

HOW TO FEEL GOOD (GOD) FOR FORTY DAYS OF LENT

The experience of the grace Presence is always with all of us. However we all are not always experiencing the Presence. We have two faculties. The rational head sees the physical seen. The conscious heart consciously senses the unseen spiritual. The only way into the Presence is when our conscious heart becomes open to the grace Presence.

Start by first becoming conscious of the Presence and then doing whatever is needed to do?. The reason is because we have not practiced using our conscious faculty. We are too used to using our rational mind. It takes daily soul practice to start with the conscious to get a new rational insight.

One practice I call the television effect. I have no idea how the TV works. I just turn it on and it works. The exercise that works best for me is to wonder. Wondering is an act of the heart while thinking is an act of the head. As a starter I begin to wonder what difference being in the grace Presence of God's Peace makes when dealing with a certain difficult time. The guarantee is when you do this the light goes on. You will receive a knowledge you could not have had when out of the Presence. Don't try to figure it out. Just try it.

FORTY DAYS FOR FEELING GOD

WEEK ONE: Consciously wondering what difference being in and out of the Presence opens our heart to feel God's Spirit. Eph. 1:18 (translated "open eyes of your heart")

John 1:17 "The law was given through Moses; grace and truth came through Jesus Christ." There are two solutions for our life. The law solution is "do something to feel good or God". The grace solution is "feel God to do something". What difference would feeling God's Presence make for you today?

John 1:14 "We have seen his glory full of grace and truth." What difference does it make if we need to know the truth to see His glory or to know the truth because we have seen His Glory? What difference would feeling God's Glory make for you today?

John 4:23 "Real worshipers worship the Father in spirit and in truth." What difference does it make if we worship in spirit and in truth to be real worshippers or we worship in spirit and in truth

because we are real worshippers? What difference would feeling God's Spirit make for you today?

John 4:23 "The Father is seeking such people to worship him." What difference does it make if we worship in the spirit because we know the truth or do we know the truth because we worship in the Spirit? What difference would feeling God's Spirit make for you today?

John 4:24 "God is Spirit, and those who worship him, worship in spirit and truth." What difference does it make if we worship in spirit and in truth to feel God or we feel God to worship Him in spirit and in truth? What difference would feeling God's Spirit make for you today?

John 8:31 "If you abide in my word, you are truly my disciples." What difference does it make if we become His disciple to abide in His word or we abide in His word to become His disciple? What difference would feeling God's Love make for you today?

John 8:31 "You will know the truth, and the truth will set you free." What difference does it make if we become free from our burdens to know the truth or do we know the truth to be free from our burdens? What difference would feeling the freedom of God's Truth make for you today?

WEEK TWO: We think with our head and wonder with our heart. The rational head can only see the physical seen. Only the conscious open heart can sense His unseen abiding Love. II Cor. 4:18

John 8:31 "If you abide in my word, you are my disciples." What difference does it make if we become His disciples to abide in Him or we are His disciple because we abide in Him? What difference would feeling God's Love make for you today?

John 8:35 "A slave does not abide in the house forever, but a son abides forever." What difference does it make if we work to abide or we abide to work? What difference would feeling God's Love make for you today?

John 12:46 "I have come as a light into the world, that whoever believes in me should not abide in darkness." What difference does it make if we seek light and knowledge to abide in Him or we seek to abide in Him to find Light and Wisdom? What difference would feeling God's abiding Presence make for you today?

John 14:1 "Let not your hearts be troubled. Believe in God; believe also in me." What difference does it make seeking the healing of a broken heart to believe in Jesus or to believe in Jesus to heal a broken heart? What difference would feeling God's healing Presence make for you today?

John 14:1 "I Am the Way, and the Truth and the Life." What difference does it make if you believe the way of Jesus is to do what He did (legalism) or to do how He did it (in the Presence of the Fathers Grace)? What difference would feeling God's grace make for you today?

John 14:6 "No one comes to the Father except through Me." What difference does it make when we come to the Father by what we do (legalism) or by what Jesus already has done (by grace)? What difference would feeling God's unconditional grace make for you today?

John 14:16 "I will pray the Father, and He will give you another Helper, that He may abide with you forever." What difference does it make if we pray to open our heart get in the Spirit, or we open our heart to get in the Spirit to pray? What difference would feeling the grace of God's Spirit make for you today?

WEEK THREE: Out of the Presence our thoughts create our feelings. In the Presence feeling God creates our thoughts. The Wisdom is from the mind of Christ. I Cor. 2:16

John 14:17 "The world cannot receive the Spirit because it neither sees nor knows him. You know him, for he dwells with you and will be in you." What difference does it make if we have to do something to receive the Spirit of Jesus or we do something because we have received the Spirit of Jesus? What difference would feeling God's Spirit make for you today?

John 14:21 "He that has my commandments, and keeps them, he it is that loves me." What difference does it make if we keep His commandments to love Him or we Love Him to keep His commandments? What difference would feeling God's Live make for you today?

John 14:27 "My peace I give to you. Not as the world gives do I give to you." What difference does it make for us to find our peace in the

world or by feeling God's Peace? What difference would feeling God's Peace make for you today?

John 15:4 "The branch cannot bear fruit of itself unless it abides in the vine, neither can you, unless you abide in Me." What difference does it make if we try to bear fruit to abide in Him, or we abide in Him to bear fruit? What difference would abiding in God make for you today?

