegible]

Day
4

Today, we take a searching, fearless, and moral look at our fears. Fear can be a powerful warning; however, it's an adverse reaction. While God assures us, *"I did not give you the spirit of fear - but of a sound mind,"* why is fear such a powerful motivator?

Fear is sometimes referred to as False Evidence Appearing Read. Look back from an outcome to the beginning of some of your fears, and see how different they look from the outside looking in. Our minds set up illusions - False Evidence that Appears Read. Fear is a form of terror that isolates us and takes us off our games. The antidote for "isolation" is "insulation," which comes from the word of God, fellowship, and accountability.

Following is the Fear assessment. Remember, be searching, fearless, and moral, and listen to the sounds of silence. Putting pencil to paper has proven to be most effective when dealing with fear, although the assessment is in a fillable format.

1. We now take a searching and fearless look into our fears. As with our resentments, we must put pencil to paper even if no Fear may be connected with them. Complete column 1 from top to bottom. Do nothing with columns 2, 3, 4, and 5 until column 1 has been completed.
2. It's now time to begin coming to "KNOW" why we are fearful and why we have the fears we do. Our mother or father may have been nervous and fearful, and you have adopted the same habit. But it's just that - A Habit. You can break it and reshape your thinking if you choose to. However, you must be fearless as you search yourself to do this. REMEMBER, this is YOUR inventory. Not your mother or father's, not some incident or experience. Complete column 2 from top to bottom. Do nothing with columns 3, 4, and 5 until column 2 has been completed.
3. Which part of "Self" have I relied on that is failing me? *"God helps those who help themselves."* Who the heck came up with that one? Certainly not God, and it can not be found in the bible. Self-reliance may be helpful to a degree. We once had great self-confidence, but it didn't solve the fear problem fully. Complete column 3 from top to bottom. Do nothing with column 4 until column 3 has been completed.
4. Column 4: What part of self does our fear affect?
5. Column 5: It's now time to turn to God and ask Him to remove our fear and direct our attention to what He would have us be.

Lenten Journey – *Rising Above Life's Challenges*

[illegible]

Day
5

After a day of rest, we resume our journey and take a searching and fearless look into our past sex conduct.

You may be wondering what this topic would do with the inventory. Our research has revealed that as spiritual beings, sexual conduct outside of marriage, either pre-marital or extra-marital, depletes one's spirit. Then, as the storms of life hit our fragmented conditions, there is less than a whole person who can deal with what life has sent their way.

Once we go this route, we can never play life straight down the middle again until we come clean. We will be forced to live a cover-up and flirt with the out-of-bounds lines in life. The excitement or revenge it may have brought at the time will slowly choke us until we come clean.

Taking a searching, moral, and *FEARLESSLY THOROUGH* look at this part of our lives is critical to bringing us back to wholeness or *wholly-ness* as we refer to it. Through this process, should we discover we go to this behavior in an addictive manner, we seek immediate help from someone competent in this area.

Following is the Sex-Conduct assessment. Remember, be searching, fearless, and moral, and listen to the sound of silence. When dealing with Sex-Conduct, putting pencil to paper has proven to be most effective, although the assessment is in a fillable format.

1. We reviewed our conduct over the years past and now complete column 1 from top to bottom. Do nothing with columns 2, 3, 4, and 5 until column 1 has been completed.
2. What did we do? This doesn't necessarily mean physical contact with another person. *BE THOROUGH* – ask the Spirit to guide you, and you will come to terms. Complete column 2 from top to bottom. Do nothing with columns 3, 4, and 5 until column 2 has been completed.
3. We list the exact nature of our shortcomings—complete column 3 from top to bottom. Do nothing with columns 4 and 5 until column 3 has been completed. Remember, we're looking for our shortcomings' "EXACT" nature. Oh, we all know them. They are those things we drown out with the noise and busyness of life.
4. Who did I harm? (Complete column 5 from top to bottom.

Lenten Journey – *Rising Above Life's Challenges*

(1) Who?	(2) What?	(3) What Was The EXACT Nature of Your Wrongs?	(4) Did My Actions Cause	(5) Who Did I Harm? Myself, Family Members On BOTH Sides, and Others Who May Have Been Affected?
-------------	--------------	---	--------------------------------	--

[illegible]

Day
6

Who Have I Harmed? What did I do - or fail to do? Which part of the “self” caused the harm? What is the EXACT nature of my wrongs, faults, mistakes, and defects? You must fearlessly search. The answers are there - You Know Them; you’ve been drowning them out with today’s epidemic - BUSYNESS. You MUST find the courage to hear the sound of the silence your busyness has drowned out. Finding courage is the only way you will enjoy the abundant life Christ will give you on the cross.

We all have our secrets and try to keep them to ourselves. Trying to avoid this inventory’s humbling experience, we may attempt to take a softer, more comfortable way. THIS INVENTORY IS ABOUT YOUR FREEDOM - not to get those you have harmed to like or forgive you. If you decide to hang on to some of your biggest secrets and continue the cover-up, you will live AND DIE in a terminal state of bondage.

May you receive a Spirit of courage!

Following is the Who Have We Harmed assessment. Remember, be searching, fearless, and moral, and listen to the sound of silence. Putting pencil to paper has proven to be most effective when dealing with Who Have We Harmed, although the assessment is in a fillable format.

1. We reviewed our conduct over the years past. Complete column 1 from top to bottom. Do nothing with columns 2, 3, and 4 until column 1 has been completed.
2. What did we do? This doesn’t necessarily mean physical contact with another person. *BE THOROUGH* – ask the Spirit to guide you, and you will come to terms with it. Complete column 2 from top to bottom. Do nothing with columns 3 and 4 until column 2 has been completed.
3. We list the **exact** nature of our shortcomings. Complete column 3 from top to bottom. Do nothing with column 4 until column 3 has been completed. Remember, we’re looking for the **“EXACT”** nature of our shortcomings. We all know them; they’re those things we drown out with the noise and busyness of life.
4. Who did I harm? (Complete column 4 from top to bottom.)

(1) Who Have I Harmed?	(2) What Did I Do <i>or</i> Fail To Do?	(3) What Part of Self Caused The Harm?	(4) What Was The EXACT Nature of My Wrongs, Faults, Etc. ?
---------------------------	--	---	---

Please list the names of the persons whose actions have hurt.	What Did I Do <i>Or Fail To Do</i> That Caused The Harm?	SELF WILL	SELF ESTEEM - EGO	EMOTIONAL SECURITY	FINANCIAL - SAFETY	PRIDE - DEFIANCE	SELF PITY	SELF - RELINANCE	AMBITION	FINANCIAL GAIN	SELFISHNESS	SELF GRATIFICATION	DISHONESTY	FEAR	INCONSIDERATION	LACK OF SELF-DISCIPLINE	CONTROL LING OTHERS	SELF - CENTERED EGO	OTHERS

**Day
7**

Having thoroughly and fearlessly completed your mission over the last four days, can you, with rigorous honesty, say, *“I have been crucified with Christ, and I no longer live, but Christ lives in me? The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me?”* **-Galatians 2:20** Can you say with rigorous honesty? *“The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me?”*

Spend today pondering over the last four days. Practice increasing your conscious contact with God with a gracious perspective. Tomorrow, we begin training to enter the world as an ambassador for Christ.

Notes:

**Day
8**

As we map out our maintenance plan, like Christ, we are sent to live in this world, but we are not to be of this world.

St. Paul wrote, *“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms,”* St. Peter writes, *“Be sober-minded; be watchful. Your adversary Satan prowls around like a roaring lion, seeking someone to devour.”*

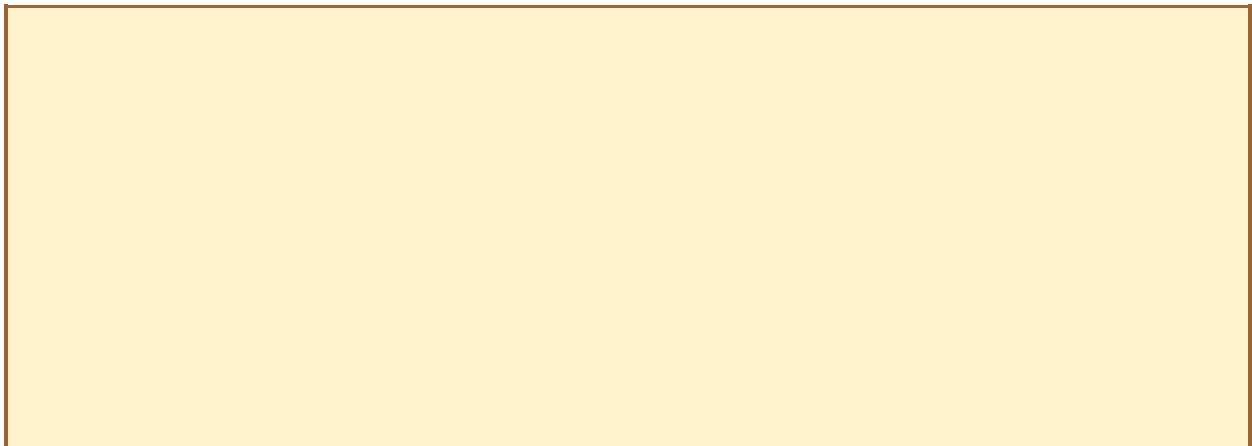
Know Your Enemy / Competitor

Satan is the original sponsor of terrorism, as we have come to know it today. Satan occupies the mind with weapons of deceit, distortion, disunity, discouragement, guilt, isolation, etc. St. Paul wrote to the Colossians, *“Don't let anyone capture you with empty philosophies and high-sounding nonsense that come from human thinking/knowledge and the spiritual powers of this world, rather than from Christ.”*

Revisit your strongholds assessment. KNOW your weak spots because Satan sure does and KNOWS precisely how to hustle us.

You must know your competitor and their tactics. Keep It Simple - Master the Basics. Satan's tactics are not complex. In fact, Satan uses the same tactics repeatedly against where we are vulnerable.

Notes:



**Day
9**

Know Your Commander / Leader

The depth of a relationship is measured by the extent to which you are willing to work at it. In warfare, you must know that you have leadership you can trust. To have this trust, you need to learn about your leadership. In this case, it's understanding the nature of God. Jesus gives you his word that he is always with you and goes before you. Jesus also gives you his word that there is nothing you can face that he has not already encountered, and he will never give you more than you can handle. Jesus has assured you that he will never leave or forsake you.

Satan is the founder of terrorism, as we have come to understand it today. Satan occupies the mind with weapons of deceit, distortion, disunity, discouragement, and isolation. St. Paul wrote to the Colossians, *"Don't let anyone capture you with empty philosophies and high-sounding nonsense that come from human thinking/knowledge and the spiritual powers of this world, rather than from Christ."*

Write below times in your life when *"Something"* happened just perfectly. It may have been a coincidence or happenstance, but it got your attention.

We aim to go through life with our eyes closed due to our child-like faith. We can do this because God, our trusted commander, directs our path.

Notes:

**Day
10**

Know Yourself

Knowing yourself and determining what works for you is crucial in warfare. It takes ongoing selfless and rigorously honest sessions with the Holy Spirit in [The KNOW Sin Zone](#). Your mind is trained just like the elephant. A strong will can never break this training. In fact, a strong will train your mind in the first place. You need to hear and face the sound of the silence planted deep in your subconsciousness. This training is known as sanctification. **Sanctification is the act or process of acquiring sanctity, of being made or becoming whole and complete.** James 1:4 reminds us, *"Perseverance must finish its work so that you may be mature and complete, not lacking anything."* Romans 12:2 says, *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*

*** As a member of our coaching and training facility, we shape our students by taking a searching, fearless, and moral look at themselves to achieve maximum success and usefulness in life.**

Notes:

**Day
11**

The Battlefield of the Mind

In sport or life, the battlefield is your mind. [Mental Toughness](#) requires intense training in The KNOW Sin Zone's [Spiritual Strength Training](#) area. Mental Toughness must become a reflex if you are to be victorious. If your mind can get into your head and get you to focus on yourself - you're in trouble. You begin to experience doubt and conflicting thoughts. Fear then sets in, and you move your focus from your game plan to yourself. Your response must never lose sight of your leader. DON'T ISOLATE. That will bring you down. INSULATE through teamwork and accountability with your leader. You also insulate through spiritual strength training and accountability. Step back and [Keep It Simple](#) - Very Simple.

Notes:

**Day
12**

Take the Fight to the Enemy

Unity is a MUST in warfare. *"Every kingdom divided against itself will be ruined, and every city or household divided against itself will not stand."* –**Matthew 12:25**. Unfortunately, today, rather than fighting the real enemy, "Evil," we fight each other. As long as Satan can fragment and then isolate us - he can destroy us. Euclid's geometry of common notions states, *"Things which equal the same thing also equal one another."* Anyone who has pledged to follow God with their lives is loved equally by God, making them unified. Doctrinal issues are moot points since God is Love, and Love unifies us. At the height of Christ's passion, he prayed, *"Father, may they come to complete unity so the world may know You and I are **ONE**."*

Notes:

**Day
13**

I will admit to God, myself, and another trustworthy person who is *TOTALLY committed to confidentiality and the inventory's findings, and I will become free from my cover-up.*

"If we confess our sins, he is faithful and just and will forgive us our sins and cleanse us from all unrighteousness." **1 John 1:9** It's now time I move from unrighteous to righteous living.

Righteousness is living beyond reproach. Being in right relation to others, not 'to right or just' in a judicial sense. It is often used to designate one's state or "the quality or state of being morally correct and justifiable." NOT holier than thou.

Confessing can be looked at as a spiritual bath. In the way a water bath makes us clean physically, confessing makes us clean spiritually.

It's time to begin cleaning up your act with your confidential partner. (See Inventories Days 2-6)

Notes:

**Day
14**

I will begin talking to the God of my understanding regularly, asking for awareness of the strongholds that have me in their grip as a result of the inventory.

Living beyond reproach is living in a **Good, Ordery **D**irection. God is a God of order, and through God's strength and grace, your life is now in order. This order is maintained by being aware of your strongholds and being accountable to another person.**

Notes:

**Day
15**

I will humbly ask God to remove the strongholds standing in the way of my completeness and usefulness. Those that cannot be removed, I will block through strict accountability.

Well done! You've Responded "Intensely" to the most "Rigorous" "Testing" you've probably ever been through. Did you discover your "Key-Log," your "1 Thing," blocking the "Greatness" God gifted you with for God's purpose?

*"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds because you know that the testing of your faith produces perseverance. **Let perseverance finish its work so that you may be mature and complete, not lacking anything.**" -James 1:2-4*

By now, you're experiencing feelings and other things you've never felt before. The pain you experienced has now become the healing agent in your life. It hurt – but it hurt so good. Like Christ, you descended into the hell of your life that has caused your cover-up. You know, without question, you're not doing all this yourself. In the beginning, you may have been thinking about quitting. You're just in the middle rounds. So, keep telling yourself, *"I Just Gotta Go the Distance!"*

Notes:

Day
16

I will make a list of all persons I have harmed and become willing to make amends to them all.

There are distinct differences between apologizing to someone and making amends to them. An apology typically puts a band-aid on a situation. Unfortunately, we often find ourselves apologizing for the same things. These things seem to repeat because the strongholds in our lives drive them to give power to those we refuse to dig out and get accountable.

Making amends is the best way to reconnect with the people who have been hurt due to your actions. We all have made reckless decisions that cannot magically undo the pain and often irreversible heartache they have caused by issuing a simple apology. In most cases, your victim will need a much more prolific and profound interaction with you before any attempt at reconciliation can be made. However, making honest and humble amends is essential to rectifying a broken relationship.

Today, be especially thankful for the forgiveness you have received from God and the people you have harmed. Never forget that you are not "entitled" to anything and that forgiveness is a gift if you **[BUILD YOUR GRATITUDE LIST!](#)** Daily, you will keep this green in your life.

Notes:

Day
17

I will make direct amends to such people whenever possible, except when doing so would injure them or others. I must NEVER make amends that will transfer my burden to another to rest my conscience.

Let's look at the various types of amends, beginning with "Direct Amends."

- When making "**Direct Amends**," we deal directly with the person we have harmed by taking personal responsibility for our actions. Be careful, however. Be sure to discuss this with your accountability first. Be cautious as to how you take responsibility and own your actions. **Never make promises with amends.** Remember, the amends are to clean your slate, not get the other person to like you again and forgive you. Chances are, if a person you've harmed will forgive you, they will do so without you making amends.
- "**Indirect Amends**" is the process of showing humility to amend something that cannot be undone. For instance, if a legal violation in the past or some other error(s) in judgment prohibits you from directly approaching the harmed party(s) you have offended, the amends can be made indirectly. This is done by making a "**life-long**" commitment to an outreach that reaches out to others struggling with the same character defects and strongholds you now recover from.
- Forgiving yourself is critical for keeping you from guilt and shame. Finally, a "**Living Amends**" is an assurance to yourself that you have come to KNOW your strongholds and defects and have made a genuine lifestyle change. Your assurance comes from the accountability you now keep along with the balanced life you currently live, which includes service to others stemming from those strongholds and defects. Making living amends to yourself is critical to your assurance from self-sabotage during life's valleys.

Notes:

**Day
18**

I will continue to take daily personal inventory, and when I am wrong, I will promptly admit it.

Now, we come to where the rubber meets the road. A follower of Christ must subscribe to a method of living that includes a sustainable maintenance regimen. A follower of Christ knows that things around them need to be in balance in order for them to function at peak performance.

Following is a component of the daily training regimen that will keep life balanced and consistent while providing the much-needed serenity you need to achieve excellence and live a life of purpose and fulfillment.

Review the following questions and do some journaling to determine patterns.

Did I do the right thing at the right time today?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Did I do what had to be done to be righted with God?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Did I see myself performing God's errands and then come back to Him to tell Him in quiet communion that His will has been done?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Was I "Busy" or "Productive"?

☐ **Busy** ☐ **Productive** ☐ **Some of Both**

Was I "Efficient" or "Effective"?

☐ **Efficient** ☐ **Effective** ☐ **Some of Both**

Did I "Procrastinate," or was I "Decisive"?

☐ **Procrastinate** ☐ **Decisive** ☐ **Some of Both**

Did I move "Backward," "Forward," or was I "Stagnant"?

☐ **Backward** ☐ **Forward** ☐ **Stagnant**

Was I "Joy-Filled" and "Hopeful"?

☐ **Yes** ☐ **No** ☐ **Some of Both**

Was I "Accepting" of my current circumstances?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Did I exercise Physically and Mentally and eat properly?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Did I strengthen my Mind today?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Was I Pleasant to be around today?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Was I able to stay Present and Focused today?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Did I spend time with God today?

☐ **Yes** ☐ **No** ☐ **Not Enough**

Was I "Unafraid," "Joy-Filled," and filled with "Love" today?

☐ **Yes** ☐ **No** ☐ **Not Enough**

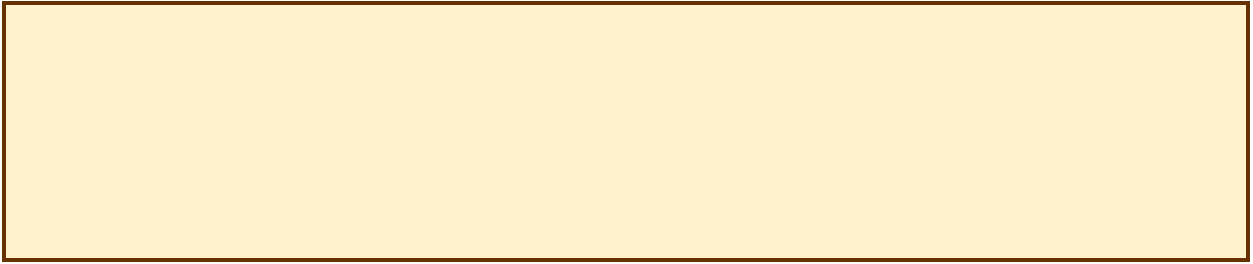
Who was I accountable to today? _____

How much time did I spend outside myself today?

Who did I reach out to today? _____

Who did I encourage today? _____

What kind of compliments did I spread today?



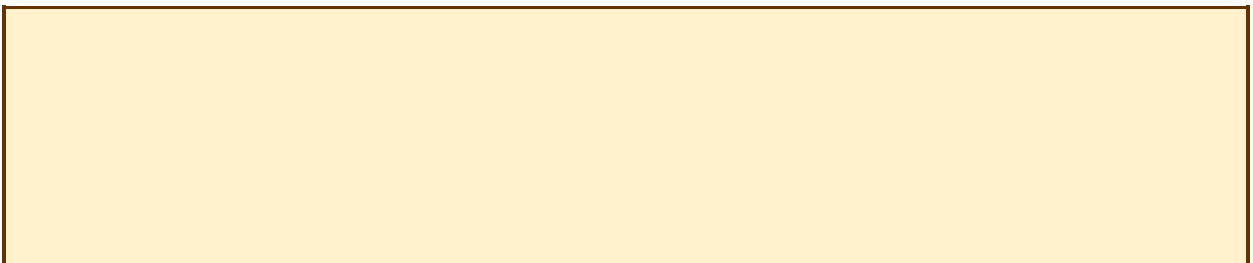
Did I give my best today?



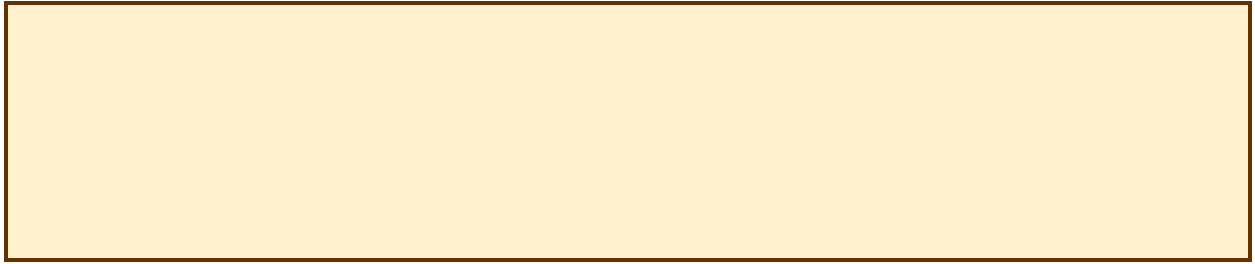
What did I do for those I came in contact with today?



HOW WAS I SELFISH today (i.e., thinking only of myself or not putting myself in someone else's position)?



What are some ways I might inconvenience myself tomorrow?



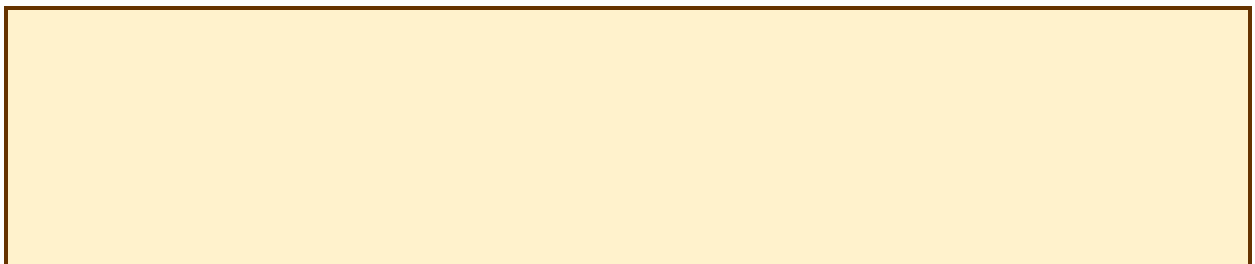
HOW WAS I RESENTFUL today (and what was the basis of this resentment)?



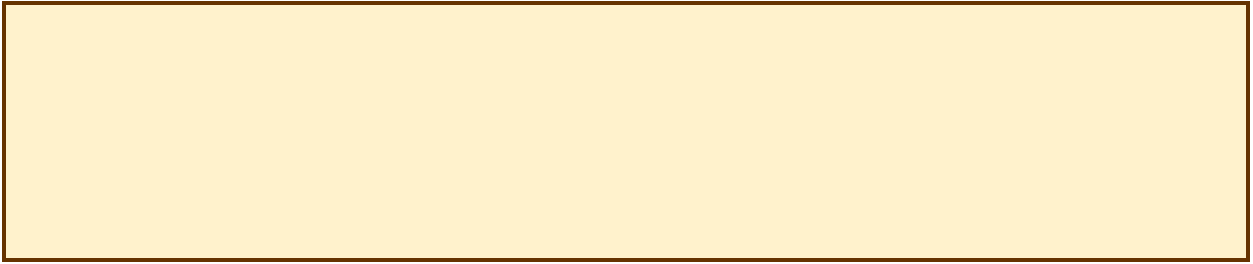
HOW WAS I AFRAID today? (How does this demonstrate a lack of faith, misplaced faith, or faith in a negative outcome)?



