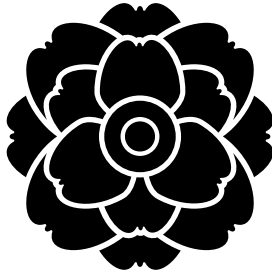


Ascension Journal

Come Up Higher

By Traci Vanderbush



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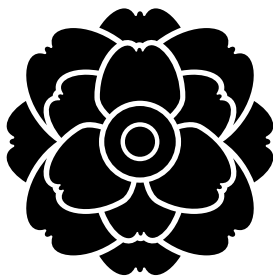
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Back Cover Photo by Clark Tucker

Come up, come up higher.



Welcome

Welcome to this sacred space where heaven meets earth.

You are the temple of the Holy Spirit, a divine convergence zone where transformation takes place and flows to the world around you.

We live in a world that vies for our attention and affection, which often causes us to disconnect from the voice of God. Our thoughts and emotions are thrown into a frenzy and knocked out of alignment with the heart of Father, Son, and Holy Spirit.

But we have access to realignment, for the Kingdom of God is within us.

Now when He was asked by the Pharisees when the kingdom of God would come, He answered them and said, "The kingdom of God does not come with observation; nor will they say, 'See here!' or 'See there!' For indeed, the kingdom of God is within you."

Luke 17:20-21

The challenge is keeping our thoughts in line with the thoughts and ways of I AM. Our society and the obstacles that come with it arrest our perception with a filter of fear and lack. **But in Christ, there is no lack, and perfect love casts out fear.** And here is our daily quest: to stay in the place of wholeness, where fear is cast out and there's never even a hint of lack. This is where you were made to live.

For in Him we live and move and have our being...

Acts 17:28

Hear the Father calling, “Come up here. Come up higher.” In Genesis, he spoke, and life was the result of the sound he released. The holy and perfect voice moved and it has never stopped. When it came to making man, he spoke to himself.

*“Let us make man in our image and after our likeness.”
Genesis 1:26*

The Master Artist pressed his hands into the soil and lovingly crafted each facet of our being, giving himself; his very own breath awakened us. The ultimate kiss of life made us alive in flawless union with the One. No lack. No separation. No division.

We live in a world full of noise and constant indications of lack and need. Commercials, ads, billboards, and every business yells, “You need this!” **Our once-whole souls are bombarded by never-ending words that are designed to convince us that we are without.** It was this very thing that caused Adam and Eve to settle for less than what they were created for: the belief that they lacked something.

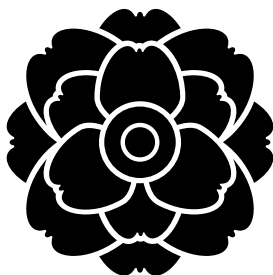
When we believe we lack, we become desperate and vulnerable to deception. To arise out of this lie, daily realignment is needed. Just as chiropractic adjustments are not always permanent and must be maintained, our spiritual, mental, and emotional alignment requires consistent attention. Filling our lives with what the world has to offer will never satisfy. There’s something more that we need...that is, The Voice.

Jesus said, “Man shall not live by bread alone, but by every word that proceeds from the mouth of God.”

Matthew 4:4

Remember? We live and move and have our being in him. The Voice sustains us...God's words are our very life. The fuel you need for each day is found in the breath of I AM. The One who called Samuel by name and calls to his people, "Come up here," is calling us to come up higher.

We must go up. We must ascend.



The First Half

The first 15 days will take us from a temporal focus to an eternal perspective. It's good to acknowledge the cares of this inferior realm, and it's even better when we swing our gaze upward to see from the superior realm.

Each day's "Meditation for the Day" is meant to be repeated and remembered throughout the day; bringing the focus to Who lives in you. Use the NOTES pages to write thoughts that come to you throughout each section and expound on them.

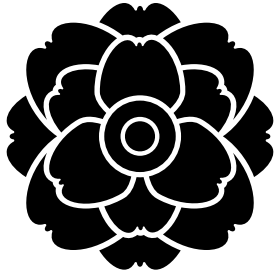
The Second Half

The second half of the journal is designed to keep our gaze fully on the superior realm since we are seated in heavenly places. The "Meditation of the Day" places our attention on who we are in the great I Am. Use the NOTES pages to write thoughts that come to you throughout each section and expound on them.

But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together in Christ (by grace you have been saved), and raised us up together, and made us sit together in the heavenly places in Christ Jesus, that in the ages to come He might show the exceeding riches of His grace in His kindness toward us in Christ Jesus. For by grace you have been saved, through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast.

Ephesians 2:4-9

Come. Let's ascend and step into our day, seated in heavenly places.



Day 1



Come. Let's ascend.

Plug into the reality of your union with Christ as you explore the questions in this section. The words of Jesus were and are one-hundred percent true and thoroughly accurate when he said,

"In that day you will know that I am in the Father, you are in Me, and I am in you." John 14:20

Focus on his words for a moment and then proceed.



Is there a goal that seems to elude you?

Does its elusiveness challenge what you know to be true?

What is that goal?

Do you feel any sense of success in getting closer to that goal?
If so, explain that.

If not, how does that make you feel about yourself?

Think on the words of Jesus in John 14:20.

Based on that union with Christ, ask the Holy Spirit to reveal a next step. If you receive an idea, write it here:

Promises:

*For I know the thoughts I have toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.
Jeremiah 29:11*

*Delight yourself also in the Lord, and he shall give you the desires of your heart.
Psalm 37:4*

Meditation for the Day:

The hope of glory lives within me.

Notes

Notes

Day 2



Come. Let's ascend.

