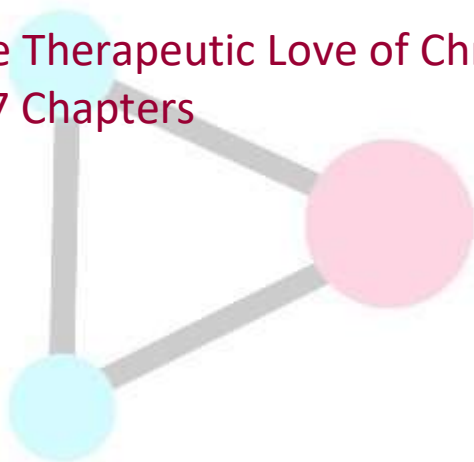


WORK IN PROGRESS

The Therapeutic Love of Christ for All
in 7 Chapters



by Melissa J. Smith
fisherWoman Biology Services

Free Book Format for Download

From www.fisherwoman.net

Published Online 14 February 2021

Chapter I: Introduction: Why follow Christ? (Purpose to the Self)

The simplest answer is because this is how we get things done. From my purely pragmatic point-of-view, developed from my intense curiosity and seeking to understand Christ through observation and the application of the scientific method, to try and understand the power He reigns over earth, it moves all of our life force and the cosmos into purposeful action with fruitful ends. Ask anyone who has received a single “blessing” and you cannot convince them it is otherwise. Billions of people are seldom wrong when in agreement. I love serendipity and I do not have faith in coincidence, but I do in the God that arranges all things. Good things happen in our lives while we are “in agreement” and acting according to our purpose.

The Way (the collected teachings of Christ) is the only thing that makes sense out of nonsense; the teachings of Jesus Christ remain consistent, explain reality at all levels and reveals the epitome of hope for humanity.

Christ’s Law: Moral, Natural

“To love God and Love your neighbor as yourself. All the law is fulfilled in these two rules” given by Christ. Both legally and morally, this commandment fulfills every requirement for altruism (doing what is in the best interest of others for its own sake to reach the establishment of the ideal society). I am a pragmatist, surviving in a broken body, in a fallen world, has made me out to be one for survival’s sake. By the world’s accounting, I am unfit to do so just as I am. I had to learn (often the hard way because I’m stubborn and I have struggled with anger management) to do what is going to work. Having reached this glad point in my life-where I feel blessed to be alive at all-much less leading an enjoyable life despite what I’ve

endured, sure feels like a miracle sometimes (and it's not my only one).

He is real. He was a real person. He was alive. He is alive.

Furthermore, the proof of the life and gospel testimonies of Jesus Christ represent a fact found in the historical records. All legitimated data collected since His birth confirm He lived. He had a high impact on His contemporary culture and served others in multipurpose ways while He lived. He taught lessons which continue to be passed generation to generation, He performed miracles of healing those emotionally distraught and mentally or physically ill, He conquered death and made manifest His spoken word in the physical realm. He cursed a fig tree and it withered and died, multiplied food and calmed stormy seas, all “big tricks” which got people’s attention. These, mere examples of things He intended us to do while not in the presence of His physical form. We believers are authorized by faith to do so, in His stead with His love.

At every level, the parables He used to offer His guidance to us, His people, is seen in the physical sciences, in social and societal development, and in the spiritual fulfillment of the individual. His parables are our probables. We humans seem to universally crave and need spiritual connectedness to be “fulfilled.”

As a “legendary figure” or mythical archetype, many cultures (and regional subcultures within them) have these. Either they are real-life heroes, or caricatures, embraced by the culture to illustrate behaviors idealized by most. Compared to Jesus, none can measure up so efficiently as to illustrate what an “ideal” human being should feel, think and behave [as Christ behaved]. He alone offers a new identity, a spiritual freedom to embrace your idea of yourself, your talents, skills, abilities, and gifts; implanted in you by a loving Creator. We really do not become who we are meant to be as people until we learn

to love ourselves. Christ, again, reveals most efficiently, the way to love yourself and in so doing enables and empowers us with the confidence to: first, to be ourselves (to contribute what God intended when He made us to the world around us) and second, by developing those elements of our unique personalities and spirits according to *The Way*, or more simply stated, to give of ourselves as Christ gave to those. [Christians are called to be the Body of Christ on earth now. When we have good self-esteem and confidence we can be in positive/healthy relationships with others (as Christ also commanded).] Following *The Way* allows us to become “New Beings” in the family of God, empowered by Holy Spirit to pursue our true identity in Christ alone, to become who we were always meant to be. In Him we become fully alive as He becomes alive in us.

His message, *The Way*, has come to be known across cultures, so He is more than any other hero or legend any of them have to offer. The beauty in the message of Christ to all people, regardless of culture, creed, or status, is come as you are. You belong in this family, too. It is a sentiment often repeated in the world in some version: we all bleed the same color, we all put our pants on one leg at a time, etc. This sentiment reflects Christ’s invitation to complete the family, to recognize we are all supposed to consider each other as a real family. Common sense evaluation allows us to realize this in our survey of other creatures categorized into families (Kingdom, Phylum, Class, Order, etc=Family). But in our regard of each other as a family of human beings, we often fail miserably to evaluate each other as such. We all belong to each other in God’s family. We believe everyone is supposed to be in this family; Christ was our living example of how this is accomplished. Believing in Christ is how we are able to believe in ourselves and then trust enough to believe in others. (Commissioned to continue by faith in HIS estimation of me- this is why I must be myself).

