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[1Jo 3:18-24 NIV] 18 Dear children, let us not **love** with words or speech but with actions and **in truth**. 19 This is how we know that we belong to the truth and **how we set our hearts at rest in his presence**: 20 **If our hearts condemn us, we know that God is greater than our hearts, and he knows everything.** 21 Dear friends, if our hearts do not condemn us, we have confidence before God.

[Eph 4:3 NIV] 3 Make every effort to keep the **unity of the Spirit through the bond of peace.**

[Jas 1:2-8 NIV] 2 Consider it **pure joy**, my brothers and sisters, whenever you **face trials of many kinds**, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything. 5 If any of you lacks wisdom, you should ask God, who gives generously to all **without finding fault**, and it will be given to you. 6 But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. 7 **That person should not expect to receive anything from the Lord.** 8 **Such a person is double-minded and unstable in all they do.**

[Rom 7:6 NIV] 6 But now, by dying to what once bound us, we have been released from the law so that **we serve in the new way of the Spirit**, and not in the old way of the written code.

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[Rom 12:2 NIV] **Do not conform to the pattern of this world, but be transformed by the renewing of your mind.** Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.

[2Co 10:5 NIV] 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and **we take captive every thought to make it obedient to Christ.**

Comment

We need to get out of our head and back into our heart. A pure heart. Where the head of the body (Holy Spirit) truly exists.

[Mat 16:24-27 NIV] 24 Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. 25 **For whoever wants to save their life will lose it, but whoever loses their life for me will find it.** 26 **What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?** 27 For the Son of Man is going to come in his Father's glory with his angels, and **then he will reward each person** according to what they have done.

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Focus on the Spiritual "Life"

Spiritual High/Experience/Glory/Ecstasy/Outer body/Future Glory

[Heb 4:15-16 NIV] 15 For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are--yet he did not sin. 16 **Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.**

[Col 3:1-4 NIV] 1 Since, then, you have been raised with Christ, **set your hearts on things above, where Christ is, seated at the right hand of God.** 2 **Set your minds on things above, not on earthly things.** 3 For you died, and your life is now hidden with Christ in God. 4 When Christ, who is your life, appears, then you also will appear with him in glory.

[Act 2:17 NIV] 17 "In the last days, God says, **I will pour out my Spirit on all people.** Your sons and daughters will **prophesy**, your young men will **see visions**, your old men will **dream dreams.**

[2Co 12:1-5 NIV] 1 I must go on boasting. Although there is nothing to be gained, **I will go on to visions and revelations from the Lord.** 2 I know a man in Christ who fourteen years ago was **caught up to the third heaven. Whether it was in the body or out of the body I do not know--God knows.** 3 And I know that this man--**whether in the body or apart from the body I do not know, but God knows--** 4 **was caught up to paradise and heard inexpressible things,** things that no one is permitted to tell. 5 I will boast about a man like that, but I will not boast about myself, except about my weaknesses.

[Rev 1:10 NIV] 10 On the Lord's Day I was **in the Spirit,** and I heard behind me a loud voice like a trumpet,
[Rev 4:2 NIV] 2 At once I was **in the Spirit,** and there before me was a throne in heaven with someone sitting on it.

[Psa 16:11 NKJV] 11 You will show me the path of life; **In Your presence [is] fullness of joy;** At Your right hand [are] **pleasures forevermore.**

[Jas 1:16-18 NIV] 16 **Don't be deceived,** my dear brothers and sisters. 17 **Every good and perfect gift is from above,** coming down from the Father of the heavenly lights, **who does not change like shifting shadows.** 18 He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all he created.

Communion Verses

[1Co 11:23-31 NIV] 23 For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, 24 and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." 25 In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." 26 For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. 27 So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. **28 Everyone ought to examine themselves before they eat of the bread and drink from the cup. 29 For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. 30 That is why many among you are weak and sick, and a number of you have fallen asleep. 31 But if we were more discerning with regard to ourselves, we would not come under such judgment.**

[2Co 13:5 NIV] **5 Examine yourselves to see whether you are in the faith** (Forgiven/Grace/Mercy); **test yourselves. Do you not realize that Christ Jesus is in you--**unless, of course, you fail the test?

[Luk 6:37 NIV] 37 "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. **Forgive, and you will be forgiven.** (*state of being/forgiveness - state of being completely forgiven...Spirit Soul Body*)

*[Jas 4:11-12 NIV] 11 Brothers and sisters, do not slander one another. Anyone **who speaks against a brother or sister or judges them speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgment on it. 12 There is only one Lawgiver and Judge, the one who is able to save and destroy. But you--who are you to judge your neighbor?***

[Jhn 20:23 NIV] 23 If you forgive anyone's sins, their sins are forgiven; if **you do not forgive** them, they are **not forgiven.**" (*within your soul hence still within you*)

*[1Co 13:5 NIV] 5 Love/Christ/We **keep no record of wrongs.***

[1Jo 2:2 NIV] 2 He is the atoning sacrifice for **our sins, and not only for ours but also for the sins of the whole world.**

[2Co 2:10 NIV] 10 Anyone **you forgive,** I also forgive. And what I have forgiven--if there was anything to forgive--**I have forgiven in the sight of Christ for your sake**

[Gal 6:7-8 NIV] 7 Do not be deceived: God cannot be mocked. **A man reaps what he sows.** 8 Whoever sows to **please their flesh,** from the flesh **will reap destruction;** whoever sows to **please the Spirit,** from the Spirit will **reap eternal life.**