Plug into the reality of your union with Christ as you explore the questions in this section. The words of God are true, so consider what the following verse means for your life today.

“Blessed are the peacemakers, for they shall be called sons of God.”
Matthew 5:9

Focus on his words for a moment and then proceed.



Is there a situation/person that frustrates or exasperates you?

Does that situation/person speak things that aren't true?

What is that situation? Write it here.

How does it make you feel about yourself?

Does it challenge your intimacy with Christ?

Does this situation actually carry the power to threaten your oneness with God?

Think on the words of Jesus in Matthew 5:9.

Based on your union with Christ, the Prince of Peace, ask the Holy Spirit to reveal how you can bring peace to this situation/person. If you receive an idea, write it here:

Promises:

*You will keep him in perfect peace, whose mind is stayed on you,
because he trusts in You.*

Isaiah 26:3

*If it is possible, as much as depends on you, live peaceably with all
men.*

Romans 12:18

Meditation for the Day:

The Prince of Peace lives within me.

Notes

Notes

Day 3



Come. Let's ascend.

Focus on the reality of your union with Christ as you walk through this section. Consider these words written by Paul while he was a prisoner in chains.

“For we have great joy and consolation in your love, because the hearts of the saints have been refreshed by you, brother.”

Philemon 1:7



Are there things in this world that steal your joy? If so, list a few:

What brings you joy in this world? List them here:

Is your joy dependent on the circumstances around you?

Could it be possible that joy is gained by giving joy away?

Think on the words of Paul in Philemon 1:7. How can a man in prison feel a “great joy and consolation”? It was the love given **by others, to others** that brought joy to Paul.

Based on your union with Christ, realize that the Giver of Joy lives within you. Ask the Holy Spirit to reveal how you can bring joy and consolation to people you will encounter today. Write it here:

Promises:

*You will show me the path of life; in Your presence is fullness of joy;
at Your right hand are pleasures evermore.*

Psalm 16:11

...Do not sorrow, for the joy of the Lord is your strength.

Nehemiah 8:10

Meditation for the Day:

The joy of the Lord lives within me.

Notes

Notes

Day 4



Come. Let's ascend.

Focus on the reality of your union with Christ as you read the following account of a heavenly experience I had with Jesus a few years ago.



Several years ago during a time of worship, I suddenly found myself ascending a staircase with Jesus. He smiled at me as we climbed the winding, suspended stairs that seemed to hang in the air without any support. As we went up, we occasionally came to an arched wooden door that he would open for me to walk through. Higher and higher; gradually, the wooden doors became smaller which seemed to make him laugh. Finally, we arrived at a gigantic wooden door. Blue light beamed out from under it. I couldn't help but notice his giddiness.

“Look at this,” he said as he opened the large door. To my surprise, a massive blue diamond filled the enormous room. “This is my Hope Diamond,” he said, while wearing the most childlike, joy-filled smile on his face. I stood in awe.

It wasn't until the next day that I Googled “Hope Diamond” and learned about the beautiful blue, 45.52 carat diamond that

sits in the Smithsonian Institute, shining with blue from traces of boron. I was floored at the realization that this earthly diamond was a tiny symbol of a much greater reality in Heaven. My ecstatic joy grew even more once I understood that Jesus was showing me that the light of his Hope Diamond envelops our world. While storms rage on this earth, the sky always remains blue above the clouds. The earth is literally enveloped in God's hope and promises.

Based on your union with Christ, as you go about your day, consider that you and Jesus have a "hope diamond" that exudes promise over every person you encounter. Ask the Holy Spirit to keep your perspective on the greater reality of God's goodness and to show you how to be a hope-giver. Write what he speaks to you here:

Promises:

*Now may the God of hope fill you with all joy and peace in believing,
that you may abound in hope by the power of the Holy Spirit.*

Romans 15:13

There is surely a future hope for you, and your hope will not be cut off.

Proverbs 23:18

Meditation for the Day:

The God of hope lives within me.

Notes

Notes

Day 5



Come. Let's ascend.

Reach into the reality of your union with Christ as you begin this section. Jesus gave very clear direction for living this life without worrying about what we need. His clear and simple solution:

“But seek first the Kingdom of God and his righteousness, and all these things shall be added unto you.”

Matthew 6:33

Focus on his words for a moment and then proceed.



Do you find yourself worrying about or being consumed by thoughts of having what you need?

If so, can you believe Jesus' instruction to seek God's Kingdom, knowing that he will supply everything you need? If you find it hard to believe, explain why.

If you are not worried about the future, think of a couple of practical ways that you can help someone else be free from fear of the future.

Close your eyes and set your thoughts and affection on things above. Take a few minutes to release every care to the Father. Let him speak to you.

Did you feel an adjustment or realignment as you focused on the Kingdom of God? If so, describe it.

Think on the words of Jesus in Matthew 6:33 once again.

Based on your union with Christ, ask the Holy Spirit to reveal what gifts you have access to as you seek first his Kingdom and his righteousness. What do you see?

Promises:

There are diversities of gifts but the same Spirit...but the manifestation of the Spirit is given to each one for the profit of all.
1 Corinthians 4:4,7 (NKJV)

“...for indeed, the Kingdom of God is within you.”
Luke 17:21

Meditation for the Day:

The Kingdom of God is within me.

Notes

Notes

Day 6



Come. Let's ascend.

Begin your day with the reality of your union with Christ. Lay your goals, tasks, and demands at his feet as you breathe this in:

Commit your works to the Lord, and your thoughts (plans) will be established.

Proverbs 16:3



Is there a care/task weighing on you today? If so, what is it?

Do you feel you have the power to carry that weight?

