

Lastly, when you think about and/or encounter someone who actually is or you think is involved in evil, hurtful, abusive, or unpleasant attitudes, thoughts, feelings, choices, actions, and behaviors, you can acknowledge the sin and pain that is operating within him as *something else, separate from him, not a part of him*. Yes, **picture the sin and pain as buttons, separate from the person God created**. This mindset can empower you to love well.

You can obey the Word and join what Jesus Christ already did by commanding sin and pain to their burial plot in the grave whether they are rising from within, lurking around you, or locked within. That is putting off the old. Then you can put on the new and love well by walking in your *union with Christ*. You do not have to allow the defeat of *sin doing it*, which is sin *ruling* over you, as Paul wrote in Romans 7:15-20. Instead, you can be victorious!

PRAISE GOD FOR THE GOOD NEWS...

You can avoid swallowing sin and pain today.

But when you do swallow sin and pain, they can come up and out of you, even if you swallowed them way back in your childhood or while in your mother's womb.

You can see both yourself and others separate from the evil, hurtful, abusive, and sinful attitudes, thoughts, feelings, choices, actions, and behaviors you or they engage in.



We offer a *Toolkit* which contains *Training Tools* to train people how to simply and practically join the Gospel for freedom, healing, and victory from the burdens of sin and pain for themselves and others

If you want more information about how you can access Life Awakening's *Toolkit*, please contact...

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Romans 7:15-21 and Hebrews 9:26; 12:1-3.

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**BUTTONS,
BUTTONS,
AND MORE
BUTTONS!**



What happens when a child swallows a button? Does it digest like food digests? No. The truth is: when swallowed, the acid in the child's stomach does not have the ability to break it down because the **button is not designed to be digested** or even **dissolved**. Instead, the button is carried inside the digestive tract until eliminated. Sometimes a button can only be eliminated by uprooting it through surgery. And the simple truth is: the button can be uprooted and eliminated because it is **something else, separate from the child, not a part of him**.

In the same way that a child swallows a button, you can swallow or take in sin and pain during life's experiences. You may swallow rejection, pride, terror, confusion, rebellion, anxiety, accusation, condemnation, or shame, each of which can bear fruit in unpleasant, destructive, and/or sinful attitudes, thoughts, feelings, choices, actions, and behaviors.

Like a button, specific sin and pain are entities that are their **own separate beings**. They are **something else, separate from a person, not a part of him**. And, like a button, the *sin and pain do not have the ability to be digested or even dissolved. They, too, can require surgery in order to be uprooted and eliminated* – the Holy Spirit's surgery.

Here is an example. You think or say, "I'm afraid," attaching fear to yourself as if it is a part of you – even as if it **IS** you. Therefore, you think, or are

unconsciously thinking, that there is no choice, no option, but for that fear to remain. You think it will never leave. You become locked in it. You may think, "If I just have more faith, the fear will subside," only to feel guilt, condemnation, and accusation for (allegedly) lacking in faith when you still feel fear. But, the truth is, just like the button, *fear is something else, separate from you, not a part of you*. Like a button, 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, terror, or other unpleasant, destructive, and/or sinful attitudes, thoughts, feelings, choices, actions, and behaviors. And all too often, fear then begins the destructive path of making your decision(s). (You can substitute fear with rejection or betrayal or condemnation or the sins of jealousy or rebellion or pride.)



You can train yourself to picture sin or pain as a button with the word, *fear* or *rejection* or *pride* written on it and train yourself to see those buttons as separate from you. Too often heavy, dirty buttons are swallowed, sinking you into heaviness, weakness, discouragement, depression, and more. But because those buttons are something else, separate from you, not a part of you, they can be uprooted and eliminated via the Holy Spirit's surgery through **joining the Gospel** through the Gospel Process.

While you work on getting the buttons from your past out, **you can learn to not swallow or take in new buttons. This entails learning to identify specific sin and pain as they begin to rise from**

within or lurk around you, while acknowledging that they are something else, separate from you, not to be a part of you. In addition, you can speak out that you do not want to swallow them because they can lock you in despair, bearing their unpleasant fruit.

While on the cross, 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 buried, in the grave*. So, in reality, *sin and pain were buried, or put away, because Jesus left them in the grave*. Hence, as you feel *sin and pain (buttons) rising from within or lurking around you*, instead of swallowing them, in our *That Split Second* teaching, you can learn to *join what Jesus Christ already did for you and command them to their burial plot* in the grave. Why can you do that? Through your union with Jesus Christ you have powerful authority. **Just as the button was eliminated, sin and pain can be eliminated (by commanding them to their burial plot).**

When you do take in buttons, you can learn to: 1) *identify* the specific sin and/or pain already swallowed even if it goes back to your childhood or when you were in the womb, 2) be aware that they are within, 3) see them as *separate* from yourself and *not to be a part of you*, 4) know that they *do not belong* in you, and 5) *not focus* on them, *not wallow* in them and certainly *not nurture* them. Instead of saying, "I'm afraid," you can declare, "*fear you are not me; I am not you; you are separate from me.*" In repeating that truth, you can train yourself to see, think, and deal with sin and pain differently. And when you get tired of them operating within, *you have the option and choice* to join what Jesus Christ already did for you and command them to their burial plot in the grave.

**Fear, you
are not me...**