His teachings have so endured that today there are widespread seekers of the Christian Faith dedicated to being salt and light all over a world that often seems to offer catastrophe at any turn [maybe refer to salt covenant: an element of Him remains in us]. We are to help contribute to the inner peace others need in their brokenness as we realize our own; not to contaminate the world with our own bitterness.

In Christ we come to know peace regardless of circumstance. Although His message and the law are considered gifts from God, the person of Jesus Christ was a minister to other individual people. Those that come to know Him, today same as it ever was, are changed and transformed. It is through Christ that we come to understand and use real power to also affect the world. Our hope is to do so as He did while He was in physical form. Through us, His love endures and is alive in the world. With maturity we gain insight and learn to see through many of the illusions or trappings the world has to offer, but which do not lead to happiness or “fulfillment.” We are offered a way to “see” / understand the many broken aspects of worldly societies and their establishments in new ways (with our new-beingness, duh); hopefully motivated through love to progress in our service. Don’t remain “trapped” on the “hamster wheel” if you feel like you are not able to accomplish what must be done. It sometimes seems that the leap off could be painful; but once free; relief, then the opportunity for real progress becomes available.

The message of New Beingness is the warrior’s way through life; for we are improved daily, empowered daily, challenged to our most useful purposes daily to apply the talents, skills and abilities implanted in us for our own good and the good of our world around us. It is a lifelong, continual process. Just as falling in love with a person and nurturing that relationship in its fruits and adventures during the course of our lives, the one we enjoy with Christ

only strengthens us in our abilities and grows us in confidence and demeanor to share freely of ourselves with others in real and meaningful ways. This is the nature of all good, fruit-bearing relationships in every form: family, work, community, and friendships. These tend to improve as a natural consequence of relating to others in a manner like Christ (especially when we don't "feel" like it). The effect of doing so makes us more relatable to the others around us. We have changed (hopefully) the ways we are impacting them. It's impossible for others not to notice. His guidance is the double-edged sword, the strength to be who you are on one edge, the courage to cut away that which will not serve that purpose unto HIM on the other.

I am a Christian because I love Jesus. Through any real or faith crisis I have endured in life, all His truths remain real to me and His Way is the easy way to have the happiest, most abundant, peaceful, and productive life that can be had. If Jesus did not have firm control of my "situation" I would have no hope for any worthwhile life. I cannot state in 7 chapters how every aspect of my life has been transformed by His love of me just as I am. Whether I have been in a state of grace or shame, He cares not. He knows me within and without. Understanding all this, created a version of me where I have any self-esteem at all.

Make no mistake, in *The Way* there lies a moral imperative to altruism that applies certain standards in human behavior. The orientation is to the avoidance of doing harm to others or our society and avoid the destructive energy of carrying shame within a person. When we follow it we can expect protection legally, but more than that there is an alignment with the natural world which sets our lives along the "right path," consequentially.

Dear God,

*Please make manifest The Word in the world.
We need your presence with us, Lord, in all human
endeavors.*

In Jesus's name we pray, amen.

Chapter II: Christ RESTORES (Relationship the Self);
I overcome shame, the destruction of my personality;

Scriptural Reference for this chapter is Adam and Eve hiding in Garden of Eden during the time they normally walked with Jesus. Because they didn't show up (to give thanks with the Lord for their wonderful day with the animals and in the garden) as usual, **and the Lord was looking forward to His visit with them**, He went looking for them. Finding them afraid, embarrassed, in pain, in shame; The Lord killed a lion (the first trauma, for Adam and Eve lost a creature they loved and did not fear) and fashioned clothes for them so they could be at peace in their own form. The purpose Jesus life and accomplishment on the cross was to cover us once and for all, a sign for us each to know our worth to him; He did this to show how much God wants each of us to feel like we do belong to his family-if he were here, he would die for you rather than to see you suffer-that is the main point, please get this if nothing else provokes belief. God intends for us to know that whatever our sin is, our place is always in communion with Him. Today, the devil continues to try to destroy how we feel about ourselves. No matter what be at the core of any shame, guilt, humiliation, or fear, don't hide from God. God already knows that there is something wrong when He's not hearing from you daily, even if it's just to check in. He is ready to "cover" the damage that has been done to you and by you in the broken times the world encounters. The good news is that things are all ways changing. God wants to disrupt activities that keep us figuratively hiding, in separation from Him. He is looking for us and already has something in mind to take care of your situation. Don't make Him look too long for you when you are hearing His call for a better way of life. Understand that your pain and suffering is bound to linger on the more you hide from dealing with the "issues" in your own life. Everything you fear you must hide from other people; He already knows. Often these "demons" are things we really need help in

overcoming, yet the destructive nature of the energy of shame deters. Shame manifests itself by keeping us so isolated, feeling lonely, frustrated, and enduring pain far longer than Jesus has in mind. He has already made our way to victory over any issue such as this, when we learn to love and believe in ourselves, it begins. Because we are in a family, we have help available.

The good news is that Christians usually make great helpers. All people have the innate tendency to want to help when asked if they can do so. Many times, we do not know what to do, but things are always better with a buddy that can bring aid in situations we cannot solve on our own. I never wanted to ask others for help. I did not want to be the one needing help, I was the help. I was arrogant. When I got diagnosed with rheumatoid arthritis, I would often find myself at a gas pump, on empty and unable to remove the cap so I could refill my tank. I was forced by circumstance to cry out for help, usually to the first stranger pulled up at a pump beside me. The Lord was dealing with my attitude. I found that it really did not bother me to ask for help. I learned to ask quickly for help when it was required (oh my, it remains so often a requirement). I have been overjoyed to discover the love manifesting from others who are always smiling when they can help. I came to understand that asking someone for help was actually a gift whose recompense has no measure. What could I offer to pay someone for removing a cap? To me this act was priceless as I could not proceed without their gift of willingness to help when asked. God's love is the spirit that filled these people with lovely smiles and kind sentiments. Christians make great helpers. Even when we do not know exactly what we're supposed to do (yoo hoo: pray); we will walk with those who come asking for help and feel joy in the Lord when asked to contribute of ourselves. In the smallest (gas cap sized) ways and large, life changing & affirming ways. Because I was willing to seek help, I have been set free from anger, pain,

addictions, etc. I could never have accomplished these things alone.

