

The Blood

Without the shedding of blood there is no forgiveness of sins. Heb 9:22

While facilitating a session with a lady who had struggled for many years to forgive those who had hurt her, I encouraged her to forgive as an act of her will. She responded that she had done that many times and didn't know what else to do. I silently prayed for help. Suddenly, I heard, "Apart from the blood of Yeshua there is no forgiveness of sins."

It was as though a light bulb went off in my head and my heart! I realized I'd practiced and taught to forgive sins through the soul—through human will power. And I also realized that there was something so much more powerful than my weak will, and that is the shed blood of Yeshua! I thought about the fact that we are a chosen race, a royal priesthood. One of the duties of a priest is to apply blood to sin.

1Pe 2:5 you also, as living stones, are being built up as a spiritual house for a holy priesthood, to offer up spiritual sacrifices acceptable to God through Yeshua Christ.

1Pe 2:9 But you are A CHOSEN RACE, A royal PRIESTHOOD, A HOLY NATION, A PEOPLE FOR God's OWN POSSESSION, so that you may proclaim the excellencies of Him who has called you out of darkness into His marvelous light.

As priests, we are supposed to be applying the blood of Yeshua to sin! I thought of Yeshua's parting words to His followers in John 20:23: "If you forgive the sins of any, *their sins* have been forgiven them; if you retain the *sins* of any, they have been retained."

Yeshua is acknowledging that they are priests. And priests apply the blood of the sacrifice to people and to sin in order for forgiveness to be given. I've taught others that forgiveness is an act of your will. That's true, but there's so much more to forgiveness than my own ability.

If Yeshua had died any other way other than shedding his blood, we would be lost forever.

He had to shed his blood.

At His name, every knee will bow. His name is great, but there is something greater.

Something that has the power to bring life from death, something that can save a sinner...His blood!

Apart from the blood of Yeshua, we are powerless to forgive anyone of any sins—ourselves included! The next scripture that came to my mind was Rev. 12:11, "And they overcame him because of the blood of the Lamb and because of the word of their testimony, and they did not love their life even when faced with death."

Sin is so much more than what we do. Loving ourselves more than we love God, more than we love righteousness, more than we love our neighbor is sin. Sin is anything that is outside of God's will! Sin affects this world, my relationships and myself—it kills, steals and destroys.

We've been praying for people to be healed and that's good and right. But land and relationships need healing too. I believe that every time a human sins Satan receives power and authority to cause decay to God's creation. Creation has been decaying ever since Adam and Eve sinned. Decay is what? Cancer, hatred, envy, jealousy, addictions, stealing, lying, etc.

"If you forgive the sins of any, their sins have been forgiven them; if you retain the sins of any, they have been retained." John 20:23

Paul said there would be a day in the future when the sons and daughters of God are revealed. He said that all creation groans for that day because creation will be liberated from the bondage of decay.

Rom 8:19-23 *For the eagerly expecting creation awaits eagerly the revelation of the sons of God. For the creation has been subjected to futility, not willingly, but because of the one who subjected it, in hope that the creation itself also will be set free from its servility to decay, into the glorious freedom of the children of God. For we know that the whole creation groans together and suffers agony together until now. Not only this, but we ourselves also, having the first fruits of the Spirit, even we ourselves groan within ourselves while we await eagerly our adoption, the redemption of our body.*

WE ARE ROYAL PRIESTS

Rom 15:16 *to be a minister of Christ Yeshua to the Gentiles, ministering as a priest the gospel of God, so that my offering of the Gentiles may become acceptable, sanctified by the Holy Spirit.*

1Pe 2:5 *you also, as living stones, are being built up as a spiritual house for a holy priesthood, to offer up spiritual sacrifices acceptable to God through Yeshua Christ.*

1Pe 2:9 *But you are A CHOSEN RACE, A royal PRIESTHOOD, A HOLY NATION, A PEOPLE FOR God's OWN POSSESSION, so that you may proclaim the excellencies of Him who has called you out of darkness into His marvelous light.*

A royal priest is a son/daughter, filled with the Holy Spirit and commissioned by the King. Two of the many duties of a priest are:

1. We are to come into Yahweh's presence by the blood of Yeshua: Heb.10:19 Therefore, brethren, since we have confidence to enter the holy place by the blood of Yeshua.
2. We are to forgive the sins of others (His blood): John 20:21-23 So Yeshua said to them again, "Peace *be* with you; as the Father has sent Me, I also send you." And when He had said this, He breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, *their sins* have been forgiven them; if you retain the *sins* of any, they have been retained."

*Yeshua was slain and paid our debts with His blood so that we can be forgiven, cleansed, redeemed and restored to a right relationship with God.
He gave us authority to rule in His kingdom and to be priests that reign on the earth.*

Rev 5:9-10 *And they sang a new song, saying, "Worthy are You to take the book and to break its seals; for You were slain, and purchased for God with Your blood men from every tribe and tongue and people and nation. You have made them to be a kingdom and priests to our God; and they will reign upon the earth."*

As priests, we are to:

1. help prepare this world for His coming,
2. apply the blood of the Lamb to cover sin,
3. abide in His presence, and
4. minister to Him through His life being lived in us, which brings about death to self.

Yeshua instructed and called us to go and do what He did—heal the sick, raise the dead, perform miracles, forgive sin by the power of His blood, perform supernatural signs and wonders, reveal truth and love our enemies! John 14:12 "Truly, truly, I say to you, he who believes in Me, the works that I do, he will do also; and greater *works* than these he will do, because I go to the Father.

As a priest, we are to apply His blood and forgive the sins that are revealed in the light of His presence.

THERE IS POWER IN THE BLOOD

Transformation happens when we pray and apply the blood of Yeshua over a person, place or thing.

Yeshua took the keys of death and hades from Satan. So, where does Satan get his power? From us, from our sins. We have the power to choose and the power to forgive. Satan comes to us as a wolf in sheep's clothing, talking nice so we will make bad choices. He lies to us so we will do things his way. And if we believe his lies, Satan steals what we have.

Mat 13:19 "When anyone hears the word of the kingdom and does not understand it, the evil *one* comes and snatches away what has been sown in his heart."

And after Satan steals from us, he usually hits us with guilt and condemnation. Shame follows. He wants to make sure we hide in the dark with him. When we willingly sin, we give power and authority to the enemy. If we don't repent, but continue to sin, the enemy will take us into captivity/Sheol.

Our captivity is not what Yeshua intended when He paid the price for our freedom!

SHINE YOUR LIGHT

Our sins were never meant to be hidden. We are to walk in the light as He is in the light.

1 Jn 1:6-7 *If we say that we have fellowship with Him and yet walk in the darkness, we lie and do not practice the truth; but if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Yeshua His Son cleanses us from all sin.*

John 8:12 *Then Yeshua again spoke to them, saying, "I am the Light of the world; he who follows Me will not walk in the darkness, but will have the Light of life."*

The enemy likes it when we hide our sins because he doesn't want to lose any power over us. When we first accepted Yeshua as our Savior, He gave us a blood bath. From that day forward we must wash our lives in that blood.

Isa. 1:18 *"Come now, and let us reason together," says the LORD, "Though your sins are as scarlet, they will be as white as snow; though they are red like crimson, they will be like wool."*

Rev. 7:14 *I said to him, "My lord, you know." And he said to me, "These are the ones who come out of the great tribulation, and they have washed their robes and made them white in the blood of the Lamb."*

HOW DO WE WALK IN FREEDOM AS SONS AND DAUGHTERS/PRIESTS?

1 Jn 1:6-9 *If we say that we have fellowship with Him and yet walk in the darkness, we lie and do not practice the truth; but if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Yeshua His Son cleanses us from all sin. If we say that we have no sin, we are deceiving ourselves and the truth is not in us. If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.*

THE LIGHT: The Lord reveals hidden sins in the light of His presence.

Psa. 90:8 *You have placed our iniquities before You, Our secret sins in the light of Your presence.*

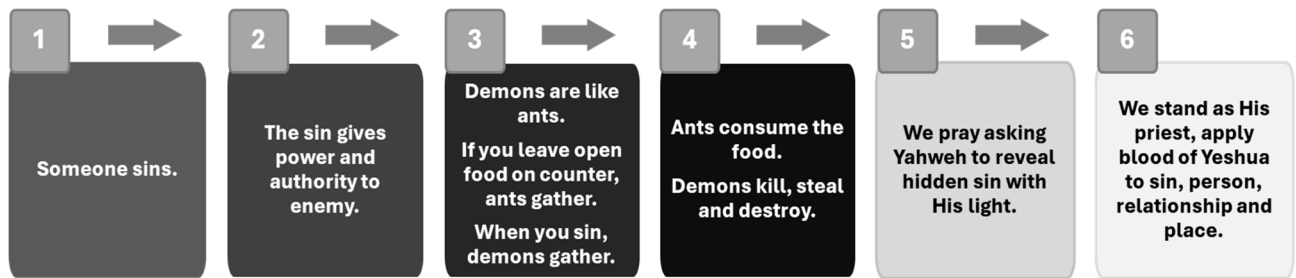
Eph 5:11 *Do not participate in the unfruitful deeds of darkness, but instead even expose them...*

Why does God reveal hidden sins? Because these are the sins that give Satan power and authority to bring decay to creation—people, places and things. As a priest, we can ask God to shine His light on the person, on the relationship and on the land and reveal the hidden sins that the enemy is using to bring decay/destruction/death.