Consider: the original Hebrew text for the word “commit” literally means “roll.” Roll your works, burdens, and cares to the Lord; transfer them to God. Committing requires letting go and giving it all to God. It is not yours to carry.

Based on the meaning of “commit,” cup your hands together, palms up. Place every work and burden in your hands. Once you have done so, repeat this out loud: “Father, I am letting go of these things that weigh me down and cause me concern. They are no longer mine to carry, so I roll them unto you now.”

Turn your hands over, palms down, and let it go.

Did you feel a shift? Describe it. Repeat the exercise if necessary.

Now you are open to hear God's thoughts, plans, and strategies. You've made a divine exchange; your ideas for his.

Read Proverbs 16:3 once again. Based on your union with Christ, ask the Holy Spirit to speak to you concerning the plans of God for your life and work today. Write them here as they come to you:

Promises:

Trust in the Lord with all of your heart, and lean not on your own understanding; in all your ways acknowledge him, and he shall direct your paths.

Proverbs 3:6

Your word is a lamp to my feet and a light to my path.

Psalms 119:105

Meditation for the Day:

The Path Maker and Answer lives within me.

Notes

Notes

Day 7



Come. Let's ascend.

Lean into your union with Christ as you begin this section. Rest in the Psalm of David that says:

He makes me to lie down in green pastures; he leads me beside the still waters. He restores my soul...

Psalm 23:2-3



Do you feel refreshed at this moment? If not, what is preventing that?

Do you feel restful or hurried?

Read these words once again: *He makes me to lie down in green pastures; he leads me beside the still waters. He restores my soul.*

Close your eyes and ask the Father to take you to a place of peace and restoration. Linger until he shows you something.

Describe what you saw and what you felt:

Long ago, when I carried a tremendous amount of pain and disappointment, I was taken up in a vision where the Father, Son, and Holy Spirit stood around me, emanating delight. I was lying on a bed of some sort, as if being prepared for surgery, and they conversed with joyful laughter. Soon, I felt a wonderful, refreshing waterfall wash through my heart. I became aware of the debris of life that was being washed away. God filled me with clear vision, intense compassion, and a joy that carried me through difficulties that challenged my heart. I pray that you experience a profound washing as you continue into the next exercise.

Based on your union with Christ, ask him for a gift for today. Take some time to lean in and listen. Write it here:

Promises:

Come to Me, all you who labor and are heavy laden, and I will give you rest.

Matthew 11:28

For I will restore health to you, and heal you of your wounds, says the Lord.

Jeremiah 30:17

Meditation for the Day:

The Restorer of my soul lives within me.

Notes

Notes

Day 8



Come. Let's ascend.

As you read the words of Jesus, remember your union with him:

And as you go, preach, saying, 'The kingdom of heaven is at hand.' Heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give.

Matthew 10:7-8

Ponder his command and consider how it applies to your life.



Does the idea of doing miracles seem normal to you? Or does it seem strange? Unreachable?

Have you ever experienced a miracle through your words or hands? If so, describe it here:

If you've never experienced a healing, breakthrough, or deliverance, what would you like to see happen as you go about your day?

In John 14:20, Jesus said, *“You are in the Father, I am in you, and you are in Me.”* If the miracle worker lives in you, then miracles can be done through you. He also spoke these words in John 14:12-14: *...he who believes in Me, the works that I do, he will do also; and greater works than these he will do.*

Have you considered what he meant by greater works?

Think on the words of Jesus in Matthew 10:7-8 once again.

Based on your union with Christ, ask the Holy Spirit to empower you to follow the command of Jesus. Ask him to reveal clues to lead you to seeing this accomplished today. Write those clues here:

Promises:

Behold, I am the Lord, the God of all flesh. Is there anything too hard for me?
Jeremiah 32:27

“...with God all things are possible.”
Matthew 19:26

Meditation for the Day:

The Miracle Worker lives within me.

Notes

Notes

Day 9



Come. Let's ascend.

Rest in your union with Christ as you explore the questions in this section. Hear the words of Jesus:

Come to Me, all you who labor and are heavy laden, and I will give you rest.

Matthew 11:28

Close your eyes and breathe in this truth.



Is rest a part of your life? If so, what steps do you take to move into a place of rest? If not, how will you begin to pursue rest in the midst of busyness?

Have you considered that worship is a doorway to rest? If you don't already have an intentional time of worship established, how will you begin that today?

Scientists and doctors know the importance of rest. It reduces stress, boosts our immune system, improves metabolism, and activates healing. If rest is important for our bodies, in what ways do you think it's important to our souls?

Think on the words of Jesus in Matthew 11:28-29.

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly of heart, and you will find rest for your souls.

Based on your union with Christ, ask the Holy Spirit to reveal what it looks like to enter into God's rest.

Promises:

I will both lie down in peace, and sleep; for you alone, O Lord, make me dwell in safety.

Psalm 4:8

The Lord said, "My presence will go with you, and I will give you rest."

Exodus 33:14

Meditation for the Day:

The One who gives rest lives within me.

Notes

Notes

Day 10



Come. Let's ascend.

Be aware that you are one with Christ, at this very moment. The words of God are true, so consider what the following verse means for your life today.

If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth. Colossians 3:1-2

Read the above verse again and meditate on the command.



“Set your mind on things above.” Do your life circumstances make this a challenging task, or an easy task?

What do you feel is keeping you from consistently keeping your mind on the superior realm/things above?