In overcoming the consequences of shame (both personal regret and humiliation from the degrading effects of trauma) my identity was completely accomplished because I had a relationship with Christ. Shame is a most destructive force on the human psyche and exerts such destructive force from inside of us contaminating our lives. It is at the root (or the source) of many physical illness and manifestations of emotional/mental problems causing dysfunction in our relationships. Of shame, I mean 2 basic types: shame for the “bad” things we have done and shame we bear for the bad things that were done to us. All of us have both and all of us can overcome each (eventually) when we are in relationship with Christ. For many, it is the destructive force of shame in our own lives which often wreaks havoc in our relationships and our inner lives as it reflects how we really feel about ourselves. In Jesus, all people are redeemable. (For while we were yet sinners, Christ died for us) There are none among us who will not be loved back. There are none that He will not HEAL completely. Shame influences the negative identity we often establish trying via our own devices or by following what the world says we should be. Jesus is the best habit and the only source for true healing that endures.

When we overcome feelings of shame it allows us to build bridges of love to others (to be outward bound with love, not just sitting in our comfortable pews or closets-but bold in being vocal for Christ and growing bolder in acting out of faith). For in so doing, it allows us to connect in meaningful ways with others). This is what the symbolism of the cross represents between God and Man, in the person of Jesus Christ who empowered the cross, humans are now able to bridge the power gap in our own spirits (personalities which should have self-esteem and positive self-identity concepts like mastery, confidence and

communication) and our souls (the eternal aspect of the self which alights the body to life and the purposeful endeavors the Spirit will undertake on earth during its lifetime).

As I have come to see myself and reflect on the formative events of my life through the eyes of Jesus, by example of how the Bible illustrates His love for all others, I was able to forgive myself for all my mistakes, arrogance, and indulgence and let go of the rage and pain from trauma to be able to forgive horrible things that were done to me.

The healthcare industry is taxed from lack of resources needed for all the hurting people in the world. For so many of us who are locked up inside ourselves, with the inability to express our hurts and traumas, nor explain the effects of these to our psyches; the literal emotional and mental cleansing that can come from believing and invoking an identity of Christ to come alive in us creates a new being out of us. It is (completely) restorative (eventually) and so simple (except believing the way He wants isn't simple if you think too much about it; you've got to feel His love and move it on through this world). No matter what has been done to you or the damage it has caused; no matter what you may have to done to self or others as a result, there is nothing that cannot be turned into a powerful redemption story by learning and following The Way.

This is the nature of repentance and submission. Submission is all about becoming the new being Christ empowers which God created. This is the best version of the self, that one called to its highest purpose and fully empowered to be healed, set free, and encouraged to bloom in new ways that serve His good ends. To become movers of the divine Holy Spirit through us in loving manifestations to the world around us. Therefore, we can let go of all the old hurts, all of our embarrassments, guilt and shame. In New Beingness, the only reason any of that matters is that you can now be an example and a loving bridge to others who have been hurt or broken like you

used to be. Now, you will have the salt, the knowledge, to be empathetic to the circumstances of them and how to help them in your unique way to reach them with the Light of the world. It is a permanent restoration and with the embodiment of the Holy Spirit we keep getting better and better. Jesus comes into a life and heals the worst first, but He does not abandon us until we understand nothing less than His perfect love.

The eradication of shame and feelings of negativity towards the self is the beginning of believing the still small voice of the Holy Spirit that tells one you are worthy of love over the destructive inner voice humans often have inside themselves after living in a broken world. The father of lies says there is no God and no source of love outside yourself. Jesus inside overcomes any manner or poor self-esteem or worse. Following Christ is the beginning of learning how to believe in yourself, and to trust in people around you even when it doesn't make sense to do so. What we believe shapes how we move through the world, our intentions and actions regarding the self and others. What Jesus spoke is the law of the world, it is how the world works, and we impact it with our beliefs. He said believe it as if you have already received it. When you are on the receiving end of a life that does not reflect "God's Plan" start examining what you believe about yourself.

To engage in believing the way Jesus had in mind, to fully develop an active faith, we must assume the power position in our own lives. Jesus don't want nobody hating themselves, feeling sorry for themselves, nor locked in anger and pain in their relationships. This is not the power position in your life. More than likely, its where the world has made you feel you deserve to be; You don't! Drown out that horrible voice with the refreshing, cleansing love of the Living Water.

Washed clean, we all learn to hear and listen to the Beautiful still, small voice of the Lord. For those like me

who had serious issues with forming a positive self-identity, believing the beautiful voice that tells you who you are is difficult. However, this journey (although REAL at every level, physical laws apply) to understanding your true power is a faith journey. The devil wins so easily if you never get started on this journey. I knew that what had happened to me wasn't my "fault," yet I was not able to apply the loving grace of the Father, who kept reminding me, during my worst darkness (that little insidious voice that screams at me from inside "why did you believe them? Why were you so stupid?"), that this was not my fault, but the fault of broken men who embraced their darkness in a broken world and this was not to be my plight. The Lord protected me and was a lamp to my path so that I never got too far off-track, nor presented a serious danger to myself. Because I was damaged early, I learned whom I could trust early. When I was "off-track" in any aspect of my life, God always sent someone to tell me so whom I would believe, a holy messenger. It is not that I didn't hear that still small voice imploring me to do differently, to be on point on my path; it just took me a while to deal with my feelings of not being "good enough" which eventually gave me victory over my shame, and allows me the freedom to share my story, now.

