

LIVING IN THE SPIRIT

This spiritual exercise will change your life from anxiety-fear-control to optimism-peace-joy & much more. It is called "LIVING IN THE SPIRIT". Let's go thru this exercise till you know it by heart.

- 1) Close your mouth & BREATHE in & out slowly thru your nose into your stomach (5-10x)
- 2) Keep breathing and look up and FIX YOUR EYES ON JESUS (5-10x)
- 3) Next as you do #2 above start to say (either verbally or in your heart), "JESUS" (5-10x)
- 4) Now, put your hand(s) on your spiritual heart (your spirit where Jesus lives).
- 5) Pray: **Jesus You live in my heart. I'm sorry I don't spend more time with You.**

I'd like to learn to walk in YOUR LOVE, PEACE, JOY all the time!!

Holy Spirit, teach me to LIVE IN THE SPIRIT "IN THE NOW".

I give You all my anxieties, fear, & control of everything in my life. Melt them away. Help me to no longer focus on the past or worry about the future.

I desire to live "in & with" You and You "in & with" me – ALL THE TIME!!

Holy Spirit remind me when I get off track to return to You – lovely You!!

Take control of me throughout my day.

I love You Father God, I love You Jesus, I love You Holy Spirit.

NOTE: You may find yourself praising God, repenting, rebuking the enemy, asking for the filling of the Holy Spirit, and giving control of your will and life to Jesus (see next page).

You can do this throughout the day. You may even want to meditate or memorize scripture while you do this. **FINALLY, KEEP BREATHING "JESUS"!!**

"When anxiety was great within my soul your consolation brought joy to my soul."

(Psalm 94:19)

No matter what the situation or what is happening in our lives we can **live in the NOW with Jesus ALL THE TIME – YES, ALL THE TIME!!**. He is in our heart and we can experience Him in the "outer" crappy stuff or even if we are emotionally off track.

We don't have to worry about what we've done or what is going to happen.

We, **BY FAITH, focus on Him in our heart and ENJOY HIM no matter what "in the NOW".**

In every situation we are learning how to be **CONTENT IN ALL CIRCUMSTANCES!!**

This is A GIFT – IT IS THE INDESCRIBABLE GIFT OF "JESUS".

Learn it Walk in it..... Enjoy HIM!!

Never feel guilty for living in the Spirit in your heart where Jesus lives (by faith).

Talk to Him there, love Him there, praise Him there, bless Him there, enjoy Him there!!

And pass it on to the people you meet. Does anybody out there need:

Jesus's PEACE JOY LOVE etc.

There is not in this world a kind of life more sweet and delightful than that of a continual conversation with God.

Those only can comprehend it who practice & experience it!!

(Brother Lawrence)



P.R.A.Y.: An Amazing Opportunity!!!

The acronym (P.R.A.Y.) can be prayed anytime (or even when attacked in your mind, feeling compulsive/addictive, when in your flesh, sexual attacks, etc.)

Praise: (look up at Jesus and praise God. This will help you experience God's presence. Do it anytime even if you don't "feel" like it):

I praise You God Almighty. I worship You Jesus. I love You Holy Spirit. Father You are good. Bless You Father God. Thank You Jesus for shedding Your blood. I am a forgiven, Spirit-filled, loved, anointed, child of God. Bless You Jesus!!!

Repent: Father God, I come to You thru faith in the shed blood of Jesus Christ for forgiveness of my sins. Forgive me for _____. Lord Jesus come cover me with Your blood bringing forgiveness, healing, peace, power, access to You.

Rebuke (outloud): Satan I rebuke you & your: lying, compulsive, addictive, oppressive, tormenting spirits & your spirits of fear, infirmity, lust, etc.

I take the authority I have in Christ Jesus and command you and your demons to get away from me and go to Jesus. He will deal with you.

Ask: Now Holy Spirit will You come fall upon me - come fill me in my spirit, my mind, my will, my emotions, & throughout every cell in my body. Fill me sweet Spirit - fill me completely. I need You Holy Spirit. I need You so much. I am Yours. (start to worship here also. BELIEVE God is filling you & has filled you!)

Yield: I turn my will and my life over to You Jesus. Come and take control of me. I yield to You every part of my life. My whole being, my finances, my cares, my worries, my sexuality, my future, my dreams, my (future) spouse, etc. You are MY HOPE. You are MY LIFE. You are MY LORD. You are MY ALL AND IN ALL!! etc. I am an anointed, blood bought, born again, Spirit-filled, child of God. I am loved & accepted by God! **Praise – Repent – Rebuke – Ask – Yield**

The best weapon we have is PRAISE. You can adapt this prayer but carry it around with you until you are confident in it. After a while you will understand the process!!!! Feel free to photocopy this prayer (double-sided) & distribute it!!

If you commit to this prayer & do it when you DON'T WANT TO and WHEN YOU ARE ATTACKED it will save you from those SOMETIMES HOURS (or even days) when your mind is going crazy or you are feeling like doing things you don't want to do. IT WILL HELP YOU WALK IN VICTORY & in the power of God's Holy Spirit.

Finally, BELIEVE God is answering your prayers. FAITH IN GOD TO ANSWER PRAYERS IS THE KEY TO GOD'S MOVEMENT IN OUR LIVES!! Then BE THANKFUL!!

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