

15-Day Spiritual Exercise

Use this 15-day Spiritual Exercise while you are leading a business or organisation, or dealing with issues within your sphere of influence. They are based on the teaching of Canon Jim Glennon, founder of the St. Andrews Healing Ministry.

Find God within:

(1) Denial - Rely on God in everything you come across with, pray this: Lord let me see what you see in my day. Where did God love me or love through me? I give him thanks, especially for any growth at my personal level or work level.

(2) Anger - If you received hurt because of any failing in your project or hurt by people at work, pray this: Lord, take away my hurt. What am I less thankful for/ What do I wish happened differently? Where was I hurt? Whom am I blaming? What am I feeling? When did I most feel like that? What happened if I carry this on my own? in Mathew 11:30 "For my yoke is easy and my burden is light."

(3) Bargaining - Forgiveness, if you feel you need to forgive or receive forgiveness pray this: Lord let me forgive like you and be forgiven unconditionally. Do I want to be healed by thinking and feeling as differently as you? As Christ does, I see the pressures of the one who hurt me, his good side, the whole picture, I say remember what Christ said on the cross Luke 23:34 "Jesus said, "Father, forgive them, for they do not know what they are doing." And they divided up his clothes by casting lots."

(4) Depression: why? what happened? ask yourself where does it come from, what is the reason that you are not happy? How can you make a difference for yourself and for people who are working with you. Forgiveness and Repentance are 2 important keys to get rid of depression and bring the light of Christ for your inner peace and for people around you. You are the salt of the earth. Pray this;

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love.

Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

Where there is sadness, joy.

O Divine Master,

grant that I may not so much seek to be consoled, as to console;

to be understood, as to understand;

to be loved, as to love.

For it is in giving that we receive.

It is in pardoning that we are pardoned,

and it is in dying that we are born to Eternal Life.

Amen.

Finally (5) Acceptance: Lord, thank you for this day and thank you for a new chapter in my life, let me be a channel to others in the Marketplace. Use me as you will.

Day 1

In meditation we realize we are sons of God,
and what that means.

Those who are born of God sin not neither does the wicked one touch them.
We have been made sons of God.

That is what we meditate on
if we are sons of God we are forgiven
if we are sons of God we are cleansed
if we are sons of God we have power
if we are sons of God we have freedom from sickness and impurity
the sin of the world has been taken away.

Take the characteristics of being a son of God and affirm that is what I am now.

We are dead unto sin, alive unto righteousness
we are filled with all the fullness of God.

If we are sons of God these things flow naturally provided we have the priorities right, that is, we
have these things because of being sons of God.

We are sons of God because of Christ,
I live yet not I, Christ live in me.

You are sons of God all these things are yours

Let us realize what is available.

Meditation is not only realizing what is available
but what we are because of what Christ has done.

Prayer

In the name of the Father, and of the Son and of the Holy Spirit.

We place ourselves in the presence of God
Father we come into your presence through
The Blood of the Lamb

claiming our rights as your sons through the work of Christ.

We affirm that we ourselves are saved.

We affirm that we come into your presence through Christ

We confess our sins and enter into oneness with everyone.

Never take this for granted – oneness with God

And with everyone past and present, alive and dead, so that we have truly accepted forgiveness,
Offered forgiveness, and are forgiven.

Confess our sins to God and to one another so we
Have oneness with God and with everyone else.

Come to the point of oneness with everyone.

Family, office, church, public life, people in every place.

Believe for people in Compassion and faith so that
God is enabled in their work, in their lives,
to put right anything that is wrong.

Day 2

We are sons of God and joint heirs with Christ.

Atonement with God means more than that; it means we are God's sons.

Let us realize who we are – sons of God because of Christ

“For through faith you are all sons of God in union with Christ Jesus” Gal 3:26

By the Grace of God not by any right of your own

The full circle has been turned

Atonement is as though we had not sinned

That is what it means

It totally makes up for our falling short

Let us enter into our inheritance as sons of God

This is the same as Being “seated with Christ in Heavenly Places”.

Joint heirs with Christ.

God makes this more and more meaningful to us

Take up the basic position in meditation that you are a son of God

at one with God.