Since I have learned (not always to my chagrin, always) to trust in this direction and to act in faith on its prompting, I have known more joy, excitement at discovery over God's working in the world, and peace about the darkness creeping around in it. This may be our plight but succumbing to the darkness within us is not our fate. What you believe about yourself reflects on all other aspects of the faith you will grow in Christ and your ability to be powerful in positive ways to a darkened world. For the self, we must first believe we have something purposeful to offer. To be outward bound in a loving spirit towards a world where so many people are angry and doing horrible things; there has to be a good reason. There is no better reason to do anything under the sun than it is who I am.

As I have learned to “put myself out there” in a mature, Christ-like manner, I have observed that my physical pain becomes unnoticeable, I share any healing story without fear of rejections, and I am energized not depleted. To me, this feels like evidence that for doing something to benefit others out of love for Jesus, and I end being blessed too. It is real. There’s medical evidence in my case which supports my assertions. If you want to feel better about yourself, a relationship, or some bad something in the world then listen to the still small voice within and try anything for Jesus sake and just see what happens. In faith, believe something good will happen and pay attention. A huge part of becoming what Christ says you can be, comes from taming our inner darkness, overcoming our shadow-or whatever you want to call it; therefore, forgiveness of the self is key to unlocking yourself from the bondage of bad habits. If you have negative experiences in life which are based upon childhood trauma, the world has likely taught you there is no escape. Nothing could be farther from The Truth. If who you want to be is not matching who you are, Jesus is trying to give you a better estimation of yourself. Reconstructing the bits begins with bringing your inner life under control and knowing where to focus your energy. Sometimes to accomplish this we must apply tough love to ourselves, to our own “inner child” accordingly.

Dear God,

Please render to me the strength I need to impact and fulfill all your purposes for me. Please set me free from the things which will prevent this. Send me Your help when I need it. Let me be able to recognize it when this happens. Thank you, God, for making me a new being, every day.

In Jesus's name we pray, amen.

Chapter III. Learning to see others through His eyes; Christ forms new and restores Relationship with others.

We cannot do this in a state of shame/disgrace for in that state we are always focused on ourselves and worried what others will think. The TRUTH shall set you free, the double-edged sword helps with this, when we do not have anything in our lives that anyone from the “world” can use against us, we can be a better tool for Christ. It does not matter what we did in our old identity. In our new beingness He will give us a new way to look at our past lives and turn our adventures (or misadventures) to good use to reach others wandering lost in His kingdom.

a. SELF love sometimes equals tough love, not do whatever you feel in the moment will make you happy. When who you think you can be is not matching up with who you are, get to work. Do not settle, you make a difference in your own life when Jesus empowers you in the right direction.

Because I suffered from repeated episodes of sexual abuse as a small child, as a young adult I always tortured myself with these thoughts: why did I go with them? Why did I believe their threats? Why didn't I tell anyone until it was too late? I discovered other members of my family had also been abused and felt responsible even though I was only five years old. But I lived in obedience to God and when he blessed me with children, this was completely healed. I finally felt that mature type feeling where the idea that it was not my fault made sense, I was wholeheartedly in love with a toddler child. It hit me full force exactly what a child like me, the same age as me, with the same discernment at that age had been victimized and lived and learned to love others despite what had been done. The only part that was my fault was how I had endured and gotten along despite it happening. Christ was with me and had the victory all along, but I had received the blessing yet not felt the healing until this moment. During this time in my life, with that Christ Consciousness

having been revealed to me, I didn't even have any shame about these matters to forgive. It also allowed a compassion for my abusers to grow in me. Where I had forgiven, new mercy was given bloom in me and my hard feelings were erased. What I used to fear mentioning for what people would think and assume, I now freely share so that others can have their healing journeys enhanced by my story. My newfound confidence made me more able and willing to be in relationships with others and be authentic/real.

b. Forgiveness is key to making relationships work; it is about learning how to love others as Jesus does in teaching us the Lord's Prayer. Afterwards, He commands the disciples to forgive anyone they hold something against; that if they owe something to another-to go make reparations and seek forgiveness.

If anyone has anything against you, ask for forgiveness. Making things right or attempting-will give you solace. If you need to forgive someone for hurting, you-forgive them for their weakness and you will not hurt as badly. We all belong to each other.

If your relationship (family, friend, employer, teacher) is in turmoil, apologize and try to reconcile even if you think it is the other party's "fault." Coming into the family fold means understanding that you are 100% responsible for your part (beliefs, feelings, thoughts, actions) towards them and you are called to act like Jesus, especially when you don't feel like it. This is what having Jesus in the middle means. If keeping the relationship intact, in agreement, is all up to you, then do your best. Ask God to send you a "Higher Love." Jesus will temper our tempers when we adopt His Way of doing things because we like to do what works! Who doesn't want to have happier, more meaningful relationships? It what God intended for us with Him and with each other. As human people we often fail to understand we belong to each other, here.