HOW WAS I DISHONEST today (by commission or omission)?



HOW DID I DEMAND TO CONTROL MYSELF and OTHERS today?



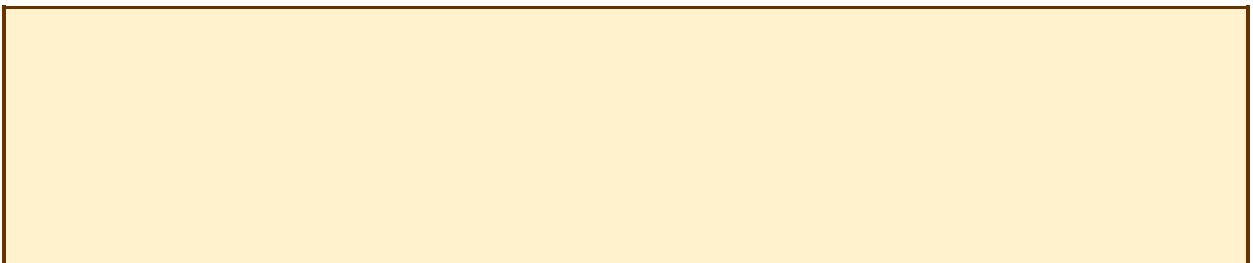
HOW DID I DEMAND TO BE RIGHT today?



HOW DID I DEMAND TO BE A VICTIM today?



HOW WAS I DEFIANT today?



HOW WAS I IN DENIAL today?

WHO DID I HURT, AND HOW DID I HURT THEM today? (i.e., who was affected due to my action or inaction)?

HOW CAN I REPAIR THE DAMAGE? (i.e., how can I put what I've put wrong right?)

WHAT COULD I HAVE DONE BETTER today? (i.e., what actions could I have taken to improve the situation)?

Day
19

Reach Out

Seek through prayer and meditation to improve my conscious contact with God, praying for the knowledge of God's will for me and the power to carry it out.

Having had a spiritual awakening as the result of these steps, I will carry this message to others *and practice these principles in all my affairs.*

These steps are intended to develop spiritual reflexes and a rhythm to your life, shaping you to live in a **Good, Ordery Direction**. As the saying goes, *"You can't keep it if you don't give it away."* You've gotten yourself out of a sinking boat. You must see God in everything and carry this message to others. Another saying you've heard, "Actions speak louder than words." Practicing these principles in your daily affairs will be your secret weapon. It would help if you inconvenienced yourself daily - even at a price to yourself. *"The secret to successful living is just simply giving."*

You've gone the distance - now you're not gonna stop. You're just a man who gave up his will to thrive, as you boldly say, *"Lord, Your Will - Not Mine Be Done."*

Notes:

**Day
20**

I will have a new, gracious perspective, bringing newfound joy and completeness. I will comprehend the word serenity and realize that no matter how far down the scale I may have gone, I will see that my experience, strength, and hope can benefit others.

Perspective: a particular attitude toward or regarding something; a point of view.

Meditation: Gratitude unlocks the fullness of life. Brother Lawrence wrote, *"We ought to give ourselves up to God, with regard to things temporal and spiritual, and seek our satisfaction only in the fulfilling of his will, whether He lead us by suffering or by consolation, for both would be equal to a soul truly resigned."* Our goal is joy - not happiness. Just for today, I will be Joy-Filled. Most folks are about as joy-filled as they are grateful. Joy comes from within; it is not a matter of externals. Gratitude is the basis for establishing and maintaining a spiritual perspective on life. Joy seems to be a step beyond happiness. Happiness is a sort of atmosphere (or high, if you will) you can "exist" in for a while. Happiness, however, requires more and more of itself to maintain levels of existence. On the other hand, Joy is a "Light" that fills you with hope, faith, and love. Happiness is attached to externals and seems to ebb and flow as circumstances and whims come and go. Joy is a constant since it is tethered to our hearts by Spirit and Gratitude.

Training Drill: There are times in life when everything seems to go our way, and then there are those times when we hit a slump. It is critical to visit your Gratitude and Outreach Lists consistently; this keeps us out of our heads, maintains a gracious perspective, and keeps life in rhythm and balance.

Notes:

**Day
21**

My whole attitude and outlook on life will change when I come to realize that God is now doing for me what I was trying to do for myself.

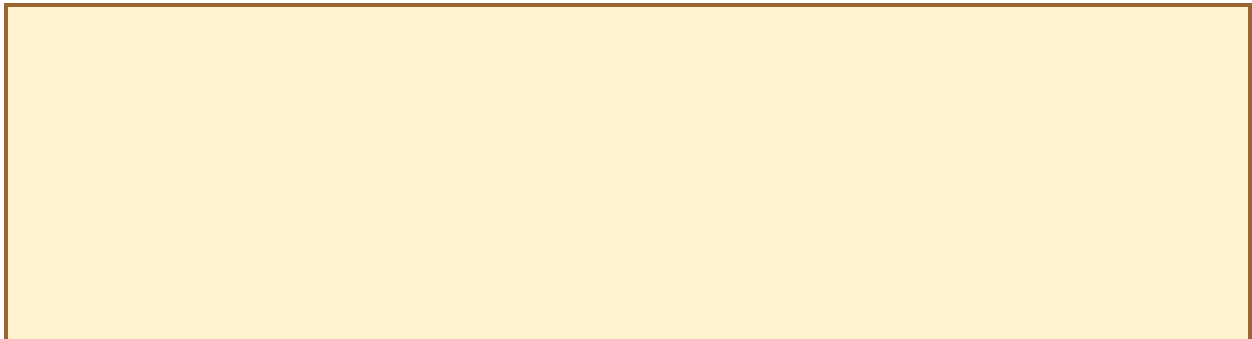
“Grace!” Some say it is “God’s Riches At Christ’s Expense.” Grace has also been called “*Love that just won’t quit.*” It’s God’s mulligan for **anyone** who follows God’s word through the precepts of Jesus Christ. Jesus said, “*I am the way, truth, and life. No one comes to the Father except through me.*” -**John 14:6**

Personal Commentary: “*I am the way and the truth and the life. No one comes to the Father except through me.*” It’s the second part of that verse that seems to draw controversy. Since Jesus came in human form, I will use my humanness and attempt to settle some of the controversy.

There was a time when my mother would bake a cake every day. When I got in from school, guaranteed, two of my buddies would be sitting at the kitchen table with large glasses of cold milk, eating what she baked that day. While we were close friends, I was the conduit to my parent. If my two buddies had just walked into the house without knowing me, the response they would have received would have been quite different. Does that help a bit?

Following Jesus means you make him your buddy. **It doesn’t mean you become part of a cult or become a freak or holy roller. It means you become “heart-healthy spiritually” and physically so that you can live longer, actually eternally, as Jesus promises. It’s that simple.**

Notes:



**Day
22**

Before you join Christ on the journey to Calvary, write a journal below on how and why you no longer live, but Christ lives in you.

**Day
23**

*“Therefore go and make disciples of all nations, baptizing them in the name of the Father, Son, and the Holy Spirit, and **teaching them to obey everything I have commanded**. And surely I am with you always, to the very end of the age.” -Matthew 28:19-20*

These two verses have become known as “The Great Commission.” In this writer’s opinion, the “Command” teaches others to obey everything Jesus taught “You” during your Calvary journey.

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” -John 3:16

Just as God sent His Son to die for us, Jesus, through the Holy Spirit, we must be crucified “In Him.” Always be mindful, *“Pain Unites Us – Knowledge Makes Us Compete and Divides Us.”* Can you tell others in five minutes what Jesus taught you on your journey to Calvary in your fulfillment of the Great Commission?

Read St. Paul’s testimony from [Acts 26](#), then use the following guide to shape yours.

BC ... Before Christ

1. Where were you spiritually before becoming a follower of Christ, and how did that affect your attitudes, feelings, actions, and relationships?

2. What caused you to consider God/Christ a solution to your needs?

Conversion

1. What realization did you come to that finally motivated you to surrender your will and life to Jesus Christ?

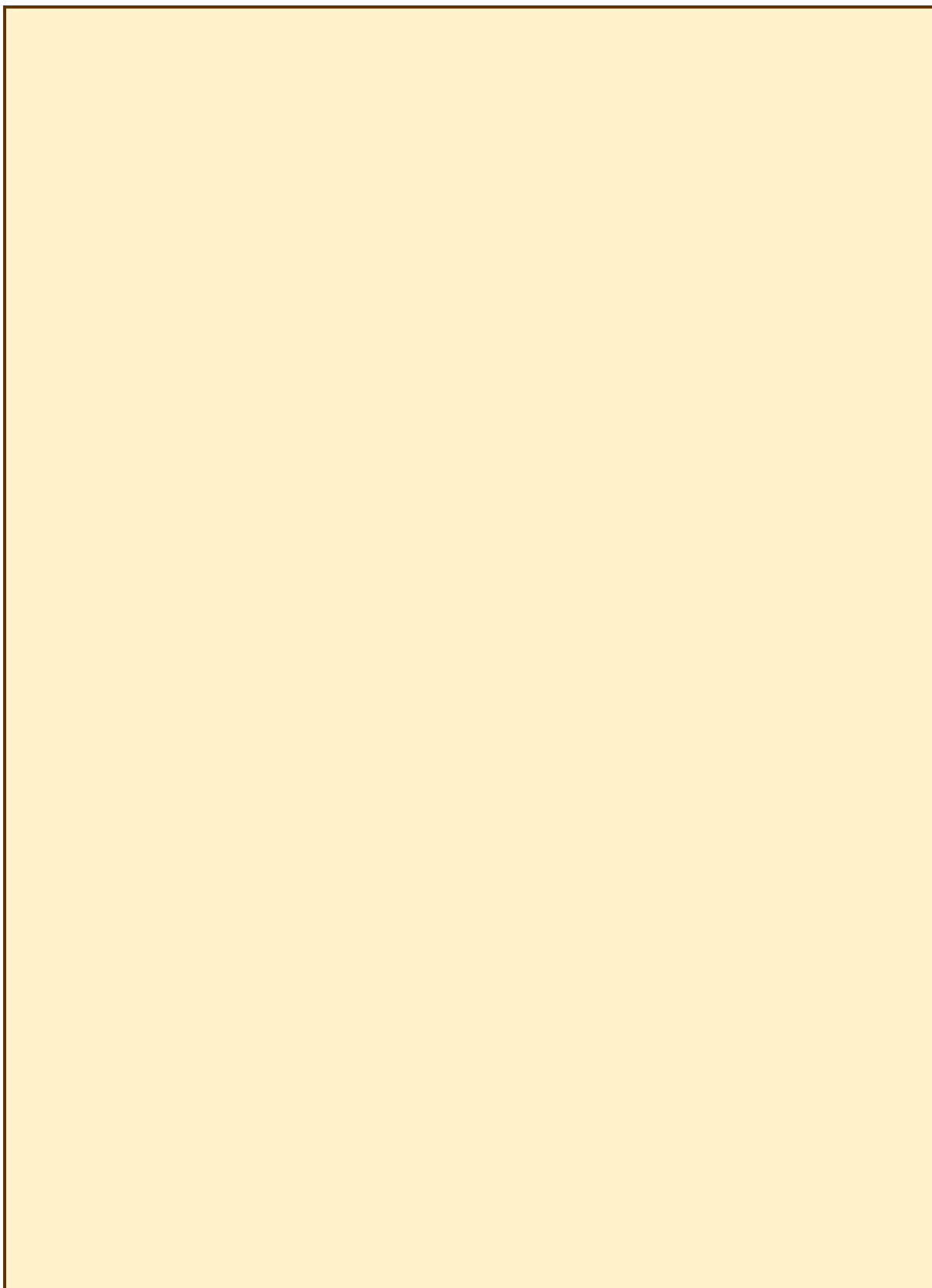
2. *Specifically*, how did you receive Christ? **AD ...**

After Conversion

1. How did your life begin to change?

2. What other experiences have benefited you since becoming a follower of Christ?
(Especially think of the experiences that would help those you would like to witness.)

Put it together



Day
24

“Go!” “Make Disciples.” Here’s the Game Plan.

- Begin each day in quiet communion with God. *“Lord, You have ushered in a brand new day, untouched and freshly new. So here I come to ask you, Lord, if you would renew me too. Forgive me for the many errors I made yesterday, and help me try again, Dear Lord, to walk closer in Thy Way. Father, I am well aware I can’t make it on my own. Please hold my hands tight, for I can’t walk alone.”*
- “COMMIT” the day to God. See the [“Daily Warm-Up.”](#)
- “FOCUS” take the focus off yourself and place it on others. See [“Prayer List.”](#)
- “LISTEN” *“Pay attention to what you hear: with the measure you use, it will be measured to you, and still more will be added to you.” -Luke 4:24* It’s incredible how much people will tell you if you listen and observe.
- Inject “keywords” from your testimony that meet them where they are or through commonalities you share to begin planting seeds.
- BE PATIENT!
- Stay In the Game!

What have you found works for you?

Notes:

Day
25

To keep the evangelism part of our day sharp, we need to go back to [Day 22](#) regularly and read why we no longer live, but rather Christ lives in us.

- We must practice, practice, practice, self-abandonment. Satan's tactic is to keep us living in our heads. By keeping us preoccupied with ourselves, we will miss most of the evangelism opportunities that come our way. As the old saying goes, "*Misery enjoys company.*"
- Use the [Daily Scorecard](#) every day to stay on your game plan. Work especially hard on your Gratitude List. Build your [Gratitude List](#) daily. When times are especially good – build it more.
- Keep your life well-balanced with a sound and accountable outreach plan from your strongholds and temporal substances.

Notes:

Day
26

Review your inventory from Day 18. Then, go off and pray as Jesus would often do at the end of the day. Pray through the following prayer – S L O W L Y. Meditate line by line.

*Father, I offer myself to Thee,
To build with me and do with me as You will.*

*Relieve me of the bondage of self,
That I might better do Thy will.*

*Take away my difficulties,
That victory over them may bear witness to those I will help,
Of Thy Power, Thy Love, and Thy Way of Life.*

*Forgive my sinful nature.
Come into my heart and cleanse me.
Please make me a new person daily.*

*Right now, Lord, I turn away from my old life,
And receive a new life in Your Son.*

*I am now ready that You should have all of me...good and bad.
I ask that you remove from me every defect of character,
Which stands in the way of my usefulness to others.
Grant me strength as I do your bidding.*

*Jesus, thank you for loving me,
For dying on the cross for me – that I might live,
For being my Lord, Savior, and Master.*

But for your precious grace, go I!

Amen

Notes:

Date:

Time	Appointment / Task	Journal
	Practice Tee Warm-Up / Exercise Your Body Too	
	Reach Out / Inconvenience Yourself	
	View Your Gratitude List	
	Exercise Your Soul - Take A Quiet 1/2 Hr w/ God.	
	Practice Tee Wrap-Up	

**Day
28**

Today finds us just about a week from Palm Sunday. Are you ready to tee it up for a week that changed the world? If not, you only have a few days to find your game.

Use tomorrow's Sabbath to spend much time in quiet meditation. Review the notes you've journaled during this Lenten season. Ask the Holy Spirit to give you both the courage and wisdom to learn from the sound of your silence.

It's not too late to Find Your Game!

Jesus Predicts His Death ([John 12:20-33](#))

²⁰ Now, some Greeks were among those who went up to worship at the festival. ²¹ They came to Philip from Bethsaida in Galilee with a request. "Sir," they said, "*we want to see Jesus.*" ²² Philip went to tell Andrew; Andrew and Philip, in turn, told Jesus.

²³ Jesus replied, "*The hour has come for the Son of Man to be glorified. ²⁴ Very truly, I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. ²⁵ Anyone who loves their life will lose it, while anyone who hates their life in this world will keep it for eternal life. ²⁶ Whoever serves me must follow me, and where I am, my servant also will be. My Father will honor the one who serves me.*" ²⁷ "Now my soul is troubled, and what shall I say? 'Father, save me from this hour'? No, it was for this very reason I came to this hour. ²⁸ Father, glorify your name!"

Then a voice came from heaven, "***I have glorified it, and will glorify it again.***" ²⁹ The crowd there and heard it said it had thundered; others said an angel had spoken to him.

³⁰ Jesus said, "*This voice was for your benefit, not mi*ne. ³¹ Now is the time for judgment on this world; now, the prince of this world will be driven out. ³² And I, when I am lifted up^[a] from the earth, will draw all people to myself.*" ³³ He said this to show the kind of death he would die.

**Day
29**

Jesus Is Tested in the Wilderness ([Matthew 4:1-11](#))

4 Then Jesus was led by the Spirit into the wilderness to be tempted^[a] by the devil. **2** After fasting forty days and forty nights, he was hungry. **3** The tempter came to him and said, *“If you are the Son of God, tell these stones to become bread.”*

4 Jesus answered, *“It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”^[b]*

5 Then the devil took him to the holy city and had him stand on the temple's highest point. **6** *“If you are the Son of God,”* he said, *“throw yourself down. For it is written:”*

“He will command his angels concerning you, and they will lift you up in their hands so that you will not strike your foot against a stone.”^[c]

7 Jesus answered him, *“It is also written: ‘Do not put the Lord your God to the test.’”^[d]*

8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. **9** *“All this I will give you,”* he said, *“if you will bow down and worship me.”*

10 Jesus said to him, *“Away from me, Satan! It is written: ‘Worship the Lord your God, and serve him only.’”^[e]*

11 Then the devil left him, and angels came and attended him.

Day 28, you read the following words of Jesus: ***24** Very truly, I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.*

1. What is the kernel of wheat that must fall to the ground and die so your life will produce many seeds?

2. What are the tactics Satan uses on you to get you to bow down and worship it? How will you overcome the temptations?

Tactics

How Will I Overcome?

--	--

Day
30

Do You Want To Get Well? ([John 5:1-9](#))

5 Sometime later, Jesus went up to Jerusalem for one of the Jewish festivals. ² There is a pool in Jerusalem near the Sheep Gate, which in Aramaic is called Bethesda^[a] and is surrounded by five covered colonnades. ³ Here, a great number of disabled people used to lie—the blind, the lame, the paralyzed. ^[4] ^[b] ⁵ One who was there had been an invalid for thirty-eight years. ⁶ When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked, *“Do you want to get well?”*

⁷ “Sir,” the invalid replied, *“I have no one to help me into the pool when the water is stirred. While trying to get in, someone else goes down ahead of me.”*

⁸ Then Jesus said to him, *“Get up! Pick up your mat and walk.”* ⁹ At once, the man was cured; he picked up his mat and walked.

Are there parts of your life that have you paralyzed? It’s been said, “Paralysis is not the loss of movement; rather, it is the loss of hope.” Far too many people identify themselves by a character and/or physical defect they might have. They become paralyzed and immobile to some degree. God looks at each of us through the purpose we were born.

What’s your plan for picking up your mat?



Day
31

Matthew 10

¹⁶ “I am sending you out like sheep among wolves. Therefore, be as shrewd as snakes and as innocent as doves. ¹⁷ Be on your guard; you will be handed over to the local councils and be flogged in the synagogues. ¹⁸ On my account, you will be brought before governors and kings as witnesses to them and to the Gentiles. ¹⁹ But when they arrest you, do not worry about what or how to say it. You will be given what to say at that time, ²⁰ for it will not be you speaking, but the Spirit of your Father speaking through you.”

²¹ “Brother will betray brother to death, and a father his child; children will rebel against their parents and have them put to death. ²² Everyone will hate you because of me, but the one who stands firm will be saved. ²³ When you are persecuted in one place, flee to another. Truly, I tell you, you will not finish going through the towns of Israel before the Son of Man comes.”

A pretty fitting passage for the times we are in, wouldn't you say? The wolves are out there, “silent like a cancer growth,” as the song goes. Do not be afraid or anxious. THE LORD goes before us and equips those called to His purpose. “Everyone will hate you because of me, **but the one who stands firm will be saved.**”

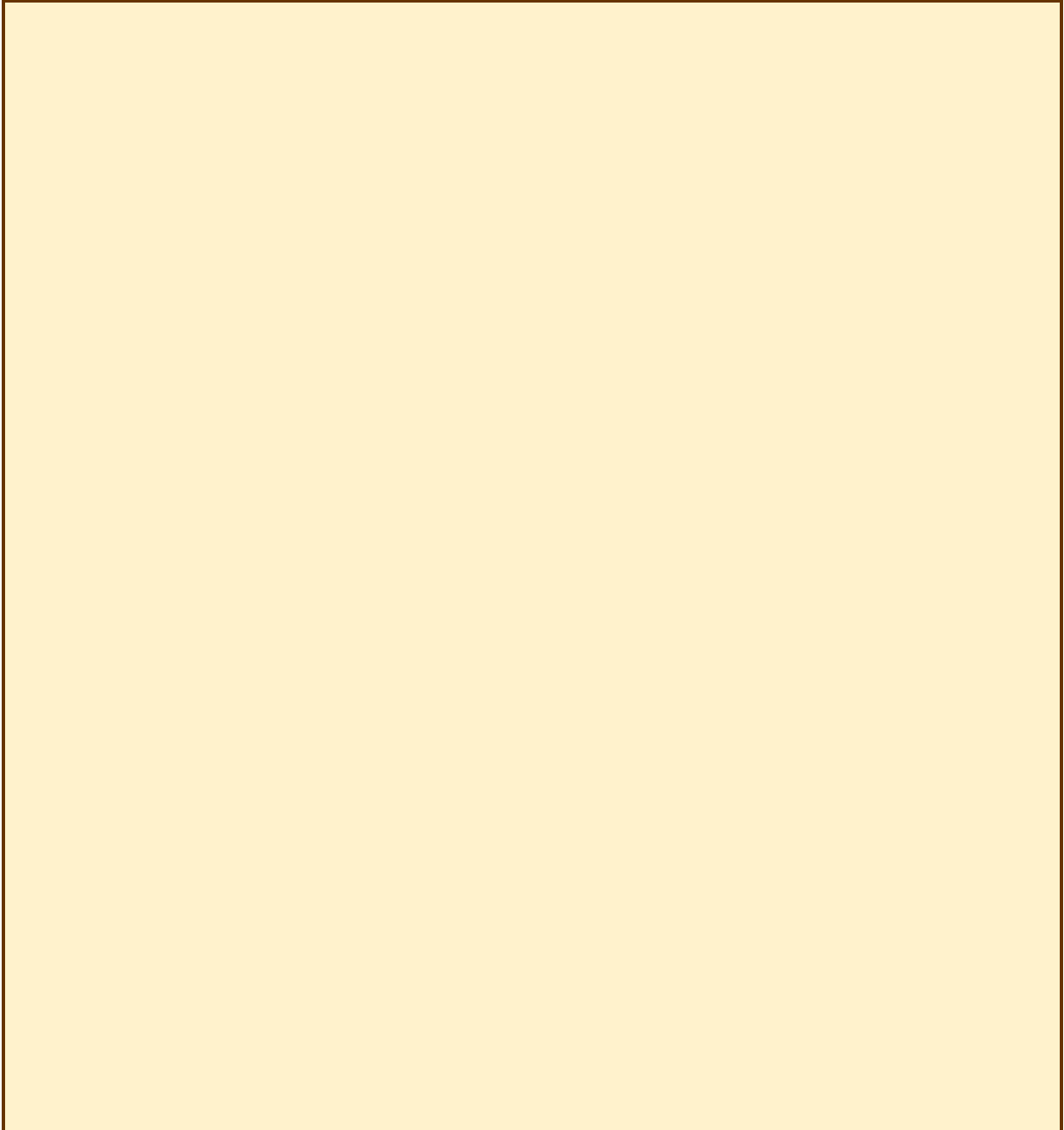
Ephesians 6

¹¹ Put on the full armor of God so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.

¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep praying for all the Lord's people. ¹⁹ Pray also that words may

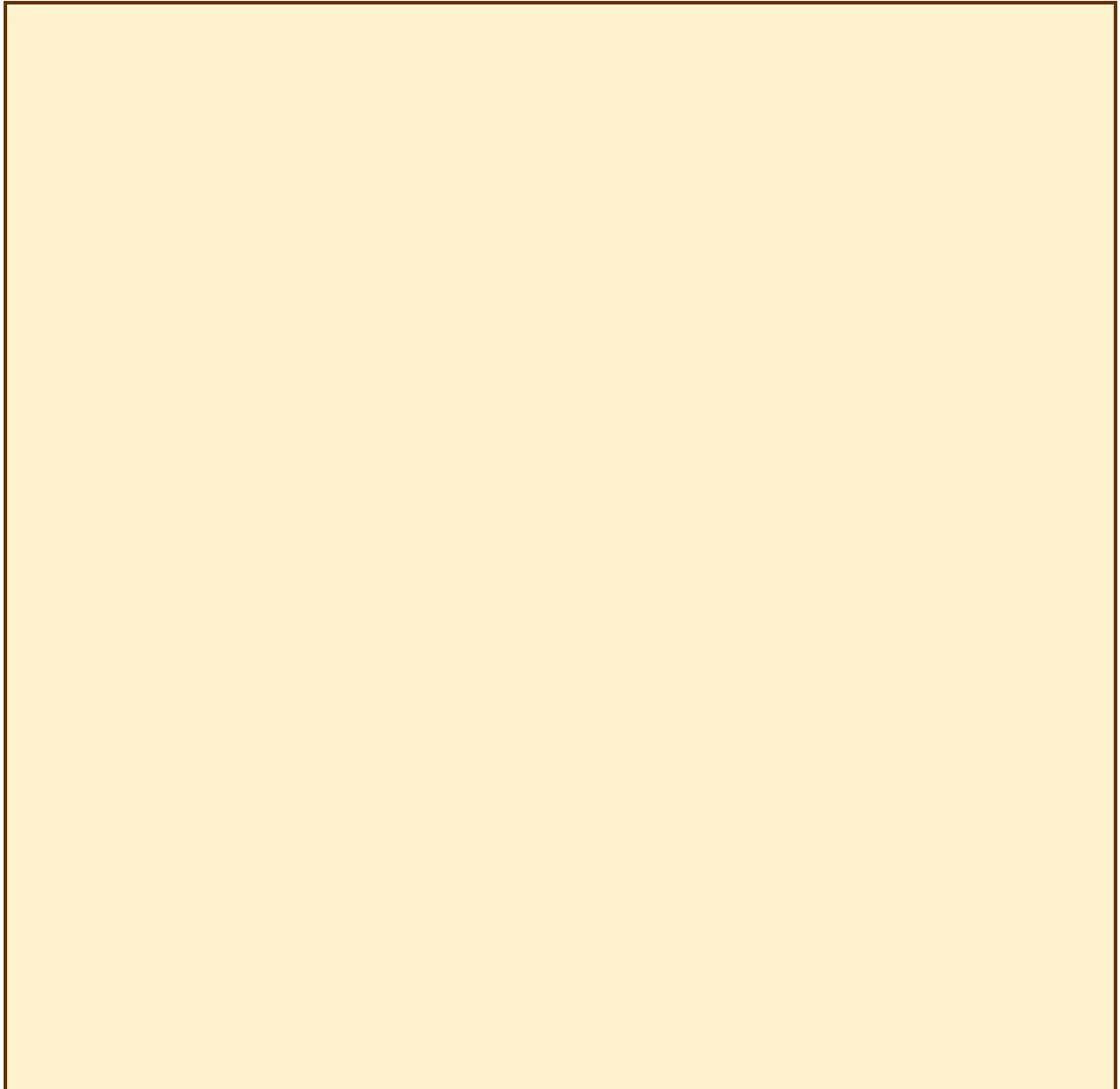
be given whenever I speak so that I will fearlessly make known the mystery of the gospel,²⁰ for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Notes:



Let’s take a gander back to the beginning of our Lenten journey to [Day 2](#) and review “**Identifying Strongholds and Temporal Substances .**”

Journal your findings. Note the areas where you see change and those requiring further commitment and accountability.



Matthew 18

²¹ Then Peter came to Jesus and asked, “*Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?*”

²² Jesus answered, “*I tell you, not seven times, but seventy-seven times.*”^[g]

²³ Therefore, the kingdom of heaven is like a king who wants to settle accounts with his servants. ²⁴ As he began the settlement, a man who owed him ten thousand bags of gold^[h] was brought to him. ²⁵ Since he could not pay, the master ordered that he, his wife, his children, and all he had to be sold to repay the debt.

²⁶ At this, the servant fell on his knees before him. “*Be patient with me, ’ he begged, ‘and I will pay back everything.*” ²⁷ The servant’s master took pity on him, canceled the debt, and let him go.

²⁸ But when that servant went out, he found one of his fellow servants who owed him a hundred silver coins.^[i] He grabbed him and began to choke him. “*Pay back what you owe me!’ he demanded.*”

²⁹ His fellow servant fell to his knees and begged him, “*Be patient with me, and I will pay it back.*”

³⁰ But he refused. Instead, he had the man imprisoned until he could pay the debt. ³¹ When the other servants saw what had happened, they were outraged and went and told their master everything that had happened.

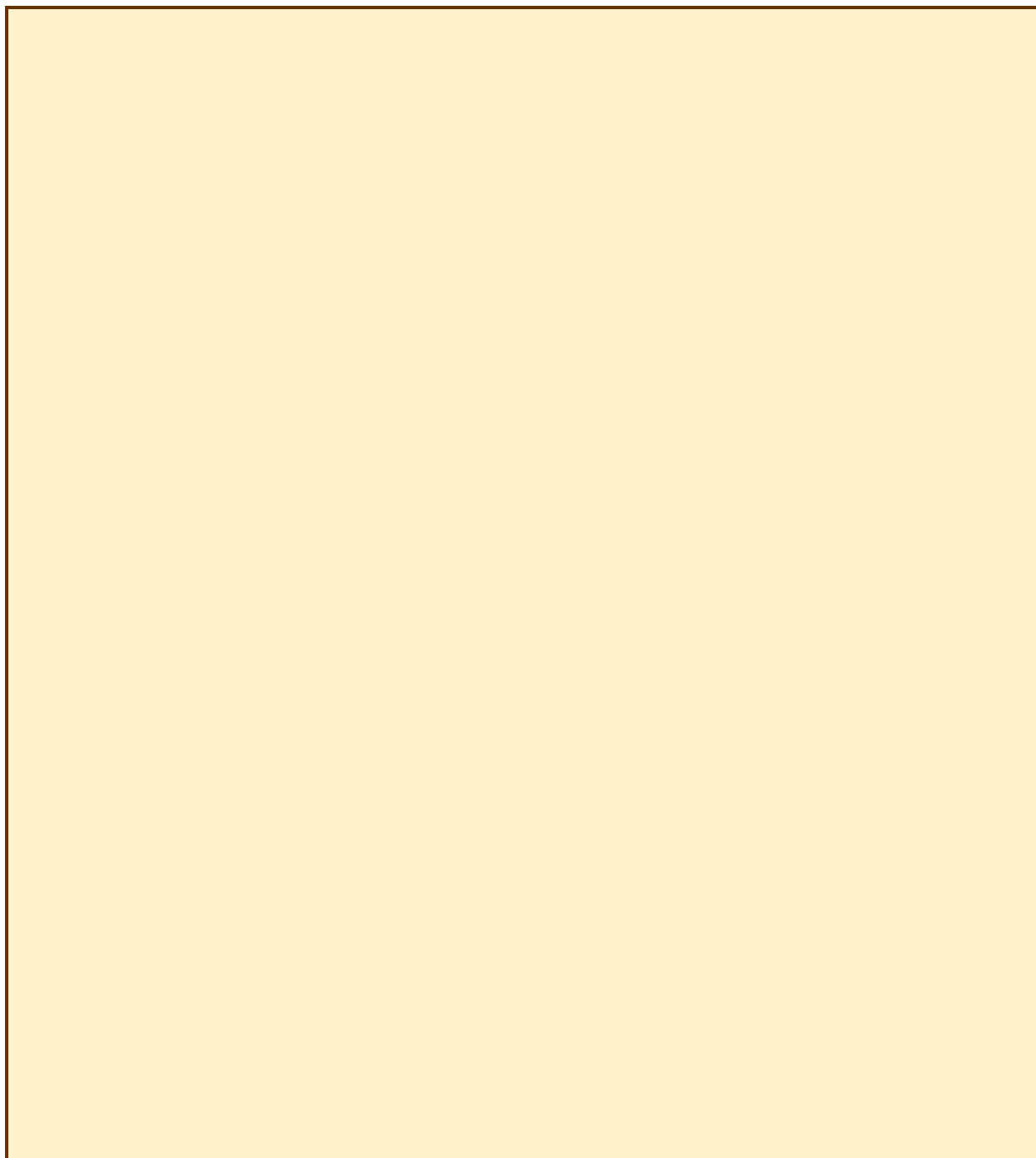
³² Then, the master called the servant in. “*You wicked servant, ’ he said, ‘I canceled all your debt because you begged me to.*” ³³ *Shouldn’t you have had mercy on your fellow servant just as I had on you?”* ³⁴ In anger, his master handed him over to the jailers to be tortured until he could pay back all he owed.

³⁵ “*This is how my heavenly Father will treat you unless you forgive your brother or sister from your heart.*”

Christ is about to experience a crucified death and pay for YOUR sins. Yet, our hubristic pathetic selves justify those who “May” be able to earn our forgiveness. **See the next page.**

My Pathetic Unforgiveness List

Do you call yourself a Christian? STOP IT! RIGHT NOW! Be incredibly thankful for the forgiveness you have received “FREE” From Christ’s death and those you have harmed. “*Woe to you, teachers of the law and Pharisees, you hypocrites!*” –[Matthew 23](#)



**Day
34**

Judging Others, ([Matthew 7:1-6](#))

7 Do not judge, or you too will be judged. ² For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.

³ Why do you look at the speck of dust in your brother's eye and pay no attention to the plank in your own eye? ⁴ How can you say to your brother, 'Let me take the speck out of your eye,' when there is always a plank in your own eye? ⁵ You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.

⁶ Do not give dogs what is sacred or throw your pearls to pigs. They may trample them under their feet and turn and tear you to pieces if you do.

Tomorrow, you will embark on an extraordinary journey to change the world. It's time to get real and stop being a hypocrite. God knows what is in your heart, so quit the act. It's incredible to observe and experience just how powerless we are against judging and gossiping and how we justify our disdain for others. At the same time, we receive encouragement as to why forgiveness is not in order. This behavior is a mockery of Christ. Think about it, and you are no better than those who will mock him in the upcoming days leading to his death – FOR YOUR SINS. What's your plan for getting real?



Passion/Palm Sunday - Day of Demonstration

The triumphal entry is that of Jesus coming into Jerusalem on what we know as Palm Sunday, the Sunday before the crucifixion. On that day, Jesus rode into Jerusalem on the back of a borrowed donkey's colt **that had never been ridden**. The disciples spread their cloaks on the donkey for Jesus to sit on, and the multitudes came out to welcome Him, laying before Him their cloaks and the branches of palm trees. The people hailed and praised Him as the "King who comes in the name of the Lord" as Jesus rode to the temple, where He taught the people, healed them, and drove out the money-changers and merchants who had made His Father's house a "den of thieves."

Jesus' purpose in riding into Jerusalem was to make public His claim to be their Messiah and King of Israel in fulfillment of Old Testament prophecy. Matthew tells us that the King coming on the foal of a donkey was an exact fulfillment of Zechariah 9:9, *"Rejoice greatly, O Daughter of Zion! Shout, Daughter of Jerusalem! See, your king comes to you, righteous and having salvation, gentle and riding on a donkey, on a colt, the foal of a donkey."* Jesus openly declared to the people that He was their King and the Messiah they had been waiting for.

Unfortunately, the people's praise lavished on Jesus was not because they recognized Him as their Messiah. They welcomed Him out of their desire for a deliverer to lead them in a revolt against Rome. Though they did not believe in Christ with spiritual faith, many hoped that He might be a great "temporal" deliverer to them. These are the ones who hailed Him as King with their many Hosannas², recognizing Him as the Son of David who came in the name of the Lord. But when He failed in their expectations and refused to lead them in a massive revolt against the Roman occupiers and those who collaborated with them, the crowds quickly turned on Him.

Within a few days, their Hosannas would change to cries of *"Crucify Him!"* **Jesus Christ comes not to conquer by force as an earthly king but by love, grace, mercy, and His sacrifice for His people. His is not a kingdom of armies and splendor but lowliness and servanthood. Jesus conquers not nations but hearts and minds.** His message is spiritual peace with God, not

² **Hosanna:** The word **hosanna** (Latin osanna, Greek ὡσαννά, hōsanná) is from Hebrew הוֹשִׁיעָה נָא, הוֹשִׁיעָה נָא hōšî'â-nā and related to Aramaic אוֹשִׁיעָנָא ('ōsha'nā) meaning "save, rescue, savior". In the Hebrew Bible it is used only in verses such as "help" or "save, I pray" (Psalms 118:25).

temporal peace. **If Jesus has made a triumphal entry into our hearts, He reigns there in peace and love.**

As His followers, we exhibit those same qualities, and the world sees the true King living and reigning in triumph in us. Many have wondered why the king mentioned would ride a donkey into Jerusalem rather than a warhorse.

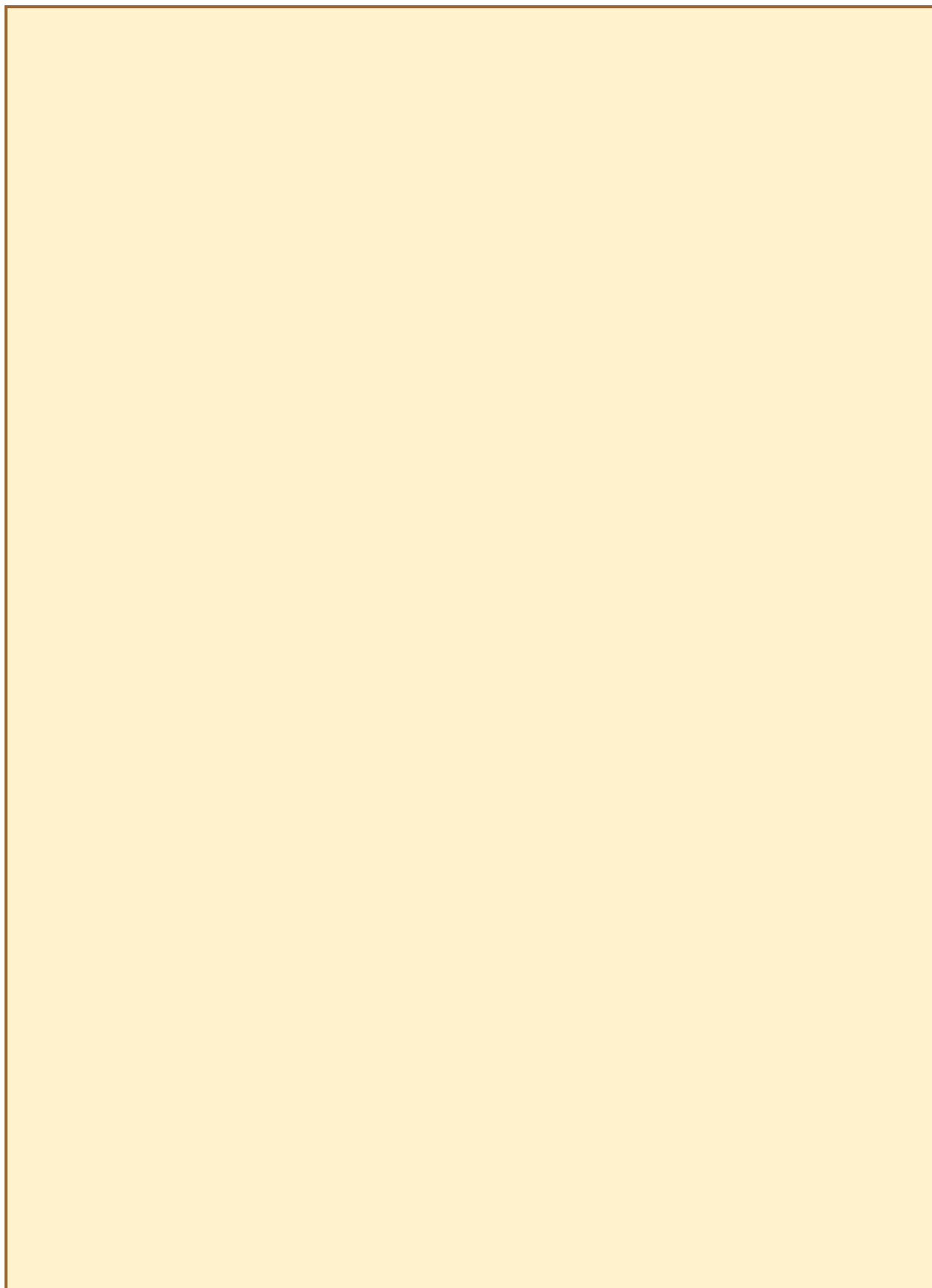
In the ancient Middle Eastern world, leaders rode horses if they rode to war, but donkeys if they came in peace. Jesus then entered the temple courts and drove out everyone buying and selling there. He overturned the money-changers tables and the benches of those selling doves. *“It is written,”* he said to them, *“My house will be called a house of prayer, but you are making it a den of thieves.”*

The blind and the lame came to him at the temple, and he healed them. But when the chief priests and the teachers of the law saw the wonderful things he did and the children shouting in the temple courts, *“Hosanna to the Son of David,”* they were indignant. *“Do you hear what these children are saying?”* they asked him. *“Yes,”* replied Jesus, *“have you never read, ‘From the lips of children and infants’ you, Lord, have called forth your praise.”* Then he left them and went out of the city to Bethany, where he spent the night.

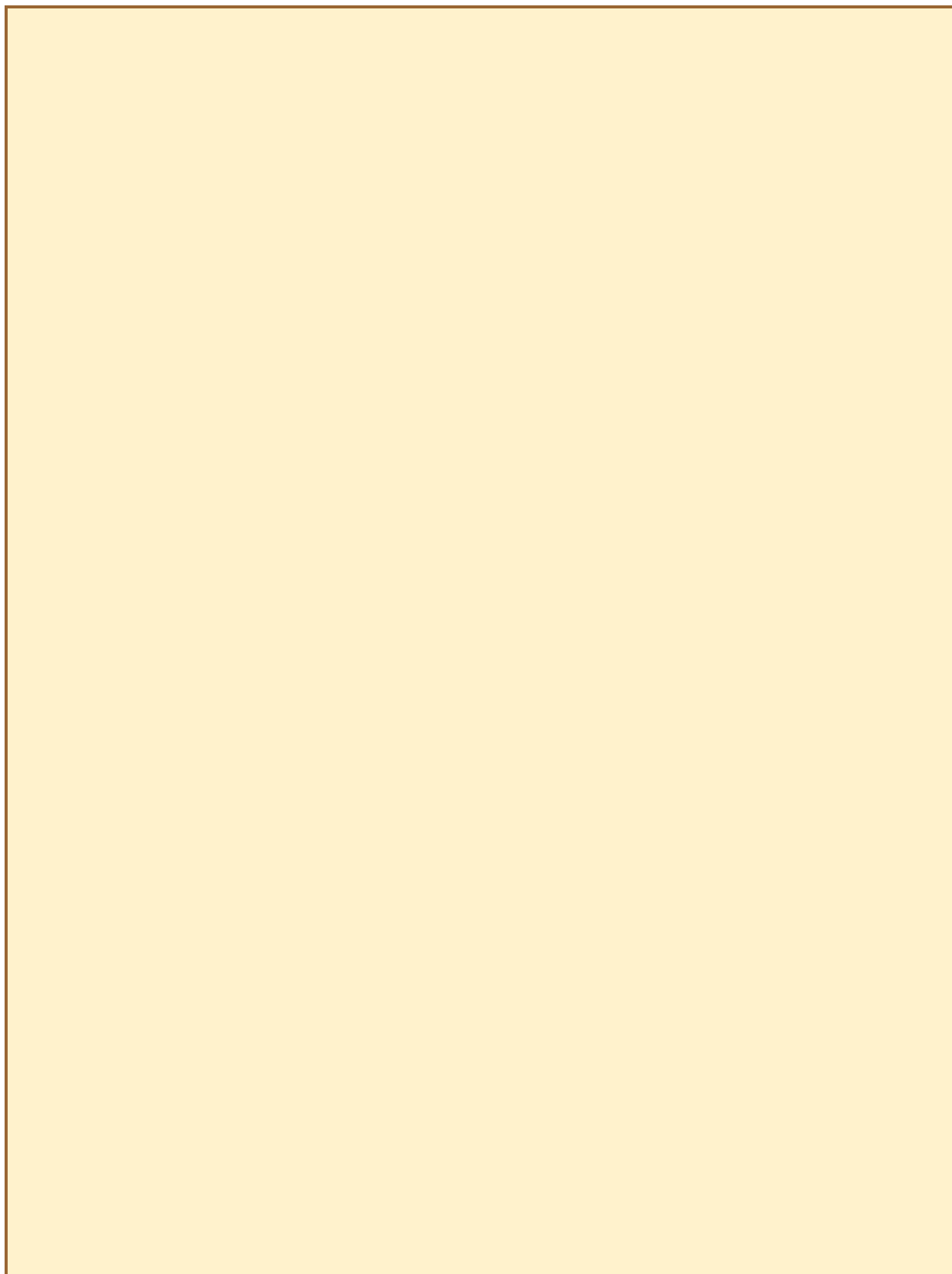
Meditation: What a day this must have been, particularly for the apostles. Talk about being overwhelmed. Many people feel they could be much more faithful if they actually saw Jesus and spent time with him like the disciples. However, when studying their lives, you will find Jesus did not give them the edge by being with him. In fact, some feel he made belief in himself even more difficult for the disciples.

Now, visualize yourself with Jesus somewhere. What are you thinking and feeling? Re-read and study today's journey. **Ask the Spirit to make clear to you those things stopping Jesus from making a triumphal entrance into your heart.**

Notes:



Notes:



Monday - Day of Authority

Jesus was hungry as he returned to Jerusalem early in the morning. Seeing a fig tree by the road, he went up to it but found nothing on it except leaves. Then he said to it, *“May you never bear fruit again!”* Immediately, the tree withered. When the disciples saw this, they were amazed. “How did the fig tree wither so quickly?” they asked. Jesus replied, *“Truly I tell you, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, ‘Go, throw yourself into the sea,’ and it will be done. If you believe, you will receive whatever you ask in prayer.”*

Why did Jesus curse the fig tree if it was not the right fig season? As to the significance of this passage and its meaning, the answer is again found in the chronological setting and in understanding how a fig tree is often used symbolically to represent Israel in the Scriptures.

A fruitful fig tree was considered a symbol of blessing and prosperity for Israel. Likewise, the absence or death of a fig tree would symbolize judgment and rejection. Symbolically, the fig tree represented the spiritual deadness of Israel, who, while very religious outwardly with all the sacrifices and ceremonies, were spiritually barren because of their sins. By cleansing the Temple and cursing the fig tree, causing it to wither and die, Jesus was pronouncing His coming judgment of Israel and demonstrating His power to carry it out. It also teaches the principle that religious profession and observance are not enough to guarantee salvation unless the fruit of genuine salvation is evidenced in the person's life. James later echoed this truth when he wrote, *“Faith without works is dead.”* **The fig tree lesson is that we should bear spiritual fruit, not just give an appearance of religiosity.** God judges fruitlessness and expects those who have a relationship with Him will “bear much fruit.”

Jesus then entered the temple courts again, and while he was teaching, the chief priests and the elders of the people came to him. “By what authority are you doing these things?” they asked. “And who gave you this authority?” Jesus replied, *“I will also ask you one question. If you answer me, I will tell you by what authority I am doing these things. John's baptism—where did it come from? Was it from heaven or of human origin?”* They discussed it among themselves and said, *“If we say, ‘From heaven,’ he will ask, ‘Then why didn't you believe him?’ But if we say, ‘Of human origin’—we are afraid of the people, for they all hold that John was a prophet.”* So, they answered

Jesus, *"We don't know."* Then he said, *"Neither will I tell you by what authority I am doing these things."*

"What do you think? There was a man who had two sons. He went to the first and said, 'Son, go and work today in the vineyard.' 'I will not,' he answered, but later, he changed his mind and went. 'Then the father went to the other son and said the same thing. He answered, 'I will, sir,' but did not go. 'Which of the two did what his father wanted?' 'The first," they answered. Jesus said to them, "Truly I tell you, the tax collectors and the prostitutes are entering the kingdom of God ahead of you. For John came to you to show you the way of righteousness, and you did not believe him, but the tax collectors and the prostitutes did. And even after you saw this, you did not repent and believe him."

