

and choice to enforce our in-Christ authority and send them to their burial plot.

And last, when we think about and/or encounter someone whom we think, or actually is involved in evil, hurtful, abusive or unpleasant attitudes and actions, we can acknowledge the sin and pain operating inside that person as separate from the individual. Yes, ***picture the sin and pain as weighty coins, separate from the person God created.*** This mindset will empower us to love well.

We can obey the Word, and put away sin and pain as Jesus Christ did – in their burial plot. Then we can walk in, and be led by His Spirit, including His love, peace, joy and more. We do not have to allow the defeat of “sin doing it,” which is sin ruling over us, as Paul said in Romans 7:15-21! We can be victorious!

HALLELUJAH FOR THE GOOD NEWS...

The sin and pain of your past can come up and out of you!

You do not have to swallow sin and pain!

But when you do swallow sin and pain, there is a pathway out!

And, you can *see people separate* from their evil, hurtful, abusive (sinful) attitudes and actions!

This was accomplished for you, through Jesus Christ, merely because He loves you!

CELEBRATE!

WHAT YOU CAN DO...

You can purchase a wide-mouth, plastic bottle and collect coins in the bottle. Every time you put a coin in the bottle, you can ask yourself, “***Did I swallow any weighty pennies, nickels, dimes and quarters today?***” If you did, name them, take authority over them, and command them to come up and out, and to go to their burial plot.

If you desire, when the bottle is full, you can donate the amount of coins to Life Awakening, by sending a check to the address below. You will receive a tax-deductible receipt. If you live in our area, you can deliver the coins to us personally.

Once you empty your bottle and send us a check, you can put coins in the bottle again and keep ***asking yourself the bolded question above.*** In fact, you can keep doing this until your address changes to Heaven!

This illustration is supported by Romans 7:15-21 and Hebrews 9:26; 12:1-3 as taught in *Awakened to Life Within, Getting Out and Staying Out of Pain.* Copyright 2018 by Linda S. Ingham of Life Awakening. All rights reserved.

If you want more information about how you can learn to *apply* and *experience* the *Gospel Process* for victory, contact:



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PENNIES, NICKELS, DIMES AND QUARTERS!

Does it seem that pocket change could have anything to do with helping you gain victory on your journey through “life?” Probably not, but it certainly could!

What happens when a child swallows a penny? Does the penny digest like food digests? No! The truth is: when a child swallows a penny, the acid in his stomach does not have the capability of breaking down the penny to digest it because the *penny is not designed to be digested.* Instead, the penny is carried inside the digestive system until it is eventually eliminated. Sometimes a penny can get stuck and surgery is needed to uproot it so it can come up and out! Whenever and however the penny comes out, it is in full penny form. It is most important to understand the simple truth that *the penny comes out because it is something else, separate from the child.*

As people travel through life, they experience situations, relationships and events. In

the same way that a child swallows a penny, one can swallow sin and pain which lurk in the midst of those situations, relationships and events. One may swallow, or take in rejection, pride, terror, confusion, rebellion, accusation, condemnation and shame, all of which can bear fruit in unpleasant and destructive attitudes, thoughts and actions.

Like a penny, specific sin and pain are entities that are their **own separate beings**. They are **something else, separate from the person**. And, like a penny, the sin and pain are *not designed by God to be digested, or even dissolved* because they do not have the capability to be digested and dissolved. They can, like a penny, get stuck inside, requiring surgery, the Holy Spirit's surgery.

Here is an example. People say, "I'm afraid," attaching fear to themselves as if it is a part of them – even as if it *is* them. Therefore, they think, or are unconsciously thinking, that there is no choice, no option, but for that fear to remain inside of them. They think they cannot get rid of the fear. They are actually stuck in it. They may think if they just have *more* faith, the fear will subside, only to feel guilt and accusation for (allegedly) lacking in faith when fear is still felt. But, just like the penny, *the fear truly is separate, a separate entity from the person. It is something else*. Like a penny, when that fear is swallowed, it cannot be digested or dissolved. The fear stays in its original form and it starts to live and operate inside, causing anxiety, panic or other unpleasant attitudes, thoughts and actions. And all too often, fear then begins the destructive path of making

their decision(s). (You can reread this paragraph substituting fear with rejection or betrayal or condemnation or the sin of envy or jealousy or rebellion or pride.)

Sin and pain do not *come from* God, nor are they *in* His kingdom. They come from Satan's kingdom. In order to bring change, we can train ourselves to picture sin and pain as coins with *fear* or *rejection* or *pride* written on them. You name them for yourself. These coins are *weighty*. Too often we swallow, and are stuck lugging around weighty coins that carry no value and sink us into weakness, discouragement, depression and more. But because those weighty coins are separate from a person, they can and will come up and out when a person experiences the Holy Spirit's surgery by *applying the Gospel Process*. Even if coins have been inside since being in one's mother's womb, they can come up and out.



While we work on getting the weighty coins from our past out, **we can learn to not take in new weighty coins** during life's situations, relationships and events. This entails learning to **identify what specific sin and pain are lurking**. And it also entails repeatedly **acknowledging that sin and pain are something else, separate from us** as we feel them lurking. In

addition, we can speak out that we *do not want to take them in* because we do not want to deal with them when they sink us into despair, bearing all their unpleasant fruit.

Please understand this important truth: Jesus Christ bore sin and pain and died with them on His body. When He rose from the dead, *sin and pain*, that were on His body, *remained in the grave, buried*. So, in reality, *sin and pain were buried, or put away, by Jesus Christ because He left them in the grave*. Hence, as we *feel sin and pain (weighty coins) lurking*, instead of swallowing them, we can *enforce our in-Christ authority over them and put them away to their burial plot* as Jesus Christ did. **Just as the penny was eliminated, sin and pain can be eliminated (by sending them to their burial plot).**

Unfortunately, in our humanity, we do swallow, or take in weighty coins. But through the Gospel of Jesus Christ, we can do something about them – we can eliminate them! Indeed, we can learn to do the following: to *identify* the specific sin and/or pain, to be *aware* that they are inside, to see them as *separate* from ourselves, to know that they *do not belong* in us, to *not focus* on them, to *not wallow* in them and certainly to *not nurture* them. **Instead of saying, "I'm afraid," we can say, "I just swallowed fear!"** In saying that, one is declaring, "fear you are not me; I am not you; you are separate from me." Declaring, over and over, in that way, can train us to both think and deal differently with sin and pain, so that we will not be deceived so easily. And when we get tired of carrying that sin and pain, *we have the option*