New Characteristics – an almost inexhaustible list

I live yet not I, Christ lives in me

Dead unto sin and alive unto righteousness

Neither does the wicked one touch us

That is what is available

You shall receive power

The son of God empowered

The wicked one touches us not – we are protected from Satan

We don't have to have sickness and infirmity

This is also called freedom. Freedom from this thing

this is our birthright because the wicked one touches us not

it is our birthright – the bible says so.

Perseverance in meditation is working at our salvation in the sense of becoming more aware of what it means-

We are sons of God, the wicked one touches us not.

If you put this into practice, that is healing

Enter into what it means to be a son of God

It is more than healing, it is prevention.

We are those who are believing in the perfection in what is available

We are learning to draw on it

That is what we are meditating about, dwelling on

That is what we have accepted, affirming it by faith.

The kingdom of God is within you

You are meditating on the kingdom within you

Believe for each other as they believe for you

Group faith is more effective than individual faith

Affirm the kingdom by faith so that is what you have.

“thank you Father, you reign in our lives to make us more conquerors”

“thank you Father, I am son of God”

“thank you Father for your kingdom”

“thank you Father I am at one with everyone else”

“thank you Father the wicked one touches us not”

Take some phrase that is right for what you are affirming and rest in it.

It means I am free from sickness and infirmity

Thank you Father

Thank you Jesus

Thank you Holy Spirit.

Amen

Day 3

Because of Christ we are sons of God

Problems and sin have died with Christ

We must understand our sickness and infirmity

Have died with Christ

By His stripes we are healed – because of His stripes

We are sons of God

For this reason we are to reckon we are dead

Unto sin Romans 6:6

The problems died with Christ and are on the cross

That is what atonement is about

The reality of the kingdom is restored to us and it is within us.

We are the to be alive unto righteousness

The perfection is available – we may not appropriate it properly – we take wrong turns- but are what is available.

This perfection is within you, that is what is available

That is how we are to live

By faith before we have it by sight.

The perfection of God is available to us

We need to be accepting and believing it in our everyday life.

How do you appropriate it?

Believe it is there

Prayer thinking activity is appropriating it – living it out.

What you take into you is the reality the kingdom- not the problem

Not what you see, but the perfection of the kingdom.

React to the problem by facing it and drawing on the kingdom.

Hold onto it

Rest in it

Rest in the perfection of the kingdom- that is what you have.

Meditation enables you to prayer think this at

All times during the day

The way you live your day

For others as well as yourself

That is the method- it works all the time

Believe that, always, about everyone, in every circumstances so you make no exception at all (Mark

11:25)

It only works if you do it with exception.

Faith is the way to draw on perfection

Appropriate God's blessing by repentance, faith and obedience

Faith primarily but the longer answer is repentance, faith and obedience.

Christ takes our problems through the cross.

Know what is available and accept it.

Meditating is just dwelling on that and making it

The way we live and move and have our being those who are born sin not, that what is available

Neither does the wicked one touch us that are what is available.

Meditation – not a long prayer

Take a profound truth and let it go over in your mind, letting it go deeper and with a wide ranging effect-

Home, work, family, others, without exception.

Apply this wonderful blessing from God universally as far

As God is concerned the blessing has been given

It is within you

I live, yet not I but Christ lives in me.

Learn to keep in mind over a long period what you

Are meditating on-

Live your life with that kind of thought in mind

What you have at the moment

By the hour, and hour after hour that is how the bigger mountains are moved.

There is joy and peace in believing

Your will have joy and peace if you are accepting the perfection and believing it.

Therefore joy and peace will come to you in a time of meditation.

Once having reached the point of believing

Continue productively in prayer believing

Keep believing in an affirmative way so that no negative aspects intrude.

What expresses faith in prayer is praise.

Day 4

Relationship with God - forgiveness

Relationship with other people

What meditation is about?

Meditate on what God has provided for us.

Seek in the scriptures what God has provided and meditate on that;

Exp "Complete lacking nothing" "Dead unto sin, alive unto righteousness"

Fasting is doing without food, with a prayer in your mind- to believe all the time.