*"Listen to another parable: A landowner planted a vineyard. He put a wall around it, dug a winepress, and built a watchtower. Then, he rented the vineyard to some farmers and moved to another place. When the harvest time approached, he sent his servants to the tenants to collect his fruit. "The tenants seized his servants; they beat one, killed another, and stoned a third. Then he sent other servants to them, more than the first time, and the tenants treated them the same way. Last of all, he sent his son to them. 'They will respect my son,' he said. "But when the tenants saw the son, they said to each other, 'This is the heir. Come, let's kill him and take his inheritance.' So, they took him, threw him out of the vineyard, and killed him. "Therefore, when the vineyard owner comes, what will he do to those tenants?" "He will bring those wretches to a wretched end," they replied, "and he will rent the vineyard to other tenants, who will give him his share of the crop at harvest time." Jesus said to them, *"Have you never read in the Scriptures:**

*"The stone the builders rejected has become the cornerstone;
The Lord has done this, and it is marvelous in our eyes.*

"Therefore, I tell you that the kingdom of God will be taken away from you and given to a people who will produce its fruit. Anyone who falls on this stone will be broken to pieces; anyone on whom it falls will be crushed."

When the chief priests and the Pharisees heard Jesus' parables, they knew he was talking about them. They looked for a way to arrest him, but they were afraid of the crowd because the people held that he was a prophet.

Meditation: We learn today the high priority God places on us living a fruitful life. In this writer's view, *"Self-abandonment leads to a cleansing Truth about us, which produces an overflow of grace that will bear fruit in the lives of others. However, if we continued to live a covered-up and self-absorbed life, we would be just like the withered fig tree."* What is the quality of the fruit the grace in your life produces?

Notes:

Notes:



Tuesday - Day of Conflict

Later, they sent some Pharisees and Herodians to Jesus to catch him in his words. They came to him and said, *“Teacher, we know you are a man of integrity. Others don’t sway you because you pay no attention to who they are, but **you teach the way of God in accordance with the truth.** Is it right to pay Caesar the imperial tax? Should we pay, or shouldn’t we?”* But Jesus knew their hypocrisy. *“**Why are you trying to trap me?**”* he asked. *“**Bring me a denarius, and let me look at it.**”* They brought the coin, and he asked them, *“**Whose image is this? And whose inscription?**”* *“Caesar’s,”* they replied. Then Jesus told them, *“**Give back to Caesar what is Caesar’s and to God what is God’s.**”* And they were amazed at him. Then the Sadducees, who say there is no resurrection, asked him a question. *“Teacher,”* they said, *“Moses wrote that if a man’s brother dies and leaves a wife but no children, the man must marry the widow and raise offspring for his brother. Now, there were seven brothers. The first one married and died without leaving any children. The second one married the widow, but he also died, leaving no child. It was the same with the third. In fact, none of the seven left any children. Last of all, the woman died too. At the resurrection, whose wife will she be since the seven married her?”* Jesus replied, *“**Are you not in error because you do not know the Scriptures or the power of God? When the dead rise, they will neither marry nor be given in marriage; they will be like the angels in heaven. Now, about the dead rising—have you not read in the Book of Moses, in the account of the burning bush, how God said to him, ‘I am the God of Abraham, the God of Isaac, and the God of Jacob’? He is not the God of the dead but of the living. You are badly mistaken!**”*

One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked, *“Of all the commandments, which is the most important?”* *“**The most important one,**”* answered Jesus, *“**is this: ‘Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself. There is no commandment greater than these.**”* *“Well said, teacher,”* the man replied. *“You are right in saying that God is one, and there is no other but him. Love him with all your heart, understanding, and strength, and loving your neighbor as yourself is more important than all burnt offerings and sacrifices.”* When Jesus saw that he had answered wisely, he said to him, *“**You are not far from***

the kingdom of God.” And from then on, no one dared ask him any more questions. While Jesus was teaching in the temple courts, he asked, *“Why do the teachers of the law say that the Messiah is the son of David? David himself, speaking by the Holy Spirit, declared:*

*“‘The Lord said to my Lord:
‘Sit at my right hand.
Until I put your enemies
under your feet.’”’*

David himself calls him ‘Lord.’ How, then, can he be his son?” The large crowd listened to him with delight. As he taught, Jesus said, *“Watch out for the teachers of the law. They like to walk around in flowing robes, be greeted with respect in the marketplaces, and have the most important seats in the synagogues and the places of honor at banquets. They devour widows’ houses and, for a show, make lengthy prayers. These men will be punished most severely.”* Jesus sat opposite where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in large amounts. But a poor widow came and put in two very small copper coins worth only a few cents. Calling his disciples to him, Jesus said, *“Truly I tell you, this poor widow has put more into the treasury than all the others. They all gave out of their wealth, but she, out of her poverty, put in everything—all she had to live on.”* As Jesus left the temple, one of his disciples said, *“Look, Teacher! What massive stones! What magnificent buildings!”* *“Do you see all these great buildings?”* replied Jesus. *“Not one stone here will be left on another; everyone will be thrown down.”* As Jesus sat on the Mount of Olives opposite the temple, Peter, James, John, and Andrew asked him privately, *“Tell us, when will these things happen? And what will be the sign that they are all about to be fulfilled?”* Jesus said to them: *“Watch out that no one deceives you. Many will come in my name, claiming, ‘I am he,’ and will deceive many. Do not be alarmed when you hear of wars and rumors of wars. Such things must happen, but the end is still to come. Nation will rise against nation and kingdom against kingdom. There will be earthquakes and famines in various places. These are the beginning of birth pains. You must be on your guard. You will be handed over to the local councils and flogged in the synagogues. On account of me, you will stand before governors and kings as witnesses to them. And the gospel must first be preached to all nations. Do not worry beforehand about what to say when arrested and brought to trial. Just say whatever is given you at the time, for it is not you speaking, but the Holy Spirit.”*

“Brother will betray brother to death, and a father his child. Children will rebel against their parents and have them put to death. Everyone will hate you because of me, but the one who stands firmly will be saved. When you see ‘the abomination that causes desolation’ standing where it does not belong, let the reader understand, then let those who are in Judea flee to the mountains. Let no one on the housetop go down or enter the house to take anything out. Let no one in the field go back to get their cloak. How dreadful it will be in those days for pregnant women and nursing mothers! Pray that this will not occur in winter because those will be days of distress unequaled from when God created the world until now—and never to be equal again. No one would survive if the Lord had not cut short those days.”

“But for the sake of the elect, whom he has chosen, he has shortened them. At that time, if anyone says to you, ‘Look, here is the Messiah!’ or, ‘Look, there he is!’ do not believe it. False messiahs and prophets will appear and perform signs and wonders to deceive even the elect. So be on your guard; I have told you everything beforehand.”

*“But in those days, following that distress,
“‘ The sun will be darkened,
And the moon will not give its light;
The stars will fall from the sky,
And the heavenly bodies will be shaken.”*

“At that time, people will see the Son of Man coming in clouds with great power and glory. And he will send his angels and gather his elect from the four winds,³ from the ends of the earth to the ends of the heavens. Now, learn this lesson from the fig tree: As soon as its twigs get tender and its leaves come out, you know that summer is near. Even so, when you see these things happening, you know it is near, right at the door. Truly, I tell you, this generation will certainly not pass away until all these things have happened. Heaven and earth will pass away, but my words will never pass away.”

“But about that day or hour, no one knows, not even the angels in heaven, nor the Son, but only the Father. Be on guard! Be alert! You do not know when that time will come. *It’s like a man*

³ They were the children of Aeolus, the Keeper of the Winds, and Eos, the Titan goddess of the dawn. The four gods were **Boreas** (North Wind), Notus (South Wind), Zephyrus (West Wind) and Eurus (East Wind).

going away: He leaves his house, puts his servants in charge, each with their assigned task, and tells the one at the door to keep watch.

Therefore, keep watch because you do not know when the house's owner will return—whether in the evening, at midnight, when the rooster crows, or at dawn. If he comes suddenly, do not let him find you sleeping. What I say to you, I say to everyone: 'Watch!'”

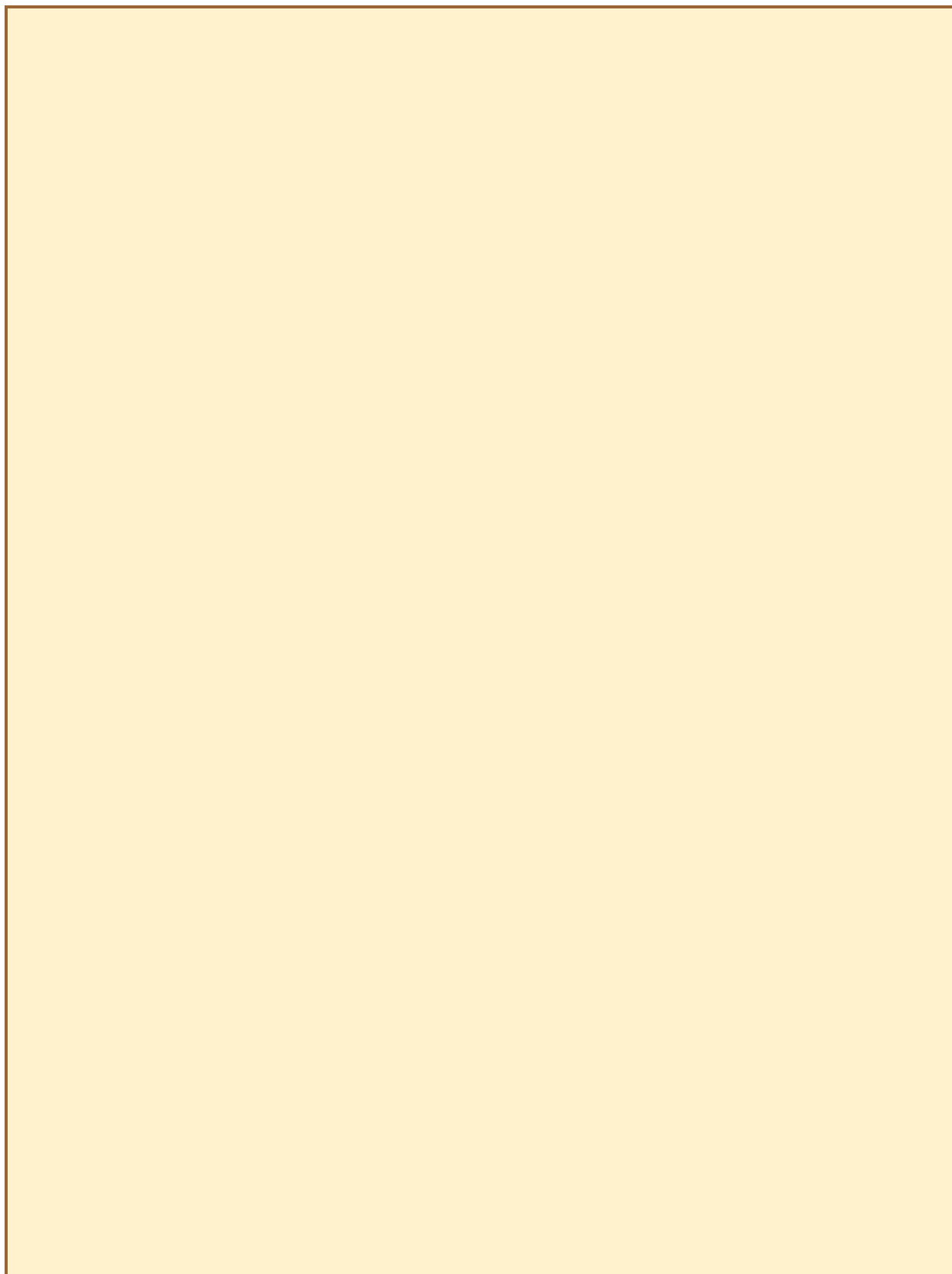
Now, the Passover and the Festival of Unleavened Bread were only two days away, and the chief priests and the teachers of the law were scheming to arrest Jesus secretly and kill him. “*But not during the festival,*” they said, “*or the people may riot.*”

While he was in Bethany, reclining at the table in Simon the Leper's home, a woman came with an alabaster jar of very expensive perfume made of pure nard. She broke the jar and poured the perfume on his head. Some of those present were saying indignantly to one another, “*Why this waste of perfume? It could have been sold for more than a year's wages and the money given to the poor.*” And they rebuked her harshly. “*Leave her alone,*” said Jesus. “*Why are you bothering her? She has done a beautiful thing to me. You will always have the poor with you; you can help them whenever you want. But you will not always have me. She did what she could. She poured perfume on my body beforehand to prepare for my burial. Truly, I tell you, wherever the gospel is preached throughout the world, what she has done will also be told in memory of her.*”

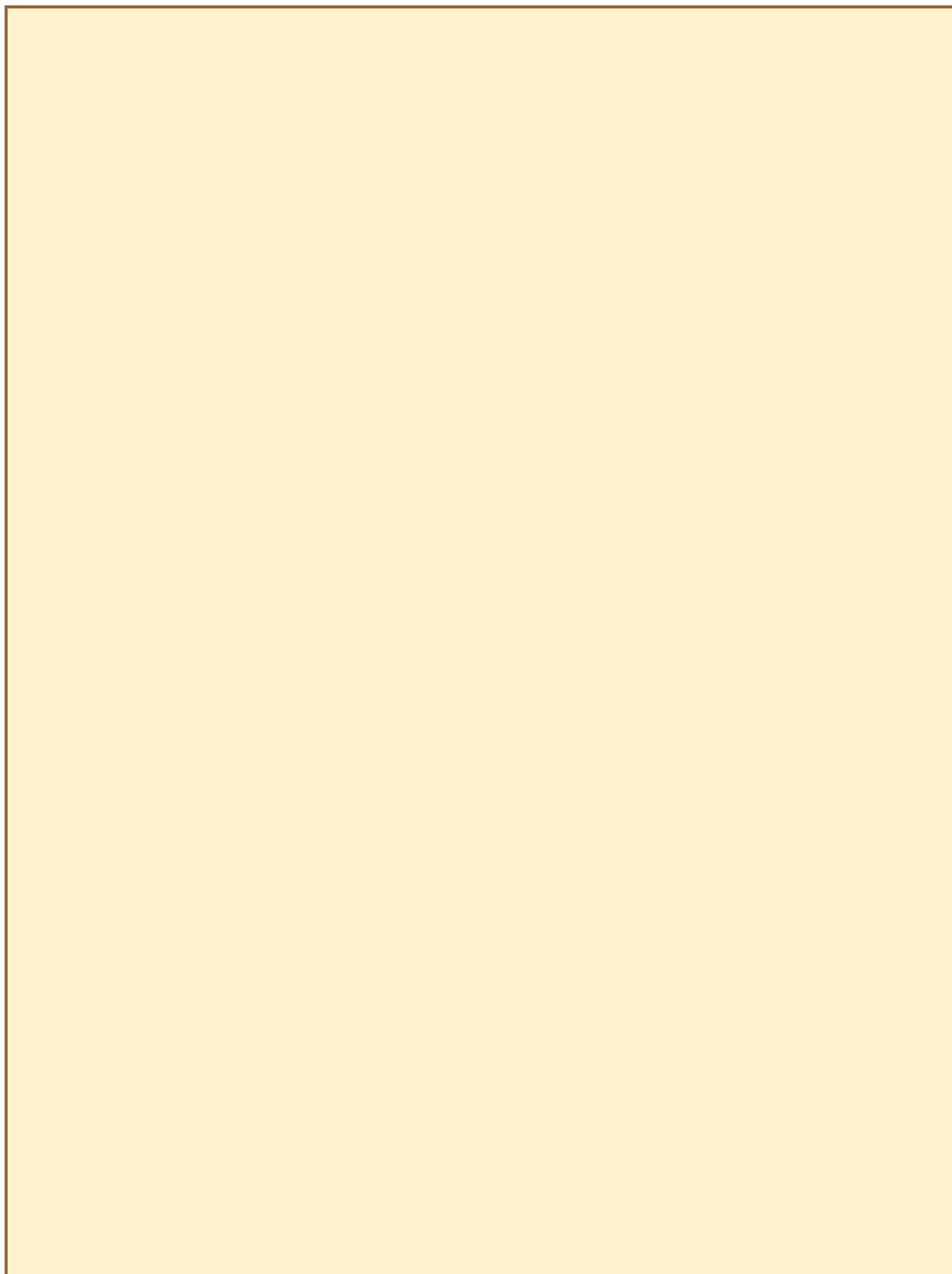
Then, one of the Twelve, Judas Iscariot, went to the chief priests to betray Jesus to them. They were delighted to hear this and promised to give him money. So, he watched for an opportunity to hand him over.

Meditation: We wonder where we might have appeared in the Passion. We all have the potential for terrible things from our wills and souls. We deceive nobody but ourselves if we think otherwise. Identify the areas of your life where you are betraying God. Watch Out for False Piety!

Notes:



Notes:



Wednesday – Day of Silence (No Recorded History)

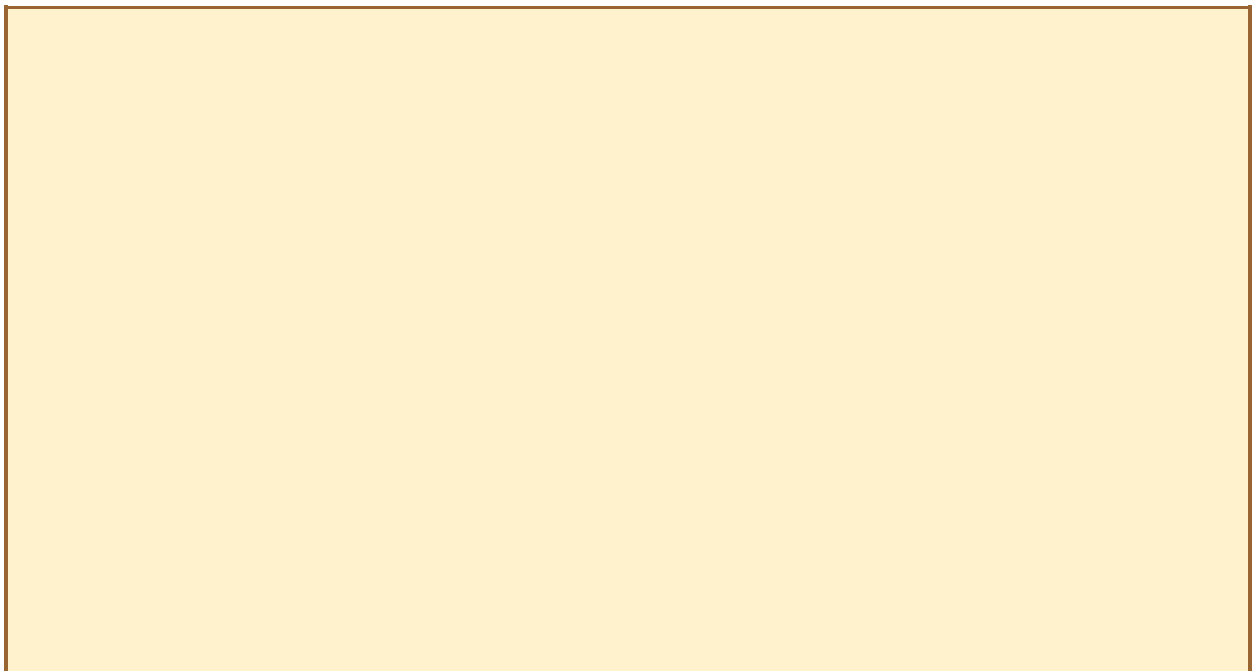
Meditation: While this day of Holy Week is referred to as a "Day of Silence," suspicion is Jesus must have spent the day meditating on the sound of the silence in his Sacred Heart. In this time of running frantically from task to task, juggling ideals that keep us numb and unable to feel life for what it is, this is the day to quiet ourselves and face the sound of silence in our hearts.

You know the words:

*"Hello, darkness, my old friend
I've come to talk with you again
Because a vision softly creeping
Left its seeds while I was sleeping
And the vision that was planted in my brain
Still remains within the sound of silence."*

As you go through today, use your phone for something other than useless texting and idle conversation. Use the "Notes" section and journal your thoughts. Be rigorously honest with the sound of the silence you hear, and today can be the day when you get at the "Silent" cancerous growth currently robbing you of the abundant life Jesus will be sacrificing his life to give you.

Notes:



Notes:



Holy / Maundy Thursday

The Passover Meal - Jesus Washes His Disciples' Feet

It was just before the Passover Festival. Jesus knew the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

Passover is the oldest and most important of Jewish religious festivals, commemorating God's deliverance of the Hebrews from slavery in Egypt and his creation of the Israelite people. In its earliest forms, it marked the beginning of the Jewish religious year (Exodus 12:1-2; because of calendar changes, later Judaism observed the start of the year in the Fall with *Yom Kippur* and *Rosh Hashana*). It is based on ancient Israel's rituals preserved primarily in Exodus 12-14, in which Israelites celebrated their deliverance by God from slavery in Egypt. The term Passover refers to the tenth and final plague God brought upon the Egyptians to persuade Pharaoh to let the people go, the death of all the firstborns of Egypt. In obedience to God's instructions, those who believed placed the blood of a lamb on their homes' doorposts so that God would "pass over" those homes. The festival celebrates the entire sequence of events that led to the Israelites' freedom from slavery. While thoroughly based on those historical events, the celebration encompasses much more as it becomes a vehicle to celebrate the very nature of God and His gracious work in the world. In this larger dimension, Jesus adopted the Passover service as a sacramental remembrance of God's new work of deliverance in "the Christ" and allowed Christians to celebrate this ancient festival.

The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. Jesus knew that the Father had put all things under his power and that he had come from God and was returning to God, so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and washed his disciples' feet, drying them with the towel wrapped around him. He came to Simon Peter, who said, "Lord, are you going to wash my feet?" Jesus replied, "*You do not realize now what I am doing, but later, you will understand.*" "No," said Peter, "you shall never wash my feet." Jesus

answered, *“Unless I wash you, you have no part with me.”* *“Then, Lord,”* Simon Peter replied, *“not just my feet but my hands and head as well!”* Jesus answered, *“Those who have had a bath need only to wash their feet; their whole body is clean. And you are clean, though not every one of you.”* He knew who would betray him, so he said not every one was clean. After washing their feet, he put on his clothes and returned to his place.

“Do you understand what I have done for you?” he asked them. *“You call me ‘Teacher’ and ‘Lord,’ and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. I have set an example that you should do as I did for you. I truly tell you that no servant is greater than his master or a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them.”*

Jesus Predicts His Betrayal

“I am not referring to all of you; I know those I have chosen. But this is to fulfill this passage of Scripture: ‘He who shared my bread has turned against me. I am telling you before it happens so that you will believe I am who I am when it does happen. I tell you, whoever accepts anyone I send accepts me, and whoever accepts me accepts the one who sent me.’”

After he had said this, Jesus was troubled in spirit and testified, *“Very truly I tell you, one of you is going to betray me.”* His disciples stared at one another, at a loss to know which of them he meant. One of them, the disciple whom Jesus loved, was reclining next to him. Simon Peter motioned to this disciple and said, *“Ask him which one he means.”* Leaning back against Jesus, he asked, *“Lord, who is it?”* Jesus answered, *“It is the one to whom I will give this piece of bread when I have dipped it in the dish.”* Then, dipping the piece of bread, he gave it to Judas, Simon Iscariot's son. As soon as Judas took the bread, Satan entered into him. So, Jesus told him, *“What you are about to do, do quickly.”*

But no one at the meal understood why Jesus said this to him. Since Judas had charge of the money, some thought Jesus was telling him to buy what was needed for the festival or to give something to the poor. As soon as Judas had taken the bread, he went out. And it was night.

Jesus Predicts Peter's Denial

When he was gone, Jesus said, *“Now the Son of Man is glorified, and God is glorified in him. If God is glorified in him, God will glorify the Son in himself and will glorify him at once. My*

children, I will be with you only a little longer. You will look for me, and just as I told the Jews, I tell you now: Where I am going, you cannot come. A new command I give you: Love one another. As I have loved you, so you must love one another. By this, everyone will know you are my disciples if you love one another.” Simon Peter asked him, *“Lord, where are you going?”* Jesus replied, *“Where I am going, you cannot follow now, but you will follow later.”* Peter asked, *“Lord, why can’t I follow you now? I will lay down my life for you.”* Then Jesus answered, *“Will you really lay down your life for me? Very truly, I tell you, before the rooster crows, you will disown me three times!”*

Jesus Comforts His Disciples

“Do not let your hearts be troubled. You believe in God; also believe in me. My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you with me so that you may also be where I am. You know the way to the place where I am going.”