Consider that the word ‘task’ is defined as a work to be done. When Jesus said, “It is finished” on the cross, the work was complete. The veil was torn. The way has been made for you to live in alignment with Father, Son, and Holy Spirit. The inferior realm in which we live contains distractions that make it seem difficult to keep our minds on things above, but in reality,

because Christ is in us, it's a simple matter of acknowledging what he has accomplished.

Knowing that Christ removed every barrier between you and him, how will you set your mind on things above today? Name some practical steps you will take.

Let all striving go in this moment.

Read Colossians 3:1-2 carefully, once more.

Based on your union with Christ, where are you seated right now? How does your position in him empower you?

Promises:

For the Kingdom of God is not in word, but in power.

1 Corinthians 4:20

...that he would grant you, according to the riches of his glory, to be strengthened with might through his Spirit in the inner man...

Ephesians 3:16

Meditation for the Day:

The mind of Christ is within me.

Notes

Notes

Day 11



Come. Let's ascend.

Ponder your union with Christ. *“I am in the Father, you are in Me, and I in you.”* Where Christ abides, there is treasure.

“The Kingdom of heaven is like treasure hidden in a field, which a man found and hid; and for joy over it he goes and sells all that he has and buys that field.”

Matthew 13:44

Think on the words of Jesus: “the Kingdom of heaven is like treasure hidden in a field.”



What worldly treasures have arrested your attention?

How has your desire for those things impacted your daily life? Has your appetite for it robbed you in any way or impacted your relationships? Write about that here:

Are the treasures of this world something you feel you can easily lay down? Can you let go of wanting? Why or why not?

Jesus' parable describes a man who finds treasure hidden in a field. He sells everything so he can buy the field that contains the treasure. Consider this verse: *"For we are God's fellow workers; you are God's field, you are God's building."* 1 Corinthians 3:9

Could it be that you are the field that Jesus purchased with his very life? Ask him what treasure he saw in you before you were even formed. Write it here:

Promises:

But when the kindness and the love of God our Savior toward man appeared, not by works of righteousness which we have done, but according to His mercy, He saved us...

Titus 3:4-5

For we are His workmanship, created in Christ Jesus for good works.

Ephesians 2:10

Meditation for the Day:

I am treasured by Christ within me.

Notes

Notes

Day 12



Come. Let's ascend.

Focus on your union with Christ as you begin this section. The words of God are assurance and life. Trust him when he says:

“Let your conduct be without covetousness, be content with such things as you have. For He Himself has said, ‘I will never leave you nor forsake you.’”

Hebrews 13:5



Do you or have you ever felt jealous of someone else? If so, why?

Do the following verses shift your perspective in regards to that person, whether they are a believer or not? *“For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ.” 1 Corinthians 12:12*

“Do not fret because of evildoers, nor be envious of the workers of iniquity.” Psalm 37:1

If so, describe that shift.

Does this phrase offend you? “...*but Christ is all and in all.*”
Colossians 3:11

If you are struggling with jealousy toward another, ask the Holy Spirit to reveal God’s plan and thoughts about them before they were ever born. What do you see?

Think on Hebrews 13:5.

Based on your union with Christ, realize there is no separation between you and others. Acknowledge that you have access to everything in Christ. There is no need for jealousy. You lack nothing. Release negative emotions to your Father in heaven.

Promises:

And my God shall supply all of your need according to His riches in glory by Christ Jesus.

Philippians 4:19

But those who seek the Lord shall not lack any good thing.

Psalms 34:10

Meditation for the Day:

The Provider lives within me.

Notes

Notes

Day 13



Come. Let's ascend.

I want to share an experience with you to remind you of your union with Jesus and what is possible through your hands. Several years ago, I injured my neck and endured three weeks of excruciating pain that left me unable to turn my head to the left or right, or look up and down. It felt as if someone had jabbed a knife into my spine and I couldn't get it out.

One night, I sat on the floor of a church during a time of worship. I tried focusing on God but the pain challenged my ability to focus. After a while, my daughter, Sara, gently placed her hand on my neck and it immediately unlocked! All pain was gone in an instant. I moved my head up and down, and left to right. Sara and I were astonished. I asked her what she had prayed. She explained: "I was focusing on Jesus and he showed up in front of me. His hair flowed as if he was floating underwater, but then I realized we were suspended above the universe. He took my hand and we began plummeting toward earth. The globe was spinning and I noticed we were going toward Israel. I was shocked because we didn't slow down and we went into the ground. Suddenly, everything was dark, and then I was being lifted up out of the ground. Then I noticed I was wet and that I was the mud. He placed me on the blind man's eyes. In that moment, I knew that life had to come to whatever I touched."



“I knew that life had to come to whatever I touched.” Have you ever thought of yourself in such a way?

Would you like to be a conduit of heaven?

What do you feel might be blocking the consistent flow of heaven through you?

Would you like to remove those blockages? Are you willing to allow the Father to remove them? If so, how will you cultivate a space in which he can flow through you?

Consume the words of Jesus: *“If anyone thirsts, let him come to Me and drink. He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.”* John 7:37-38

Based on that union with Christ, ask the Holy Spirit to reveal how he would like to move through you today. Write it here:

Meditation for the Day:

Heaven flows through me.

Notes

Notes

Day 14



Come. Let's ascend.

Remember your union with Christ as you read today's meditation. Jesus always speaks truth, so consider how his words speak of who you are.

Then Jesus spoke to them again, saying, 'I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life.'

John 8:12



Do you ever feel weighted down by darkness and anxiety?

Do you believe that the Light of the World lives within you? Reality is that he does. If the light of the world is in you, darkness is obliterated by his marvelous light. How will you let him shine through you today?