THERE ARE DIFFERENT LEVELS OF SIN THAT ATTRACT DEMONS:



THIS IS HOW IT WORKS:



LIVING AS A PRIEST

A priest deals with sin through forgiveness that comes through the blood of Yeshua.

Lev 5:13 *“So the priest shall make atonement for him concerning his sin which he has committed from one of these, and it will be forgiven him; then the rest shall become the priest's, like the grain offering.”*

It's vital that we understand forgiveness. And it's vital that we understand who we are—sons and daughters of God, yes, but we are meant to be so much more—a priest, which speaks of being in partnership, which is part of the bridal covenant.

Priests love and forgive. They dismantle the strongholds and power structures of the enemy.

Idolatry is the worship of anything other than Yahweh. That includes the demon of religion. It also includes the god called ME, and that's a big one. For example, have you ever made a vow and declared you will never do this or that? That is making yourself god and it can defile land, organization, people, etc.

Another thing that defiles land is sexual immorality and bloodshed. Demons build strongholds on these sins. When there's defilement in the land it affects the people, financial resources and can cause sickness, mental issues, etc. I believe it can be a reason some people don't get free or get healed.

When someone steps in as a priest living a Yahweh-centered life and responds by applying the blood to the sins and testifies of the power of the blood, then creation responds and the enemy is kicked out. The memory of the sin is erased. Restoration happens.

FORGIVENESS

Mat 6:14 *"For if you forgive others for their transgressions, your heavenly Father will also forgive you."*

Luke 17:3-4 *"Be on your guard! If your brother sins, rebuke him; and if he repents, forgive him. And if he sins against you seven times a day, and returns to you seven times, saying, 'I repent,' forgive him."*

Joh 20:23 *"If you forgive the sins of any, their sins have been forgiven them; if you retain the sins of any, they have been retained."*

Mat 26:28 *"for this is My blood of the covenant, which is poured out for many for forgiveness of sins."*

Eph 1:7 *In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace.*

Heb 9:22 *And according to the Law, one may almost say, all things are cleansed with blood, and without shedding of blood there is no forgiveness.*

There's something even more powerful than saying to someone, "I forgive you." Forgiveness is not the act of someone apologizing. Neither does forgiveness mean you have to be in a relationship with the person who sinned against you. You might do that, but that doesn't mean forgiveness has happened. The only forgiveness that's perfect and complete is when the blood of Yeshua is applied to sin. Now, I stand as a priest and simply say, "I forgive you with the blood of Yeshua! And because of that blood you are forgiven, cleansed, restored and redeemed! You are free!"

I haven't found one example of one person apologizing in the New Testament

THE GREAT COMMISSION

The greatest commission that Yeshua gave was John 20:20-23:

And when He had said this, He showed them both His hands and His side. The disciples then rejoiced when they saw the Lord. So Yeshua said to them again, "Peace be with you; as the Father has sent Me, I also send you." And when He had said this, He breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, their sins have been forgiven them; if you retain the sins of any, they have been retained."

The 3 things Yeshua said in John 20:20-23:

1. *"As the Father has sent Me, I am now sending you."* Yeshua commissioned us to do everything He did and even greater works than He did. (John 14:12 *"Truly, truly, I say to you, he who believes in Me, the works that I do, he will do also; and greater works than these he will do; because I go to the Father."*)
2. He breathed on them and said, *"Receive the Holy Spirit."* The Holy Spirit empowers us to live.
3. He said, *"If you forgive anyone of their sins, they are forgiven. If you do not they are not forgiven; if you retain the sins of any, they have been retained."* The Lord was making reference to the priesthood. The high priest, Aaron who would take the blood of animals and sprinkle it once a year so their sins would be forgiven.

Yeshua forgave people who didn't ask to be forgiven:

1. Matt. 9:2, the paralytic
2. Luke 7:48, the woman at Simon the leper's house
3. Luke 23:34, those who crucified the Lord
4. Luke 23:43, the thief on the cross

*As His priest, we are to go and do what Yeshua did—
forgive even when the sinner doesn't ask to be forgiven!*

HOLY AND BLAMELESS BEFORE THE LORD

As a result of His shed blood, we are now presented as holy and blameless before the Lord.

Col 1:19-22 For it was the Father's good pleasure for all the fullness to dwell in Him, and through Him to reconcile all things to Himself, having made peace through the blood of His cross; through Him, I say, whether things on earth or things in heaven. And although you were formerly alienated and hostile in mind, engaged in evil deeds, yet He has now reconciled you in His fleshly body through death, in order to present you before Him holy and blameless and beyond reproach...

Heb 10:19-22 Therefore, brethren, since we have confidence to enter the holy place by the blood of Yeshua by a new and living way which He inaugurated for us through the veil, that is, His flesh, and since we have a great priest over the house of God, let us draw near with a sincere heart in full assurance of faith, having our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.

Jeremiah 31:34 'They will not teach again, each man his neighbor and each man his brother, saying, 'Know the LORD,' for they will all know Me, from the least of them to the greatest of them,' declares the LORD, 'for I will forgive their iniquity, and their sin I will remember no more.'

NOTHING BUT THE BLOOD

Peter said we're a royal priesthood. How did Aaron, the priest, forgive? How did he bring forgiveness to Israelites? With animal sacrifices and their shed blood. You and I are carriers of the blood of Yeshua. His blood rewrites our history and the history of others. How do we get forgiven by God? There's only one way and that is with the blood of His Son! How do you forgive another person? The same way Yeshua did it—with His blood.

As a priest, we are the carriers of Yahweh's forgiveness on earth. We are not judges. The legal right for evil to manifest on the earth comes from the free will choices of humans who rebel against the will of Yahweh! The enemy gets a right to kill, steal and destroy when we sin. When we apply the blood to sin, the enemy is stripped of his authority and legal rights. And we get set free!

OVERCOMING THE ENEMY

"And they overcame him because of the blood of the Lamb and because of the word of their testimony, and they did not love their life even when faced with death." Rev. 12:11

According to Rev. 12:11, the way we overcome the enemy is 3-fold:

1. **BY HIS BLOOD:** We overcome our enemy by applying the blood of the Lamb to people (ourselves included), places and things.
2. **BY THE TESTIMONY OF HIS BLOOD:** What happens when we receive the blood and then testify about the power of that blood? His blood...
 - a. Forgives (Eph. 1:7, Heb. 9:7)

- b. Remembers our sins no more (Jer 31:34)
 - c. Cleanses – all traces of our sin is erased (Heb 9:14, I John 1:7, Rev 7:14)
 - d. Justifies (Rom 5:9)
 - e. Sanctifies (1 Peter 1:2)
 - f. Redeems (1 Peter 1:17-19)
 - g. Restores our relationship with God and others (Eph 2:13)
 - h. Reconciles (Col 1:20)
 - i. Frees us (Rev 1:5)
3. **BY NOT LOVING MY LIFE EVEN WHEN FACED WITH DEATH:** Death to self-centered living/physical death/martyrdom

“My definition of sin is not your definition of sin. My definition of sin is when you choose to love yourself more than you love Me, more than you love righteousness, more than you love your neighbor. Sin is everything outside of My will” And what is Yahweh’s greatest commandment/will? Love the Lord...and love your neighbor as you love yourself.

It’s important to remember that sin is more than just what we do or don’t do—it’s also our motives, our heart attitudes. Yeshua told us that in the Sermon on the Mount (Matthew 5, 6 & 7). When we sin, we suffer consequences such as deception, division, destruction and death. There’s power in the memories of sin and it manifests as shame, guilt, bitterness, intimidation, isolation, grief, sorrow, anger, fear, regret and pain. The sin then gives the enemy the legal right to take us into captivity where demons torment us and hold us in bondage. His blood is the only thing that can set us free.

As far as the east is from the west, so far has He removed our transgressions from us. Ps 103:12

REVIEW

1. When we sin, Satan is empowered to bring decay to creation, which includes you and me.
2. The Lord reveals sin with the light of His presence.
3. As priests, we can forgive those who have sinned with the blood.
4. We testify to the power of that blood by living a life that is Christ-centered, not us-centered, which causes the accuser to be hurled down—to become powerless before God.

Three vital components of walking in the light:

1. Exposing the hidden sins of people, places and things.
2. Cleansing and restoring them with the blood of Yeshua
3. Removing the obstacles and demonic attachments with His blood and authority.

Once those 3 things happen, the person, place or thing will change immediately! The entire creation (us, dirt, trees, mountains, rocks, lakes, etc.) have memory of sin that empowers and gives legal right to the enemy to build his kingdom on it.