Sacrificial prayer is making a sacrifice

Meditation is not saying a prayer; it is taking some scriptural truth and dwelling on it.

Dwell on something God has in store for you and continue doing it in depth and over a period of time.

Daily Spiritual Exercises

It is good to start doing it early in the day – before you are out of bed – so you begin to move in that way from the beginning.

Relax your body - the temple of the Holy Spirit,

Your body is important to God.

Think of your body having a rest

Consciously come to feel your body relaxed.

When the body is relaxed, relax the mind

“Be still and know that I am God”.

Still your mind put it into neutral

Being still is one of the requirements for knowing God in Prayer.

We need to be still in our spirit- that part

Which relates to God?

Confession – so that you can turn from anything

You need to repent of and be forgiven by God.

A general confession:

Loving Father

I confess my faults and shortcomings

So that I am admitting my sins and turning from them

Entering into oneness with others

Forgiving them as I need to be forgiven myself

And believing for your forgiveness of me.

I accept your forgiveness of me now

And believe that I have a new life now

With you and with everyone else

Through Christ our Lord. Amen

God forgives us but also we have to forgive

Everyone, without exception. Mark 11:25

Ask yourself if there is anyone you are not at one with, you may need to go to them.

Certainly to pray about it.

Think of your fault rather than theirs.

When you feel you have forgiven them, believe for oneness with them.

Affirm we received forgiveness from God

We have oneness with God and with each other

Father we accept your forgiveness, your cleansing,

We affirm that we have forgiven others so there

Is no exception at all

Thank you Father, thank you Jesus, thank you Holy Spirit.

Think about – meditate on – what you have done.

Thank you Father for my oneness with you.

Thank you Father for my oneness with everyone else.

Meditate on some central blessing that God provides

Exp "I live yet not I, but Christ liveth in me" Galatians 2:20

Our old Nature has died with Christ Rom 6:6

We are dead to sin and our old nature. We

Don't have to have that old nature – which is so difficult sometimes – we don't have to have it.

The old nature really died on the cross with Christ

We are to be dead to that part. We are to be alive

To the new nature we have in Christ ... I live, but not I, Christ lives in me.

Let us be alive to Christ being in us so that we experience a new life from moment to moment.

Wherever we are at work, at home, with family.

This is working at our salvation – entering in depth into what God has provided.

The old nature dies; God gives us a new nature which is Christ himself.

"I live yet not I, but Christ lives in me".

Fill your mind with this

"The life I live, I live by faith in the son of God"

Having the experience of it what is important, not the words but the reality.

Not you, because you died in Christ, but Christ in you the hope of Glory.

Dwell on the idea of Christ in ourselves and let us see Christ in everyone else – thus we become incorporate in Christ.

Correct your thinking to put the positive things of the living Jesus in place of the negative

Things of the old nature which have died on the cross.

Keeps your meditation going even while you travel and do other things.

In Christ

Day 5

When you pray – the kind of praying you are doing –

Is not moving the mountain, you need to do the kind of praying

We are going to do today,

Relaxation – take a break relax the body and mind

Bring to mind your permitted difficulties – the

Huge Mountain – areas of our lives we may take

For granted.

Face your problem square on and the things you repress

God says we are to be complete lacking nothing

Face your problem – is there anything you can

Learn? – You are to learn to depend on God more

Your problem is in front of you behind is God

"Father helps me with my problem"

We turn ourselves around 180 – now our problem is behind us

In front of God

The problem is still there but our focus is on
God – we are depending on God more
Trusting God more
Moving closer to God
Having faith in God
Leaning on God more
Focusing on God more
Entering into the reality of depending on God more
So I do not doubt in my heart.

The reality of the problem is now being transposed
In that it becomes the reality with which we are
Depending on God more.
The bigger the mountain, by dependence, something destructive becomes something constructive.
If the problem starts to worry you again it means you need to turn round again.