Jesus, the Way to the Father

Thomas said, *“Lord, we don’t know where you are going, so how can we know the way?”* Jesus answered, *“I am the way, truth, and life. No one comes to the Father except through me. If you really know me, you will know my Father as well. From now on, you do know him and have seen him.”* Philip said, *“Lord, show us the Father; that will be enough for us.”* Jesus answered: *“Don’t you know me, Philip, even after I have been among you such a long time? Anyone who has seen me has seen the Father. How can you say, ‘Show us the Father’? Don’t you believe I am in the Father, and the Father is in me? The words I say to you I do not speak on my authority. Rather, the Father, living in me, is doing his work. Believe me when I say that I am in the Father and the Father is in me, or at least believe in the evidence of the works themselves. I truly tell you that whoever believes in me will do the works I have been doing, and they will do even greater things than these because I am going to the Father. And I will do whatever you ask in my name to glorify the Father in the Son. You may ask me for anything in my name, and I will do it.*

Jesus Promises the Holy Spirit

“If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help and be with you forever—the Spirit of truth. The world cannot accept him because it neither sees nor knows him. But you know him; he lives with you and will be in you. I will not leave you as orphans; I will come to you. Before long, the world would not see me anymore, but you would see me. Because I live, you also will live. On that day, you will realize that I am in my Father, and you are in me, and I am in you. Whoever has my commands and keeps them is the one who loves me. My Father will love the one who loves me, and I too will love them and show myself to them.”

Then Judas (not Judas Iscariot) said, *“But, Lord, why do you intend to show yourself to us and not the world?”* Jesus replied, *“Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them. Anyone who does not love me will not obey my teaching. These words you hear are not my own; they belong to the Father who sent me. I have spoken about all this while still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything and remind you of everything I have said. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not be afraid. You heard me say, ‘I am going away and coming back to you.’ If you loved me, you would be glad that I am going to the Father, for the Father is greater than I. I have told you before it happens so you will believe when it happens. I will not say much more to you, for the prince of this world is coming. He has no hold over me, but he comes so that the world may learn that I love the Father and do exactly what my Father has commanded me. Come now; let us leave.”*

The Vine and the Branches

“I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit while he prunes every branch that does bear fruit so that it will be even more fruitful. You are already clean because of the words I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me, you can do nothing. If you do not remain in me, you are like a branch thrown away and withered; such branches are picked up, thrown into the fire, and

burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. You bear much fruit to my Father's glory, showing yourselves to be my disciples. As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you, and your joy may be complete. I command this: 'Love each other as I have loved you. Greater love has no one than this: 'to lay down one's life for one's friends. You are my friends if you do what I command. I no longer call you servants because a servant does not know his master's business. Instead, I have called you friends, for I have told you everything I learned from my Father. You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name, the Father will give you. This is my command: Love each other."

The World Hates the Disciples

"If the world hates you, remember that it hated me first. If you belonged to the world, it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world. That is why the world hates you. Remember what I told you: 'A servant is not greater than his master.' If they persecuted me, they will persecute you also. If they obeyed my teaching, they will obey yours also. They will treat you this way because of my name, for they do not know the one who sent me. If I had not come and spoken to them, they would not have been guilty of sin, but now they have no excuse for their sin. Whoever hates me hates my Father as well. They would not be guilty of sin if I had not done the works no one else did among them. They have seen as it is, yet they have hated both my Father and me. But this fulfills what is written in their Law: 'They hated me without reason.'"

The Work of the Holy Spirit

"When the Advocate comes, whom I will send to you from the Father—the Spirit of truth who goes out from the Father—he will testify about me. And you also must testify, for you have been with me from the beginning."

Jesus Prays to Be Glorified

After Jesus said this, he looked toward heaven and prayed: *“Father, the hour has come. Glorify your Son, that your Son may glorify you, for you granted him authority over all people that he might give eternal life to all you have given him. This is eternal life: they know you, the only true God and Jesus Christ you have sent. I have brought you glory on earth by finishing the work you gave me to do. And now, Father, glorify me in your presence with the glory I had with you before the world began.”*

Jesus Prays for His Disciples

“I have revealed you to those you gave me out of the world. They were yours; you gave them to me, and they have obeyed your word. Now they know that everything you have given me comes from you. I gave them the words you gave me, and they accepted them. They knew with certainty that I came from you and believed you sent me. I pray for them. I am not praying for the world, but you have given me for those you have given me, for they are yours. All I have is yours, and all you have is mine. And glory has come to me through them. I will remain in the world no longer, but they are still in the world, and I am coming to you. Holy Father, protect them by the power of your name, the name you gave me, so they may be one as we are. While I was with them, I protected them and kept them safe by that name you gave me. None has been lost except the one doomed to destruction so that Scripture would be fulfilled. I am coming to you now, but I say these things while I am still in the world so they may have the full measure of my joy. I have given them your word, and the world has hated them, for they are not more of the world than I am of the world. My prayer is not that you take them out of the world but that you protect them from the evil one. They are not of the world, even as I am not of it. Sanctify them by the truth; your word is truth. As you sent me into the world, I have sent them into the world. For them, I sanctify myself, that they too may be truly sanctified.”

Jesus Prays for All Believers:

“My prayer is not for them alone. I also pray for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so the world may believe you have sent me. I have given them the glory you gave me, that they may be one as we are one—I in them and you in me—so they may be brought to complete

unity. Then the world will know that you sent me and have loved them even as you have loved me. Father, I want those you have given me to be with me where I am and to see my glory, the glory you have given me because you loved me before the creation of the world. Righteous Father, though the world does not know you, I know you, and they know you have sent me. I have made you known to them and will continue to make you known so that your love for me may be in them and that I may be in them.”

MEDITATION: Jesus is now at the height of his passion. How casually we take his words. Our hubris deceives us into righteous indignation of doctrine. We have been deceived into allowing racial tensions to keep us at odds while these tensions are not in The Father's world. **How pathetic we are!** Only through unity will the world know that Jesus is who he says he is. It's no wonder Christianity is in the condition it is today. In the words of Dr. King, **“We must learn to live together as brothers or perish together as fools.”** United, we will stand, and divided, we will surely fall. **Things which are equal to the same thing are equal to each other.** We must humble ourselves, for we are about to experience a brutal murder, and our sin is the executioner. How dare we say we follow “The Christ” while we cannot live in unity because of the racist views coming from all races. Does politics have more power than the cross? More power than the heart of God – spoken through Christ?

Unfortunately, the arrogance and hatred we ALL harbor blind us. It places us into captivity, seduced by Mistresses Knowledge and Reason through our finite minds that have been retarded through the justification that keeps us captive. **WE SHOULD BE ASHAMED! FORGIVE US, FATHER – FOR WE KNOW NOT WHAT WE DO! OUR STRONGHOLDS HAVE HELD US IN AN INTOXICATED STATE, OBLIVIOUS TO THE REALIZATION THAT WE ARE BLASPHEMING THE PASSIONATE WILL OF GOD THROUGH JESUS. Instead, we betray Him daily through the powerlessness of our humanness. “We Know Not What We Do!”** This is precisely why we must unite with our brothers and sisters, for together, we will do what we cannot do alone.

Jesus Arrested

When he had finished praying, Jesus left with his disciples and crossed the Kidron Valley. On the other side was a garden, which he and his disciples entered. Judas, who betrayed him, knew

the place because Jesus had often met there with his disciples. So, Judas came to the garden, guiding a detachment of soldiers and some officials from the chief priests and the Pharisees. They were carrying torches, lanterns, and weapons. Jesus, knowing all that was going to happen to him, went out and asked them, *"Who is it you want?"* *"Jesus of Nazareth,"* they replied. *"I am he,"* Jesus said. (And Judas, the traitor, was standing there with them.) When Jesus said, *"I am he,"* they drew back and fell to the ground.

Again, he asked them, *"Who is it you want?"* *"Jesus of Nazareth,"* they said. Jesus answered, *"I told you that I am he. If you are looking for me, then let these men go."* This fulfilled his words: *"I have not lost one of those you gave me."* Then Simon Peter, who had a sword, drew it and struck the high priest's servant, cutting off his right ear. (The servant's name was Malchus.) Jesus commanded Peter, *"Put your sword away! Shall I not drink the cup the Father has given me?"* Then, the detachment of soldiers, with its commander and the Jewish officials, arrested Jesus. They bound him and brought him first to Annas, the father-in-law of Caiaphas, the high priest that year. Caiaphas was the one who had advised the Jewish leaders that it would be good if one man died for the people.

Peter's First Denial

Simon Peter and another disciple were following Jesus. Because this disciple was known to the high priest, he went with Jesus into the high priest's courtyard, but Peter had to wait outside at the door. The other disciple, known to the high priest, returned, spoke to the servant girl on duty there, and brought Peter in. *"You aren't one of this man's disciples, too, are you?"* she asked Peter. He replied, *"I am not."* It was cold, and the servants and officials stood around a fire they had made to keep warm. Peter was also standing with them, warming himself.

The High Priest Questions Jesus

Meanwhile, the high priest questioned Jesus about his disciples and his teaching. *"I have spoken openly to the world,"* Jesus replied. *"I always taught in synagogues or at the temple, where all the Jews come together. I said nothing in secret. Why question me? Ask those who heard me. Surely, they know what I said."* When Jesus said this, one of the officials nearby slapped him in the face. *"Is this the way you answer the high priest?"* he demanded. *"If I said something wrong,"*

Jesus replied, *“testify to what is wrong. But if I spoke the truth, why did you strike me?”* Then Annas sent him bound to Caiaphas, the high priest.

Peter's Second and Third Denials

Meanwhile, Simon Peter was still standing there warming himself. So, they asked him, *“You aren't one of his disciples, too, are you?”* He denied it, saying, *“I am not.”* One of the high priest's servants, a relative of the man whose ear Peter had cut off, challenged him, *“Didn't I see you with him in the garden?”* Again, Peter denied it, and a rooster began to crow at that moment.

Jesus Before Pilate

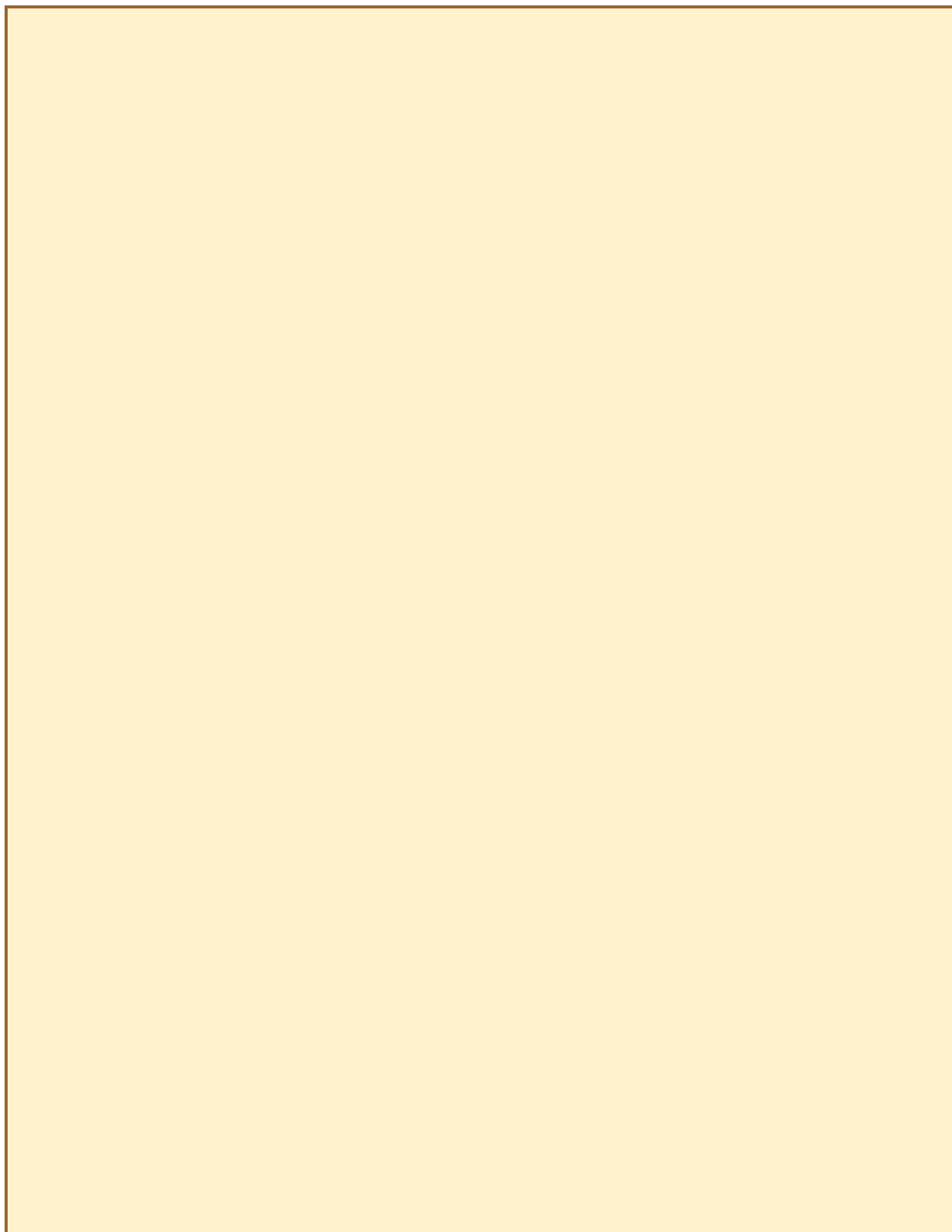
Then, the Jewish leaders took Jesus from Caiaphas to the palace of the Roman governor. By now, it was early morning, and to avoid ceremonial uncleanness, they did not enter the palace because *“were he not a criminal,”* they replied, *“we would not have handed him over to you.”* Pilate said, *“Take him yourselves and judge him by your law.”* *“But we have no right to execute anyone,”* they objected. This took place to fulfill what Jesus had said about the kind of death he was going to die. Pilate returned to the palace, summoned Jesus, and asked him, *“Are you the king of the Jews?”* *“Is that your idea,”* Jesus asked, *“or did others talk to you about me?”* *“Am I a Jew?”* Pilate replied.

“Your own people and chief priests handed you over to me. What is it you have done?” Jesus said, *“My kingdom is not of this world. If it were, my servants would fight to prevent my arrest by the Jewish leaders. But now my kingdom is from another place.”* *“You are a king, then!”* said Pilate. Jesus answered, *“You say that I am a king. In fact, I was born and came into the world to testify to the truth. Everyone on the side of truth listens to me.”* *“What is truth?”* retorted Pilate. With this, he went out again to the Jews gathered there and said, *“I find no basis for a charge against him. But it is your custom for me to release to you one prisoner at the time of the Passover. Do you want me to release ‘the king of the Jews?’”* They shouted back, *“No, not him! Give us Barabbas!”* Now, Barabbas had taken part in an uprising.

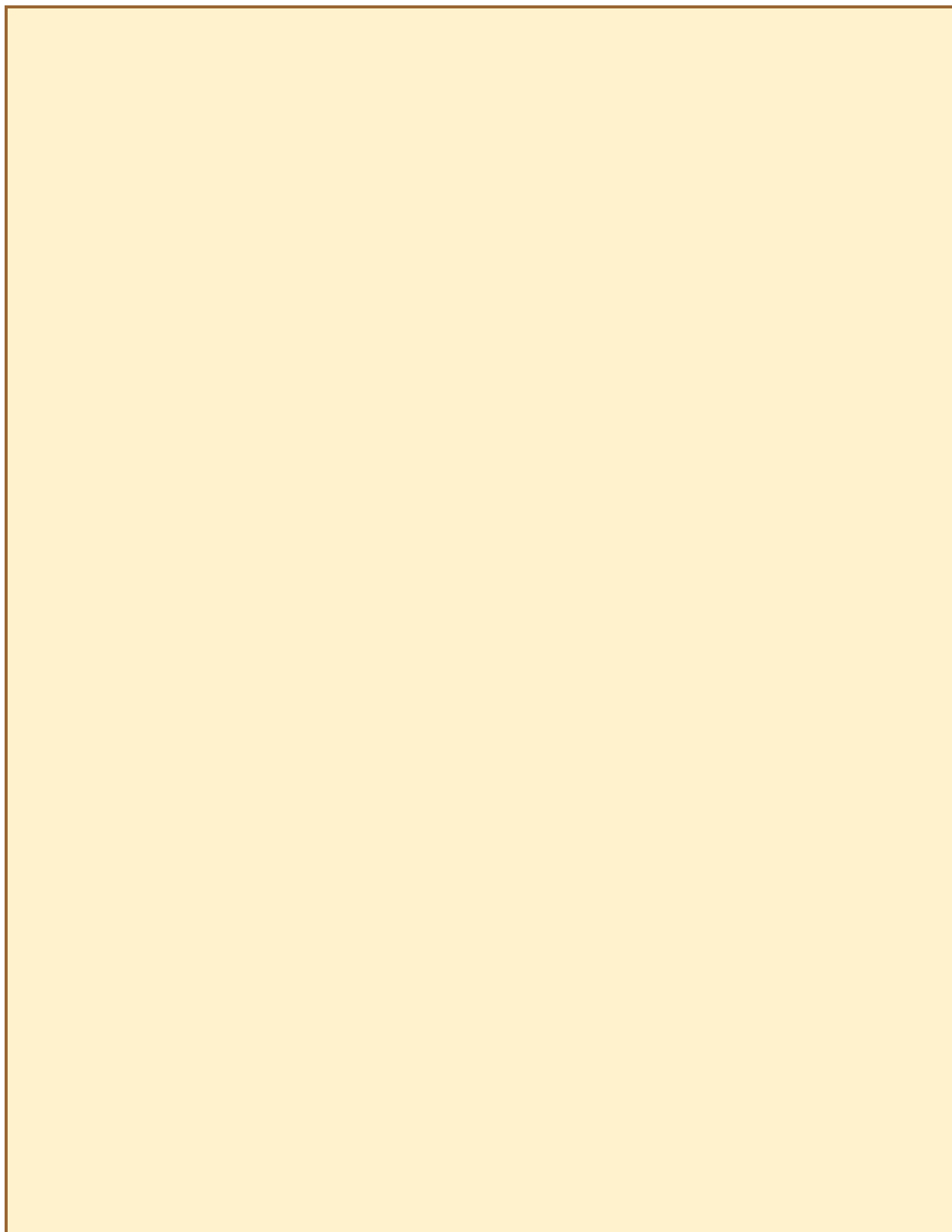
Early in the morning, all the chief priests and the people's elders made plans to have Jesus executed. So, they bound him, led him away, and handed him over to Pilate, the governor. When Judas, who had betrayed him, saw that Jesus was condemned, he was seized with remorse and returned the thirty pieces of silver to the chief priests and the elders. *“I have sinned,”* he said, *“for*

I have betrayed innocent blood.” “What is that to us?” they replied. “That’s your responsibility.” So, Judas threw the money into the temple and left. Then he went away and hanged himself. The chief priests picked up the coins and said, *“It is against the law to put this into the treasury since it is blood money.”* So, they decided to use the money to buy the potter’s field as a burial place for foreigners. That is why it has been called the Field of Blood. Then what was spoken by Jeremiah, the prophet was fulfilled: *“They took the thirty pieces of silver, the price set on him by the people of Israel, and they used them to buy the potter’s field, as the Lord commanded me.”*

Notes:



Notes:



Good Friday – Day of Reflection and Atonement

Then, the whole assembly rose and led him off to Pilate. And they began to accuse him, saying, *"We have found this man subverting our nation. He opposes payment of taxes to Caesar and claims to be Messiah, a king."* So, Pilate asked Jesus, *"Are you the king of the Jews?"* *"You have said so,"* Jesus replied. Then Pilate announced to the chief priests and the crowd, *"I find no basis for a charge against this man."* But they insisted, *"His teaching stirs up the people all over Judea. He started in Galilee and has come all the way here."* On hearing this, Pilate asked if the man was a Galilean. When he learned that Jesus was under Herod's jurisdiction, he sent him to Herod, who was also in Jerusalem then.

When Herod saw Jesus, he was greatly pleased because he wanted to see him for a long time. He hoped to see him perform a sign from what he had heard about him. He plied him with many questions, but Jesus gave him no answer. The chief priests and the teachers of the law were standing there, vehemently accusing him. Then Herod and his soldiers ridiculed and mocked him. Dressing him in an elegant robe, they sent him back to Pilate. That day, Herod and Pilate became friends—before this, they had been enemies.

Pilate called together the chief priests, the rulers, and the people and said to them, *"You brought me this man as one who was inciting the people to rebellion. I have examined him in your presence and have found no basis for your charges against him. Neither has Herod, for he sent him back to us; as you can see, he has done nothing to deserve death. Therefore, I will punish him and then release him."* But the whole crowd shouted, *"Away with this man! Release Barabbas to us!"* (Barabbas had been thrown into prison for an insurrection in the city and murder.) Wanting to release Jesus, Pilate appealed to them again. But they kept shouting, *"Crucify him! Crucify him!"* For the third time, he spoke to them: *"Why? What crime has this man committed? I have found in him no grounds for the death penalty. Therefore, I will have him punished and then release him."* But with loud shouts, they insistently demanded that he be crucified, and their shouts prevailed. So, Pilate decided to grant their demand. He released the man who had been thrown into prison for insurrection and murder, the one they asked for, and surrendered Jesus to their will.

The Soldiers Mock Jesus

The soldiers led Jesus away into the palace (that is, the Praetorium) and called together the whole company of soldiers. They put a purple robe on him, then twisted a crown of thorns together and set it on him. And they began to call out to him, *“Hail, king of the Jews!”* Again and again, they struck him on the head with a staff and spit on him. Falling on their knees, they paid homage to him. And when they mocked him, they removed the purple robe and put his clothes on him. Then, they led him out to crucify him.

The Crucifixion of Jesus

A certain man from Cyrene, Simon, the father of Alexander and Rufus, passed by on his way in from the country, and they forced him to carry the cross. They brought Jesus to the place called Golgotha (which means “the place of the skull”). Then they offered him wine mixed with myrrh, but he did not take it. And they crucified him. Dividing up his clothes, they cast lots to see what each would get. The written notice of the charge against him read THE KING OF THE JEWS. They crucified two rebels with him, one on his right and one on his left. Those who passed by hurled insults at him, shaking their heads and saying, *“So! You who are going to destroy the temple and build it in three days, come down from the cross and save yourself!”*

In the same way, the chief priests and the teachers of the law mocked him among themselves. *“He saved others,”* they said, *“but he can’t save himself! Let this Messiah, this king of Israel, come down now from the cross, that we may see and believe.”* Those crucified with him also heaped insults on him.

The Death of Jesus

And at three in the afternoon, Jesus cried out in a loud voice, *“Eloi, Eloi, lema sabachthani?”* (which means “My God, My God, why have you forsaken me?”). When some of those standing nearby heard this, they said, *“Listen, he’s calling Elijah.”* Someone ran, filled a sponge with wine vinegar, put it on a staff, and offered it to Jesus to drink. *“Now, leave him alone. Let’s see if Elijah comes to take him down.”* He said the temple curtain would be torn in two from top to bottom. And when the centurion stood there before Jesus and saw how he died, he said, *“Surely this man was the Son of God!”*

Some women were watching from a distance. Among them were Mary Magdalene, Mary, the mother of James the Younger and Joseph, and Salome. In Galilee, these women had followed him and cared for his needs. Many other women who had come up with him to Jerusalem were also there.

Meditation (To Be Done Between 12 PM and 3 PM)

*“But when they came to Jesus and found that he was already dead,
they did not break his legs.”*

In that day, those being crucified would use their legs to hoist themselves up to ease their suffocation and delay death. So, the executioners would break their legs to hasten their death. *“But when they came to Jesus and found that he was already dead, they did not break his legs.”*

Today, we hear and read a barrage of information and theories about living lives of purpose, and many are obviously seeking this topic. Unfortunately, most people seek to find purpose while continuing to hoist up their earthly lives and delay dying in Christ while trying to have it both ways, which encapsulates the KNOW Sin Zone's whole purpose. **Christ was born with one purpose and one purpose only – TO DIE; that's why his legs did not have to be broken.**

Many Christ-followers who have been so-called “born again” quote [2 Corinthians 5:17](#), saying, *“We are new creations after being born again.”* So, we microwave ourselves “saved” and bluntly do whatever we want with our new lives. The problem with microwaving is that what comes out hot turns cold fast. On the other hand, in the Apostle Paul's letter to the Galatians, he writes, *“I have been crucified with Christ, and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”* - [Galatians 2:20](#)

To be “crucified in Christ” and truly be “born again,” we must stop hoisting ourselves up by holding on to the “feel-goods” of the Strongholds and Temporal Substances in our lives that deceive us into believing we can have it both ways. We can only be born again if we are totally dead – if not, we might be a “new creation,” that is, unfortunately, “still-born.”