The Lord has called us to walk as priests who will love and forgive people with His blood.

DAILY BREAD

Yahweh has a certain portion of “bread” for you each day. Our daily bread is His will, His provision for your life. It is unconditional love, healing, truth, revelation, freedom, joy, peace, suffering, hardship, trials, tests, stretching, dying to self and so much more. We want what He has for us, but if He were to give it to

us all at once we'd be overwhelmed and we probably wouldn't appreciate it. So, Yahweh feeds us bite-sized pieces.

APPLYING THE BLOOD OF YESHUA

1. **DAILY BREAD:** He desires to give us the amount we need for that day—it's our manna. But He doesn't supernaturally put it in our stomachs. We have to receive it and that takes trust, which grows as we grow in our relationship with Him.
2. **SHINE YOUR LIGHT:** Ask God to shine His light in and on your life to reveal any hidden sins that cause decay in your life, in your relationships and in places that have been defiled by sin.
3. **RETURN TO OUR FIRST LOVE:** When we see our sin, we turn from that sin, and return to our first Love. As a priest, we apply the blood to our sin, to our self, to the relationship, and to the place where we sinned.
4. **APPLY THE BLOOD:** When someone sins against us or we are aware of their sin, we come as a royal priest and love and forgive the person by applying the blood, and testifying to its power. And sometimes the person I am applying the blood to is me!

When I become aware of my sin or the sin of another then I, as a priest, love and forgive the sinner by applying the blood to them and to their sin. As a result, the kingdom of darkness begins to crumble around that person! We've all known someone who had a demon or is trapped in some form of captivity. As a priest, we can pray, "Father, there's a reason that person is in captivity. Shine your light and uncover the darkness." The hidden sin is revealed. Then we love the person and forgive them with the blood of the Lamb.

It's the forgiveness that comes as a result of applying the blood of the Lamb that sets the captives free. The kingdom of darkness is brought down when we love and forgive. In order to live this way, we must stop protecting ourselves, we must stop being SELF-FOCUSED and lay down our lives so Yeshua can live His life on this earth through us—He must increase so we will decrease—it is the only way we will die to self (John 3:30).

God heals, loves and intervenes for His people.

There is a finishing work at the end of the age—the church will mature into the fullness of Christ!

Eph. 4:11-13 And He gave some as apostles, and some as prophets, and some as evangelists, and some as pastors and teachers, for the equipping of the saints for the work of service, to the building up of the body of Christ; until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ.

Paul prophesied that the sons and daughters of Yahweh would one day set creation free from futility...

Rom 8:19-22 For the anxious longing of the creation waits eagerly for the revealing of the sons of God. For the creation was subjected to futility, not willingly, but because of Him who subjected it, in hope that the creation itself also will be set free from its slavery to corruption into the freedom of the glory of the children of God. For we know that the whole creation groans and suffers the pains of childbirth together until now.

We're going to live life as a priest every day in daily bread portions as the Lord teaches us how to love and forgive with the blood of the Lamb. Every time someone sins, creation suffers decay. In the same way, I have come to believe that every time someone is forgiven, creation is delivered of something. George Otis, Jr. has discovered this truth in a number of countries. When repentance comes and forgiveness is given based on the blood of Christ, the countries experience amazing restoration of their natural resources, etc. Yeshua has commissioned us to forgive anyone of his or her sins.

John 20:23 "If you forgive the sins of any, their sins have been forgiven them; if you retain the sins of any, they have been retained."

We are not judges—we are priests

And as a priest, we carry Yeshua' blood to forgive sinners. That service is not based on our agendas. We have no agendas because we are dead and dead men have no rights or agendas. The Holy Spirit leads us into all truth. We do only what we see the Father do. We trust at a level we've never known before. It's important that the first person whose sin is dealt with is me—not the ones who sinned against me.

Yeshua said:

Matt 7:1-5 “Do not judge so that you will not be judged. For in the way you judge, you will be judged; and by your standard of measure, it will be measured to you. Why do you look at the speck that is in your brother's eye, but do not notice the log that is in your own eye? Or how can you say to your brother, ‘Let me take the speck out of your eye,’ and behold, the log is in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye.”

A PRAYER FOR FORGIVENESS

Father, I come to You in the name of Yeshua asking You to shine Your light on my life and on me. Would You uncover any hidden sins and any hidden treasures within me? Give me my daily bread, my daily portion.

(Wait. Listen. When a sin issue comes to the light, I repent, which means I turn my back on it and run into the arms of my First Love. There is where I find His blood that cleanses me, forgives, restores, redeems, and sets me free.)

“Father, I turn my back on my sin and return to my first Love! As a priest of Yahweh, I apply the blood of the Lamb to my sin of _____. I receive Your life-giving blood.

As a priest, I now serve every demonic power notice that the blood of Yeshua has forgiven, purified, redeemed and restored my relationship with Yahweh. I am now free. Because of the blood of Yeshua, you have no place in my life any longer. You are a trespasser. Leave me and take all of your lies, symptoms, curses, witchcraft, deceptions and defilement with you. You leave my mind, will and emotions. You leave my airspace. You can't come back.

Father, I lay my life at your feet. I receive Your life and offer you mine in return. I want the life you created for me. I ask for angelic guards to protect and keep me all the days of my life. In Yeshua' name, I pray, Amen.

The blood of Yeshua strips the enemy of his rights to manifest.

A PRAYER REGARDING THE PRIESTHOOD

Father, you call your sons and daughters royal priests. Because of Your life and Your shed blood, I receive Your authority through the Holy Spirit within me.

Father, as a priest, I apply Your blood to my birth mother and father (and/or adopted parents) and to all of my spiritual parents. I apply the blood to every person in my life who did not represent You accurately. I wash their feet and proclaim that we are all forgiven, purified, redeemed and restored back to you.

Because of the blood of the Lamb, I decree and declare that all demonic assignments and harassment is now null and void. Every scheme and plan, every device is now exposed. Because of the blood, you must leave and take all of schemes and plans and devices with you. You are a trespasser. Leave me, leave my mind, will and emotions and my airspace, in the name of Yeshua.

I apply the blood of Yeshua to all memories of these sins and declare that they are now forgiven and erased. I decree that I am a child of the Most High Yahweh—forever! Amen.

GENERATIONAL SINS

Generational sins, iniquities, and memories are passed down to children from their forefathers. The result is behavioral sins, physical illness, mental illness and demonic oppression. The worst of these come from sins of defilement, which include bloodshed, broken covenant, idolatry (witchcraft has the worst impact). The (adult) children often struggle with anger, fear, torment, lust, depression and so much more.

Numbers 14:18 *“The LORD is slow to anger and abundant in lovingkindness, forgiving iniquity and transgression; but He will by no means clear the guilty, visiting the iniquity of the fathers on the children to the third and the fourth generations.”*

The covenants of Yahweh did not terminate/end—they were fulfilled, and the covenants remain forever. You have been redeemed from the futile way of life inherited from your forefathers...

1Pe 1:18-19 *“knowing that you were not redeemed with perishable things like silver or gold from your futile way of life inherited from your forefathers, but with precious blood, as of a lamb unblemished and spotless, the blood of Christ.”*

Because of the blood, we have the authority to forgive our ancestors. As a priest, we are called to forgive. Yahweh doesn't want us under a curse brought about by our ancestors. We forgive them with the blood and testify then all the curses are broken and the enemy is hurled down (Rev 12:10-11).

Do demons die when your ancestors died? No. Do you think that maybe the demons want to follow the bloodline that is now cursed by the sins of your ancestors? What happens when you forgive that ancestor? When you repent of the sins committed by them? Your children get set free and so do you! Now the enemy has lost his right to you and your children.

The Holy Spirit will guide you. Remember we aren't meant to be a lone ranger, but a body. We need each other. We have authority over the kingdom of darkness. But there are legal rights that come from sin. Get rid of the legal rights and everything changes. Restoration then comes and redemption flows.

If you haven't cleaned your bathroom in 2 years, what's the first thing you do? Turn on the light! I want to see what I'm doing. The tub is dry, filthy and has caked with dirt. We spray it with cleaner and let it soak so it will soften, but it will also kill the germs. Once the soaking time is over, it's easy to clean.

It's the same with the authority of the Lord. When we walk in the light and the Father has revealed the hidden sins and we've dealt with them through love and forgiveness then the demons are sitting ducks. We apply the blood and then wipe away the crud. We tell the demons to go and they have to go.

When the enemy loses the legal right to operate, it loses its house. Remember the parable of the house that is swept clean and the demons come back and bring others with them (Matt 12:25-29)? The house is the legal right that the demon has to be there. When you strip the legal rights then there isn't a house anymore. The problem is that there was a house for the demon to go back to. This is called permanent deliverance.

Remember that demons leave behind their residue. Yeshua described it in parable of wheat and tares (Matt 13:25-30). Yahweh is sowing seeds of wheat, but the enemy is sowing tares. When you get rid of the demon, the tares are still there. So, we ask the Father to come and pour the Holy Spirit over the person, place or thing and come with fire and burn away all roots, plants, seeds and devices.