We need to be in an easy, restorative relationship with Christ for our relating to others to be easier. Just as I mentioned above, as Christ gave me new thoughts about myself and the things, I had been through this empowered me to see others around me in light of what their own circumstances were. Not only did the LOVE in bloom inside me create a more positive experience with myself every day; this allowed me to see others in perception of the traumatic events of their lives consequentially, I gained new insight and felt less hurt and shame. These things the devil wanted me to believe there was no way to get over ended up meaning no big deal to me except that now others are helped, and I am no longer afraid to share the aspects of my life. God took great care of me, He blessed me with a husband and children even though I wasn't an "ideal candidate" for a wife. Obedience in relationships so often leads to gratitude and fortitude. We must build on these strengths in our agreement for efforts to change the world. It begins with the essence between each other to cooperate and accomplish other work in the world.

c. Your Wider World Circle needs you; being outward bound in sharing your love, prayer, and service to your community is an important part of "relationship" in general.

Once your direct relationships are in order, it's time to move out in wider circles: the goals keep safe, understand we all cook at our own speed and it is our duty to love others where they are. You are affective for the Lord simmering, stewing, & boiling. Do not burn up or out by getting into the "wrong thing" for yourself. Next, do not question what God is doing in someone else's life when it seems bad. Trust in the Lord to change the things you cannot and do not put up with harmful behavior -don't get attached to people who can harm your relationship with the Lord, just love them from a distance, enforcing boundaries and being outward bound in loving manners.

Let God direct you with your passion (maybe righteous anger in areas important to you) on the paths you're needed.

We each have an impact on those around us. It's the nature of loving each other and it's a good thing.

We are created to be high impact, multipurpose individuals. Consider your circles and the effects on the world around you: Are you paying attention to the feedback?

We all cook at our own temperature and get done when God is ready, not when you and I get/feel "ready". I'm glad I got to the party early, I love being with others preparing The Way, the work has been the most enjoyable and fulfilling of my life.

I knew elements of The Way before they made sense. Like doing an algebra problem, I can plug and solve, but there is no energy which produces anything useful until I understand what exactly is being multiplied. Think about it like this: The actual power and abilities of Jesus Christ were so magnificent in quality and quantity (infinite is immeasurable) that to make manifest the energy to replace even a portion of this requires the synergy of all the people in the church body working their part to make heaven happen on earth. Jesus isn't absent, it just takes all of us to make up for one Him! And we still can't come close, but we can get a lot more finished this way (cooperating, The Way) than the harder way (competing, the way of the world and man). The ultimate ends of God's preparing laborers is the ability to bring Heaven into our realm right now, and to keep doing so in practice, until the new earth and New Jerusalem are established.

Dear God,

May the manifestations of the power of Jesus Christ be multiplied in the world. Make our work easy, Lord, and embolden us to bring others to the party.

In Jesus's name we pray, amen.

Chapter IV. Becoming Completed in Christ; becoming purposeful in our belief/faith. (*know what is going on and how things work*)

God's Big tricks. When Jesus said believe it as if it has already happened, He meant it. This is true for all human beings, whether you believe in Him or not. His word is law for the ways life really happens to unfold. We all, ultimately, do "create" exactly what we believe in our own lives.

The fishes and the loaves, the fig. Multiplication. We are given authority by faith in God, in spiritual realm (vice versa in worldly ideals, this is why people get stuck and cannot progress) The soul has dominion over the form, your body was made to serve your soul's purpose and will conform to this. When the soul is in communion with Spirit of Jesus (Holy Spirit) it has an extreme impact on our thoughts, beliefs and actions. As our practices become different, we do, enhanced to do the will of Jesus Christ. Jesus said if you thought you done did it...energy of quitting/refusing to do as He instructed. We must not do this. Thinking bad gets the ball rolling for every bad thing that unfolds in events thereafter.

Now I like to engage in experiments with my own beliefs. Things I have really believed God for are things that have come to pass; though rational thought would have counted against me believing it could happen in the world's "first place". Jesus says in my place, you get what you ask for when you believe it's supposed to be for God's will to be accomplished. Also, I never had any estimation for myself while I was living my own life of how Jesus would ultimately restore me to a positive self-image and identity. I could never have imagined in my brokenness, what type of life or lifestyle God had in mind for me and it has been better than I ever could have imagined.

Jesus's way calls us to believe what is really real v. the illusion of everything else that we make real, but which

ultimately distracts us from being on point in our Christian walk - high impact and multi-purpose, Just like Jesus IS.

Thoughts are things affecting reality; real chemicals causing “things” to happen. Jesus is in the Water; therefore, He is in us. To align our thoughts with Christ Consciousness helps direct them to be positive and powerful, not negative and exclusionary. We have not even begun to realize our creative potential via believing new things, but we are on the cusp at an evolutionary scale. We get to decide where humans are going unless we are slaves to the world. The unbelievers have no say in what believers can create. They are limited by the physical world. Men can only labor to create in the physical realm. Through faith we connect with God’s manifestations coming into being upon the earth. When we spiritually believe that what needs to be created must be done, we have never failed, as a humankind, eventually.

If your life is a mess, examine your inner beliefs about yourself, the people you’re in relationship with and what you believe about your circumstance. When I believed I was doomed to suffer an illness all my life without a hope for a cure I lived in excruciating pain and depression for lack of any hope in my future. I was never going to be able to produce what I had expected from myself or did I have very much hope for a loving relationship: who would want to love somebody like me?! It was my faith in Christ’s message and power that drove me beyond the diagnoses and poor prognoses to keep seeking new-beingness, better answers and a willingness to try to do things to help myself and not give up. Now, it is a miracle I can still walk and I have less pain in my forties than I did in my twenties. I have received transformational miracles which literally changed the way I could stand from one moment to the next. For these things to happen, I had to believe that He could do it but also, that I was worthy of receiving the blessings He had in store for me. Now, I live a life of

expected blessings and even understand any new trial is a blessing for what impact it will have in first drawing me close to the Lord in my need and expanding His majesty in whatever deliverance will eventually be mine.