Enter into the inner reality of depending on God more,
So that is what you are doing, alone with God
When it becomes the sum total of what you are doing,
Then the dynamic is working.
God will reveal himself to you
You will increase in your experience with God.
Get that right and other things will follow
“Seek ye first the kingdom of God and his righteousness and all these things will be added unto
you”
It reduces fear and anxiety because you are focusing
On God who is love.
Be conscious that you are doing that with
Other people and they with you
Sharing and interdependence. All doing it through each for themselves but also believing for others
And they for us.
The body of Christ and members in particular.

We need to come to a rest – the rest of faith
Striving is counterproductive and lacks faith.
Rest in your dependence on God because that is
The position you are in
Resting in your dependence on God. Don't go back
To taking up your burden again.

An experience of the peace of God which passes human understanding
And the blessing of God
Experiencing more of God, and God is consequently
Moving the mountain.
Do it everyday of the week.

Be blessed

Day 6

It is important to place problems behind us and to face God.
Whatever problem remains on or come newly
into focus we must put behind us and let it help
us to depend on God more. So often, when we are
Asking for help with our problem, the problem wins
Out not the answer.

We must have a way of praying which enables us to do something
else productive in relation to the
problem rather than dwelling on the problem.
You must be saying you have an answer, not saying you have a problem.
If you are fighting with your problem you are on the losing side.
We must have a way of approach which enables God to help us with the problem.
The negative side of our nature dwells on the problem – that is the “symptom” side
Change over to the winning side-

I first of all thank God, in my affirmation, for the problem-
not sent by God, by permitted by
God that we might depend on Him more
As in 2 Corinthians 1:8-9 ...that we should trust
not in ourselves but in God which raiseth the dead”
we allow the permitted difficulty to bring us to faith.
The permitted difficulty, permitted by God to enable us to depend on Him more.
Thank you Father for the permitted difficulty because it enables me to depend on you more.
We have to get this right first.

Transposition: Express the problem than transpose
it into dependence on God.
once the problem is helping us to depend more on God,
God is enabled to teach us more and to take us further.

Putting God first enables God to guide us into
All truth – it is the truth that makes us free
Until the Holy Spirit makes truth to be truth
you have not been made free.

This is how to pray about a problem so that the
problem is not winning out.
So that the truth will make you free.

Let other people's problems help you depend on
God more also.

The way of meditation is taking a phrase (better than a word) for example
"Thank you Father I am depending on you more". "Thank you Father for the permitted difficulty
enabling me to depend
on you more".
Taking a phrase which expresses that you are doing
And dwelling on it and repeating it – repetition of an idea, the words may vary.
Discipline your mind to do this, correct yourself to depend on God more.

Prayer/ Meditation

Let the problem come to mind, being careful to say
"Thank you Lord you are guiding us into all truth-
Each one here – we are not saying "but it's not working" because that is not faith
Praise the Lord
Glory to God
Thank you Father you are helping me to get it right
We trust not in ourselves but in God
Thank you Lord.

Amen.

Day 7

Meditation is not a prayer but it is taken a scriptural theme or something God has revealed to you
and letting your mind dwell on it.

I we have a problem we learn not to focus on it
but to let the problem help us focus on God
the problem is helping us to meditate on God
not meditating on the problem.

Permitted difficulties are to bring us to faith

2 Corinthians 1:8-9

Don't bemoan your situation – that gets you nowhere

God did not send the situation but He uses it to help you depend on Him more

“Thank you Father for this permitted difficulty, I am now depending on you more”.

Praise God for the circumstances in that they serve his purpose

“Thank you Father for the difficulty. I am depending on you more”.

You keep on with that

I seek to spend the first hour of prayer everyday

Doing that – I do this till that is what I am doing

You can then do this all day – letting the problems lead you to depend on God more

Not affirming the problem but saying

“Thank you Father for the problem – I am depending on your more”.

That is all you have to do

If you depend on God more, God will be taking care of you.

If you tend to say “OH dear me!” stop, turn over

to thank you Father I am depending on you more”.

To trust not in yourself but in God is to depend on God more.

We only depend on God more when we have to – yet we choose to

Depending on God is what you must actually do

This is the point of meditation – you do it.

Your problem is not driving you into the ground –

You are depending on God.

Then there is nothing negative about your day.