SAMPLE PRAYER FOR GENERATIONAL SINS:

“Father, shine your light and reveal any hidden sins. Give me my daily bread.” (Wait. Listen. Repent for any sins revealed. Turn away from them and turn to your First Love.)

“Father, as Your priest, I apply Your blood to all sins of defilement in my family line: all bloodshed, broken covenants, idolatry and sexual immorality are washed with Your blood and forgiven! I apply Your blood to all curses and testify that they are all broken. All covenants of evil are dissolved because of Your blood. All witchcraft is dismantled, unraveled and undone and rendered powerless to harm my family and me. We

are purified of all unrighteousness, redeemed of the consequences and restored to the right relationship Yahweh intended.

“In the name of Yeshua and because of his blood, I serve every demonic power notice that you have to leave my bloodline and me. You can’t come back. Take all your lies, defilement, diseases, schemes and plans with you. Because of the blood and its testimony, I hurl down the accuser against my family now. Father, pour out Your Holy Spirit on my ancestors, myself, every place that was affected by sin and every relationship. Come with Your fire and burn away the roots, plants, seeds, and devices. Set up angels to watch over my bloodline. I thank You for Your grace and Your blood!”

DISSOCIATION AND THE BLOOD

Teach me Your way, O LORD; I will walk in Your truth; unite my heart to fear Your name. Ps 86:11

The amygdala is that part of your emotional brain that ignites the fight or flight response which is triggered anytime you are faced with situations/challenges that exceed your ability to cope. That is **dissociation**. Activation of your fight or flight response is helpful when there is danger, because it makes you more alert, energetic and focused on managing the crisis at hand. If the amygdala stays in charge too long, it eventually steals the blood supply away from your thinking, rational brain—and you start to make bad decisions, stupid mistakes and you see everyone as the enemy.

Dissociation can happen when things trigger you and you may suddenly behave like another person. The parts within you overreact and you may act in a very childish manner. How can you disengage your amygdala and get back into your rational brain? I’ve learned that it works best to attune to the parts, forgive them and love them. As a priest, I can sprinkle the dissociated parts (this works for myself as well as for others who are triggered) with the blood of Yeshua.

1	STEP 1: THE PART <ul style="list-style-type: none">• Forgive part/parts for any sins they committed in response to their pain/wounding• Sprinkle them with the blood• Testify as to what the blood does (purifies, redeems, restores, forgives)• Command the enemy to leave that part (hurl down the accuser)• Ask Yeshua to bring healing and comfort• Integration—restoration comes because of the blood
2	STEP 2: YOU <ul style="list-style-type: none">• Repent for whatever sins the Holy Spirit brings to mind Examples: Every time you’ve felt sorry for yourself, were fearful, despairing, rebellious, resentful, intoxicated, sought self-pleasure, were angry, self-protective, and used your talents/gifts for selfish means. Repent for walls of self-protection and armor you may have built.• Forgive all those who caused your soul to splinter/fracture• Apply and receive the blood• Speak out the testimony of what that blood does• Hurl down the accuser by commanding it to leave you
3	STEP 3: INTEGRATED YOU <ul style="list-style-type: none">• Return to First Love• Apply and receive the blood• Testimony• Hurl down the accuser against you• Receive the protection of the Lord

Sheol

O LORD, You have brought up my soul from Sheol...Psa. 30:3

Satan's strategy from the beginning is to put us into captivity in the prison that Yahweh created as Satan's place of captivity. Captivity represented one of the most important parts of Yeshua's suffering and victory through His death and resurrection. Yeshua descended to the lowest parts of the earth to set the captives free and get the keys of death and Hades (Rev. 1:18). One of the reasons Yeshua came to earth is to take our captivity captive (Luke 4:18).

In scripture, we see that the region of hell has two parts, one is the dwelling of the dead and the second is the place of oppression used to torment captured souls. From this place, Satan releases sickness, disease, oppression, torment, and even death.

Luke 4:17-19 And the book of the prophet Isaiah was given to Him and, opening the book, He came on the place where it is said, The Spirit of the Lord is on me, because I am marked out by him to give good news to the poor; he has sent me to make well those who are broken-hearted; to say that the prisoners will be let go, and the blind will see, and to make the wounded free from their chains, to give knowledge that the year of the Lord's good pleasure is come. To open blind eyes, to bring out prisoners from the dungeon and those who dwell in darkness from the prison.

Psa. 142:7 "Bring my soul out of prison, so that I may give thanks to Your name; The righteous will surround me, For You will deal bountifully with me."

Yeshua gave his life as ransom to set the prisoners free: Barabbas was set free from prison...

Luke 23:25 And he released the man they were asking for who had been thrown into prison for insurrection and murder, but he delivered Yeshua to their will.

FREE FROM THE SNARES OF THE DEVIL

YESHUA HAS THE KEYS TO SHEOL

Rev 1:18 When I saw Him, I fell at His feet like a dead man. And He placed His right hand on me, saying, "Do not be afraid; I am the first and the last, and the living One; and I was dead, and behold, I am alive forevermore, and I have the keys of death and of Hades."

Yeshua came so that He might free those who through fear of death were in bondage all their lives.

Heb 2:14-15 Therefore, since the children share in flesh and blood, He Himself likewise also partook of the same, that through death He might render powerless him who had the power of death, that is, the devil, and might free those who through fear of death were subject to slavery (bondage) all their lives.

WHERE IS THE DEVIL? WHAT IS HE DOING TODAY?

Job 1:7 The LORD said to Satan, "From where do you come?" Then Satan answered the LORD and said, "From roaming about on the earth and walking around on it."

Job 2:1-2 Again there was a day when the sons of God came to present themselves before the LORD, and Satan also came among them to present himself before the LORD. The LORD said to Satan, "Where have you come from?" Then Satan answered the LORD and said, "From roaming about on the earth and walking around on it."

1Pe 5:8 Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. [This word, **devour** (Strong's G2666) = To drink down, that is, gulp entire (literally or figuratively) devour, drown, swallow up.]

This is the same word used in Numbers 16 where the earth swallowed up Korah, his men and the 250 men offering the incense:

Num 16:30-33 *“But if the LORD brings about an entirely new thing and the ground opens its mouth and swallows them up with all that is theirs, and they descend alive into Sheol, then you will understand that these men have spurned the LORD.” As he finished speaking all these words, the ground that was under them split open; and the earth opened its mouth and swallowed them up, and their households, and all the men who belonged to Korah with their possessions. So they and all that belonged to them went down alive to Sheol; and the earth closed over them, and they perished from the midst of the assembly.*

Rev 20:14 *Then death and Hades were thrown into the lake of fire. This is the second death, the lake of fire.*

SHEOL IN SCRIPTURE

“So if the Son makes you free, you will be free indeed.” John 8:36

Biblical definition of Sheol: Hades or the world of the dead (as if a subterranean retreat), including its accessories and inmates: grave, hell, pit. In many of the references to Sheol in the Bible, most of the instances of the word “Sheol” have translated the word into English as “the grave”, “hell”, “death”, or “the pit.”

THE PIT/SHEOL

Job 33:27-30 *“He will sing to men and say, ‘I have sinned and perverted what is right, and it is not proper for me. He has redeemed my soul from going to the pit, and my life shall see the light. Behold, God does all these oftentimes with men, to bring back his soul from the pit, that he may be enlightened with the light of life.’”*

Psa. 30:3 *O LORD, You have brought up my soul from Sheol; You have kept me alive, that I would not go down to the pit.*

Isa 14:15 *“Nevertheless you will be thrust down to Sheol, to the recesses of the pit.”*

Jonah 2:6 *“I descended to the roots of the mountains. The earth with its bars was around me forever, But You have brought up my life from the pit, O LORD my God.”*

Matt. 15:14 *“Let them alone; they are blind guides of the blind. And if a blind man guides a blind man, both will fall into a pit.”*

Rev. 9:1-2 *Then the fifth angel sounded, and I saw a star from heaven which had fallen to the earth; and the key of the bottomless pit was given to him. He opened the bottomless pit, and smoke went up out of the pit, like the smoke of a great furnace; and the sun and the air were darkened by the smoke of the pit.*

SHEOL IS:

1. Sheol is a literal place in the earth: Korah, Dathan, Abiram, and their families were swallowed by an opening in the earth and were sent to Sheol alive.

Num 16:30 *“But if the LORD brings about an entirely new thing and the ground opens its mouth and swallows them up with all that is theirs, and they descend alive into Sheol, then you will understand that these men have spurned the LORD.”*

Num 16:33 *So they and all that belonged to them went down alive to Sheol; and the earth closed over them, and they perished from the midst of the assembly.*

2. Sheol is more than just a burial place. Sheol seems to be displayed as more of an existence than just the word “grave” or “pit” as it is commonly translated.
3. The Lord brings people down to Sheol and raises people up from Sheol...