\The KNOW Sin Zone Training Facility

The purpose of The KNOW Sin Zone is to narrow the separation between God and our humanity by identifying and admitting the innate strongholds and temporal substances keeping us separated from God. Our training aims to S.H.A.P.E.⁴ Spiritual Reflexes into the lives of those we train, turning them into God-conscious Human "Beings," content and confident in their skin. Joy-filled people who accept life on life's terms and play the game of life with a winning rhythm. These people have "Found Their Games" and chosen to serve God, overcoming the desire to play life and attempting to "Have It All."

The KNOW Sin Zone uses a practical theological approach to understanding the Christian life and how it applies to everyday life. As its name implies, practical theology is *"the study of theology in a way intended to make it useful or applicable."* The KNOW Sin Zone is life's "Red Zone," where those intoxicated on KNOWLEDGE and REASON live trapped in a downward spiral of quiet desperation with themselves in the center of their existence. They run from task to task, missing most of their life, numbing themselves in their quest to "Have It All." They bob and weave while they flirt with life's out-of-bounds lines to achieve self-fulfillment. Underneath it all is a deep-seated fear and anxiety deceptively disguised as self-protective confidence as they desperately perpetrate a cover-up of who they really are. Most, unfortunately, continue to live with the gnawing feeling that *"Something"* is missing, deceiving themselves into believing they've been cheated and are *entitled* to *"more"* of the good life. The fact is the Bible tells us these people are on the path of a slow, agonizing, and unfulfilled death in their innate effort to close the separation between themselves and God, only to perish enslaved as masters of their demise. As the saying goes, *"Mirror, Mirror on the wall, the Mirror isn't on the wall at all. The reflection I see comes deep from within me."* Tragically, this group leaves this world, never getting to know God and His nature to an eternity of incessant inconvenience.

Jekyll and Hyde

You've probably heard the saying, *"He or she is a real Jekyll and Hyde."* However, don't cast this aside as a loose saying; a critical biblical message is behind it. Let's take a look.

A physician and scientist, Dr. Henry Jekyll began an experiment to discover the human soul. He believed that every soul is comprised of good and evil, which live in continuous and inherent

⁴ S.H.A.P.E., Spiritual, Hearth, Abilities, Personal Style, Experience

conflict. Jekyll felt if a man could get his fill of his immoral self, he would eventually eliminate that side of himself.

Carefully, Jekyll begins the experiment and makes two potions. One transforms him into Edward Hyde, and the second transforms him back into Henry Jekyll. Much to his shock, the immoral behavior continued until Jekyll went to bed Henry Jekyll and awoke Edward Hyde.

Jekyll is alarmed that he has turned into Edward Hyde without taking the potion and becomes concerned that Hyde's character might actually take him over. Unfortunately, it was already too late. Jekyll had given so much power to his evil side that Hyde became an irrevocable part of Jekyll's character. Desperate to return to his moral side, Hyde kills himself, releasing Jekyll and Hyde.

What was it Satan said to Adam and Eve? *"Surely, you will not die. For God knows when you eat of the Tree of Knowledge, you will be like God"* and control good and evil as need be.

Let's Take a Practical Look at Original Sin

I decided to write Adam and Eve's story from a fictional perspective, like Alice In Wonderland. Then I got to the plot entitled "The Fall of Humanity." Let's join in on the story.

There was a snake craftier than any other wild animals the Lord God had made. One day, it came to Eve and asked, *"Did God tell you not to eat fruit from any tree in the garden?"* Eve answered, *"God said we could eat fruit from any tree in the garden except the one in the middle, the 'Tree of Knowledge.' He told us not to eat fruit from that tree or even to touch it. If we do, we will die."* "No, you won't!" the snake replied. *"God knows what will happen on the day you eat fruit from that tree. You will see what you have done and know the difference between right and wrong, just as God does. You won't need God any longer because you will be independent and stand on your own."*

Eve stared at the fruit. It looked beautiful and tasty. She wanted the wisdom and independence it would give her, so she ate from the forbidden tree. Adam was there with her, so she gave some to him, and he ate it too. Immediately, they realized what they had done, and the snake had tricked them. Now what? They were immediately stricken with separation anxiety. Their innate response to close up their separation from God was to cover up what they had done.

A breeze blew late afternoon, and Adam and Eve heard the LORD God walking in the garden. They were frightened and covered up behind some trees. The Lord called out to Adam and asked,

"Where are you?" Adam answered, "I disobeyed you, and when I heard you walking through the garden, I was frightened and hid!" "How did you know you disobeyed me?" God asked. "Did you eat any fruit from that tree in the middle of the garden?" Let's get some blame into the story. See, we're not so slick when we blame. "It's the oldest trick in The Book." "It was the woman you put here with me," the man said. "She gave me some fruit, and I ate it." The Lord God then asked Eve, "What have you done?" "The snake made me do it – it tricked me," she answered. "And I ate some of that fruit."

Now, to the twenty-million-dollar question, "If God knows everything, why did God allow Adam and Eve to be put in that situation when God knew they would sin?" Ah! Get that! Our thought goes right to the problem - SELF! Satan handed us ourselves disguised as independence, and we became, as the saying goes, "Our own worst enemy." I then realized this not only can't be fiction, but it's more relevant in life today than we might understand.

The twenty million dollar question is blasphemous in principle because it seeks to snatch from God a knowledge that is not God's gift but human achievement – a triumph of human brain-power; thus, it would feed human pride and exalt itself above its Creator, as one who could know God at pleasure, whether or not God willed to be known. Thus, natural theology appears as one more attempt on humanity's part to implement knowledge espoused in original sin to be like God, defy itself, and deal with God independently. But natural theology is bankrupt in practice; for it never brings its devotees to God; instead, it leaves them stranded in a quaking morass of insubstantial speculation." -**Martin Luther**.

Let's Go To the Catechism

The Catechism defines sin as "*separation from God.*" It's this separation we have identified as The KNOW Sin Zone. What was it Satan said to Adam and Eve? "*Surely you will not die. For God knows when you eat of the Tree of Knowledge, you will be like God*" (and control good and evil as need be)⁵.

While pondering and writing, I began questioning. For instance, why do children do wrong innately, and must they be taught right from wrong? Why do children have a special something, such as a blanket, a special toy, etc., that goes everywhere with them? As we age, the blanket and the special toy become other things that fill our innate separation. When we're adults, it really gets

⁵ Paraphrased from Genesis 3

interesting. We over-work, buy expensive toys, use intellectual arrogance as a weapon against others, etc. We hold on to justified resentments and use legal and illegal substances and many other useless vices that are innate cover-ups to our broken human conditions in an unconscious effort to fill the void (separation) between our Creator and ourselves. These things serve as the “Blankee.” It’s no longer about the crime but the cover-up or how we spin it as we say today. When exposed, we covered up at the creation and innately continued covering up by living fraudulent lives up to the present. If a force more significant than ourselves is not at the root of a life to be lived in a **Good, Ordery Direction**, why are we in such chaos today?

The proof of our blindness and enslavement to earthly treasures lies in the naive certainty that we often display where we can serve God on Sunday and mammon⁶ Monday through Saturday and that God will accept this as if we have worked out a compromise. Another way of putting it is we use the Bible for guidance and the Wall Street Journal for our direction. However, Jesus said, “*You cannot serve both God and mammon.*” What Jesus is saying is that these are absolutes. **There is no means between two opposites.** If the material outlook controls us, then we are godless, even though we may talk about God all the time. I know many among us would decry what we call “*atheistic materialism,*” but what Jesus says is that there is something even worse. It is materialism that thinks it is godly! In the letter to the church at Laodicea, the people were told, “*They were lukewarm, neither hot nor cold.*” They were saying, “*We are rich and increased with goods and have need of nothing,*” and Jesus said, “*You do not know that you are wretched, pitiable, poor, blind, and naked.*” That is materialism, which thinks that it is godly.

So the consummate question here is not “*What do you confess?*” But, “*Whom do you serve?*” **It is either God or mammon; it cannot be both.** Everyone today - is either serving God or serving mammon. We are not doing both. We cannot do both; that is the point that Jesus makes.

If you’ve seen the movie A Christmas Carol, Ebenezer Scrooge is visited by three ghosts, the first being “The Ghost of Christmas Past – His Past.” When Scrooge asks the spirit why it haunts him, the spirit tells him it is for his reclamation. The most profound thing the ghost tells Scrooge is, “***I have come to save you from – Your-SELF.***” Scrooge had become “his own worst enemy.”

Those living in The “*KNOW*” Sin zone are on a high when life deals them a winning hand. Then, there are those times when they are ready to fold. They live with the gnawing feeling that “*Something*” is missing, deceiving themselves into believing they are entitled to “*more*” of

⁶ **Mammon:** A spiritually evil force that grips then enslaves a person very craftily through the “medium” of money. Mammon is typically not money by itself.

the good life to fill their void. They crowd their lives with noise and toys in their desperate attempt to fill their separation from God to satisfy their innate need for “*Wholē-ness*,” not “*Holy-ness*.” Their enslavement to “*Knowledge*” and “*Reason*” traps them into a downward spiral of quiet desperation, chronic unfulfillment, blame, and unhappiness driven by their self-control. Underneath it all is a deep-seated fear and anxiety deceptively disguised as self-protective confidence as they desperately try to hide from who they really are. As the saying goes, “*Mirror, Mirror on the wall, the Mirror isn't on the wall at all. The reflection I see comes deep from within me.*”

“*Reason and Rationalization*” are secondary tumors that have metastasized from the primary tumor “*KNOWLEDGE*” described as “sure death.” As a simple guy, I find it interesting how many living in The “*KNOW*” Sin Zone believe the Bible is outdated. Yet, at creation, the Lord God forbade us of just one thing - “*The Tree of KNOWLEDGE*,” today, we overdose on it. The problem is “*Reason and Rationalization*” slowly begin to break us down and suck the life out of us if it goes undiagnosed *and accepted*; the antidote – Jesus Christ. A life rooted in Christ surrenders “*Reason and Rationalization*” daily as we live in humble remission. A life rooted in Jesus Christ doesn't mean one needs to be a fanatic of sorts, and it certainly doesn't mean a man needs to surrender his masculinity. A life in Christ resembles a golfer's reverence for the game. They play with uncompromising honesty, commitment, and well-founded humility unmatched by any other sport.

Commentary

In his book [The Bondage of the Will], Martin Luther speaks to “*Reason and Rationalization*.” “*The Holy Spirit is no Skeptic, and the thing it has written on our hearts is not doubts or opinions – but assertions, surer than the sense of life itself. Luther's unflagging polemic against the abuse of “Reason and Rationalization” is aimed only at rational autonomy and self-sufficiency – the ideal of philosophers and scholastic theologians, to find out and know God by using their own knowledge and self-convenient unaided reason.*

It was in her capacity as the prompter and agent of ‘natural’ theology that Mistress “Reason” was, in Luther's eyes, the Devil's whore; for natural theology is, he held, blasphemous in principle and bankrupt in practice. It is blasphemous in principle because it seeks to snatch from God a knowledge of Himself which is not His gift but man's achievement – a triumph of

human brain-power; thus, it would feed man's pride and exalt him above his Creator, as one who could know God at pleasure, whether or not God willed to be known by him. Thus, natural theology appears as one more attempt on man's part to implement the program he espoused in his original sin to deny his creaturehood, defy himself, and deal with God henceforth on an independent footing. But, being bankrupt in practice, natural theology never brings its devotees to God; instead, it leaves them stranded in a quaking morass of insubstantial speculation."

"Man's part, therefore, is to humble his proud mind, to renounce the sinful self-sufficiency which prompts him to treat himself as the measure of all things, to confess the blindness of his corrupt heart, and thankfully to receive the enlightening Word of God. Man is by nature completely unable to know God as to please God; let him face the fact – and admit it."⁷

Those who seek the total and complete satisfaction of serving God while enjoying all the pleasures of the world find them wandering aimlessly in **The KNOW Sin Zone**, or as Luther put it, *a quaking morass of insubstantial speculation*," they continue trying one thing after another seeking the "Something" that is missing in their lives which they have never put a face on. They could be dying inside, yet on the outside, they appear to "have it all." We call this "The Fernando Llamas Syndrome." This syndrome takes hold when someone would much rather *"look marvelous rather than feel marvelous,"* a phrase made notable by Llamas.

Humans were not created to serve both God and "Mammon." It is impossible to serve both God and the world. We were not designed to claim the rewards of both. **Putting God first means we must be prepared sometimes to stand apart from the world.** You cannot always turn to the world and expect all the rewards this life offers. If you are trying sincerely to serve God, you will have other and greater rewards than the world offers. This does not mean one must turn fanatical, self-righteous, or go around trying to convert everyone they meet. Of critical importance, it doesn't mean a man has to give up his masculinity. **It means one has found courage, dug deep into one's being, and faced and now "KNOWS" the glaring character defects, strongholds, and dependencies that push them into their worldly behaviors. These defects and behaviors have afforded them comfort and dominance in their fraudulent kingdoms.** This "God-knowledge" is Christ's freeing knowledge on the cross. It leads to a humble, gracious, credible, and authentic life.

⁷ The Bondage of the Will

"Upon discovering they are clinging to strongholds that they will not let go, they must sincerely ask God to help them to be willing to let those go. They cannot divide their lives into compartments, keeping some for themselves and some for God. They must give it ALL to God, saying, *"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to You and others."*⁸

The laws of nature cannot be changed - they must be obeyed. No exceptions will be made in any case. **We either submit to the laws of nature, or they will eventually break us.** To quote Bagger Vance, *"Rhythm of the game like the rhythm of life."* When this happens, and depending on our current condition, we will either accept our brokenness or impose it on others to break it, deepening our cover-up by keeping the focus away from ourselves. Those who are so enslaved in self-will cowardly impose their brokenness on others. Many in high corporate positions and leftist/liberal politicians see this tactic as a strategic power grab. Sick!

They are primarily constitutionally incapable of being honest since their fraudulent lifestyles have become their desperate attempt at survival. However, as they continue their cover-up and break the laws of honesty, purity, unselfishness, and love, they will eventually spiral down to the point of no return, abandoned, angry, bitter, and alone. Like the laws of nature, God's moral and spiritual laws are unbreakable without some disaster. If dishonest, impure, selfish, and unloving, we will not live according to The Spirit's laws. Eventually, we will suffer the consequences, and the more intellectually arrogant one is, the harder they are doomed to fall. **No one beats the rhythm of this life since the laws of nature respect no one who lives in their breach.**

The pain eventually becomes so chronic that we find ourselves suffering physically, emotionally, spiritually, socially, and financially. Those who achieve financial success tend to suffer more intensely than those who find themselves in poverty. Economic success was typically a form of their power and how they controlled and manipulated others. Their life's intellectual component now becomes their bankruptcy, a rapacious creditor leaving them insufficiently funded and bottomed out in the depths of **The KNOW Sin Zone.**

Rigorously identifying one's character defects, strongholds, and dependencies, along with the various salves used to cover them up, is how to narrow the gap between God's design for humanity and individual humanness. Once these defects are identified, the best we can hope for is a

⁸ Quoted from the book, "Alcoholics Anonymous" more commonly referred to as "The Big Book." –**Hazelden Foundation**

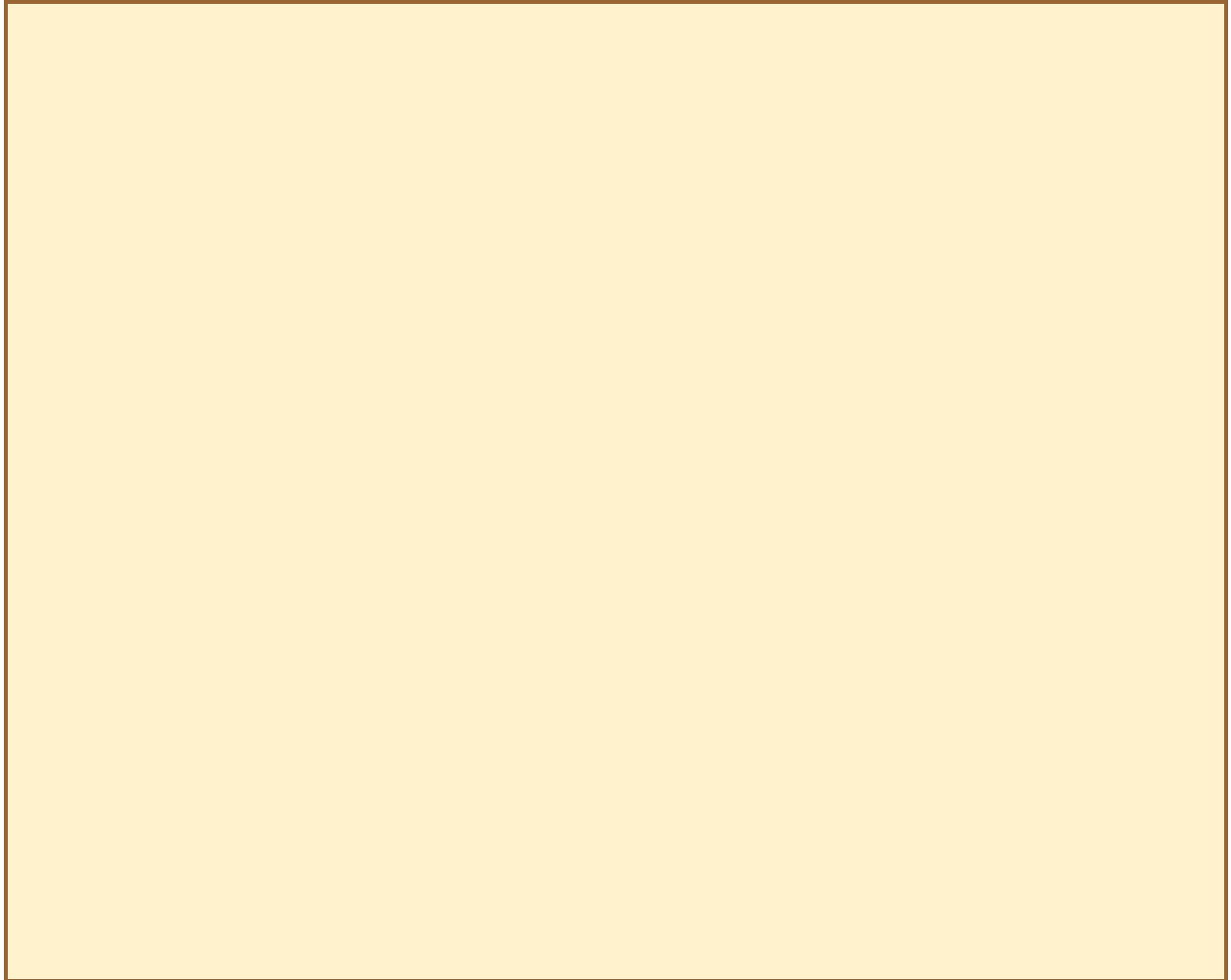
consciously repentant self that keeps us on notice that we are flawed and humbly aware that we would be living in eternal abandonment without the person of Jesus Christ.

A Proven Possibility

It's been interesting talking to numerous people who say they have no faith – “*but would like to.*” Hmm! “*But would like to!*” Identifying the “*Key-log*” blocking you from entering into a faith relationship and living your life in a **Good Ordery Direction** can be found by investigating your relationship with the most dominant person growing up. Let's investigate.

	Yes	No
1. Did you have a very dominant parent or guardian growing up?	☐	☐
2, Briefly explain what they were like after using the following questions to probe yourself.		
Were they involved in your life?	☐	☐
Could you count on them?	☐	☐
Were they encouraging?	☐	☐
Were they verbally abusive?	☐	☐
Were they physically abusive?	☐	☐
Were they demanding?	☐	☐
Were they drinkers or substance abusers?	☐	☐
Were they sexually dishonest?	☐	☐
If forgiveness is in order, can you forgive them?	☐	☐
Could you ever trust them if they are still here?	☐	☐

Briefly explain the relationship and how you wish it could have been. Look for a clue into what your key Key-log may hold you back from entering into a faith relationship and living your life in a **Good Ordery Direction**.



Observation has shown those who grew up with a dominant parent or guardian seem to put that person's face on God and want nothing to do with it. Then there are those who have been disenfranchised by organized religion and whose beliefs have been put in storage. Finally, there are those who are intellectually arrogant who overdose on the Tree of Knowledge. They are typically immersed in themselves and live with a deep-seated and obstinate anger/fear, making it nearly impossible to reach them. Their chances are nil unless they can find the courage to Let Go.

The Burial of Jesus

It was Preparation Day⁹. So, as evening approached, Joseph of Arimathea, a prominent member of the Council who was waiting for the kingdom of God, boldly went to Pilate and asked for Jesus' body. Pilate was surprised to hear that he was already dead. Summoning the centurion, he asked him if Jesus had already died. When he learned from the centurion that it was so, he gave the body to Joseph. So, Joseph brought some linen cloth, took down the body, wrapped it in the linen, and placed it in a tomb cut out of rock. Then, he rolled a stone against the entrance of the tomb.

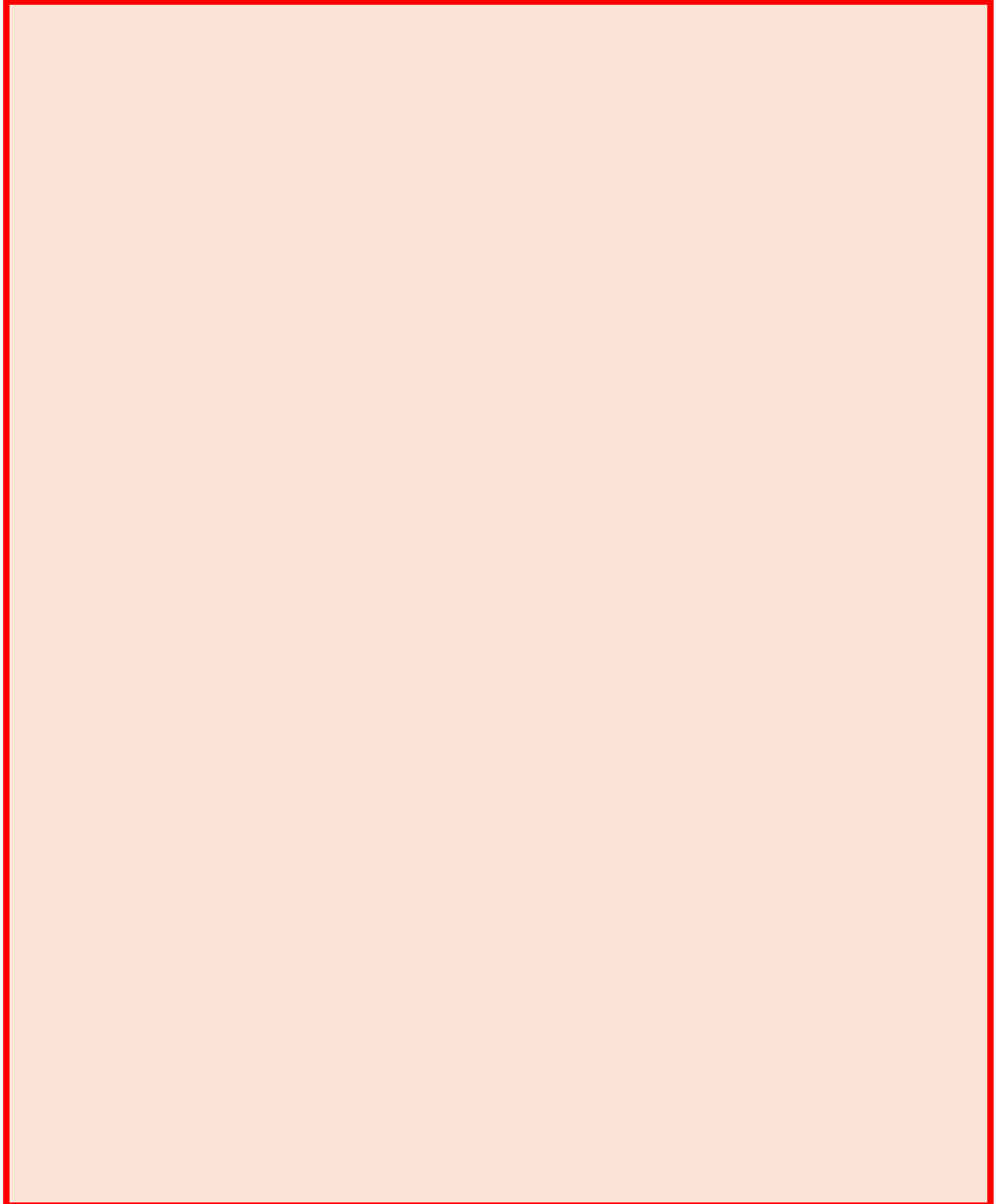
Notes



CAUTION – You Are About To Enter - The KNOW Sin Zone

⁹ **Preparation Day** is the day before the Sabbath.