If you feel overwhelmed by darkness, ask the Holy Spirit what lies you might be believing. Write them here:

If there's a chemical imbalance, let's call the body into alignment with the Father, Son, and Holy Spirit, and thank him for your body. It's a gift from God that carries you in this world, and your mind was made for light and glory!

Think on the words of Jesus in John 8:12 once again.

Pray this prayer out loud: "Father, I thank you for my body and its ability to keep me walking in my purpose on this earth. Thank you for being the light within me, illuminating my path, and dispelling the darkness every step of the way."

Based on your union with Christ, ask the Holy Spirit to reveal something to you about walking in the light.

Promises:

*For you will light my lamp; the Lord my God will enlighten my
darkness.*

Psalm 18:28

*The light shines in the darkness, and the darkness has not overcome
it.*

John 1:5

Meditation for the Day:

The Light of the world lives within me.

Notes

Notes

Day 15



Come. Let's ascend.

Make an intentional decision right now to go throughout your day, walking as one with Christ.

*Cause me to hear your lovingkindness in the morning, for in you do I trust;
cause me to know the way in which I should walk, for I lift up my soul to
you.*

Psalm 143:8

Lift up your soul to the Lord. Offer yourself to the Divine undoing of everything that does not belong.



From where you sit right now, what do you see? Are you inside? Outside?

Allow something in your surroundings to catch your attention. What is it?

Using that thing/person as a prompt, ask the Holy Spirit to speak a truth to you, a lesson, or give you insight into his lovingkindness. This may take some time. If you don't see it at first, wait until you do. Write the revelation here:

Can you hear the lovingkindness of God in this moment? What is he saying?

Ask the Holy Spirit to bring someone across your path today who needs a touch of God's lovingkindness. When that moment comes, be sure to write about it in your notes!

Promises:

Bless the Lord O my soul, and forget not all his benefits: who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with lovingkindness and tender mercies.

Psalm 103:2-4

The Lord will command His lovingkindness in the daytime, and in the night, His song shall be with me.

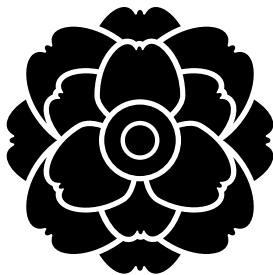
Psalm 42:8

Meditation for the Day:

The Giver of Lovingkindness lives within me.

Notes

Notes



The Half-Way Point

We have arrived at the half-way point of our journaling experience. In the first fifteen sections, we began our day by thinking of a negative that attempts to anchor our thoughts in the temporal realm (which I refer to as the inferior realm), and we've worked our way upward. Now, we will begin each day with a shifted perspective; from where we are seated with Christ, in heavenly places.

It may seem like a hopeful wish to be seated with Christ right now, but reality is that we were crucified with him, raised with him, and we are now seated with him.

*I have been **crucified** with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.*

Galatians 2:20

*If then you were **raised** with Christ, seek those things which are above, where Christ is, sitting at the right hand of God.*

Colossians 3:1

*...and raised us up together, and made us sit together in the
heavenly places in Christ Jesus.
Ephesians 2:6*

Use the NOTES pages to write thoughts that come to you throughout each section and expound on them.

May the Lord bless you with sweet sleep in the nights ahead, and may you wake up each day with a fresh perspective of his goodness, glory, and beauty.

Day 16



Come. Let's ascend.

You are seated in heavenly places with Christ Jesus. You are one with him (according to John 14:20). Based on that union, begin your day with these words of Jesus:

“The thief does not come except to kill, steal, and to destroy. I have come that they may have life, and that they may have it more abundantly.”

John 10:10

Because Christ lives within you, you are one who brings life more abundantly.



What does abundant life look like to you?

Who do you want to impart this to today?

Write how you will bring abundant life to someone in each of the following ways:

physically——mentally——emotionally——spiritually

Ask the Holy Spirit to show you a picture. Write about it or draw it here:

Promises:

And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick and they will recover.

Mark 16:17-18

Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.

Luke 10:19

Meditation for the Day:

I AM a giver of abundant life.

Notes

Notes

Day 17



Come. Let's ascend.

You are seated with Christ in heavenly places. You sit with the Prince of Peace.

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

John 14:27



Since you sit with the Prince of Peace who is also within you, you are a peace carrier. Your heart is stable and fixed on things above. There is no threat. There is no reason to be afraid.

Based on your position in Christ, you have access to peace that passes all understanding. Even in the midst of chaos, you can release his peace. Take a moment to tap into it. How might you offer it to others today?

Have you ever experienced the peace that passes all understanding? If so, write about that time:

Think on the words of Jesus in John 14:27 once again. Read it several times and let his words saturate your heart, soul, mind, and spirit. “My peace I give to you.”

Pray this prayer out loud: “Jesus, Prince of Peace, thank you for abiding within me, going before me, behind me, and beside me. I am enveloped in your peace.”

Promises:

I will both lie down in peace, and sleep; for you alone O Lord make me dwell in safety.

Psalm 4:8

And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.

Colossians 3:15

Meditation for the Day:

I AM peace.

Notes

Notes

Day 18



Come. Let's ascend.

As you sit with Jesus, look at him and see the compassion for his Father's creation. Hear him say:

“As the Father loved me, I also have loved you; abide in My love.”

John 15:9

In his love is where you're made to abide. Think on this.



Have you ever experienced the profound love of God? If so, describe it. If not, ask the Father for an encounter with his love.

Because God is love, and you are one with him (according to John 14:20) not only do you have access to abide in love, but you **are** love. How will you be love today to those around you? Think on this and be intentional about shifting things if necessary.

Take a moment to look into the eyes of Jesus again. See his love.

