

Ch. 2: Prayer & the Holy Spirit

14pgs.

Notably constructive for the addict, who remains in the dark and early days of recovery.

1 Saint John Chrysostom

Prayer is a place of refuge for every word, a foundation for cheerfulness, a source of constant happiness, a protection against sadness.

2 Myself, and other acquaintances have tried modern, more psychological, or at times, simply liberal approaches to happiness. These modern techniques, collectively consisting of positive thinking as their paramount teaching, although challenging to keep active for most, or all the time. An additional twenty-first century ideological approach, I endeavored was in a spiritual nature. Nevertheless, I was attempting to be spiritual by praying to God, without the help of our Savior Jesus Christ. Scarcely knowing what I was doing incorrectly for some time, these efforts towards a Spiritual Awakening began to feel continually more like abstract prayers. I held in my meager possessions two books, both designed to revive a destructive addict's life by involving more faith and spirituality. I constantly saw the words God and spiritual in each book. The more I read, the greater the multitude of these same two words. By contrast, I now began ever so slightly to raise my thoughts up to an unwavering level of spirituality.

3 Although I now design to imply, as a continuity of my new thoughts and actions moved further on, I applied greater effort into my spiritual self on a quest for faith. Notwithstanding, everything ceased going well as planned, as it briefly was at the commencement of my effort. As it now appeared, I had become *stuck*. Without more knowledge or forward progression, I began to regress and lose interest. I now merely call your attention to the One, whereas, His involvement being destitute from this faith of Spirituality; when imploring His wisdom was the answer, all along.

4 Preceding this period, back to when my life was no more than a threadbare endurance of high level tribulation, my faith had become shaken to its core. When I call to remembrance this occurrence, I come to the grave realization of which the truth here being, that I was no longer anymore, not to mention for the past twenty years since the beginning of this sinful time frame, living in *God's Word* as one was raised to be. I had displaced myself from God, never once realizing that He remains contractual at all-times. He was close by throughout the entire duration, trying to persuade my attention. He was the only one who could resolve such problematic conditions, yet He went unnoticed.

5 It's not too much for me to say, "that God to me was inanimate. He was nothing more than a paradox of noninterest".

To add to that, "the word of God simply nothing more than useless rhetoric, 'twas to be dismissed at-all-times".

Coupled with the fact that throughout the duration of this entire period, I was committing the most insidious of sins on an absolute and relentless pace.

6 I wasn't paying the slightest notion to Him, even though He never halted His reaching out to me in this unconditional allotment. He was trying to get me to listen, so all the chaos around me would finally cease to exist. When I was at my deepest point applying a stressful endeavor of truly returning to God, as I begged ceaselessly for His forgiveness, my old Christian values were gone. I now genuinely thought more modern approaches for completing goals of gaining happiness and self-control, were needed in these modern times. I was also falling victim to more modern communication techniques to be used with God.

7 With this mentioned before in paragraph four (F&K 1:4), I will now confess that it was *far from* an arduous task to gain forgiveness from God. On the other hand, it was onerous to gain the advantage of His wisdom without the help of a Nazareth, turned Galilean, named Jesus. Believing in God, but not His Son is having belief in vain. A futile belief, if I can declare such an utterance on the matter. How do we receive the Holy Spirit without belief in the Christ? We lack this ability, and this naturally, is one of the main reasons we need Jesus Christ in our lives. You must be cognizant of the Holy Spirit, functioning as your most valuable key to your success. Although, this being an invaluable gift, it remains easily procurable to all who seek. 8 8 When you develop awareness of the Spirit is inside you, confidence begins to increasingly flow throughout your entire being. When you can veritably feel the Holy Spirit inside your body, and feel your knowledge increasing ever so much, you'll now begin to feel like you are Jesus Christ Himself. (Try to remember to always stay humble as Jesus, pride is a sin). Undoubtedly, and proved many times over throughout the course of two millennia: having a dedicated belief in the Trinity, [God - Jesus - Holy Spirit], is the ultimate, richest, most liberating and most enlightening Spiritual experience a person can receive.

9 John 14:16 (says Jesus)

But the Helper, the Holy-Spirit, whom the Father will send in my name, will be your teacher in all things and will put you in mind of everything I have said to you.