You have changed the permitted difficulties into

Something creative – being enabled to depend on God more-

And that is what you are doing, reacting to the difficulty in a positive

And creative way.

“Thank you Father for the permitted difficulty, I am depending on you more now”

Continue on this theme- in mediation whatever

Else you are doing at the same time.

It is not only the way to pray, but if you get this right it is all you need to.

“All things work together for good to those who trust God”

So one thing becomes the other – transposition – the problem becomes the dependence on God.
When you depend on God, God is being released I your circumstances automatically.
There is a cycle at work.
Be blessed today and everyday.
In Christ

Day 8

We need to react to threatening problems by doing something else that is by depending on God more.

If in your difficulty you really are depending on God you are enabling God to come in to the situation and change it.

If you believe with the prayer of faith that the Mountain is being moved, that is good
But if you need to go further, then you need to make the transposition – letting the problem bring you to depend on God more
what happens when you depend on God more:
When you depend on God more you experience more of God.
It is a pilgrimage.
If you increase in your experience of God that in itself is an extremely worthwhile experience
people come to thank God for their problems
because now they are depending on Him more.
As you depend on God more
As you draw on more of God
God is progressively moving the mountain.

We need a much bigger idea of what we draw on from God
We draw on forgiveness
We draw on cleansing- not only forgiveness but the sin is taken away
There is not really a problem at all, because the problem died with Christ.

There isn't a problem that doesn't come from the Sin of the world
And the sin of the world died with Christ
We need to accept this
We affirm this, understand it as far as sickness is concerned
By His stripes we hare healed
By His stripes we have freedom

We have to know and experience this
Until Christ comes again we have to receive this
By repentance, faith and obedience
We are to be dead unto sin- the Bible says
Because of what the Cross has done we are also to go on
to the Resurrection
we are given new power by what Christ has done.

God has restored to us His Kingdom
The Kingdom is within you
The Kingdom is perfection
The Kingdom is for those who have been born again into perfection
It has been given to us
It is within you.

Appropriate it in a meaningful way
“The perfection is within you”
“Why ask for what you’ve got”
“You have what you accept”
Christ is within you.

Be blessed today

Day 9

“The perfection is within you – why ask for what you you’ve got – you have what you accept”.

The kingdom of God is within you – the perfection is within you – the kingdom of God is perfection
one of its signs is healing.

We need to realize we are sons of God
It means you sin not neither does the wicked one touch you
At least that is what is available.

We need to have this big vision of what there is for us when we are depending on God more
That is what we are drawing on- for ourselves and others
We may not draw on it perfectly, we make mistakes – but that is what is available.

The perfection of the kingdom is restored on us
If you accept the problem – that died on the Cross

With Jesus – you have a problem

We have to accept and affirm the reality of God's kingdom through repentance, faith and obedience.

Meditation is about accepting the reality of the kingdom.

In prayer: "in the name of the Father, the son, and the Holy Spirit"

First hour of prayer – putting the problem behind you and letting it help you move closer to God and to depend on God more.

Bring into your mind that the sin of the world has been taken away

See the Cross

Jesus on the Cross

That is why he is there

All the sin of the world is on the Cross.

What we call a problem is only a problem because we believe it is – we give it life.

Just realize some of the things which are on the Cross- which we are keeping alive

We are to be dead unto sin because the cross has taken it away.

Darkness over the whole land

This is what the passion and death of Christ is all about

The Resurrection

Jesus has taken away the sin of the world and God raised him from the dead- God has accepted His sacrifice

We have been cleansed

We are sons of God

We are born of God by our trust in Christ

"Praise be to the God and Father of our Lord Jesus Christ, who has bestowed on us in Christ

Every spiritual blessing in the heavenly realms;;;

And He destined us – such was His will and pleasure – to be accepted as His sons through Jesus Christ". Ephesians 1:3-5

We are sons and heirs

Heirs to the kingdom of Heaven

Heirs to the kingdom of God on earth in the millennium- when Jesus comes again

But also participate of the kingdom now

We are on victory ground

Sons of God

The kingdom is within us
Seek ye first the kingdom...
Healing is part of the Kingdom
By His stripes we are healed
Accept what God has provided
Believe it for yourself
Accept what is in the kingdom – you have got it
Accept it for others too – that is what praying for other is about

The problem died with Christ- accept the perfection of the kingdom.
Thank you Father by faith – faith believes it is yours before you have it by sight.