1 Sa 2:6 The LORD kills and makes alive; He brings down to Sheol and raises up.
4. Sheol is a place of captivity where ropes hold you bondage. Death is before you and all around you.

2 Sa 22:6 The ropes of Sheol entangled me; the snares of death confronted me.
5. The writer of Job portrays Sheol as a highly undesirable place. He describes the worm eating them, no longer being remembered and being broken like a tree. Job describes Sheol as a place of torture. Job describes Sheol as a place where you are surrounded with death and darkness, a place without hope. It is a prison with bars and gates.

Job 17:13-16 If I hope for Sheol as my house, if I spread my couch in the darkness, if I call to the pit, 'You are my father,' to the maggot, 'You are my mother or my sister,' where then is my hope? And who will see my hope? Will they go down to the bars of Sheol? Or shall we descend together into the dust?"

Job 38:17 [God speaking to Job]: "Have the gates of death been revealed to you, or have you seen the gates of deep darkness?"
6. Sheol is a home to those who have sinned.

Job 24:19 Drought and heat snatch away the snow waters, like Sheol snatches away those who have sinned.

Num. 16:33 So they and all that belonged to them went down alive to Sheol; and the earth closed over them, and they perished from the midst of the assembly.

Jonah 2:2 And he said, "I called out of my distress to the LORD, And He answered me. I cried for help from the depth of Sheol; You heard my voice."
7. Sheol appears to be deep in the earth.

Job 11:7-8 "Can you discover the depths of God? Can you discover the limits of the Almighty? They are high as the heavens, what can you do? Deeper than Sheol, what can you know?"

Eze 26:20 then I will bring you down with those who go down to the pit, to the people of old, and I will make you dwell in the lower parts of the earth, like the ancient waste places, with those who go down to the pit, so that you will not be inhabited; but I will set glory in the land of the living.
8. Sheol is a “perfect” place to hide—utter darkness. Job cries out for Yahweh to hide him in Sheol to escape his pain.

Job 14:13 "Oh that You would hide me in Sheol, that You would conceal me until Your wrath returns to You, that You would set a limit for me and remember me!"
9. Sheol can't hide from Yahweh —it is naked before Him. Abaddon can't hide either.

Job 26:6 "Naked is Sheol before Him, and Abaddon has no covering."
10. It appears that the wicked and all the nations who forget Yahweh will return to Sheol...

Psa. 9:17 The wicked will return to Sheol, even all the nations who forget God.
11. David and Isaiah describe Sheol as being deep...

Psa. 86:12-13 I will give thanks to You, O Lord my God, with all my heart, And will glorify Your name forever. For Your lovingkindness toward me is great, And You have delivered my soul from the depths of Sheol.

Isa 7:11 "Ask a sign for yourself from the LORD your God; make it deep as Sheol or high as heaven."
12. David describes the cords of death around him and the terrors of Sheol. He cried out to the Lord to save his life...

Psa 116:1-4 *I love the LORD, because He hears My voice and my supplications. Because He has inclined His ear to me, Therefore I shall call upon Him as long as I live. The cords of death encompassed me and the terrors of Sheol came upon me; I found distress and sorrow. Then I called upon the name of the LORD: "O LORD, I beseech You, save my life!"*

13. David declares that Yahweh is everywhere—even in Sheol. He also states that it is possible to make your bed there.

Psa 139:7-8 *Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend to heaven, You are there; If I make my bed in Sheol, behold, You are there.*

14. Solomon describes adultery as a house that leads to Sheol, which leads to death.

Prov 7:24-27 *Now therefore, my sons, listen to me, And pay attention to the words of my mouth. Do not let your heart turn aside to her ways, Do not stray into her paths. For many are the victims she has cast down, and numerous are all her slain. Her house is the way to Sheol, descending to the chambers of death.*

15. Those who partake in sexual sin are in the depths of Sheol.

Prov 9:14-18 *She (a harlot) sits at the doorway of her house, On a seat by the high places of the city, calling to those who pass by, who are making their paths straight: "Whoever is naive, let him turn in here," And to him who lacks understanding she says, "Stolen water is sweet; and bread eaten in secret is pleasant." But he does not know that the dead are there, that her guests are in the depths of Sheol.*

16. The Lord sees clearly what is happening in Sheol and in Abaddon (place of destruction)

Prov 15:11 *Sheol and Abaddon lie open before the LORD, How much more the hearts of men!*

(Abaddon: Rev 9:11 *They have as king over them, the angel of the abyss; his name in Hebrew is Abaddon, and in the Greek he has the name Apollyon.*)

17. Sheol and the destruction that happens there are never satisfied.

Prov 27:20 *Sheol and Abaddon are never satisfied, nor are the eyes of man ever satisfied.*

Prov 30:16 *Sheol, and the barren womb, Earth that is never satisfied with water, And fire that never says, "Enough."*

18. Sheol is fierce and severe...Jealousy is like that.

Song Solomon 8:6 *"Put me like a seal over your heart, like a seal on your arm. For love is as strong as death, Jealousy is as severe as Sheol; its flashes are flashes of fire, the very flame of the LORD."*

19. Sheol has a big appetite and is never satisfied.

Hab 2:5 *"Furthermore, wine betrays the haughty man, So that he does not stay at home. He enlarges his appetite like Sheol, and he is like death, never satisfied. He also gathers to himself all nations and collects to himself all peoples."*

SHEOL IN THE NEW TESTAMENT (Greek Word for Sheol is Hades)

1. Again, Sheol is described as being below us...

Mat 11:23 *"And you, Capernaum, will not be exalted to heaven, will you? You will descend to Hades; for if the miracles had occurred in Sodom which occurred in you, it would have remained to this day."*

Luke 10:15 *"And you, Capernaum, will not be exalted to heaven, will you? You will be brought down to Hades!"*

Rev 12:9 *And the great dragon was thrown down, the serpent of old who is called the devil and Satan, who deceives the whole world; he was thrown down to the earth, and his angels were thrown down with him.*

2. Sheol has gates, but those gates are not stronger than the church because of the Lord, who is our Rock.

Mat 16:18 *“I also say to you that you are Peter, and upon this rock I will build My church; and the gates of Hades will not overpower it.”*

3. Yeshua descended to Sheol...but he did not remain there!

Act 2:25-31 *“For David says of Him, ‘I saw the Lord always in my presence; for He is at my right hand, so that I will not be shaken. Therefore my heart was glad and my tongue exulted; moreover my flesh also will live in hope; because you will not abandon my soul to Hades, nor allow your holy one to undergo decay. You have made known to me the ways of life; you will make me full of gladness with your presence. “Brethren, I may confidently say to you regarding the patriarch David that he both died and was buried, and his tomb is with us to this day. “And so, because he was a prophet and knew that God had sworn to him with an oath to seat one of his descendants on his throne, he looked ahead and spoke of the resurrection of the Christ, that He was neither abandoned to Hades, nor did his flesh suffer decay.”*

4. Yeshua died and descended to Sheol took from Satan the power and authority to torment, punish, take captive and kill (unless we or our ancestors gave him power to do so).

Rev. 1:17-18 *When I saw Him, I fell at His feet like a dead man. And He placed His right hand on me, saying, “Do not be afraid; I am the first and the last, and the living One; and I was dead, and behold, I am alive forevermore, and I have the keys of death and of Hades.”*

Rev. 6:8 *I looked, and behold, an ashen horse; and he who sat on it had the name Death; and Hades was following with him. Authority was given to them over a fourth of the earth, to kill with sword and with famine and with pestilence and by the wild beasts of the earth.*

Rev. 20:13-14 *And the sea gave up the dead which were in it, and death and Hades gave up the dead which were in them; and they were judged, every one of them according to their deeds. Then death and Hades were thrown into the lake of fire. This is the second death, the lake of fire.*

WHAT IS THE DIFFERENCE BETWEEN SHEOL (HADES) AND HELL AND THE LAKE OF FIRE?

1. SHEOL: is a literal place of torment and captivity for man and angels.

2 Peter 2:4 *“For if God did not spare angels when they sinned, but cast them into hell and committed them to pits of darkness, reserved for judgment;”* [This passage uses a different word for “hell”: tartarōō. From Tartaros the deepest *abyss* of Hades/Sheol); to *incarcerate* in eternal torment—cast down to hell.]

2. HELL: of Hebrew origin; valley of (the son of) Hinnom; gehenna (or Ge-Hinnom), a valley of Jerusalem, used (figuratively) as a name for the place (or state) of everlasting punishment—hell.
3. LAKE OF FIRE: is the second death. The beast, the false prophet and the devil will be thrown into the lake of fire and brimstone where they are tormented day and night forever and ever. After this, death and Sheol will be thrown into this lake.