Dear God,

Give me something new to believe. Let your power be alive in me, work through me.

In Jesus's name we pray, amen.

Chapter V. Taking up the Yoke

being committed in all areas of your life (let Him in) How you respond to the world and how the world responds to you. (Be Prepared to Do Your Best Work, Get Prepared if you are not)

We are high impact, multi-purpose creations. It's about time we started acknowledging this and acting like it. You must deal with what you really believe first, to accomplish by believing you can, and you are supposed to accomplish what you alone have been created and equipped to do. Doing so is the way to heal any aspect of negative self-esteem. It is the highest reflection of what feeling the interpersonal, relationship kind of love from Jesus Christ. He is the source of feeling good about yourself inside, believe the still small voice that says, "I can" and you will soar in your life and later in your relationships.

Taking up my passion for Christ is what led to my most joyous fulfillment. God wants to use us right where we are. If I am present, then I am more able to see what God has in mind in any circumstance or situation in which I find myself. Then I can connect with others in a loving and Christ-centered way. It is not always easy to know what role I should play, but I know I have to be present to participate. In the "body" of Christ, there is room for everyone to lend their own parts and the Lord depends upon us to do so.

Shame/ embarrassment/ feeling small totally inhibits and interferes with me being able to do this effectively. I remember how much Jesus loves me and confront my fear. It is the easiest win when you follow Christ, to speak out boldly in Jesus's name. Who Am I not to invoke the presence of the Lord, that is exactly what the world needs? In so doing, I have never regretted my actions and often come away feeling more abundance, joy and useful than I did before I let my fear well up in the first place. Do not let fear inhibit you, the work is joyful in harvest for the

Lord. Believe what God can do then go make sure it is happening somewhere, anywhere, everywhere around you. Being perfected in Christ means being united with a Heavenly Father who loves us. It is the purpose of the Son of Man to reconcile us into the eternal family of God to overcome the hurt of the world and be in relationship with Him. Righteousness does not begin with works, but by belief that Christ loves you and it means to be in right-standing with God. Fathers love their children all the time even when their children disappoint them. Because Christ lives, we never have to worry God is so disappointed with us that we have no place with Him. Christ came so that we will always know the true love of the Father toward His creation. Perfection in Christ means being able to fully receive the love He has in mind and accept the power and transformation this love will have on our desires for ourselves and for our relationships and goals in life. The fruits of our labors become evident, with sweet taste after we come to Christ, rather than being filled with bitterness and disappointment which is so often the case of the broken. Relating to others becomes easier and less painful, when we believe and keep faith with the love that also exists between people. Faith in God grows our faith in people, even if we have been traumatized or victimized in any previous ways. If your life always feels “too hard” assess what you really believe about yourself and the world around you. So far, this is what you have created with yourself. Seasoned and faith-tried Christians come to understand that what Jesus spoke is law at every level. I fear as much as I believe, for I know the power my words and actions have had in the world’ This has shaped my commitment to act as a minister in my vocation; this is my part in making my talents available and useful for the Lord. Don’t be clever and get distracted from your true calling because you’re comfortable and feel good about what you’re doing. If you hear a still small voice prompting, you to do something with a talent you possess; be brave and try it even if it makes “no sense” to do so. Pay attention, you will notice, like me, that this is where

things really get interesting, and sometimes so fun to witness and be privy. God/Holy Spirit does special things just for each of us all the time, we fail to recognize.

Dear God,

Reveal my purpose to me and ignite my passion to pursue the avenues you light on my path. Let me recognize Your hands at work in my life.

In Jesus's name we pray, amen.

Chapter VI. Go Get It Done; (Pray Like You Mean It and Expect to Get What You Asked For)

Believing in Jesus is the easiest way to get anything done. When things are hard, God might be correcting the course because when we are on point in spiritual matters this is often reflected in all aspects of our lives falling into place. We are empowered by faith, so faith ought to be the cause of you “feeling” like things are always going to work out. Among trials, it is faith which is the source of the strength needed and the passion for perseverance.

In all times (good and bad) it is by focusing on our God-given talents, skills and abilities for faithful use which allows us to tap into our personal power; we are going to be called to use these and do what the Father had in mind with us (same as it was for my Jesus).

How to pray to get things done, communicate with God and be forgiving. Jesus taught the disciples to pray effectively through The Lord’s Prayer: Pray like Jesus taught first; then be believing in His creative potential. Use a voice of authority, prayers do not die they just get answered according to His will (and our actions/inactions). The more people praying for an outcome together and doing what they each can do to affect that outcome increases our potential. When there is nothing else that can be done; pray. When there are things which must be accomplished, pray while you do.

Do not hold things against people.

Do not do things others will hold against you (unless its Jesus oriented, then be prepared to deal with all manner of negativity in a loving, compassionate Jesus-example way for people who need the Lord the most may hate you the most. This is A-Ok, it doesn’t mean you get to act like the ass.

Do not hold against God what other questionable humans might have done to you. It is about you [feeling healed,

better, free, protected, etc.,] on the inside being unable to connect with the world around you in a way where you experience meaningful love and fulfillment in your life, sustaining love with Jesus emboldens a sustaining love in healthy relationships. When people see the love of God reflected through your and your sharing of your talents and gifts (self), they will want to be your friend, family, employer-employee, etc. - it works in every arena. Trust in God helps us develop faith in others and ability to deal with disappointments when they come. We do not let the devil get a hold of us in the situations any-more!