Amen Lord Jesus Christ.

Day 10

If you can pray the prayer of faith so you do not
doubt in your heart, good- those things will be yours.
But when your circumstances threaten you-
Maybe sickness, pain, alarming things- and you
Don't know where to turn you have to find a
different way to pray.

Anxiety and faith are at cross purposes with each other.
If an anxious person, you fret, do not have faith
In the way you need to have faith in these circumstances
2 Corinthians "To trust not in ourselves but in God".
You realize that your permitted difficulties, not sent but used by
God, are to enable you to depend
On God more.
Then you are on longer praying about your problem
You are focussing on God, not on those things that are
making you anxious.
"Thankyou Father, I am depending on you more now"
When you get that right, not just for a minute
But in a continuing way, you enable God to be
Making you complete lacking in nothing.

Two things:
What you should do is do this invariably
Pray about the particular matter in this way invariably.

It should be done with fasting

Doing without food, but always have liquids.

The length of a fast depends on your circumstances

Start with one or two days, or less.

The point about fasting may be psychological, that is a feeling which rightly reacted to enables you

to depend on God more, continually.

Fasting rightly understood and entered into

enables you to depend more on God all day.

This is necessary to move the bigger mountain.

The continuing to do it enables the Spirit to be flowing

Rest in it "Thank you Father for what you are doing"

"Thank you Father for my permitted difficulty, I am depending

On you more".

Keeping it a simple and single theme

Doing it in depth

Fasting will enable you to get it right in depth.

Continue until it is the real you

Something you are doing with your whole heart

This is what makes it easy because you are doing

It in faith and it will gain its own momentum.

"Praise God, thank you Father"

The affirmation of depending on God more is allied with your praise.

Any recurring difficult thoughts, resentments,

Imaginations and so on- "Thank you Father for the permitted difficulty

enabling me to depend on you more".

Difficulties are not something to complain about but to accept as enabling us to depend

On God more

"Thank you Father, we depend on you now for the problems we see in other people, for people who are unresponsive to these things we depend on you more".

"Thank you Father you want us to do this hour by hour

And day by day

Thank you that we are getting it right more and more

Thank you that fasting helps"

Day 11

Put into meditation form what it is you are drawing on when you are depending on God more-

What happens when we draw on more of God

What is available to us because we are Christians

To go further than we usually go in our prayer life.

Let us realize we do this because Jesus has taken away

The sin of the world

The sin of the world is the root cause of all our difficulties

This is what Jesus has done- taken it away

By His stripes we are healed, forgiven, cleansed

Not only forgiven our part in the sin of the world

But we have become sons of God

That is the central point of it all

It is not only something to give benefit and

Blessing in the life to come, but also now because

We are drawing on the reality of the kingdom.

We have healing because healing is part of the kingdom.

We also have material provision.

This is something of what it means to be a son

Of God and to draw on the reality of the kingdom.

Reacting to the problem by focusing on God more

The problem behind me, God in front

Thanking God for the permitted difficulty because it enables

me to depend on Him more and I am doing that now.

“Thank you Father, I am responding by depending on you more now”.

Do this for a short time at first, one or two minutes. Then with fasting for a longer period – a day, several days a week.

“ I am depending on you more

I’m depending on you now

As a child depends on its father

I am your son, you are my Father

I’m trusting not in myself but in you”.

React to every circumstances by depending on God more- without exception.

Learn to react to the good things too so that,
With them too, you are depending on God more.
We tend to return to self dependence when good things happen
Think of some good things that have happened
Today and react to them by depending on God more.

Realize, in depending on God more, what is happening really reacting to being a child of God and having
The kingdom within you
“let perseverance have its perfect work that you may be complete lacking nothing”
It is not what we are doing but what God is doing.