In this world, we've become familiar with the phrase, "I love you," but we don't always show it. What would happen if you asked your spouse or friend, "Do I love you?" Would they say 'yes' or would they say 'no'?

Today, be purposeful in treating others with love so that if you asked them if they felt love from you, their answer would be 'yes.'

Pray this prayer out loud: "Father, increase my love. Let me be love as you are love."

Promises:

Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God.

1 John 4:7

He who does not love does not know God, for God is love.

1 John 4:8

Meditation for the Day:

I AM love.

Notes

Notes

Day 19



Come. Let's ascend.

Focus on your union with Christ Jesus. See Him in that moment upon the cross as you read these words:

God was in Christ reconciling the world to Himself, not counting their wrongdoings against them, and He has committed to us the word of reconciliation.

2 Corinthians 5:19

God was in Christ. Think on this.



Have you ever loved someone or sacrificed for them willingly, even when they did not love you? If so, you've tapped into the ministry of reconciliation. How did that feel? Did it change anything? Explain.

Do you desire to be in ministry? In 2 Corinthians 5:18, it's clear that you already are: *"Now all these things are from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation..."*

He has committed to us the message of reconciliation. God has reconciled the world to Himself. It is finished. It's now up to us to let people know. *"We are ambassadors for Christ...we beg you on behalf of Christ, be reconciled to God."* 2 Corinthians 5:20

In a world that largely displays disunity and misalignment, how will you be the reconciler today? Ask the Holy Spirit to highlight a person or area where you can be a minister of reconciliation. Write about it here:

Look at your hands and pray this prayer out loud: "Father, thank you for loving us and reconciling yourself to us while we were yet sinners. Anoint my hands to be tools of your reconciliation, and fill my mouth with your words of honey."

Promises:

...yet He has now reconciled you in His body of flesh through death, in order to present you before Him holy and blameless and beyond reproach...

Colossians 1:22

For while we were enemies, we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life.

Romans 5:10

Meditation for the Day:

I AM the reconciler.

Notes

Notes

Day 20



Come. Let's ascend.

You are seated in heavenly places with hope.

Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.

Romans 15:13

It is possible to abound in hope by the power of the Holy Spirit. Think on this.



How will you practice abounding in hope today? Invite the Holy Spirit to give you a vision of what this looks like, and write it here:

Romans 15:13 refers to the Father as 'the God of hope'. Since you are one with God, in Christ, by the power of the Holy Spirit, you are a carrier of hope. How might you impart this gift to others today?

Interestingly, Romans 15:13 is surrounded by words that encourage us to serve others and deny ourselves, for “even Christ did not please himself”. What are you willing to lay down today for someone so that they might find hope?

Study your hands. You are looking at the hands of Jesus on this earth. Drop judgments of yourself and see your hands as beautiful and clean. Your righteousness is by Christ’s doing, not of your own doing, and he has made you clean.

Say this out loud: “God of hope, you are in me and I am in you. These hands are extensions of your hope.”

Promises:

There is surely a future hope for you, and your hope will not be cut off.

Proverbs 23:18

But those who hope in the Lord will renew their strength.

Isaiah 40:31

Meditation for the Day:

I AM hope.

Notes

Notes

Day 21



Come. Let's ascend.

Look into the eyes of glory.

For God, who said, "Light shall shine out of darkness," is the One who has shone in our hearts to give the Light of the knowledge of the glory of God in the face of Christ.

2 Corinthians 4:6

God said, "Light shall shine out of darkness." Not **into** the darkness, but **out** of it! This means there is light, even in the darkness. Think on this.



God has shone in our hearts. For what purpose? To give the Light of the knowledge of the glory of God. He awakens our hearts and minds to know the glory, in the face of Christ. How would you define his glory?

The glory of God has been described as his majesty and splendor, his goodness and loveliness, which are revealed in his kindness toward us, his mercy, and guidance; it is seen in creation and experienced on many levels. When Moses asked to

see God's glory, the Lord replied, "I will make my goodness pass before you." There is more beyond that, but let's start right there. Ask the Father to let his goodness pass before you. Take a moment to watch, and write what you see:

Think on your oneness with Christ. Hebrews 1:3 says that he is the radiance of His glory and the exact representation of God's nature. Because Christ is in you, you are the radiance of God's glory on this earth. How will you let that radiance be known today?

Say this out loud: "Jesus, you said we are one, so I look into your radiant eyes of glory. May I be a canvas of that glory, a masterpiece for the world to behold."

Promises:

But we all, with unveiled faces, looking as in a mirror at the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.

2 Corinthians 3:18

The Lord is high above all nations; His glory is above the heavens.

Psalms 113:4

Meditation for the Day:

I AM his glory.

Notes

Notes

Day 22



Come. Let's ascend.

You are seated with Christ in heavenly places. You abide in the restorer.

Brothers and sisters, even if a person is caught in any wrongdoing, you who are spiritual are to restore such a person in a spirit of gentleness; each one looking to yourself, so that you are not tempted as well.

Galatians 6:1

Part of your calling in Christ is to bring restoration. Just as the Father has restored us, we extend the gift of restoration, while asking the Holy Spirit to highlight areas of our own life that need an upgrade.



List some things that God restored in your own life.

List some areas in your life where you are determined to see restoration.

Think of someone who may be caught in wrongdoing. How could you offer them restoration with a spirit of gentleness? How might you approach them without accusation? What would that look like? Ask the Holy Spirit to show you and write it here:

Say this out loud: “Father, thank you for restoring me and choosing to make me your temple. Wherever you lead me, I go as the restorer, because You live within me.”

Promises:

...and the prayer of faith will restore the one who is sick, and the Lord will raise him up, and if he has committed sins, they will be forgiven him.