Prayers for healing, transformation, orchestration and agreement are some of my favorites:

These are physical/mathematical concepts related to synergy: when 2 or more energy units come together, they can accomplish more exponentially than either of their individual efforts could have accomplished, sum totaled, on their own. In other words, be brave enough to pray with others; share your believing what God can do out loud in faith that it has happened (answers already in motion we can never know about). We feel vulnerable sharing our deepest desires, but if the only way to get it is to speak out loud to the Lord, then we must do this. Sharing your believing for what you ask is a gift that will enable and embolden the one you ask in their own prayer adventures (and more, with prayer more is all ways, always better). This is a huge part of feeling that relationship with the Lord. When you see how God manifests in answer to your prayer you realize more and more just how much He knows and cares (even about the things we think He would think are dumb, like lost keys and credit cards made manifest right back in the place they always should have been)

Dear Lord,

Teach us to pray, where two or more are gathered for YOUR WILL to be done, let those prayers be magnified....

Let Your will be done on earth as it IS in Heaven.

In Jesus's name we pray, amen.

Chapter VII. Assessing the Real World; Maintaining a Good Identity and Momentum in your Relationship with Jesus

Proverbs: Don't do what God hates: "The Lord hates six things, in fact, seven are detestable to Him: 1 arrogant eyes, 2 a lying tongue, 3 hands that shed innocent blood, 4 a heart that plots wicked schemes, 5 feet eager to run to evil, 6 a witness who gives false testimony, and 7 one who stirs up trouble in their community."

These behaviors indicate brokenness and danger. Do not do them and be very wary of people engaged in these practices. The energy they are manifesting in the universe isn't questionable, its outright destructive. People who engage in several or most of these behaviors are likely to suffer from personality disorders, they are the psychopaths and sociopaths in our society. Did you know that the Bible is an authority on how to notice evil in the world so that you can avoid harm? The "rules" are not intended to restrict us from joy and adventure. God is never holding out on us. The heart of God desires for us to be productive and joyful and to feel powerful in our lives. We do not get where we are intended to be according to him at the expense of other human beings. Engaging in any of these behaviors is never a good thing; for the most part they inhibit God's will from being accomplished on the earth by bringing direct harm to the relationships you're in. If you are using any of the above tactics in order to get the things you want, or to get people to do what you wish then you need to reconsider your actions. We do not have to do these things. When we are in true relationship with Jesus Christ, we get to ask for what we want and need. In my experience, these things have been provided and I now know I can "create" the good things in my own life (because I walk The Way, as opposed to my own way)

Basically, this is the quickest way to ensure an unhappy life. Though there may be a pay-off for a while, God disrupts what is intolerable in the world; if you're

participating in taking advantage of others to get ahead, or to “survive,” examine your drive. In reasonable expectations it is unlikely that any egregious self-serving (etc.) behavior can be sustained for long; too, the painful consequences which the family of God so often interprets as something that individual brought upon themselves. Everyone faces trials of circumstance in life development; but the worst, most destructive things happen to the worst of us—those doing what God hates. It’s a short list : learn it. Don’t do what God hates (Proverbs 6:16-19).

Learn to do what God created you for. Read Galatians / Ephesians: focus on what to do, what to avoid.

What to avoid is doing anything that is going to make you feel bad about yourself. This is the opposite of Jesus instruction to love yourself. Being mature means it tough love that is the sustaining Jesus-oriented self-love of doing what is healthy and emotionally in your own best interests: not a “people like to have it off” free-for-all where we just repeatedly engage in the same destructive behaviors, repent, struggle, repeat. Continuing to engage in behavior that the Spirit of God seeks in the still small voice for you to face and address isn’t about prohibition. This happens because often it is these type behaviors that are preventing us from feeling that self-love that comes best through experiences where we feel good about ourselves. Generally, “bad habits” cannot be sustained for health reasons; but the (like the Mastercard commercial) allowing Jesus to shape your lifestyle habits can have financial benefits in developing more good health; but the benefits to the Spirit are immeasurable. What is it worth to feel better? To be better? Believe me, sometimes it happens like lightning but the changing transformative ability for Jesus to act in a life continues in the walking The Way daily. Plus, you feel good about yourself, priceless.

What to do are things that you are good at/have a passion for: focus on your talents, skills and abilities. Do unto

others while pursuing those. You will find just the right place in your community. Then Be outward-bound sharing them with others. God will support your industry. If you feel like you do not fit in, or you have something to offer but don't really know what to do with it then you must carve out your own spot. This is about believing that you have been brought into the time and place you enjoy because there is a need for what you alone are able to contribute in a uniquely personal way. You do what you do inspired to contribute by a loving God who wants you to feel good about yourself. This is what it means to be a "captive, set free." People get "captivated" by the world, setting goals to achieve dictated by social values; the Lord offers freedom to chuck all these estimations and do what you think you're good at doing. P.S. Don't get fooled into thinking it's easy. Your work will be enjoyable, but once passion is ignited inside you will understand the joy of working and desire to do your best. Everybody has to practice their own art before they get any good-commit to yourself and do not sell yourself short. This is the arena where God moves you into the realm of being blessed. We so often fail to recognize it when it happens. Be grateful as a rule for daily life. This is also about focus. Be diligent in pursuing your work, there is nobody else that can do what God uniquely empowered you to do!

Nurture the fruits of the spirit in your own life.

Jesus is # 1 Anger management strategy:

Remember: We are all planted a measure of each of these fruits. It is when we do not feel patient that we must double our efforts to be gentle, kind and remain under self-control. When we are afraid, we must BE patient and faithful to keep believing what God can do.