You have the reality of the kingdom
Enter into this reality
See how wonderful it is.
“Praise God, thank you Father for your kingdom perfection
Old things pass away and all things become new”

Day 12

When we say we should react to our problems so that
They are helping us to depend on God more, we
must remember to do that invariably. If we make
an exception to getting it right in one area it
will not work in any area.

We have to be sure to get it right every day.
It is easy to take a wrong turn at any time- this
makes faith ineffective.
It is not impossible to have faith all the time
It is easy when you make no exception.
When you make no exception faith works- and works every time.

So when we have meditation let us include everything without exception
It doesn't matter what it is, you have to depend on God more – with no exception
Then it is easy.

Dead unto sin, alive unto righteousness.
That is what God has provided.
When we have some experience of getting it right
It is a tremendous encouragement to us to go on and get it right all the time.

Think of your problem behind you, God I front of you, God in front of you,
The problem helping you to depend on God more
Trusting not in ourselves but in God- 2 Corinthians 1:8-9
Get it right
Depend on God more in good times as well as bad.
Think of your blessings as well as react to them
By depending on God more.

For all the things that have gone right – we
depend on God more
for all the things that have gone wrong – we
depend on God more
Lord I'm depending on you more
Lord I'm depending on you now
No exception
Everything.

Another way of saying the same thing
Ephesians 5:20 "in everything give thanks"
Get it right.
Read the newspaper depending on God more for what is happening in the world
Read the current Business report and depend on God in everything we read to solve.
Also do this in depth.
Should do this for a least one hour a day
absolutely minimal. The point is if you do it for an hour you come to the point of doing it all the
time
so that it becomes the real you-
Depending on God more in every circumstance.
Lord I am depending on you more

What you get out of it is joy and peace
When you have faith all God's provision blessing is for you, and for others.
Praise the Lord
Your blessing and your provision is perfect.
In every circumstance, depending on God more
Continuing to depend on God more
I am trusting not in myself but in God at times
Praise God
Thank you Father

Day 13

We can be trusting God in the work situation –
Not saying “Oh dear me!” but depending on God more.
Combining in prayer for others.

When we have a problem we can write it down and then
Ask God how we should pray about it.

We can be thanking God for the attributes and value of
a person in overcoming a difficult relationship, or situation in the workplace or business.
God loves everyone equally
He does not take sides
There is no one we know or relate to that God does
not love as much as he loves us.
Only when we come to the point of believing for
God’s perfect blessing on the other person as well as
On ourselves can God take our prayer and turn it into
something effective?

Listen to yourself talking about people and things
And ask yourself if your words are positive.
It is surprising to realise how negative we are and
Know it is not an example of how to enable God to bless us.
God wants to bless the other person as much as you
We must not deny other people their blessing when we are praying.

Pray appropriately so that they are blessed
Then we are praying in accordance with God’s will
Act this out also, we must have that kind of reality
not only in prayer but also in our mind and on our tongue.

The answer to prayer is in proposition to the reality
With which you are having faith for everyone’
God’s perfect kingdom blessing on those other people and things
This requires repentance
God’s perfect blessing in them as well as in ourselves – God does not discriminate
If we get this right it can transform our prayer activity.

We are to pray for those people who are not being helpful to us

God corrects all of us

Our prayers enable God to correct them and us.

Pray for those who spitefully use us – Matt 5:4 and Luke 6:28

makes us more concerned to act positively towards

those who are not especially our friends or who are even our enemies.

Pray just as much for the people who do not relate to us

as well as for those who do

because God loves each of them perfectly.

If you react in terms of the problem, you have a problem

If you react in terms of the answer, you have an answer.

Day 14

Jesus said

Faith means that you have received so you do not doubt

That is faith as Jesus describe it- no doubt.

Affirming the answer before you have it in reality

When you have it, you are not exercising faith

Before this we are exercising faith

This is the only guide we have got.

It is important, vital to say, easy to say – but

Not easy to do- we all know this

But it is easy for the faith cart to be overturned

Instead of affirming the answer we are affirming

The problem-that is our “faith” not theological faith,

Affirming your sickness, your present circumstances, problems with

People often we are in an ambivalent situation.