10 Without debate, and well known, Jesus is also our advocate towards God. I supply an ambiguously interesting metaphor on this in chapter 9/9:16. Likewise, to

His process of instructing His disciples how to properly understand God, He helps us perceive the proper ways of maintaining a flourishing relationship with God. Henceforth, we can receive all His gifts, and apply His wisdom to work good into our lives. Jesus heroically expunged mankind's sins as He hung on the *criminal's* cross, and He continues to facilitate us to gain penance for our sinful nature. In conclusion here, we must live through Christ, if we endeavor to be free of sin.

11 Romans 5:9

Much more then, being now justified by His blood, shall we be saved from the wrath 'of God' through Him.

12 Prayer is a more powerful force than you can possibly imagine. Prayer is the most puritanical way you get through the most difficult of times. It should also be your preeminent source of inspiration and guidance, at all times. Anytime you're not sure which direction you're heading in...ask God. Anytime you don't know the answer to something, as in anything, or if something you're getting yourself involved in is correct for you or others it might affect...ask God. You must have faith if you want improvements to take place. *It is when we believe in the word of God, that which then at this point, His word now becomes, ever so powerful.* Take advantage, this He wants. Never be fooled, God is omnipotent.

13 Henry D. Thoreau

It's not what you look at that matters, it's what you see.

14 Praying is the most intimate conversation we're able to secure with God. You'll need the inspiration right now, and who better to ask, then He who knows all. God will listen to anything that you can possibly, contemplate asking Him. He'll always be available to converse with. There's no reason for you to become discomposed with embarrassment over any subject matter that, of which it might be, you'd like to *get of your back*. You cannot become ashamed or humiliated while speaking to God. Easily accessible for you to contact, He'll always abide in you, without placing care in what time of day it may be. This means He's never too busy for you. He's even available in the middle of the night. Whether at school, at work, or stuck at home in a winter blizzard, you can effortlessly have a conversation through prayer with God. Furthermore, you always have the New Testament you can turn to, if you're more comfortable just reading for now. This is another gratifying way to listen to our Lord.

15 God's truly our father. Our biological fathers should always receive the love and respect they deserve. They've earned this, with the amount of continual care and patience they had in us. Nonetheless, it's God's morals we try to imitate, as we can only hope we live strong-minded to a degree which can make Him proud of us.

16 Along your journey ever getting closer to Christ, it can be difficult to pray sometimes. At times, you're *feeling it*, and during other moments, you just can't see to get yourself in the proper mood. It might (only at first) feel unnatural for you to drop to your knees and speak to God. Occasionally, it feels ridiculous to me just seconds, heretofore, the act of engaging in prayer. Nevertheless, after a few thoughts or speaking a few words, my capacity begins changing. It's at this moment where everything begins to feel, all-so natural.

17 Did you know that in ancient times, instead of bowing their heads, the people of antiquity would face up towards the heavens as they communicated to God? I find this method of prayer far more arduous, to obtain a comfortability-level while performing. Whereas, I do occasionally perform prayer in this manner while outside in nature. While properly disregarding this method for now, maybe you'll want to attempt prayer of this nature, at a later time when you've acquired increased comfortability. On the contrary, it may never become comfortable to execute prayer in this precise manner anyhow, as very few people follow this method in present times. Therefore, ingenuously realize how easy we now have with prayer, with our common and modern method.

18 A considerable amount of our population find it effortless to quickly kneel-down, bow their heads, and ask God for something. To straightforwardly ask God for a favor. Just spending a few seconds to ask for the strength to get through or accomplish something, is how most conversations happen with the Almighty; and there's nothing wrong with. These quick prayers have always helped people to get through the day, especially in these busy times we now live in.

19 To consummate an extended and more mystical experience, I'll use basic meditation techniques like deep slow breathing. This always helps to relax me, and modifies me to that point of focus. The point where I can have usually a modest and fairly-quick, yet thoroughly clear conversation with God. Repent, request forgiveness, and then for His rewards - simple! I ask for advice on how I can help others, and in the midst of conversing with Him, I frequently become rewarded with the answers I so beseech. Deep breathing, can also enable someone to spend more time enjoying the simplicity of peace, in that wonderful moment. Nevertheless, all people will have to find their comfort zone, usually a certain physical place: such as kneeling bedside.