Rev 19:20 *And the beast was seized, and with him the false prophet who performed the signs in his presence, by which he deceived those who had received the mark of the beast and those who worshiped his image; these two were thrown alive into the lake of fire which burns with brimstone.*

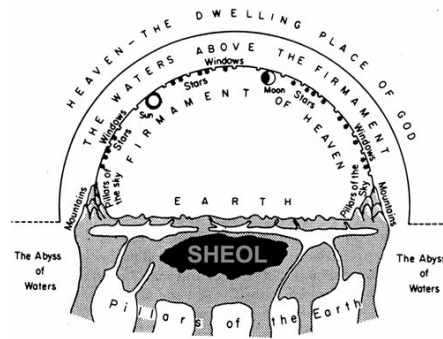
Rev 20:10 *And the devil who deceived them was thrown into the lake of fire and brimstone, where the beast and the false prophet are also; and they will be tormented day and night forever and ever.*

Rev 20:14 *Then death and Hades were thrown into the lake of fire. This is the second death, the lake of fire. And if anyone's name was not found written in the book of life, he was thrown into the lake of fire.*

Sometimes God does not allow them to see/experience Sheol fully. Other times, He “makes” them look at the captivity in Sheol. For example: One person was spared the horrors of looking at her sin in Sheol while another was told to look so she would never desire that lifestyle again.

SHEOL IN THE OLD TESTAMENT

(Christian, 1994, p.512)



Gen. 1:7

SATAN'S KINGDOM OF DARKNESS

1. Sheol—a place of torment and captivity.
2. Hell/Gehenna—the place where dead unbelievers and fallen angels await Yeshua' final judgment.
Jude 1:6 And angels who did not keep their own domain, but abandoned their proper abode, He has kept in eternal bonds under darkness for the judgment of the great day.
3. Lake of Fire—the eternal place of torment for unbelievers, the beast, Satan and the false prophet are thrown.

Matt 25:41 "Then He will also say to those on His left, 'Depart from Me, accursed ones, into the eternal fire which has been prepared for the devil and his angels.'"

CAPTIVITY

CAPTIVITY (to take or lead *captive*): captivate, led captive, making...a prisoner, taking...captive.

Yeshua descended to the lowest parts of the earth to set the captives free and take back the keys of death and Hades.

It appears that Yeshua dealt with captivity first then he gave gifts to men.

Eph 4:8-10 Therefore it says, "Ascending on high he led captivity captive; he gave gifts to men. Now 'he ascended,' what is it, except that he also descended to the lower regions of the earth? The one who descended himself is also the one who ascended above all the heavens, in order that he might fill all things."

Rev 1:18 "and the living One; and I was dead, and behold, I am alive forevermore, and I have the keys of death and of Hades."

One of the reasons Yeshua came to earth is to take our captivity captive!

Luke 4:18 "The Spirit of the Lord is upon me, because of which he has anointed me to proclaim good news to the poor. He has sent me to proclaim release to the captives, and recovery of sight to the blind, to send out in freedom those who are oppressed," [He was reading from Isa. 61:1]. Then He said in Luke 4:21: "Today this scripture has been fulfilled in your hearing."

We are called to do the same thing. God describes the fast that He chooses:

Isa 58:6 Is this not the fast I choose: to release the bonds of injustice, to untie the ropes of the yoke, and to let the oppressed [this word means to crack in pieces] go free, and tear every yoke to pieces?

SOME REASONS PEOPLE ARE TAKEN INTO CAPTIVITY

1. DECEPTION AND PHILOSOPHY: Col. 2:8 *See that no one takes you captive through philosophy and empty deception, according to the tradition of men and the basic principles of the world rather than Messiah.* (Philosophy: the love or pursuit of wisdom)
2. REBELLION: (Psa. 107:11, Jonah 2:2)
3. SICKNESS
4. FEAR
5. PAIN: physical, emotional, mental (betrayal, death, rejection, abandonment, loss of a loved one, humiliations, shame, guilt)
6. TRAUMA
7. BROKEN HEART (may be a memory attached to it that needs to be healed before freedom can come.
8. GENERATIONAL SINS
9. UNGODLY OR BROKEN COVENANTS
10. PHOBIAS
11. SIN
12. ADDICTIONS: food, substances, entertainment, shopping, gambling, pornography, gaming, anything you habitually run to (besides the Lord) for comfort or to numb your pain.

Philosophy:

Col 2:8 *See to it that no one takes you captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ.*

Willful Sin:

Pro 9:14-18 *She (a harlot) sits at the doorway of her house, On a seat by the high places of the city, calling to those who pass by, who are making their paths straight: "Whoever is naive, let him turn in here," And to him who lacks understanding she says, "Stolen water is sweet; and bread eaten in secret is pleasant." But he does not know that the dead are there, that her guests are in the depths of Sheol.*

Because of our rebellion Yahweh allows us to be taken into captivity in Sheol:

Psalm 107:10-22

- 10 There were those who dwelt in darkness and in the shadow of death, prisoners in misery and chains,
- 11 Because they had rebelled against the words of God and spurned the counsel of the Most High.
- 12 Therefore He humbled their heart with labor; they stumbled and there was none to help.
- 13 Then they cried out to the Lord in their trouble; He saved them out of their distresses.
- 14 He brought them out of darkness and the shadow of death and broke their bands apart.
- 15 Let them give thanks to the Lord for His lovingkindness, and for His wonders to the sons of men!
- 16 For He has shattered gates of bronze and cut bars of iron asunder.
- 17 Fools, because of their rebellious way, and because of their iniquities, were afflicted.
- 18 Their soul abhorred all kinds of food, and they drew near to the gates of death.
- 19 Then they cried out to the Lord in their trouble; He saved them out of their distresses.
- 20 He sent His word and healed them, and delivered *them* from their destructions.
- 21 Let them give thanks to the Lord for His lovingkindness, and for His wonders to the sons of men!
- 22 Let them also offer sacrifices of thanksgiving, and tell of His works with joyful singing.

Sometimes God allows us to go into captivity in order to save us.

Paul tells the church at Corinth:

1Co 5:1 *It is actually reported that there is immorality among you, and immorality of such a kind as does not exist even among the Gentiles, that someone has his father's wife.*

1Co 5:5 *I have decided to deliver such a one to Satan for the destruction of his flesh, so that his spirit may be saved in the day of the Lord Yeshua.*

1Tim 1:20 *Among these are Hymenaeus and Alexander, whom I have handed over to Satan, so that they will be taught not to blaspheme.*

"To deliver" in 1 Cor 5 and *"handed over"* in 1 Tim 1 are the same word: G3860 *par-ad-id'-o-mee*

From G3844 and G1325; to *surrender*, that is, *yield up, entrust, transmit*: betray, bring forth, cast, commit, deliver (up), give (over, up), hazard, put in prison.

2 Tim 2:24-26 *The Lord's bond-servant must not be quarrelsome, but be kind to all, able to teach, patient when wronged, with gentleness correcting those who are in opposition, if perhaps God may grant them repentance leading to the knowledge of the truth, and they may come to their senses and escape from the snare of the devil, having been held captive by him to do his will. [When we are being held captive by Satan, we will do his will].*

Can the spirit of a believer be in Sheol? No, it is sealed at salvation, but parts of your soul can be.

WE HAVE THE KEYS OF THE KINGDOM TO OPEN EVERY PRISON DOOR. We can command our souls to leave the places of captivity. We don't belong in darkness. We are children of the light!

WE CAN'T BE PASSIVE. Defeat and loss are the result of doing nothing. The belief that Yahweh will set us free without our participation simply because we are His children is deception. Yahweh desires partnership. And, if our captivity is a result of sin (ours or an ancestor) we must repent before deliverance can come. The enemy fragments our souls and then imprisons that fragmented part of our souls.

THERE ARE 2 KINGDOMS: LIGHT AND DARKNESS

Eph 2:5-6 *and we being dead in trespasses, he made us alive together with Christ (by grace you are saved), and raised us together and seated us together in the heavenly places in Christ Yeshua...*

We are seated with him in heavenly places while being alive on the earth! Likewise, there are also places or regions of darkness. And we can be held captive in regions of darkness while being alive on the earth.

Yeshua told us to pray in this manner:

Mat 6:9-10 *So, then, you should pray this way: Our Father who is in Heaven, Hallowed be Your name. Your kingdom come; Your will be done, as it is in Heaven, also on the earth.*

Mat 18:18 *"Truly I say to you, whatever you bind on earth will be bound in heaven, and whatever you release on earth will be released in heaven.*

Satan never creates anything. He steals the principles of Yahweh and perverts them in order to kill, steal and destroy. He binds/looses his plans on and against you, which dramatically affects your soul and body and possibly your spirit.

1 Jn 3:8 *The one who practices sin is of the devil, because the devil has been sinning from the beginning. For this reason the Son of God was revealed: in order to destroy (loose) the works of the devil.*

We are to direct our prayers towards the destruction of the works of the devil, to the very places where they originate.

Isa. 42:6-7 We are to bring the prisoners out from their dungeons, to deliver those who sit in darkness from the house of imprisonment.

Just because we are “saved” doesn’t mean that our soul is still not in captivity in areas. For example, you may be saved but there still may be an area of sin that holds you in bondage: fear, lying, jealousy, addiction (which is idolatry), pride, shame, self-hatred, anger, bitterness, critical spirit, judging, etc.