We know what faith is but we are not affirming it

We are affirming the difficulty

Two steps forward, two steps back.

We get terribly upset, distressed, sad

So instead of reacting in faith we affirm the problem.

The problem wins out, takes over.

The devil of it is that resentment, hurts, fears, are all justified

We feel sick, perpetuate the problem, that is our

“faith” and that is what we do for ourselves, our friends and work when

We oscillate between what we ought to do and the opposite and often it is the

negative side that wins.

We will not win out with two horses in the cart
Faith only wins out when we make no exception.
It is the same with forgiveness.
We need to have all our faith eggs in one basket.
When we have this oscillating situation inside
Ourselves we have to come back to affirming the good-
We are children of God
The sin of the world has been taken away
The kingdom of God is restored
This is what we have to draw on
We do not have to be down in the pit
We can get back to affirming the perfection in ourselves- in others who hurt us.

If you are oscillating between the light and the dark,
Come back to affirming the light
The most important thing we can know is that we are children
Of God because of Jesus
The sin of the world have been taken away
From the oscillating position, two horses in one
Cart, we can come back to the right position and
Affirm exclusively the kingdom.

You don't have to affirm the problem
Come back to affirming the perfection
You can believe it for yourself
And you can believe it for other people.

Let us remember we are children of God
The sin of the world have been taken away
Let us affirm the kingdom and affirm that the problem has died with Christ
Believe for the kingdom wholeness, the kingdom plane

Believe it for others as well as ourselves.
This is the sort of prayer thinking we are to have
Not affirming the shortage but affirming the provision
Not affirming doubt but affirming faith
Not affirming the problem in someone else but affirming the answer
Let us ourselves and others on the kingdom plane.

Let us affirm each other that God is in charge over our business, family life and everything we possess.

Amen

Day 15

Filled with all the fullness of God

Nothing less than all, full

That is what the Christian walk and Christian

Mediation is all about

Dead unto sin alive unto righteousness

Living on the kingdom plane

Filled with all the fullness of God.

Seeking to do this Jesus said we are to believe

So we do not doubt in our heart (Mark 11)

Unreserved praise full and complete

Thank you Lord

In our heart of hearts we have praise.

Now we apply that full orb, full throated praise

Praise God in that way in all circumstances

Because all things work together for good to those

Who love god no exception

Therefore, thank you Father, praise God for every permitted circumstances

All things work together for good because we are depending on God.

We are depending on God more doing it now

Praise God.

Difficulty teaches us to trust not in ourselves but in God.

Praise without reserve we are complete lacking nothing

If we bring these things into focus it is a tremendous help to us.

All these things work together for good to those who love God

Because they enable us to have the reality of depending on God more

Past, present, future – every circumstances.

How does this relate to the support prayer of others in a group?

The faith of others will help us experience this, and we can help others

The group experience is not just something we are

Doing on our own but God working through the prayers of others.

Balance is important. One part is we do it with

Other people. The other part is that we do it alone.

Both, not one or the other.

Praise God for all permitted circumstances

Enabling us to depend on God more

In Everything give thanks

We can get off the kingdom plane – forget to be

Dead unto sin and alive unto righteousness

We can become alive to the problems of the world instead of

Alive to the kingdom of God.

When we do slip away we can come back and re-assemble ourselves under the kingdom banner

And emphasize faith-without –doubt.

Not new, but with new relevance and added reality

We are really to believe these things in a complete way

For everyone and everything.

The sin of the world is taken away

We are dead unto sin

Alive unto righteousness

It is possible to believe these things when you do not make any exception.

Dead to the sin of the world-the problem died with Christ

Alive unto Christ

You can do it if you do it without exception

In very circumstance believing the perfection of the kingdom.

If we believe this about everyone and everything

We are automatically believing for God's perfect answer

We enable the reality of the kingdom to be experienced

Enable the reality of the sin of the world to be taken away

Have a vision of what you ought to be like in the situation

Apply yourself to it – you will come into the kingdom blessing

Even when the circumstances are difficult

Even with people with whom we are disagreeing.

Do you have the vision?

Are you doing it?

Are you making progress?