20 What else gives you strength and motivation to pray? *Never forget*: no longer indeed, is it a requirement of your own to attempt or accomplish anything

by your own power, from this point moving forward. You're equipped with guidance for whatever task it may be that you seek to fulfill, or need to carry out. It's not just the power of your human being that brings you to pray, or do anything else for that matter. Before all else, you're always given sustenance! This will be one of the prevalent gifts, the gracious *Holy Spirit* will bless you with.

21 With the Spirit AKA the Holy Ghost, you gain more experience and knowhow in all categories of life. As it may be the cause of more intelligence inside, it appears to all others and feels natural to yourself. It's truly amazing how when going through our daily activities, the *Holy Spirit* intervenes incessantly. Another valuable gift God has already given to you, is the blessing of a soul. But how do we affectively use it? How do we fully activate this soul into positive use, for the good of our lives? Why have a soul, only to have it deteriorate into waste, and not gain any benefits to more sufficiently enrich our lives? Those all sound like obvious questions. Yet, for many individuals, this outlook never gets analyzed.

22 You can call it thinking with your soul or thinking with your heart, but I now call on you to merely remember one thing that's of uttermost importance to all: not all knowledge comes from the human brain. It's your soul that needs vital awakening by believing in Christ, and receiving His gift of the *Holy Spirit*. This being the vital reasoning we pray to God through His Son, because he will indoctrinate your soul with the *Holy Spirit*. Withal, only left needed is to surrender and afterwards - let it guide you. For the word of God is *always* the truth. The word of God is *always* the most vital knowledge and proper way.

23 Proverbs 3:5-6

Trust in the Lord with all your heart and lean on your own understanding; in all your ways acknowledge Him, and He will make your paths straight.

24 1Romans 12:12

Rejoice in hope, be patient in tribulation, be constant in prayer

25 It may take a while, to build up the courage to pray for specific counseling or even more direct gifts. To be ambiguously in your penance, and in asking for nourishment. As for myself, I never felt like I earned it yet. In the interim of prayer, I'd think back and revised the past few days in my mind, and then presume I hadn't lived diligently enough in His word. I'd be too *selfish* to think I could ask for anything specific, so instead I repeatedly asked for broad topics. Eventually, you will gain the knowledge to be aware of your right to ask God for specific things when you pray. Thou shall not be afraid to ask for too much.

26 God wants to bless upon you the requirements needed, in order to put the correct attributes in place, so you can live comfortably and with success. God has in fact always, and He'll forever continue desiring, for you to live in the full potential that He created you for. Some people expect to receive everything amongst all topics of which they pray for, and this thought-process is okay. You must trust in His timing, but still it remains okay. When you engage in honest conversation with God and you ask for help, you have the right to expect what you asked for. God never says no to you. In the book of Matthew 6: 6-10, he tells us to pray in private to God. That God's already aware of what we need before we ask, and to pray with an idea firmly in mind. And Matthew wasn't shy or decomposed in his thoughts of what to ask Christ for. It is written, that Matthew then asks to have the gifts of heaven here now on earth.

27 1John 5:14 (KJV)

And this is the confidence we have in him, that, if we ask anything according to his will, he heareth us

28 There was nothing I was focusing my mind on, whence using or throughout short durations of sobriety in between, that was ever going to pull me away from repeatedly getting sucked into what was basically a continuity of drug use. My priorities were undoubtedly erroneous, but like most others it started with fun and laughter, thrill seeking, sex, etcetera. However, after so many years and still not uncovering a meaning to my life, it became solely about drugs and the fun was no longer. I was seeking not only a portion, but all, of my happiness in new and evil inventions born from nothing more than worldly matter. There I was, as I blindly stood, searching in diabolical man-made substances without concern or guidance for my own welfare. I dreamt wrong things were right, an automatic response of behavior came next, as I'd happily acquire man's maliciousness as if it were a gift meant to please for the good.