It’s time to descend into the Strongholds. Dependencies and Temporal Substances that cause hell in your life. **(See Strongholds, Etc.)** In the space below, list what you have discovered about yourself using the “Strongholds, Etc.” link.



Holy Saturday - Day of Mourning

The Guard at the Tomb

The next day, after Preparation Day, the chief priests and the Pharisees went to Pilate. “Sir,” they said, “*we remember that while he was still alive, that deceiver said, ‘After three days, I will rise again.’ So, give the order for the tomb to be secure until the third day. Otherwise, his disciples may come and steal the body and tell the people he has been raised from the dead. This last deception will be worse than the first.*” “Take a guard,” Pilate answered. “Go, make the tomb as secure as you know how.” They secured the tomb by putting a seal on the stone and posting a guard.

Meditation: As we keep watch, let's look at two events in the life of a man that had a profound effect on the entire world.

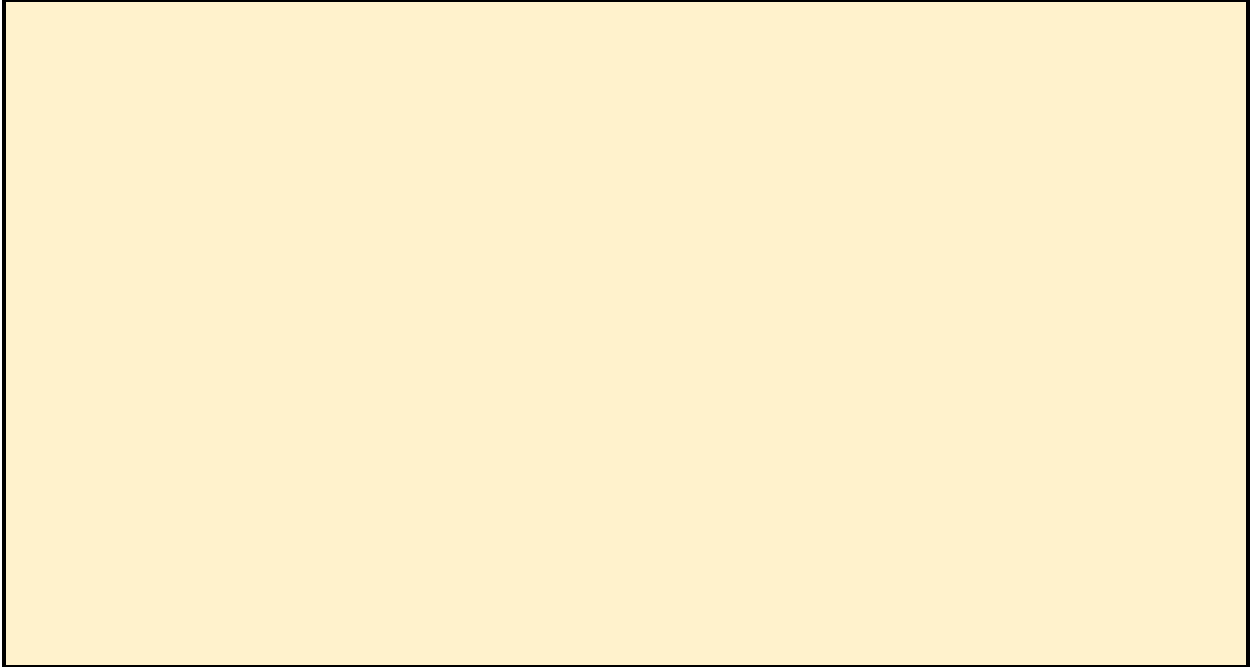
1. Jesus was born of a virgin.
2. His tomb would be guarded - **so he couldn't get out.**

Two amazingly incredible and far-fetched events the world has been asked to believe. From a scientific perspective, can a woman be born with the "seed of a man?" Perhaps. It's routine today for women to conceive children without ever being with a man. Why, then, couldn't the Holy Spirit have inseminated Mary? During these times, both were not possible from the finite minds of the day.

From a scientific perspective, can a person who has been dead for two days come back to life? Perhaps. Embalming in those days was completely a surface process. From time to time, we hear of people coming back to life after being dead for periods of time. Today, for instance, people's hearts are restarted routinely due to scientific advancements. Yet, it seems easier to discount based on human knowledge.

It would be elementary to say the answer is to have faith. Many say they try, while the others are overindulging on the Tree of Knowledge and are oblivious to it. Believing in the events leading to the resurrection may be labeled "Opium for the masses" by some, while many of those today who exist hopelessly are caught up in a mass opioid epidemic.

"WHOSE" you are. Are you a creation of "Intelligent Design," or have you evolved due to scientific progression?



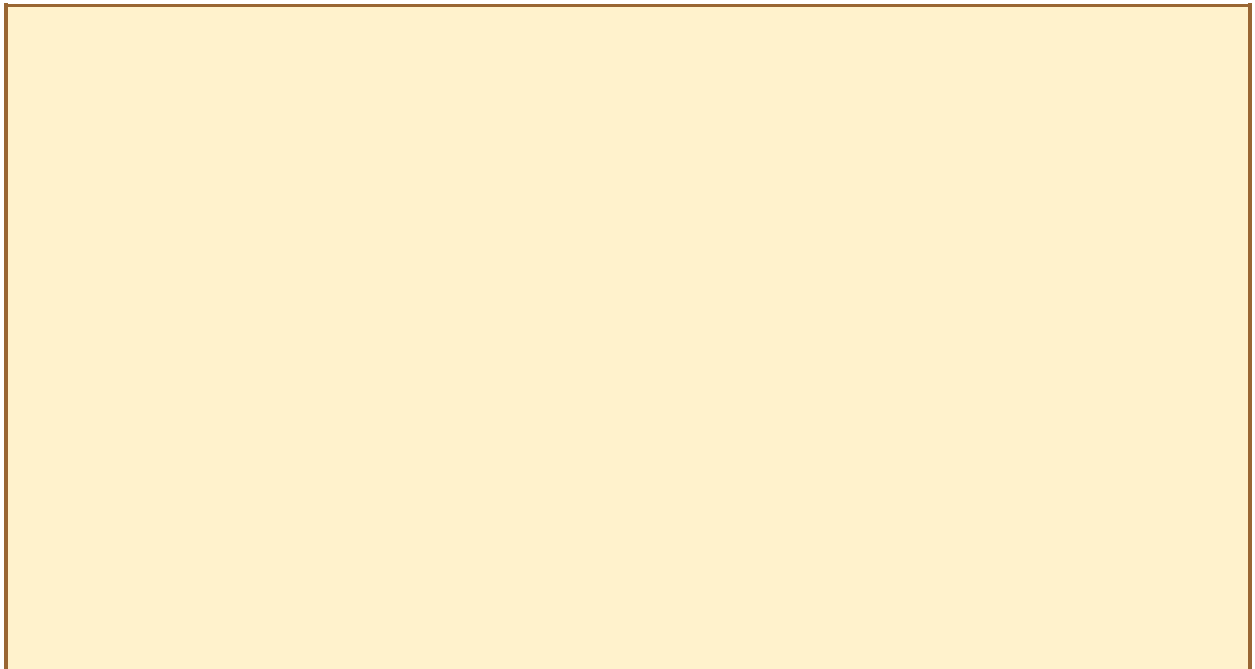
"WHAT" do you believe?



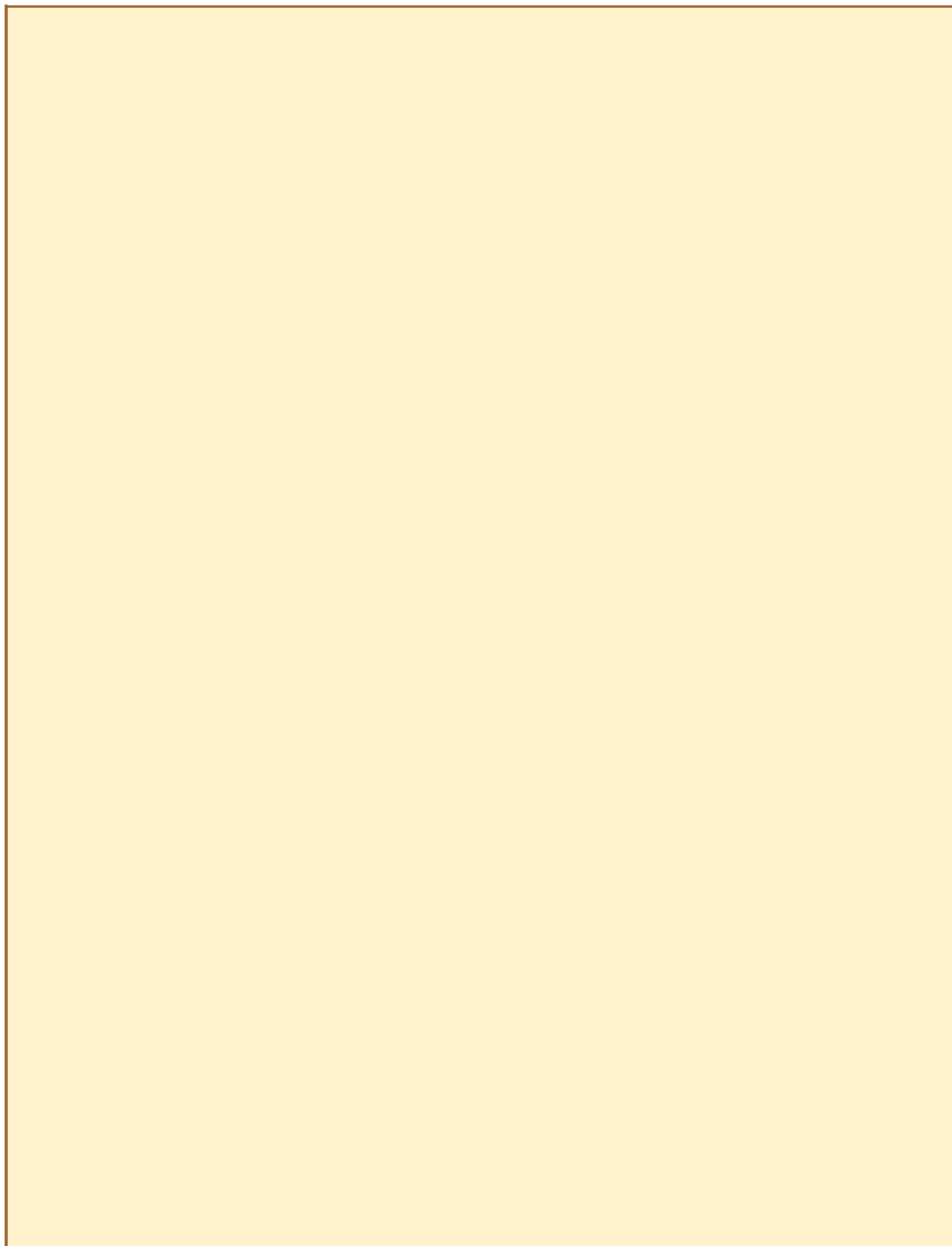
“**WHY**” do you believe what you believe what you do?



“**WHO**” you are you? “**WHOSE,**” “**WHAT,**” AND “**WHY**” should shape a part of this. Some additions will be needed. **See Personality Type and Giftedness Assessment.**



Notes



Easter Sunday - Day of Victory

The Empty Tomb

Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance. So, she ran to Simon Peter and the other disciple, the one Jesus loved, and said, *“They have taken the Lord out of the tomb, and we don’t know where they have put him!”* So, Peter and the other disciple started for the tomb. Both were running, but the other disciple outran Peter and reached the tomb first. He bent over and looked in at the strips of linen lying there but did not go in. Then Simon Peter came along behind him and went straight into the tomb. He saw the strips of linen lying there and the cloth wrapped around Jesus’ head. The cloth was still lying in its place, separate from the linen. Finally, the other disciple, who had reached the tomb first, went inside. He saw and believed. (They still did not understand from Scripture that Jesus had to rise from the dead.) Then, the disciples went back to where they were staying.

Jesus Appears to Mary Magdalene

Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb and saw two white angels seated where Jesus’ body had been, one at the head and the other at the foot. They asked her, *“Woman, why are you crying?”* *“They have taken my Lord away,”* she said, *“and I don’t know where they have put him.”* At this point, she turned around and saw Jesus standing there but did not realize it was Jesus. He asked her, *“Woman, why are you crying? Who is it you are looking for?”* Thinking he was the gardener, she said, *“Sir, if you have carried him away, tell me where you have put him, and I will get him.”* Jesus said to her, *“Mary.”* She turned toward him and cried out in Aramaic, “Rabboni!” (which means “Teacher”). Jesus said, *“Do not hold on to me, for I have not yet ascended to the Father. Go instead to my brothers and tell them, ‘I am ascending to my Father and your Father, to my God and your God.’”* Mary Magdalene went to the disciples with the news: *“I have seen the Lord!”* And she told them that he had said these things to her.

The Guards' Report

While the women were on their way, some guards went into the city and reported everything that had happened to the chief priests. When the chief priests had met with the elders and devised a plan, they gave the soldiers a large sum of money, telling them, *“You are to say, ‘His disciples came during the night and stole him away while we were asleep.’ If this report gets to the governor, we will satisfy him and keep you out of trouble.”* So, the soldiers took the money and did as they were instructed. And this story has been widely circulated among the Jews to this very day.

Jesus Has Risen

On the first day of the week, the women took the spices they had prepared very early in the morning and went to the tomb. They found the stone rolled away from the tomb, but they did not see the Lord Jesus's body when they entered. While they were wondering about this, suddenly, two men in clothes that gleamed like lightning stood beside them. In their fright, the women bowed down with their faces to the ground, but the men said to them, *“Why do you look for the living among the dead? He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: ‘The Son of Man must be delivered over to the hands of sinners, be crucified, and on the third day be raised again.’”* Then they remembered his words. When they returned from the tomb, they told the Eleven and the others all these things. Mary Magdalene, Joanna, Mary, James's mother, and the others told this to the apostles. But they did not believe the women because their words seemed nonsense. Peter, however, got up and ran to the tomb. Bending over, he saw the strips of linen lying by themselves, and he went away, wondering what had happened.

On the Road to Emmaus

That same day, two of them were going to a village called Emmaus, about seven miles from Jerusalem. They were talking with each other about everything that had happened. As they talked and discussed these things, Jesus himself came up and walked along with them, but they were kept from recognizing him. He asked them, *“What are you discussing together as you walk along?”* They stood still, their faces downcast. One of them, Cleopas, asked him, *“Are you the only one visiting Jerusalem who does not know what has happened there in recent days?”* *“What things?”* he asked. *“About Jesus of Nazareth,”* they replied. *“He was a prophet, powerful in word*

and deed before God and all the people. The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this occurred. In addition, some of our women amazed us. They went to the tomb early this morning but didn't find his body. They came and told us they had seen a vision of angels who said he was alive. Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus."

"He told them, "How foolish you are, and how slow to believe all the prophets have spoken! Did not the Messiah have to suffer these things and then enter his glory?" And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself. As they approached the village they were going to, Jesus continued as if he were going farther. But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So, he went in to stay with them. When he was at the table with them, he took bread, gave thanks, broke it, and began to give it to them. Then their eyes were opened, they recognized him, and he disappeared. They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?" They got up and returned at once to Jerusalem. There, they found the Eleven and those with them, assembled together and saying, "It is true! The Lord has risen and has appeared to Simon." Then, the two told what had happened on the way and how they recognized Jesus when he broke the bread.

Jesus Appears to His Disciples

On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, *"Peace be with you!"* After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord. Again, Jesus said, *"Peace be with you! As the Father has sent me, I am sending you."* And with that, he breathed on them and said, *"Receive the Holy Spirit. If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven."*

Jesus Appears to Thomas

Now Thomas (also known as Didymus, one of the Twelve, was not with the disciples when Jesus came. So, the other disciples told him, *"We have seen the Lord!"* But he told them, *"Unless*

I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe.” A week later, his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, *“Peace be with you!”* Then he told Thomas, *“Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.”* Thomas said to him, *“My Lord and my God!”* Then Jesus told him, *“Because you have seen me, you have believed - blessed are those who have not seen and yet have believed.”*

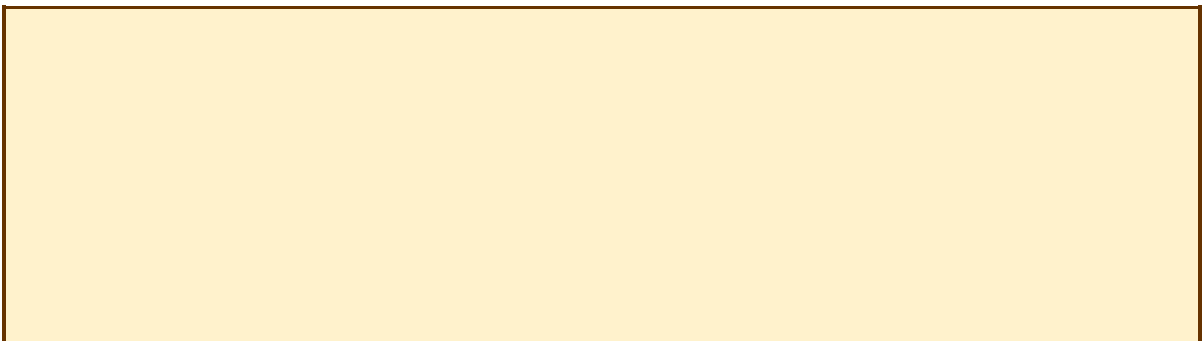
The Great Commission

Then, the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. When they saw him, they worshiped him, but some doubted. Then Jesus came to them and said, *“All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father, the Son, and the Holy Spirit, and teach them to obey everything I have commanded. And surely, I am with you to the very end of the age.”*

What is Your Commission/Purpose? Pray about this wholeheartedly for the next seven days using the following guide provided for each day. Each day shape your commission and its execution.

1. Make a list of twenty personality characteristics that you like about yourself. Come on. God doesn't make any junk...You have many.

(Example: a sense of humor, determination, love for your family, desire to serve, etc.)



2. List your five favorites.



3. Referring to your five favorite personality characteristics, list ten ways you enjoy expressing these, and from this list, place (X) near your five favorites.



4. Write a brief statement (twenty-five words or less) of your vision of an ideal world. Write this vision in the present tense and how you want it to be rather than how you want it not to be.



5. Pull this all together into a complete sentence in the following format.

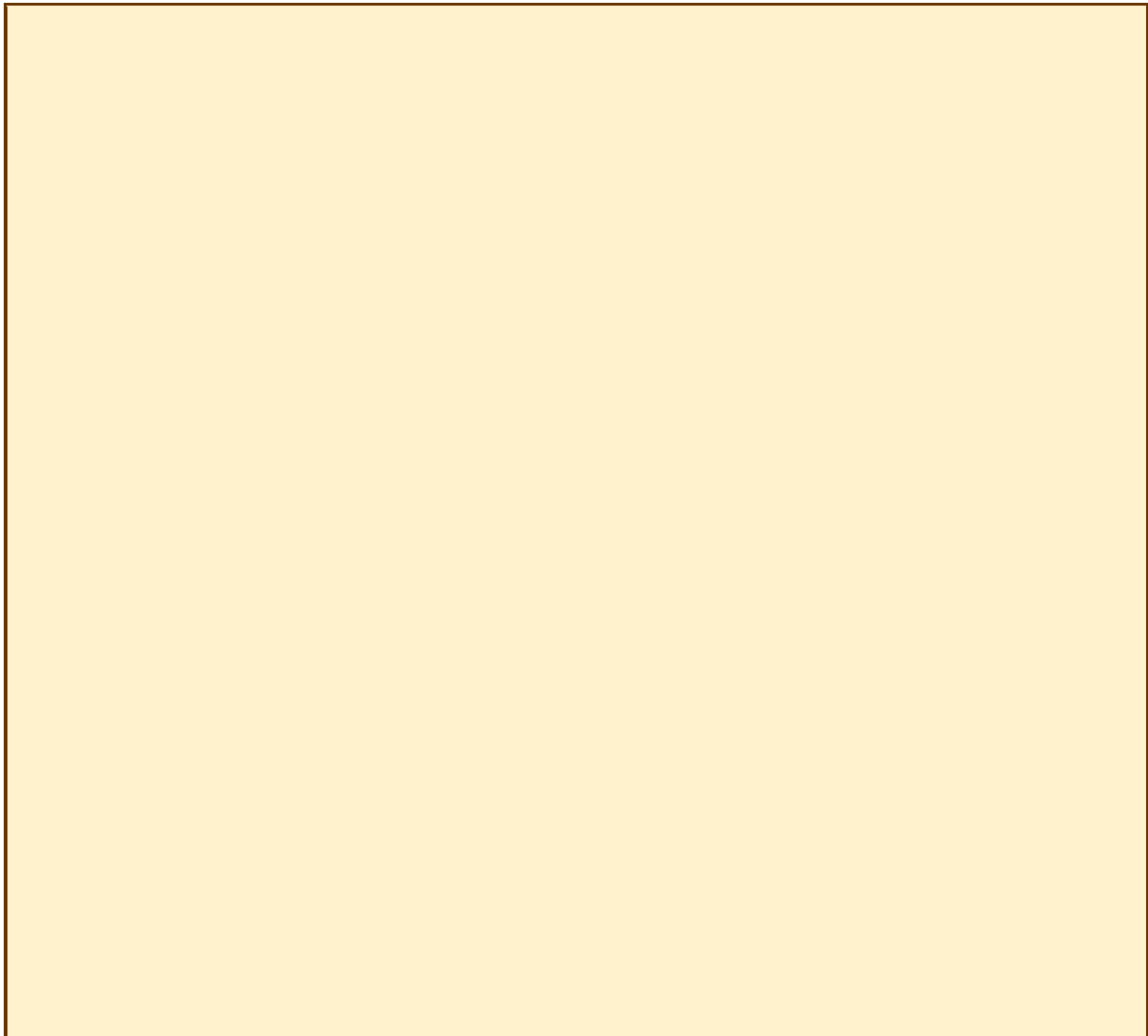
My life's purpose is to use *(insert your five favorites from #2)*.

By *(Insert your five favorites from #3)*.

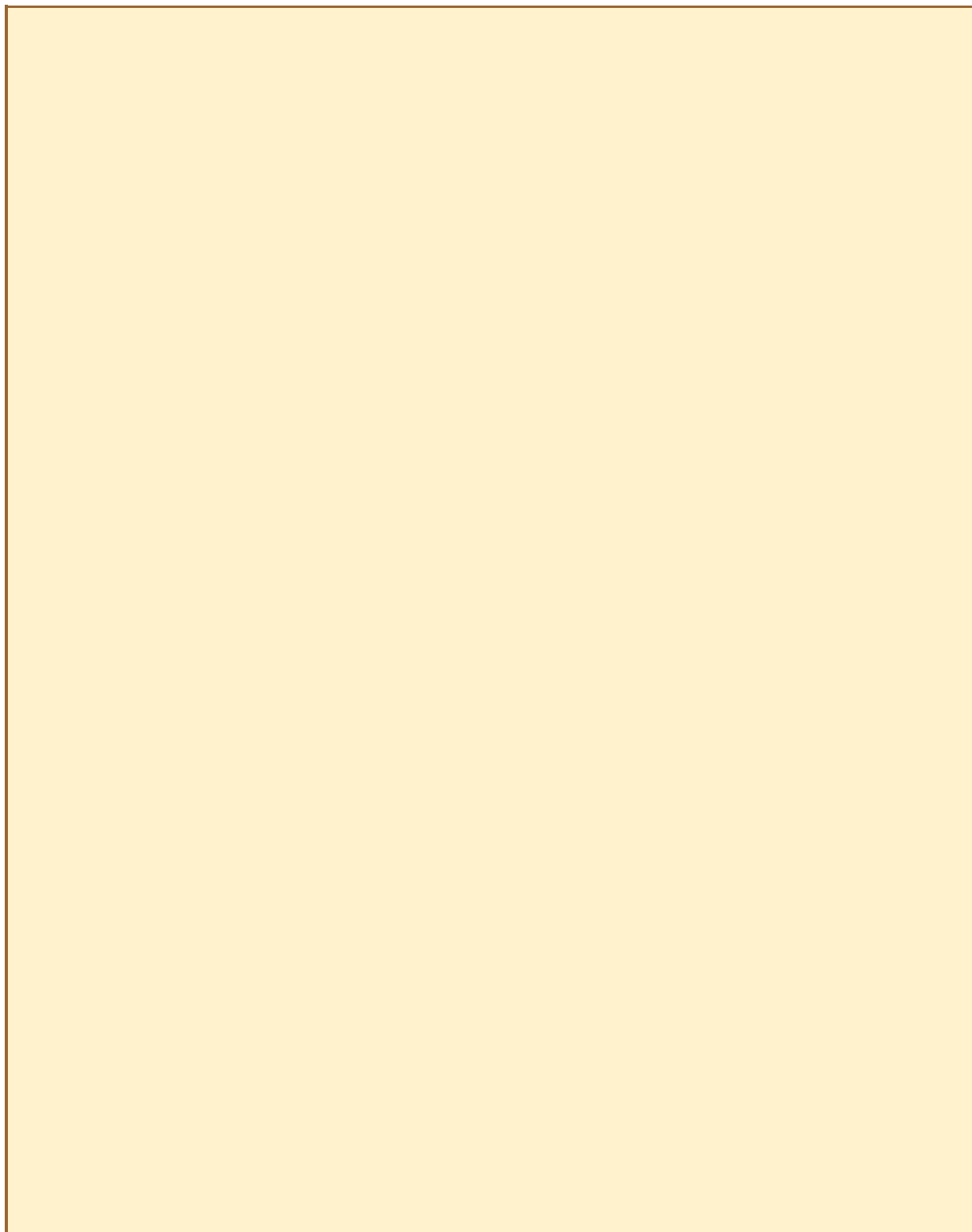
So that *(Insert your vision of an ideal world)*.