John 15:7 "If My words abide in you, you will ask what you desire, and it shall be done for you." What difference does it make if we prayer to abide in Him or if we abide in Him to pray? What difference would feeling God's Presence make for you today?

John 1:17 "As the Father has loved me, so have I loved you." What difference does it make if we love others to be loved by the Father or if we love others because we are loved by the Father? What difference would feeling God's Love make for you today?

John 15:9 "Abide in My love." What difference does it make if we abide to be loved or we abide because we are loved? What difference would feeling God's Love make for you today?

WEEK FOUR: The road to freedom in grace and truth is finding what we are looking for inside not outside our selves. II Cor. 4:6-7

John 15:10 "If you keep my commandments you will abide in my love." What difference does it make if we keep His commandments to abide in His Love or we abide in His Love to keep His commandments? What difference would feeling God's Love make for you today?

John 15:10 "I have kept my Father's commandments and abide in His love." Did Jesus keep the Fathers Commandments to be loved by Him or did He keep the Commandments because He was loved by Him? What difference would feeling God's Love make for you today?

John 15:11 "These things I have spoken to you, that my joy may be in you, and that your joy may be full." What difference does it make if we do things to find joy or do we find Jo to do things? What difference would feeling the Joy of the Lord make for you today?

John 15:12 "This is my commandment, that you love one another as I have loved you." What difference does it make if we love one

**another to feel His Love, or we feel His Love to love one another?
What difference would feeling God's Love make for you today?**

John 15:13 "Greater love has no one than this that someone lay down his life for his friends." What difference does it make if we make sacrifices to others to feel His Love or do we feel His love to make sacrifices for others? What difference would feeling God's Love make for you today?

John 15:19 "If you were of the world, the world would love you as its own." What difference does it make if we love others to feel their love or we feel God's love to love others? What difference would feeling God's Love make for you today?

John 15:17 "These things I command you, so you will love one another." What difference does it make if we love others because Jesus commanded us to or to follow His commandment because He loves us? What difference would feeling the Love of God make for you today?

WEEK FIVE: We must know the difference between grace and legalism to know grace. Gal.; 3:2 ff

John 15:26 "The Spirit of truth, proceeds from the Father and will bear witness about me." What difference does it make when we seek the truth to know the Spirit or we know the Spirit to seek the truth? What difference would feeling the Spirit of God make for you today?

John 16:13 "The Spirit will guide you into all the truth." What difference does it make when we seek the truth to know the Spirit or we know the Spirit to seek the truth? What difference would feeling the Spirit of God make for you today?

John 16:22 "No one will take your joy from you." What difference does it make if we do worldly things to feel joy about them or we feel Jesus' Joy to give you joy in the world? What difference would feeling the Joy of the Lord make for you today?

John 16:24 "Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full." What difference does it make if we ask first, to have joy or we have joy first and then ask? What difference would feeling the Joy of the Lord make for you today?

John 16:33 "In me you may have peace. In the world you will have tribulation." What difference does it make if things do not go well and we are out or when we are in the Peace? What difference would feeling the Peace of God make for you today?

John 17:8 "They have received the words you gave me and have come to know in truth." What difference does it make when we seek to know the truth to believe the Words or to believe the e words to know the truth? What difference would feeling God's Presence make for you today?

John 17:13 "These things I speak in the world that they may have my joy fulfilled in themselves." What difference does it make if we depend on things of this world for our joy or is our Joy already fulfilled in ourselves? What difference would feeling the Joy of the Lord make for you today?

WEEK SIX: Out of feeling God's Love we will think and act differently than when in and feeling His Love. Rom. 12:2

John 17:17 "Sanctify them in the truth; your word is truth." What difference does it make to seek the truth to be sanctified or to be sanctified to seek the truth? What difference would feeling God's Sanctification make for you today?

John 17:19 "I consecrate myself, that they may be sanctified in truth." What difference does it make to be sanctified to know Jesus or to know Jesus to be satisfied? What difference would feeling being sanctified make for you today?

John 17:26 "The love with which you have loved me may be in them, and I in them." What difference does it make if we love others to have Jesus abide in us or do we abide in Jesus to love others? What difference would feeling God's Love make for you today?

John 18:37 "Everyone who is of the truth listens to my voice." What difference does it make if we listen to the truth to hear His voice or we hear His voice to listen to the truth? What difference would hearing God's voice make for you today?

John 20:19 Jesus said to them, "Peace be with you." What difference does it make when things are not going well for us and we feel the Peace of God? What difference would feeling the Peace of God make for you today?

John 20:21 Jesus said "Peace be with you. As the Father has sent me, even so I am sending you." What difference does it make if we minister to others because we are sent to others or we minister because the Holy Spirit is sent to us? What difference would feeling God's Peace make for you today?

John 20:26 "Peace be with you." The Peace is always there for us when we open our heart. What difference does it make if we believe because we once felt the Peace or because we feel the Peace of God? What difference would feeling The Peace of God make for you today?

John 21:16 "Simon, do you love me?" He said, "Yes, Lord; you know I love you." Jesus said, "Tend my sheep." What difference does it make if we tend to others to love Jesus or do we tend to others because we love Jesus? What difference would feeling God's Love make for you today?