James 5:15

“For I will restore you to health and I will heal you of your wounds,” declares the Lord.

Jeremiah 30:17

Meditation for the Day:

I AM the restorer.

Notes

Notes

Day 23



Come. Let's ascend.

You are seated with Christ in heavenly places. You sit with the Way Maker.

Behold, I am going to do something new, Now it will spring up; Will you not be aware of it? I will even make a roadway in the wilderness, Rivers in the desert.

Isaiah 43:19



You are a carrier of the One who does the impossible, the One who creates paths where there are none, the One who fills deserts with water, and shines light out of darkness.

Close your eyes and take some slow, deep breaths; in through the nose and out through your mouth. Try this scientific, calming technique that lowers blood pressure and calms the body:

- Breathe in quietly through the nose for 4 seconds
- Hold the breath for 7 seconds
- Exhale forcefully through the mouth, with pursed lips for 8 seconds

- Repeat 4 times while letting go of cares and relaxing your muscles

Hopefully you feel a shift, a calming. What is the point of this exercise? To be a way maker, it must be done from a position of rest. It's not a lazy rest, but an assured, authoritative rest. Just as the Father doesn't wring His hands in anxiety, we must join with His posture and mind.

Ask the Holy Spirit to help you recall moments of breakthrough or way-making that you've witnessed. List them.

Pray this prayer out loud: "Holy Spirit, teach me and lead me to be a way maker for those around me. Thank you."

Promises:

I will go before you and make the rough places smooth; I will shatter the doors of bronze and cut through their iron bars. I will give you the treasures of darkness and hidden wealth of secret places, so that you may know that it is I, the Lord, the God of Israel, who calls you by name.

Isaiah 45:2-3

In all your ways acknowledge Him, and He will make your paths straight.

Proverbs 3:6

Meditation for the Day:

I AM a way maker.

Notes

Notes

Day 24



Come. Let's ascend.

Ponder your union with Christ and how that union affects your soul.

Truly my soul finds rest in God; my salvation comes from him.

Psalm 62:1



If there is anything that's robbing your soul of rest today, remember that you are one with the One who gives rest. Sit in that place for a moment.

Ask the Holy Spirit to show you a picture of resting with God. What do you see? Write it here:

Recall a time when you felt rested and refreshed. Write about it here:

We live in a society that often lives in a frenzy. There is a way to be productive and practice good work ethic while doing life from a position of rest. It begins with our position with Christ, and our perspective toward life. Ask the Father to give you vision for accomplishing your goals. Ask for divine strategy and synergy. Write what He tells you here:

Promises:

When you lie down, you will not be afraid; When you lie down, your sleep will be sweet.

Proverbs 3:24

Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.

Matthew 11:29

Meditation for the Day:

I AM rest.

Notes

Notes

Day 25



Come. Let's ascend.

In a previous section, we talked about being treasured by God. As we focus on our union with Christ, we will see this from a new vantage point.

*For we are His workmanship, created in Christ Jesus for good works...
Ephesians 2:10*



'Workmanship' comes from the Greek word, Poiema, meaning "something made" and it's where we get our word for 'poem'. You are skillfully, wonderfully, and artistically made. No one puts deep effort, precision, let alone their own breath, into something that's not treasured.

When Isaiah spoke of Zion, God's people in Isaiah 62:3, he said, "*You will also be a crown of beauty in the hand of the Lord, and a royal headband in the hand of your God.*" In this world, we are consumed with adorning ourselves with beauty. What a beautiful thing that God would speak to Isaiah with words of adornment when He thinks of His people. Held in the hands of Love, to shine. Close your eyes and think about yourself as a jewel in your Father's hands.

Do you remember the parable about the man who found treasure in a field; he sold everything he had so he could buy that field? The Godhead, the Trinity, gave everything to live in you.

Take a moment to let the Holy Spirit speak to you about the treasure you are to Him. Write what you see/hear:

Promises:

What is man that you think of him, and a son of man that you are concerned about him? Yet you have made him a little lower than God, and you crown him with glory and majesty!

Psalm 8:4-5

Do not be afraid, little flock, because your Father has chosen to give you the kingdom.

Luke 12:32

Meditation for the Day:

I AM God's treasure.

Notes

Notes

Day 26



Come. Let's ascend.

Today, remember that you are seated with the Light of the world and you are one with the Light of the world. Not by your doing, but by his alone. Jesus said...

“I am the Light of the world; he who follows Me will not walk in the darkness, but will have the Light of life.”

John 8:12

He went on to say: *“You are the light of the world. A city set on a hill cannot be hidden.”* Matthew 5:14



Since Christ is within you, you cannot help but shine. Do you recall a time when someone noticed the light within you? If so, write about it here:

In John 11:9, Jesus said, *“If anyone walks in the day, he does not stumble, because he sees the light of this world.”* Based on your union with Christ, see yourself as a living lamp that lights the path for everyone you encounter. Is there a situation you will be walking into that needs light? Ask the Holy Spirit to show you what it looks like when you enter that scene. Write the vision here:

Say this out loud: “Father, thank you for allowing me to be the light of the world with you. Your light isn’t little. You and I are mighty in the darkness.”

Promises:

...even the darkness is not dark to you, and the night is as bright as the day. Darkness and light are alike to you.

Psalm 139:12

“so that you will prove yourselves to be blameless and innocent, children of God above reproach in the midst of a crooked and perverse generation, among whom you appear as lights in the world”

Philippians 2:15

Meditation for the Day:

I AM the light of the world.

Notes

Notes

Day 27



Come. Let's ascend.