29 If I had only known then, that the word of God always proves to be true. If I had only known back then, that when I became an adult, to seek glory through God before anything else. Furthermore, when I made my first attempt towards a return to His glory, if I had only known, that it's Jesus Christ, whose is our middle-man (advocate) in a relationship seeking God's forgiveness and blessings.

30 Charles Spurgeon

Free will carried many a soul to Hell, but never carried a soul to Heaven

31 1John 2:1 (KJV)

My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father

32 1Timothy 2:5 (KJV)

For there is one God, and there is one mediator between God and men, the man Christ Jesus

33 John 16:33

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

34 The *Holy Spirit* takes the love of God and makes it personal. No more is it *He loves the world*, but now it has become *He loves me*. At this moment, you begin to perceive just how special you are as a person to Him. You're given the knowledge to know first-hand the amount of care, compassion, and planning that God has put into your life as He monitors it with incredible detail.

35 The *Holy Spirit* gives you wisdom and understanding which is humanly impossible to ascertain alone. He also helps you look past situations and see the 'big picture'. The *Holy Spirit* will solve problems relating to yourself and/or others in your life. The latter of these certainly became true in the life of my own. He can even also help on a variety of issues as in deciding if the time is right or not for someone to resign from their job. The *Holy Spirit* helps you to be able to see through other individuals in order to be aware of their true intentions, because we're not always aware of what others' intentions truly are. I'm also well-aware from my own experience that this past statement is definitely, true. As it is written and as it appears, He gives advice on all of life's situations like when we should share the Gospel with others and when we should leave things alone. The Spirit delivers peace and comfort during delicate times. This is one of the main reasons we learn to depend on Him. Another significantly outstanding blessing of which we receive, would be the warnings we're given of upcoming dangers.

36 With this mentioned above, I now advise you to learn to depend on the *Holy Spirit* and one can only do this if He is active in your life through Jesus our Savior. I guarantee, and as promised from above, the Holy Spirit will embrace you with knowledge and wisdom beyond man's ability. He will interact with your thoughts and decision making when the notion of Jesus living inside you becomes a new foundation for all matters involving your life.

37 1 John 2:2 (NIV)

He is the atoning sacrifice for our sins, and not only for ours, but also for the sins of the whole world.

38 This last scripture by the Apostle John is telling us that Jesus is the way to make amends for our sins. Through Him we take a path of repentance to our God's full divine being, God the Almighty, Creator of the Universe. After this John, friend of Jesus, informs us saying: God's love is perfect – exactly what I've spent my whole life searching for. Then after, the Apostle John reminds all of us that if we say we love God but continue not to live in His word, this means we do not trust Him. I'd have to now say, that it seems as if we must not approximate the love we are receiving from God if we proceed to commit sin and are too irresponsible to live in His word. Beyond doubt, frequent sins and disobeying the word of God, must cause someone to forget the expecting of gifts in return from God. These gifts from the Kingdom of God are not something we try to mitigate, yet I myself have struggled not to commit this crime.

39 At such times, I delivered a sincere, earnest and time-consuming reading of the word of God. But was I genuinely sincere? It seems I was also finding the time for a continuation of sin, during such a period while I was expecting to receive all the gifts from the Kingdom of God. I now believe, it was the *Holy Spirit* which was guiding me to perform a mundane ritual of prayer with God, and was also helping me, even during time of prayer. It's essential that we communicate properly by knowing where we stand in our relationship with God and where it is that we truly desire to be. Soon, with this guidance I was receiving, I had figured out that the place I desired to be, was the same place where I'd be receiving those gifts I needed to fulfill my life, and more importantly to assist others in achieving the same.

40 In my time of prayer, I knew I had to be honest and confess my sins that were still taking place. (although not as severe and less often, bad habits remained). Many people might try to claim they can be honest when speaking on behalf of their own previous actions, whether it entails speaking to another individual, or confessing to Our Lord. Yet, it is the simple fact that God is the only other being who's fully implicated in the completeness of our actions. This causes the undeniable truth of sins to be acknowledged and confessed. Moving forward with realizing the rewards given by God for an honest, a properly achieved, and faithful life dedicated exclusively to Him, is what drove me to a life of celebratory fulfillment living in His word. All things considered, while on your journey, a continuum path ever getting closer to God, you must not come with selfish intentions. Selfish intentions produce no favor in your own direction.

