



Deep Diving – The Deep Dive

What does a “deep dive” mean in the context of a closer walk with Jesus? A deep dive is willingness to ask the Holy Spirit to reveal to you those areas in your life that present struggles, challenges – sin, which are not obvious and superficial. A deep dive requires shining the light of Christ (a truth light) deep within yourself to expose all that is hindering you from living as a Christ-centered surrendered vessel.

Katherine H, a participant in the February 2020 cohort writes, “the deep dive is where you ask the Holy Spirit to reveal the lies that you have come to believe about yourself and others and ask Him to heal those broken places. I think of “walking through the fire of God” as He burns off the dross of my life. Proverbs 25:4-5 in the Passion Translation reads, *“if you burn away the impurities from silver, a sterling vessel will emerge from the fire. And if you purge corruption from the kingdom, a king’s reign will be established in righteousness.”* Proverbs 17:3 *“In the same way that gold and silver are refined by fire, the Lord purifies your heart by the tests and trials of life.”* The deep dive reveals and heals broken places. *“All those I dearly love I unmask and train. So repent and be eager to pursue what is right. Behold, I’m standing at the door, knocking. If your heart is open to hear my voice and you open the door within, I will come in to you and feast with you, and you will feast with me. And to the one who conquers I will give the privilege of sitting with me on my throne, just as I conquered and sat down with my Father on his throne. The one whose heart is open let him listen carefully to what the Spirit is saying now to the churches”* (Revelation 3:19-22, TPT).

For me, the starting point begins from my position in Christ and truly believing that I am, as are all those who profess Christ, a beloved child of the Most High King and therefore “part of the royal family” (See, Mark 9: 19-22). A deep dive requires a willingness to allow the Holy Spirit to expose my flesh and areas where I have agreed with flesh over submitting to my Lord and Savior, Jesus Christ. A deep dive only really hurts if I allow my pride to stand in my way. Once I place my pride on the altar, my fear of exposure diminishes and I can stop hiding and pretending (I can lay down

the masks as well) for fear of being discovered (as Adam and Eve discovered their nakedness in the garden). In fact the fear of “discovery uncovering exposure faded as the light of His glorious truth and love (a truth light) brought liberation and freedom, as if a heavy weight had been lifted off of my shoulders and rocks removed from my path - less stumbling and I can stand up straighter! You can, and certainly I would highly recommend that, you ask the Holy Spirit to help you in the journey of purification, this deep dive into yourself and receive the freeing, cleansing that comes from His living water as we are His temple.

I have prayed Psalm 139:23-24 over my life and seen the results and now understand that the revealing of a “flaw” or “dross” can be a bit rough sometimes. Anger or frustration flairs up, shame, doubt, and unbelief wash over or at times even unworthiness or hopelessness; yet I continue to encourage myself and you that these are opportunities to confess and accept the forgiveness freely give to us by Christ. Let us pray, “God, I invite your searching gaze into my heart. Examine me through and through; find out everything that may be hidden within me. Put me to the test and sift through all my anxious cares. See if there is any path of pain I’m walking on, and lead me back to your glorious, everlasting ways— the path that brings me back to you” (Psalm 139:23-24, TPT).

Your belief, your standing in your true identity as a beloved child of your Creator, God, allows the Holy Spirit to expose the dross. It is up to you to put all on His life-giving and transforming altar as from sacrifice will flow joy and peace from His fountain of life. Jesus wants to be invited into your heart and He will help you clean house. The progress from removing boulders than rocks than pebbles, then down to the very grains of sand¹ can be fast or slow – it is up to you. *“But he continues to pour out more and more grace upon us. For it says, God resists you when you are proud but continually pours out grace when you are humble.” So then, surrender to God. Stand up to the devil and resist him and he will turn and run away from you. Move your heart closer and closer to God, and he will come even closer to you. But make sure you cleanse your life, you sinners, and keep your heart pure and stop doubting. Feel the pain of your sin, be sorrowful and weep! Let your joking around be turned into mourning and your joy into deep humiliation. Be willing to be made low before the Lord and he will exalt you”* (James 4:6-10, TPT).

¹ Read our Teaching on Boulders, Rocks, Pebbles, Grains of Sand

Do not expect deep-diving to be a one-time operation!

Deep-Diving is a lifestyle to maintain Christ-centeredness!

“Beloved friends, what should be our proper response to God’s marvelous mercies? I encourage you to surrender yourselves to God to be his sacred, living sacrifices. And live in holiness, experiencing all that delights his heart. For this becomes your genuine expression of worship. Stop imitating the ideals and opinions of the culture around you but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God’s will as you live a beautiful life, satisfying and perfect in his eyes” (Romans 12:1-2, TPT).