Remember the benefits and reality of the resurrected One who lives within you.

But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you.

Romans 8:11



Your body is a recipient of the resurrection power in you. Your spirit is bigger than your body, and your spirit is intertwined, infused, and ignited by the Spirit of God within.

Based on your union with Christ, ask the Holy Spirit to give you a picture of your spirit as one with His. How does that divine unity impact your mortal body? Write it here:

With this reality in mind, what will you do when you encounter someone who is sick?

What will you do if you encounter illness in your own body?

How might you offer the resurrection power within you to someone who is engulfed in darkness?

Say this out loud: “Father, guide me in your resurrection power as I go about my day. Show me your glory and how I can put it on display.”

Promises:

*I can do all things through Christ who strengthens me.
Philippians 4:13*

*For God has not given us a spirit of fear, but of power and of love
and of a sound mind.
2 Timothy 1:7*

Meditation for the Day:

I AM powerful.

Notes

Notes

Day 28



Come. Let's ascend.

Remember Whose you are.

For as the Father has life in Himself, so He has granted the Son to have life in Himself...

John 5:26



You are one with the One who is enough. You are the temple of the All-Sufficient. God, who is enough. He grants His all-sufficiency to the Son who dwells in you and shares his enoughness with you. There is no lack.

Based on your union with Christ, ask the Holy Spirit to show you something that you have that you didn't know you have. Give him time to speak to you. Write it here:

What will you do with this new-found reality?

How will you share the riches of this gift with another today?

Use your wildest imagination to construct the most miraculous scene that could emerge from that gift. Dream big! Write it here:

Say this out loud: “Holy Spirit, teach me about the gifts within this temple of myself, and help me remember that even without those things, Your presence is enough.”

Promises:

Not that we are sufficient of ourselves to think of anything as being from ourselves, but our sufficiency is from God.

2 Corinthians 3:5

My grace is sufficient for you, for power is perfected in weakness.

2 Corinthians 12:9

Meditation for the Day:

I AM enough.

Notes

Notes

Day 29



Come. Let's ascend.

Remember Who envelops you and consider his mercy.

*But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our wrongdoings, made us alive together with Christ...
Ephesians 2:4-5*



MERCY: Compassion or forgiveness shown toward someone whom it is within one's power to punish or harm. Kindly forbearance shown toward an offender or enemy.

Has there ever been a time in your life when you experienced the mercy of God? If so, write about it here:

He saved us, not on the basis of deeds which we did in righteousness, but in accordance with His mercy, by the washing of regeneration and renewing by the Holy Spirit... Titus 3:5

Based on your union with Christ, and considering that mercy was given to us in the absence of righteous deeds, will you see wrongdoers differently today? How will you be an extension of God's grace to the undeserving?

Say this out loud: "Father, your mercy endures forever. I invite you to make me a conduit of your everlasting, merciful love."

Promises:

But the wisdom from above is first pure, then peace-loving, gentle, reasonable, full of mercy and good fruits, impartial, free of hypocrisy.
James 3:17

Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead...
1 Peter 1:3

Meditation for the Day:

I AM mercy.

Notes

Notes

Day 30



Come. Let's ascend.

Close your eyes for a moment and ponder the reality of your union with the All-Sufficient, All-Knowing, Omnipresent One.

And God said unto Moses, I AM THAT I AM...say unto the children of Israel, I AM hath sent me unto you.

Exodus 3:14 (KJV)

And God said to Moses, I AM WHO I AM...say to the sons of Israel, I AM has sent me unto you.

Exodus 3:14 (NASB)



God was saying:

I Am that I Am.

I am who I Am.

I will become what I choose to become.

I will be what I will be.

I create what I create.

I am the Existing One.

You are empowered and sent by I Am. You are called by I Am. Your life's purpose was written by I Am. The Author and Finisher of your faith is faithful. Now the Father has placed a

pen in your hand, with an invitation to write your story with him. You are invited to create and direct and redirect. Let the Holy Spirit speak to you about the day before you. Write the beginning of a new chapter together here:

Say this out loud: “Father, thank you for making me one with you. Help me to be conscious of your I Am-ness in every moment of my life.”

Promises:

Jesus answered and said to him, “If anyone loves Me, he will follow My word; and My Father will love him, and We will come to him and make Our dwelling with him.

John 14:23

But the one who joins himself to the Lord is one spirit with Him.

1 Corinthians 6:17

Meditation for the Day:

I am I AM's.

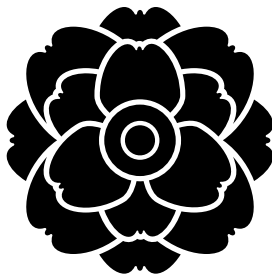
Notes

Notes

**Now go, and keep your gaze
upward.**

Come up higher.

Come up here.



About the Author

Traci Vanderbush enjoys the simplicity of being married to her best friend and childhood sweetheart, Bill Vanderbush. She is mom to two amazing humans. Traci's passions are writing, dancing, exploring, and pursuing the Creator. She desires to bring hope to hearts of all ages through her writing. Certainly, every person has a dream deep inside, and Traci wants to see each person live his or her dream, no matter how big or small. A believer in redemption, she believes there is gold to be found in the most unlikely places.

WEBSITES

www.theporchesofholly.com

www.thewindowsofholly.com

www.tracivanderbush.com

FACEBOOK

facebook.com/tracivanderbushwrites

TWITTER

[@tracivanderbush](https://twitter.com/tracivanderbush)



INSTAGRAM

tracivanderbush

For excellent life-giving teachings by Traci's husband,
Bill Vanderbush, visit www.billvanderbush.com.