41 I was never fully aware, and I didn't have clouding my mind, these many gifts O'which I stood to receive. Of course, I was well aware my new behavior would contribute towards improvements in my own life. On the whole, I wanted to unselfishly help others in an attempt to bring favor in my own direction. I'm sure I would've even been reluctant to put in as much effort as I did, if not knowing I'd receive at least some form of endowment in return. However, I never understood the extensive happiness, and powerful knowledge that I had placed myself in position to be granted. I demanded an immediate relationship with God through Jesus, because I was in envy of His righteousness. I bowed down and offered love because of His divine way, which is a perfect way, as He possesses the truth that man can never possess on his own. He's an omnipotent force, the one and only force, the illuminati cannot defeat. Even if they continue to worship Satan during all future Super Bowl half-time shows. [3]†

42 For the final analysis, no one could *ever* fake a relationship with God even if they so desired anyhow, because God knows all. He knows if we are being sincere, what we think even before we think it, what we do and even knows what's going to take place in our lives before it happens. This here, is what the love of God is all about. This here, is why Jesus the advocate is the most important figure in everyone's lives. The greatest thing in all the world is that He has the power to *change one's future* before it takes place, if He is *asked properly* to do so. God can provide you with the outcome you so badly desire. I confess many times in this book that I now realize - God wants us all to live in the full potential He designed us to be in.

43 We use prayer because, although we're beseeching the forgiveness and guidance we so desperately need, we also refuse to give up on ourselves. In essence, we thought our self-confidence and motivation had retired. On the other hand, we are now given new strength and energy when realizing we were falsely looking at our obstacles in a manner leading to repeated results of failure, not realizing our lack of effort. A whole new way of dissecting and/or responding to all elements of our lives, not just substance abuse, is an achievable goal that we already commenced working towards. Our use of drugs will be turned into a vastness of knowledge coupled with experience in life, which is always more valuable than education. Time is something that we can't get back. Wisdom, however, we stand to gain.

44 Aristotle (Philosopher from the 4th century B.C.)

“Anybody can become angry - that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way that is not within everybody's power and is not easy.”

45 It's not what happens to us, but our response to what happens to us that continues to hurt us. Your identity does not have to be lost in this damage which you've already caused, or this healing you are now going through. Likewise, if you feel because of this lifestyle which you've been living, that you never had or don't like and need a new identity, then this goal is also achievable. The commencement has already begun. These most challenging and rewarding difficulties that you're going through become the crucibles that forge our character. This book/program will immensely develop your internal powers. In time, you will have a vastness of control from the inside→out. You will know and love who you are. You will be content, with your true eternal self-being. This you must, because you're sick of your thoughts and sick of the negative words of which come from your mouth. Words of agony, words of discontent, words of anger...

46 The *word* or *logos* was with God, and was God. The greatest blessing to 'drop anchor' on mankind, came when the word was revealed *in the flesh*. Jesus Christ, was the *logos*. (the word). For we as people, are not reaching to become divine with our Maker, because this taking place – it cannot. Our quest can never be a mission to become of a singular form, with that of God. Likewise, this ensures we'll never lose our individual identities, neither. Whereas, the word transformed into the Son of Man, so this reason, we now had become partakers in divinity. All of us should strive to be as close to fully righteous as one can possibly be, using the word in the Flesh as our 'model' example, although no organic (human-being) man or woman is able to reach the full 100% level of complete righteousness; as did the word, Jesus Christ.

47 Hence, we all receive the procreation of Holy Spirit, entrusting upon our lives' which thereupon, at that moment is destiny. We now blissfully keep this unprecedented feeling throughout us. Now well aware, that we are one miraculously united family who all love God, because He loves us, and we love each-other.

chapters end

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Some of us previously caused so much damage infecting ourselves, taking Satan's poison, that we remain struggling to operate without added chemicals, at times. In any event, we're part of the Faith & Knowledge community, and we remain perfectly capable of warning the next generation. - If you continue struggle or are beginning to believe that you're giving up on yourself, *save another soul*