Example:

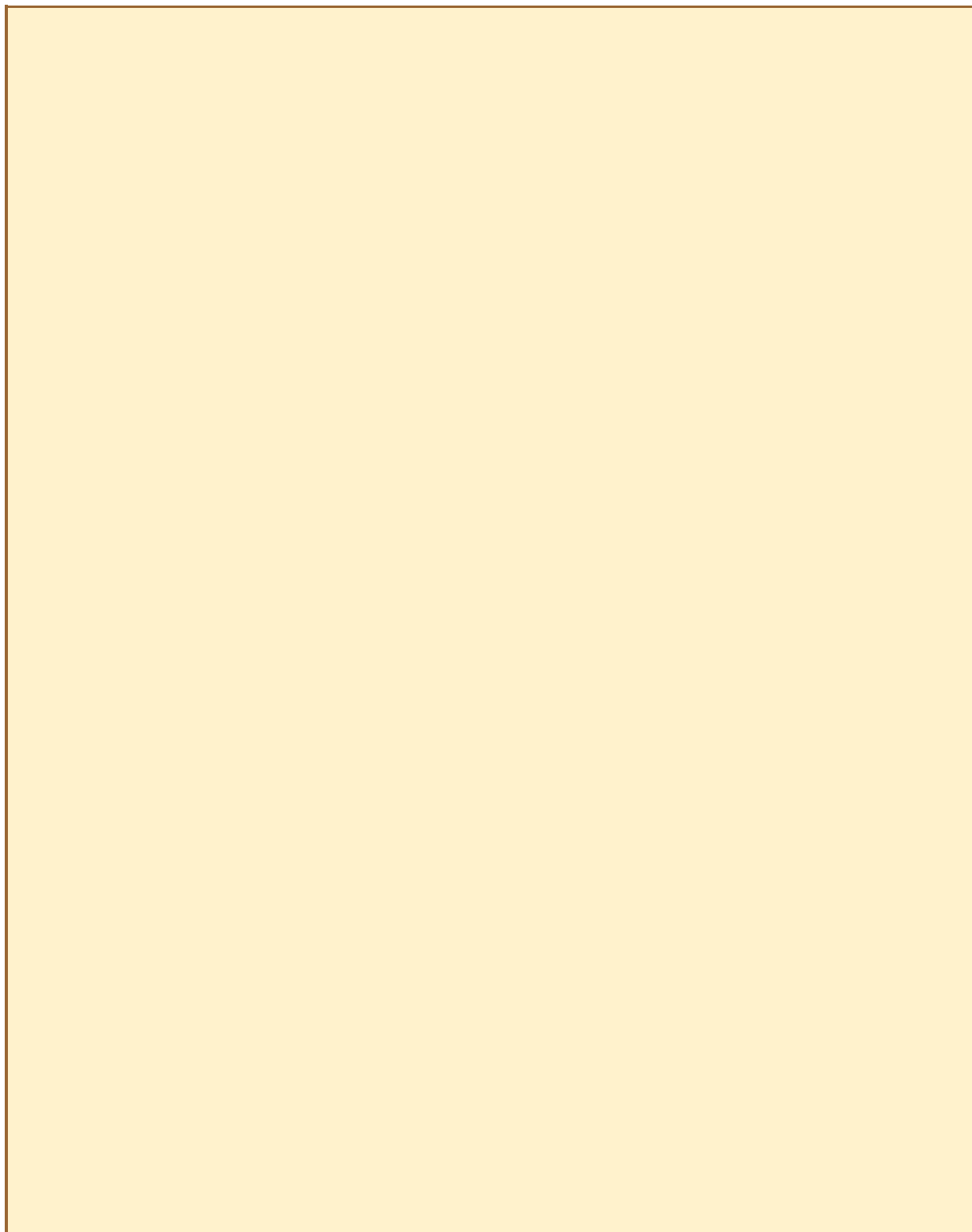
The purpose of my life is to use *(my determination, love for God and my family, my sense of humor, and my desire to serve)* by *(writing, speaking, learning, and serving the Christian community)* so that *those I come in contact with may benefit from my experience, strength, and hope in Jesus Christ.*



Lenten Summary

A large, empty rectangular box with a light yellow background and a thin brown border, intended for a Lenten summary.

Lenten Summary



**Day
1**

MAINTENANCE Over the next seven days, we will look at six areas of life to apply your purpose and fulfill The Great Commission. On day seven, we will tighten our game plan to go out credibly and authentically as one who claims to represent Jesus Christ. These areas are Physical, Spiritual, Intellectual, Emotional, Financial, and Social. Let's begin by looking at the "Physical" and answering the question the apostle Paul asked the Corinthians. *"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own."* So, if your body is not your own, do you have the right to say, *"No one can tell me what to do with MY body?"* The answer to that question is "No" if you are trying to fulfill your purpose for The Great Commission.

Today, how will you care for your body through exercise and nourishment to be a perfect machine for your bidding? **What is it that may be holding you back from doing this?** Remember, *"Health is the single most commodity you have been given as a gift, one you won't recognize or appreciate until you have it no longer."* [**BUILD YOUR GRATITUDE LIST!**](#)

Notes

**Day
2**

Let's begin today with the "Spiritual" and what Christ said to the apostles. *"When the Spirit of Truth comes, it will guide you into all the truth. It will not speak to you on its own; it will speak only what it hears and guide you in what is yet to come."*

The Spirit of Truth is the driving force to a life guided by purpose and wisdom. It breathes truth into you as you learn the truth and open your heart to it. The more you accept what it tells you about yourself, the more you will begin to experience newfound freedom accompanied by a depth of Spirit. Depth is a necessary quality to be a winner in life.

Today, practice facing yourself by digging those strongholds out of the dirt of your life that you've come to "KNOW." Practice! Practice! Practice! Dig into those strongholds you've been using to perpetrate your cover-up and discover that newfound freedom guided by wisdom to benefit others. **BUILD YOUR GRATITUDE LIST!**

Notes

**Day
3**

Your life's “Emotional” component tells others in your sphere of influence much about you. It's one thing to talk a good game and another to live/play a good game. How you play the game of life is more of a testament to others than any talk. Jesus said, “*By their fruit, you will recognize them.*”

Your emotional or inner world must be to fulfill The Great Commission. As you cooperate with the Spirit through sound spiritual principles and gratitude, you will experience an increasingly rich emotional life. Your emotional reflexes to life depend significantly on the condition of your spiritual life.

Today, seek to improve your conscious contact with God. See God in everything with a Spirit of "Gratitude" to unlock a fullness of life that will empower others. Work on your Spiritual Cardio.

[BUILD YOUR GRATITUDE LIST!](#)

Notes

**Day
4**

The financial component of our lives has a personality all its own. Money is highly emotional. It reveals the condition of our hearts to all.

Indifferent to what many believe, money does not lead to independence or security, and it certainly doesn't lead to peace. It may seem to at first, but it doesn't last. Money reveals the actual condition of our inner world. Money is more apt to put chaos into your life than it will have peace of mind if your inner world is not in order.

True peace of mind expresses itself through what is referred to as "Prosperity Consciousness." **Your prosperity consciousness is determined by how you function in the material world, whether you have money or not.** The problem is that most people have a "Poverty" consciousness regarding money.

Today, Visit your [Poverty Consciousness Assessment](#). If you've not taken one, you should do so. The assessment is available to all members on our club's website and app. A "Focused" building of our [gratitude list](#) is the foundation for shaping an [incurably optimistic and grateful perspective](#) on life critical to our prosperity.

Notes

**Day
5**

Your "Social" component of life could be the perfect place to fulfill your commission. It could be a club, group, hobby, job, music, sport, etc. Using what God has put in your hands is an ideal way to fulfill your commission.

Once you "make a decision" and "become willing," you must first "listen." You will learn a lot about people if you listen. Ask God to teach you the best way to communicate with them.

Finally, "walk the walk" in your personal life and be "other-absorbed," not "self-absorbed," so you don't miss an opportunity to be a friend and/or be of service.

Today, Tell God you have become willing to fulfill your commission and ask that your eyes be opened as to where to serve. Your goal should be to hear the words, *"Well Done, Good and Faithful Servant,"* as you sink your final putt in this life. [**BUILD YOUR GRATITUDE LIST**](#)

Notes

**Day
6**

We wrap up with the Intellectual. **The key to peak performance in life is balance** - not the highest performance in each category on the balance wheel. Suppose you will fulfill The Great Commission using your Intellect, Knowledge,/Reason. In that case, you must be certain this is done carefully and with very close accountability, keeping you in check that your balance wheel is no more than medium in size.

While fulfilling The Great Commission through Intellect may win over some of the pundits, you surely can die if this gift is not used with a Godly purpose contrary to Satan's lie.

Today, Stay out of your head. Catch yourself if your mind turns to worry or anxiousness, or you attempt to try to figure out life with your finite mind. In Romans, we read, *"Who has ever known the mind of The Lord or has been his counselor."* **BUILD YOUR GRATITUDE LIST** - For Winning Balance.

Notes

My Commission

A large, empty yellow rectangular box that occupies the majority of the page below the 'My Commission' header. It is intended for the user to write their personal commission or reflection.



The Sabbath

The origin of the Hebrew sabbath is uncertain, but it seems to have derived from the verb "sabat," meaning to stop, cease, or keep. Its theological meaning is rooted in God's rest following the six days of creation.

"By the seventh day, God had finished the work He had been doing; so on the seventh day, He rested from all His work. Then God blessed the seventh day and made it holy because on it He rested from all the work of creating that He had done." -**Genesis 2:2-3**

The Sabbath is intended to be a day of obedience and reflection. We begin by attending mass or service out of our obedience and reverence for God. **We do not attend mass or service for what we get out of it.** It's a day to examine our inner world rigorously. We reflect on the past week and ask for God's guidance in the week ahead. We read the Bible on the Sabbath and learn more about God and His precious word that carries us through life.

A biblical theology of work also includes the explicit call for regular Sabbath rest, when we set our work aside and take time for leisure, recreation, worship, and fellowship. We are not merely workers but children of God called to work. **Our work should never be the primary expression of our identity.** Through regular Sabbath rest, we re-establish our identity in God and in God's love, acceptance, and grace toward us (Taken and Paraphrased from Exodus 31:13-17 along with Gordon T. Smith, *Courage and Calling*). The Sabbath observed correctly restores and re-creates us, which keeps life balanced.

Unfortunately, for many, the sabbath is just another day. Far too many churches adjust service times to make it convenient for those in attendance so that a service doesn't conflict with summertime activities. Many intellectuals who claim to follow God intellectualize its meaning to justify their lifestyles. Having become a society of exhausted people, we run from task to task, chasing an ideal that lives within us that we never seem to catch up with.

Culturally, we are a society running from task to task, never seeming to complete it. Productivity and busyness seem to reign as tyrants over us. Our addiction to the action of speed has us always demanding more from ourselves. We say we want to rest, so we spend days at the spa or golf rounds, which could be bandages covering a deeper issue. We write off our fatigue with

today's in-phrase "Burnout," ignoring our God-given need for renewal. Instead, we opt for another double espresso from the nearest coffeehouse, coupling our addiction to the action of speed with its ingestion.

Then, Sunday late afternoon rolls around, and our heads start spinning. The tension slowly seeps back in, and we are again jammed with more work than time.

Jesus said, *"Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble, and you will find rest for your souls. For My yoke is easy, and My burden is light."*

"Cease from that which is necessary. That is Sabbath's golden rule, which all other rules distill. Stop doing what you ought to do. There are six days to do what you ought. Six days to be caught in the web of economic, political, and social necessity. And then, one day, I will take a wing. Sabbath is that one day." ‘

-Mark Buchanan

"The Rest of God: Restoring Your Soul by Restoring Sabbath"

Sabbath Outline

- 1. Do not work.** If a work event comes up on the Sabbath, decline. If all work is not done before the Sabbath, plan for an early morning the next day. When thoughts about work and the stresses of life come up (if need be, make a quick note so as not to forget about it). Not working on the Sabbath shows **"God is more important than work."**
- 2. Limit Media:** The Sabbath is about resting from the world and **being with God.**
- 3. Have A Family Time:** Get re-acquainted with each other over a meal. Learn about what's going on in each other's lives. Read a devotional or passage of scripture as a family. Spend time discussing what was read and then pray for each other.
- 4. Spend Time Outside Enjoying God's Creation:** God created this world for our benefit! This is why many people experience God more intimately while in nature.
- 5. Invite friends over for fellowship:** The Sabbath does not need to be a day of isolation. Get together with others and spend time encouraging each other in the Lord.
- 6. Wrap-Up:** Before retiring, listen to meditative music to prepare for doing The Lord's work in the week ahead.

References

Disclaimer: The information in the preceding pages stems from over forty years of notetaking, seminars, workshops, research, study, and clinical exposure to personal development. Since it was never the intent of the author that their life experience, strength, and hope be cited in this form, accurate records of where various quotes, paraphrases, and recollections are cited cannot be stated with exactness. As a result, the following is a listing of the most probable resources referenced or from past information recollected.

1. 4HIM. "Lay it All on the Line." *Best Ones*. Benson, 1999.
2. *Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism*. New York: Alcoholics Anonymous World Services, 1990.
3. Caruso Jr., Paul D., and Brown, W. Michael B. *The Rules of Golf and the Rules of Amateur Status*. USA: The United States Golf Association, 2006-2007.
4. Chambers, Oswald. *My Utmost for His Highest*. Michigan: Discovery House, 1992.
5. MacDonald, Gordon. *Ordering Your Private World*. Nashville: Thomas Nelson Publishers, 1985.
6. *NIV Recovery Devotional Bible*. Verne Becker, gen.ed. Michigan: Zondervan Publishing House, 1984.
7. *The NIV Study Bible*. Kenneth Barker, gen. ed. Michigan: Zondervan Bible Publishers, 1985.
8. *Twenty-Four Hours a Day*. USA: Hazelden Foundation, 1975.
9. Warren, Rick. *The Purpose Driven Life*. Michigan: Zondervan Publishing House, 2002.
10. Young, Sarah. *Jesus Calling*. Thomas Nelson. 2013.
11. Denny, Dick. *A Soldiers Look At Spiritual Warfare* Chosen Books, 2004.
12. Institute for Faith, Work and Economy, McLean, VA 22102
13. Words From "I Can Only Imagine" -Mercy Me, 1999 Release
14. Briner, Robert A. *The Management Methods of Jesus* Thomas Nelson, Inc., 2005.
15. Wilkinson, Bruce *Secrets of The Vine* The Doubleday Religious Publishing Group, 2010.
16. Riso, Dom Richard, and Hudson, Russ *Your Personality Type* Houghton Mifflin Group, 2003.

17. Miller, J. Keith *A Hunger for Healing* Harper Collins/Revise Standard Version Bible, 1991.
18. Stanley, Charles F. *The Blessings of Brokenness* Zondervan, 2010.
19. Benner, David *The Gift of Being Yourself* InterVarsity Press, 2004.
20. Lewis, C.S. *Screwtape Letters* HarperCollins, 2001.
21. Smith, Hannah Whitall *The Christian's Secret of a Happy Life* Revell Books, 1942.
22. Anderson, Leith A *Church for the 21st Century* Barker Books, 1992.
23. Kamenetz, Anya *Generation Debt* Penguin Books, 2006.
24. Maxwell, John *Maxwell Leadership Bible (NKJV)* Thomas Nelson, 2007.
25. Maxwell, John *The 21 Irrefutable Laws of Leadership* Thomas Nelson, 1999.
26. Sheard, Jim *In His Grip* Word Publishing, 1997.
27. Kroeger, Otto *Type Talk* Dell Publishing, 1989.
28. Schor, Juliet B. *The Overspent American* Harper Perennial, 1999.
29. Schor, Juliet B. *The Over-Worked American* The Perseus Books Group, 2008.
30. Faludi, Susan *Stiffed* Harper Collins, 2011.
31. Divine, Mark *The Way of the Seal* Reader's Digest Publishing, 2013.
32. Brewer, Brad *Mentored By The King* Zondervan, 2011.
33. *Prayers for the Twelve Steps – A Spiritual Journey* Friends In Recovery Publications, 1993.
34. Stoop, Donald A. *The Twelve Steps Life Recovery Devotional* Tyndale House Publishers, Inc., 1991.
35. Childs, Dr. Robert P. *Seasons of Prayer* Self-Published, June 1997.
36. Alcoholics Anonymous *Twelve Steps and Twelve Traditions* Harper Publishers, 1990.
37. Pietsch, William V. *The Serenity Prayer Book*, Harper San Francisco, 1992.
38. Meyers, Ruth / Myers, Warren *Enjoying God Anew – 31 Days of Praise* Multnomah Publishers, 1994.
39. Lawrence, Brother *Practice of the Presence of God* Stuart Publishing, LLC, 2003.
40. P. Bill / D. Lisa, *Twelve Step Prayer Book* Harper Publications, 1999.
41. McNeal, Reggie *The Present Future* Jassey-Bassey, 2005.
42. Luther, Martin *The Bondage of the Will* ArtNow.org, 1823.

43. Osterhaus, James P. / Jurkowski, Joseph M. / Hann, Todd A. *Thriving Through Ministry Conflict* Zondervan, 2009.
44. Winseman, Albert L. / Clifton, Donald O. / Liesveld, Curt *Living Your Strengths* Gallup Press, 2004.
45. Buckingham, Marcus O. / Clifton, Donald O. *Now, Discover Your Strengths* The Free Press, 2001.
46. Laut, Phil *Money Is My Friend* First Ballantine Books, 1990.
47. Mundis, Jerrold *Earn What You Deserve* Bantam Books, 1996.
48. Mundis, Jerrold *How To Get Out of Debt – Stay Out of Debt and Live Prosperously* Bantam Books, 1990.
49. Halverson, Richard C. *Man To Man* Barbour and Company, Inc., 1961.
50. Halverson, Richard C. *Between Sundays* Zondervan Publishing House, 1966.
51. Willmer, Wesley K. *The Prosperous Para-Church*, Jossey Bass Publishing, 1998.
52. Krames, Jeffrey A. *The Rumsfeld Way* McGraw-Hill, 2002.
53. Chambers, Oswald *The Complete Works of Oswald Chambers* Discovery House Publishing, 2000.
54. Podles, Leon J. *The Church Impotent–The Feminization of Christianity* Spence Publishing Company, 1999.
55. BC Stats. Census fast facts: Ageing of the British Columbia population. July 2007. Accessed 20 March 2010.
56. Alzheimer Society. Rising tide: The impact of dementia on Canadian society. Accessed 27 February 2010.
57. Lindsay J, Sykes E, McDowell I, et al. More than the epidemiology of Alzheimer's disease: Contributions of the Canadian Study of Health and Aging. *Can J Psychiatry* 2004;49:83-91.
58. Lachs MS, Pillemer K. Abuse and neglect of elderly persons. *N Engl J Med* 1995;332:437-443.
59. Pavlou MP, Lachs MS. Self-neglect in older adults: A primer for clinicians. *J Gen Intern Med* 2008;23:1841-1846.

60. Paveza G, Vande Weerd C, Laumann E. Elder self-neglect A discussion of social typology. *J Am Geriatr Soc* 2008;56: S271-S275.
61. Lachs MS, Williams C, O'Brien S, et al. Risk factors for reported elder abuse and neglect: A nine-year observational cohort study. *Gerontologist* 1997;37:469-474.
62. Dyer CB, Goodwin J, Pickens-Pace S, et al. Self-neglect among the elderly: A model based on more than 500 patients a geriatric medicine team sees. *Am J Public Health* 2007;97:1671-1676.
63. Halphen JM, Varas GM, Sadowsky JM. Recognizing and reporting elder abuse and neglect. *Geriatrics* 2009;64:13-18.
64. Abrams RC, Lachs M, McAvay G, et al. Predictors of self-neglect in community-dwelling elders. *Am J Psychiatry* 2002; 159:1724-1730.
65. Rockwood K, Silviu JL, Fox RA. Comprehensive geriatric assessment. Helping your elderly patients maintain functional well-being. *Postgrad Med* 1998; 103:254-258.
66. Connolly MT. Elder self-neglect and the justice system: An essay from an interdisciplinary perspective. *J Am Geriatr Soc* 2008;56: S244-252.
67. Appelbaum PS, Grisso T. Assessing patients' capacity to consent to treatment. *N Engl J Med* 1988;319:1635-1638.
68. Naik AD, Teal CR, Pavlik VN, et al. Conceptual challenges and practical approaches to screening capacity and protection in vulnerable older adults. *J Am Geriatr Soc* 2008;56:S266-270.
69. Etchells E, Sharpe G, Elliott C, et al. Bioethics for Clinicians: 3. Capacity. *CMAJ* 1996;155:657-661.
70. Cooney LM, Kennedy GJ, Hawkins K, et al. Who can stay at home? Capacity to choose to live in the community. *Arch Intern Med* 2004;164:357-360.
71. Moye J, Marson D. Assessment of decision-making capacity in older adults: An emerging area of practice and research. *J Gerontol B Psychol Sci Soc Sci* 2007; 62:P3-P11.
72. Ganzini L, Volicer L, Nelson W, et al. Pitfalls in the assessment of decision-making capacity. *Psychosomatics* 2003;44:237-243.
73. Naik AD, Pickens S, Burnett J, et al. Assessing capacity in self-neglect: Development of a novel screening tool for decision-making capacity. *J Elder Abuse Negl* 2006;18:79-91.

74. Poythress EL, Burnett J, Naik AD, et al. Severe self-neglect: An epidemiological and historical perspective. *J Elder Abuse Negl* 2006;18:5-12.
75. Canadian Task Force on the Periodic Health Examination. Periodic Health Examination, 1994 Update: 4. Secondary prevention of elder abuse and mistreatment. *CMAJ* 1994;151:1413-1420.
76. "The New Retirement Mindscape," Ameriprise Financial (2006).
77. Atchley, Robert C. *Continuity and Adaptation in Aging: Creating Positive Experiences*. Baltimore, MD: Johns Hopkins University Press, 1999.
78. Atchley, Robert C., and Amanda Smith Barusch. *Social Forces and Aging: An Introduction to Social Gerontology*. New York: Wadsworth Publishing, 2004.
79. Dychtwald, Kenneth, and Daniel J. Kadlec. *With Purpose: Going from Success to Significance in Work and Life*. New York: HarperCollins Publishers, 2009.
80. Holmes, T., and Rahe, R. (1967). The social readjustment rating scale. *Journal of Psychosomatic Research*, 11(2), 213–218.
81. Miller, Thomas W. *Handbook of Stressful Transitions Across the Lifespan*. New York: Springer, 2009.
82. Society of Certified Senior Advisors, *Working with Older Adults: A Professional's Guide to Contemporary Issues of Aging* (2015).
83. Buchanan, Mark *The Rest of God: Restoring Your Soul by Restoring Sabbath*. Thomas Nelson (March 11, 2007)