KING DAVID

Yahweh called David a man after His own heart. And David cries out for Yahweh to deliver his soul out of prison:

Psa. 142:7 Take my soul out of prison, so that I may give praise to your name: the upright will give praise because of me; for you have given me a full reward.

Satan doesn't need your entire soul to torment you and control you. He only needs a portion.

In order for Satan to take part of your soul captive, it appears that the soul has to be shattered through:

1. Circumstances, causing deep fear, trauma or deep pain
2. Willful sin
3. Involvement in the occult

Satan takes advantage of our deep pain, our sin and failures. The soul that is in captivity is going to be tormented by everything that it sees, feels and hears around it in the prison where it is being held. This is a spiritual place, and willpower is not enough to free someone or to free yourself. We must move in Yahweh’s authority to be free. A soul may be saved, but fragments can be held captive. This produces illness, failures, fear, anguish, anxiety and breakdowns.

SYMPTOMS THAT MIGHT INDICATE A PORTION OF YOUR SOUL IS IN SHEOL:

1. Sin you can’t overcome no matter how hard you try
2. Fear (especially of the dark and of the demonic realm) Many horror movies entrap souls
3. Persistent doubt & unbelief
4. Unexplained anxiety
5. Unable to see or make decisions as to what to do or where to go
6. Oppressed, depressed
7. You feel as if bound with cords, not free
8. You hoard things
9. A life out of alignment with Yahweh’s priorities
10. Have little or no order in your life, which speaks of darkness and attracts demons (Job 10:21-22)

SETTING THE CAPTIVE FREE IS PART OF OUR CALLING

Isa 58:6 “Is this not the fast which I choose, to loosen the bonds of wickedness, To undo the bands of the yoke, And to let the oppressed go free and break every yoke?”

Isa 49:8-10 *Thus says Yahweh: "I have answered you in a time of favor, and helped you on a day of salvation, and watched over you, and given you as a covenant of the people, to raise up the land, to give the desolate hereditary property as an inheritance, saying to the prisoners, "Come out!" to those who are in darkness, "Show yourselves!" they shall feed along the ways, and their pasturage shall be on all the barren heights. They shall not be hungry or thirsty, and heat and sun shall not strike them, for he who takes pity on them will lead them, and he will guide them to springs of water.*

Luke 4:18-19 *"The spirit of the Lord is upon me, because he anointed me to preach the gospel to the poor. He has sent me to proclaim release to the captives, and recovery of sight to the blind, to set free those who are oppressed, to proclaim the favorable year of the Lord."*

Eph 4:8-10 *Therefore it says, "WHEN HE ASCENDED ON HIGH, HE LED CAPTIVE A HOST OF CAPTIVES, AND HE GAVE GIFTS TO MEN." (Now this expression, "He ascended," what does it mean except that He also had descended into the lower parts of the earth? He who descended is Himself also He who ascended far above all the heavens, so that He might fill all things.)*

HOW DO WE PARTNER WITH THE LORD TO SET THE CAPTIVES FREE?

Traditional deliverance casts out demons from people but leaves their souls in Sheol. The person may feel partial relief because their tormentor has been cast out. However, it won't be fullness. New tormentors will be sent. And people fall back into their sin/agonies of soul.

When following the Lord into Sheol, it is rare to have to deal with demons. There may be guards, but they leave as soon as they recognize the Lord/angels/authority. Often the prisons aren't even guarded. They may have demonic tormentors present. Once the soul is liberated and taken to heavenly places, it is rare for deliverance to be needed.

STEPS TO FREEDOM

2 Tim. 2:24-26 *The Lord's bond-servant must not be quarrelsome, but be kind to all, able to teach, patient when wronged, with gentleness correcting those who are in opposition, if perhaps God may grant them repentance leading to the knowledge of the truth, and they may come to their senses and escape from the snare of the devil, having been held captive by him to do his will.*

1. Ask the Holy Spirit to pinpoint the areas in your life in which you don't have total victory.
2. Ask the question: is this area of my life a result of part of my soul being in Sheol? Ask the Holy Spirit to show you where your soul might be held captive.
3. Allow the Lord to use your consecrated imagination to see your captivity. Not everyone sees, but everyone can decree the truth by faith. You can declare: "The Son of Yahweh was manifested to destroy the works of the devil to the very depths of hell. Therefore, I release the manifestation of Yeshua, the Son of Yahweh, into this situation. Destroy the works of the devil, Lord."

Your will is yours. Yahweh won't touch it, and Satan can't touch it.

THE PROCESS—BEGIN WITH THE ABC'S THEN:

1. Do not proceed until you perceive the Lord's presence and test the spirits to make sure it's from the Lord. It's not that Yahweh's not always with you—He is, but it's more a matter of is this what He wants you to do right now?
2. Ask the Holy Spirit to pinpoint the areas in your life in which you don't have total victory. Ask the question: "Is this area of my life a result of part of my soul being in Sheol?" Ask the Holy Spirit to show you where your soul might be held captive.

3. Ask the Lord to show them (you) the root cause for the captivity.
4. Confess any sins connected to the captivity and repent as needed.
5. Follow the Lord/angels to the place of captivity in Sheol.
6. Isaiah 49:9: “Say to the captives, ‘come out,’ and to those in darkness, ‘Show yourselves.’
7. Do whatever the Lord directs—nothing more and nothing less.
8. Once they (you) come out of the prison, declare that the prison is forever shut to them (you). I often ask Him to destroy it.
9. Allow the Lord to take them (you) to heavenly places where they (you) are made whole and experience perfect peace. No rush. Enjoy the healing, refreshing presence of the Lord. (I don’t heal memories in Sheol but ask the Lord to heal the parts after you get out of Sheol).
10. Ask the Lord to bless you (turn the curse into a blessing).
11. Integration.
12. Thank Him for what He has done.
13. Ask the Lord to seal what He has done.



Disembodied Spirit

Now when the disembodied spirit goes out of a man...Mt. 12:43

I had a rude awakening when I learned (experienced) that dead human spirits may not necessarily leave this realm and that they can make your body their home. It is by far the strangest revelation of my entire life. It challenged what I believed about death and eternity. The unfairness of the thought triggered me, so I told Yahweh how unfair it is, and His instant response was, “Look around planet earth and tell me one thing that is fair.”

I pondered that response for days and honestly couldn't find one thing that was fair. So, I pressed on and am now convinced beyond a shadow of a doubt that this is real. But let's look at it from the vantage point of scripture first.

THE GREEK WORDS

DEMON: G1140 daimonion; from G1142; *an evil spirit, a demon*: - deities (1), demon (19), demons.

SPIRIT: G4151 pneuma; from G4154; *wind, spirit*: - breath (3), Spirit (239), spirit (103), spirits (32), spiritual (1), wind (1), winds (1).

UNCLEAN: G169 akathartos; G1 and G2508; *unclean, impure*: - impure person (1), unclean (29), unclean things (1).

A few of many examples in the NT using the word “spirit”:

- Acts 7:59 They went on stoning Stephen as he called on *the Lord* and said, “Lord Yeshua, receive my spirit^{G4151}!”
- Luke 11:13 “If you then, being evil, know how to give good gifts to your children, how much more will *your* heavenly Father give the Holy^{G40} Spirit^{G4151} to those who ask Him?”
- Rev 18:2 And he cried out with a mighty voice, saying, “Fallen, fallen is Babylon the great! She has become a dwelling place of demons^{G1140} and a prison of every unclean^{G169} spirit^{G4151}, and a prison of every unclean^{G169} and hateful^{G3404} bird^{G3732}.”
- Matt 12:43-45 “Now when the unclean^{G169} spirit^{G4151} goes out of a man, it passes through waterless places seeking rest and does not find *it*. “Then it says, ‘I will return to my house from which I came’; and when it comes, it finds *it* unoccupied, swept, and put in order. Then it goes and takes along with it seven other spirits wicked than itself, and they go in and live there; and the last state of that man becomes worse than the first. That is the way it will also be with this evil generation.”
- Mark 1:23 Just then there was a man in their synagogue with an unclean^{G169} spirit^{G4151}; and he cried out,
- Mark 1:26 Throwing him into convulsions, the unclean^{G169} spirit^{G4151} cried out with a loud voice and came out of him.

Sometimes a person will have both a demon(s) and a disembodied spirit(s). If the human spirit had any demons or curses attached to it when he/she died, then those demons and curses come in with him/her. You have to deal with both.

- THE MAN IN THE TOMBS:

Mark 5:2 When He got out of the boat, immediately a man from the tombs with an unclean^{G169} spirit^{G4151} met Him, [*notice this verse says the man had an (singular) unclean spirit, but in vs. 9, we see that the man also had a legion of demons. The bible doesn't contradict itself, so we can only conclude the man had to have had both—an unclean spirit and a multitude of demons.*]. Mark 5:9 And He was asking him, "What is your name?" And he said to Him, "My name is Legion; for we are many."