In a broken world, we each have been traumatized by darkness, illness, death, violence or other horrors. Having negatively impacted us, we often carry self-destructive energy within us that can harm our relationships, bodies

and productivity. It is a temptation of the devil to think in a “do what it takes” mentality. Don’t believe the lies circulating in the world that you may do what it takes every day without having any negative consequences in the long run from those. We are tempted to “medicate” these feelings in many ways believing that what we are doing is “good” for us given what we’ve already endured. What often results is I am left worse off from the medicine, with more self-inflicted wounds and scars at this point. I, left to my own devices have not been able to heal myself, fix myself or accomplish nearly anything in excruciating pain on my own. During my worst times, I realized that my wounded “inner child” was going to end up killing me. Each time Jesus has increased my estimation of myself, He has breathed new life into the decisions I was making to cope. I wasn’t doing anything “wrong”, yet I wasn’t changing anything for the better, either. I could act mature, but grown as I was, “little Melissa” ran the show. Once I was in pursuit of the path God has in mind, “Big Melissa,” “Eternal Melissa” took over and little (spoiled, mean, selfish, frustrated, indignant) Melissa has towed the line. The function of this has been applying tough love to myself. I take these as they come, anything that is distracting me from being on point for what God intends, He has let me know as I have become better at hearing and acting upon the still small voice of the Lord.

How to figure out what I am good at: know your spiritual traits: they’re in the Bible (duh) Focus on talents, spiritual gifts, and the fruits of the spirit: (love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control) which God has planted in every man (all of them, even if you don’t think you got one or two of them) Like all fruit, they must be tended and nurtured along sometimes. If you keep reliving negative patterns in your life, or finding yourself failing to progress through addictions, relationship issues, or other destructive habits, it is time to apply some self-corrective strategies. Knowing where to focus is key to success. For healing, a

key step is understanding the potential for agape fulfilled happiness that we all possess within us is the motivation to connect with the Creator in a loving way. So many of us have impeded our own healing and happiness by failing to connect with the ways we are sabotaging ourselves. It can feel like we are trying to do what God wants, but when chaos reigns and we feel without security, self-correction is a must. Life is not supposed to be all hard and suffering all the time. If it does to you, you are likely your own worst enemy.

We are all relatively angry with the shape of the world; most of us need to calm down, refocus and commit to using the power we have been given. We do not come into our proper authority if we are angry, its unproductive to the workspace of Jesus. He handled all insults and did not take them personally. The only time He got angry was on behalf of those seeking reconciliation to God who were being shortchanged on their salvation. When he saw people being screwed financially on the steps of the altar, He was irate. In the moment, he upended the tables and caused a ruckus. The leaders had taken no notice of His power until He messed up the profits of those gougers. This set into motion, the previously planned and orchestrated events whereby Jesus was crucified, replacing the need for the sacrifices and the status of all people seeking salvation with the Lord was made equal by this event. No longer are we separated from God based on what we can afford to purchase through our own toil. Now, our sacrifices are made according to our beliefs in what Jesus wants us to do in participation with HIM, not through the sacrifice of animals which previously took our sins away (only for Jews, not forever because they sinned again and had to do this yearly)

Do not hold grudges. People are so prone to misinterpret brokenness in others by failing to be compassionate. When people are in pain, we tend to behave badly. This behavior is not intended to harm others, don't make it worse for me

to bear (shame wise on my soul) by holding hard feelings against some way I acted out whilst in pain. Depend on Jesus's ability to be working these things out of me (I'm cooking at my own speed, all ways cooking). This will lead you to being angry with God over the things you might suffer at the hands of other broken people in a dying world. (Yes. this world must die for a better one to come along, we know it is happening. It is the one thing the scientists and preachers agree on. LOL). Do not hold against God the things that sow discord into your relationship with Him. Believing this does harm to you, God is same forever. We need His love; He does not need/require ours. It is often up to us how we disadvantage ourselves by believing things that simply are not true. God does not do anything bad to us, nor allow it. We, people, allow it here. Continuing to bear unforgiveness can also disadvantage all relationships in ways we cannot predict and may never know when opportunities for positive change at earlier time is lost. The mercy of God is we get another chance to learn the lessons we prepare ourselves to deal with (eventually).

The best way I have for extinguishing a bad temper is to offer this insight: Our eternal life begins, not the minute we die, but instead it is the minute we accept and believe in Jesus Christ. We are "forever" souls from this minute on, we are commissioned to bring the Heavenly version of The Kingdom into being in this plane of reality. Now don't get a science geek started on what we are truly able to do in the relativity of time and space once we all realize this and come into our full potential to do so. Just pay attention, the anger is intended to provide you inner direction to what matters to you and drive you into outward bound directions for change. Anger is often unproductive other than that, and when rage is our focus it eventually destroys anything we have built up, in relationships and accomplishments. Left to last, it destroys us from the inside and embitters us against ourselves, others in the world, and alienates us from the

Creator who loves us. The choice to be free of the impacts the world can have could not be simpler. Often reconstruction seems daunting, but what we can build up of the self in Christ is everything we can be. As for me, so much more than I ever hoped I could be or do I have done; these many things because of Christ in me.

Dear Lord,

Please be in me, live in me. Let me come alive in You. Let your Holy Spirit live and work in me. Thank You, God.

In Jesus's Name we pray, amen.

Epilogue:

For clarification I want to state that my reference in this work to Christ Consciousness is one I make according to The Lord's Prayer; this was taught to the disciples by Christ and exemplifies The Way we should pray and view God, as our Holy Father-a loving, sustaining relationship is implied in this. To my own rationalization I cannot but otherwise believe that The Way Christ treated others was the living example of how God desires to be in relationship with us, His children and he desires for us to regard each other with the Conscious thought rendered by Christ for us, God's people.

The end.

(your beginning)