- THE BOY (TRANSFIGURATION):

Luke 9:38-42 And a man from the crowd shouted, saying, "Teacher, I beg You to look at my son, for he is my only *boy*, and a spirit^{G4151} seizes him, and he suddenly screams, and it throws him into a convulsion with foaming *at the mouth*; and only with difficulty does it leave him, mauling him *as it leaves*². "I begged Your disciples to cast it out, and they could not." And Yeshua answered and said, "You unbelieving and perverted generation, how long shall I be with you and put up with you? Bring your son here." While he was still approaching, the demon^{G1140} slammed him *to the ground* and threw him into a convulsion. But Yeshua rebuked the unclean^{G169} spirit^{G4151} and healed the boy and gave him back to his father.

*Yahweh built into the foundation of humanity the principle of free choice—
from Adam and Eve to the end of the age.*

YESHUA PREACHED TO THOSE WHO WERE DEAD

1 Peter 3:18-20 For Christ also died for sins once for all, *the* just for *the* unjust, so that He might bring us to God, having been put to death in the flesh, but made alive in the spirit; in which also He went and made proclamation to the spirits *now* in prison, who once were disobedient, when the patience of God kept waiting in the days of Noah, during the construction of the ark, in which a few, that is, eight persons, were brought safely through *the* water.

1 Peter 4:6 For the gospel has for this purpose been preached even to those who are dead, that though they are judged in the flesh as men, they may live in the spirit according to *the will* of God.

TALKING TO THE DEAD

I was taught that it was a sin to talk to the dead. But I can't find one passage in the entire bible that says that. And if that were true then we couldn't talk to Yeshua. He died. All believers die. What I do find in scripture is that it is a sin to "call up the dead"—to have a séance.

Deut 18:10-12 "There shall not be found among you anyone who makes his son or his daughter pass through the fire, one who uses divination, one who practices witchcraft, or one who interprets omens, or a sorcerer, or one who casts a spell, or a medium, or a spiritist, or one who calls up the dead. For whoever does these things is detestable to the LORD; and because of these detestable things the LORD your God will drive them out before you.

DEMONS/DISEMBODIED SPIRITS

In the matter of deliverance, it is vital that we know the difference between a demon and the spirit of a dead person. We can cast out the demons, but only Yahweh has the authority to cast out a human spirit.

I was taught that ghosts are demons that take the form and voice of a dead person. I no longer believe that. I can't find one scripture anywhere that states the dead can't appear in the world of the living. I can't find one scripture that states ghosts or dead human spirits are demons.

UNCLEAN SPIRITS ARE NOT THE SAME AS DEMONS

Rev. 18:2 And he cried out with a mighty voice, saying, "Fallen, fallen is Babylon the great! She has become a dwelling place of demons^{G1140} and a prison of every unclean^{G169} spirit^{G4151}, and a prison of every unclean^{G169} and hateful bird.

We see in Rev. 18:2 a list of things that dwell in Babylon. The list includes demons, disembodied spirits, and unclean birds. If they are the same thing, why would John make a distinction? He wouldn't. Disembodied spirits are different from demons. What are they?

A FEW OF THE PASSAGES IN THE NEW TESTAMENT THAT USES THE PHRASE "UNCLEAN SPIRIT"

Mat 10:1 Jesus summoned His twelve disciples and gave them authority over *unclean spirits*, to cast them out, and to heal every kind of disease and every kind of sickness.

Mar 1:27 They were all amazed, so that they debated among themselves, saying, "What is this? A new teaching with authority! He commands even *the unclean spirits*, and they obey Him."

Mar 3:11 Whenever the *unclean spirits* saw Him, they would fall down before Him and shout, "You are the Son of God!"

Mar 5:13 Jesus gave them permission. And coming out, the *unclean spirits* entered the swine; and the herd rushed down the steep bank into the sea, about two thousand *of them*; and they were drowned in the sea.

Mar 6:7 And He summoned the twelve and began to send them out in pairs, and gave them authority over the *unclean spirits*;

Luk 4:36 And amazement came upon them all, and they *began* talking with one another saying, "What is this message? For with authority and power He commands the *unclean spirits* and they come out."

Luk 6:18 who had come to hear Him and to be healed of their diseases; and those who were troubled with *unclean spirits* were being *cured*.

Acts 5:16 Also the people from the cities in the vicinity of Jerusalem were coming together, bringing people who were sick or afflicted with *unclean spirits*, and they were all being *healed*.

Acts 8:7 For *in the case of* many who had *unclean spirits*, they were coming out *of them* shouting with a loud voice; and many who had been paralyzed and lame were healed.

DISEMBODIED SPIRITS

I communicate with the disembodied spirit because I want to respect them as a fellow human being. When dialoguing with a disembodied spirit you will discover either defiance or compliance. If defiant, I try to find out if they are acting out the defiance of a demon who might be guarding them or if they are anti-Yahweh.

If he/she is defiant, I want to find out how they view Yahweh. If the spirit dislikes their current situation, they don't like the body they are living in, but they have no idea that Yahweh would ever receive them—then I speak the truth to them. I minister to them in the same way I would to someone who is alive.

Yeshua went to Sheol after His death and preached to the human spirits there.

We often think that the spiritual realm knows everything, but I've learned that isn't true. Scripture tells us that angels long to look into some of the things we are involved in, the things that we know some spirits don't know much about Yahweh or nothing at all.

1Pe 1:12 It was revealed to them that they were not serving themselves, but you, in these things which now have been announced to you through those who preached the gospel to you by the Holy Spirit sent from heaven—things into which angels long to look.

FIND OUT THE REASON THEY ARE INHABITING THE PERSON

Are they in this person because they are trying to fulfill their original calling? If so, I will draw attention to the fact that they aren't going about it in the way that Yahweh intended. For others who are miserable in their existence I will show compassion. For others that are cruel, hateful or anti-Yahweh, I won't waste my time trying to talk them into leaving. I ask Yahweh to send angels to forcibly remove them.

DEVICES

A device is a spiritual mechanism put in place by the enemy. Some devices are passed down through the bloodline. Devices aren't alive so they can't respond to you (sometimes disembodied spirits refuse to respond). Devices can't be commanded to leave—they have to be destroyed. Inner vows, bitterness, sin, unforgiveness, hatred, prejudice, anger, etc. are the soil in which devices are planted. Strongholds and a mantle of invisibility or having to be the center of attention are a few examples of devices.

HOW TO DEAL WITH DEVICES

Once it's determined the obstacle/blockage is a device, the recipient asks the Lord who made the vow, wish, plan, or decision that allowed the device to be put in place by the enemy.

For example: Was it me or someone in my bloodline? (If the recipient isn't able to hear the Lord, the facilitator can ask question. For example: If the obstacle is a mantle of invisibility, questions you can ask are: "Was your childhood safe?" Did you feel powerless? Did you ever wish you could be invisible? Did you go inside yourself so you wouldn't be noticed?" If the answer is yes, then explain that Satan "helped" by putting a mantle of invisibility over the sin. Either the facilitator or recipient asks the Lord to destroy the device (mantle of invisibility, etc.) after they've been identified.

GUARDIANS

Sometimes you will find a disembodied spirit guarding other disembodied spirits. And sometimes there will be a demon(s) guarding the disembodied spirit(s). Often the disembodied spirit guard treats the human host like a slave.

The demonic guards have to be dealt with from a position of authority before you can communicate with the disembodied spirit. If I'm certain that there's a demon and the disembodied spirit is committed to a dark agenda, I don't bother to separate them. I just ask the angels to remove the whole thing all at once.

A disembodied spirit does not want to be noticed. It operates through hiddenness.

WHEN A DISEMBODIED SPIRIT WON'T DIALOGUE WITH YOU

- Explain the fact that they've been found and that they are going to have to leave today.
- If they start the dialogue but go silent, almost always there's a demon guarding them. I will say something like, "It seems like you have a guard that has silenced you. I understand that, but I also know that you can hear me. Your previous life ended somehow and now you are living in a body that doesn't belong to you. This is not acceptable to Yahweh or to the person you've hijacked. So you are going to leave today. You will go voluntarily or with angelic enforcers. It's your choice."
- I then wait a short time for a response. Sometimes the demon responds. If so, I deal with the demon. Then the disembodied spirit is free to respond.
- If the disembodied spirit has what I've come to call an "anti-Christ" spirit, he/she may refuse to answer your questions, will appear to be hiding and distant and vague. When I determine that this is the case, I present the gospel if he/she allows me to do so. If not, I ask Yahweh to open the portal between heaven and the recipient and send angels to forcibly remove the spirit.

ANTI-CHRIST SPIRIT

People customarily think of the Antichrist spirit as being related to serious occult activity in the family line. It certainly is, but there is more than that. If you have been under a religious authority figure who tried to take the place of Christ as your head, you might have been under the Antichrist spirit, even though you were passionately seeking Yahweh's best, and not the occult.

The more complex of the guardian disembodied spirits is one that has an "anti-Christ spirit". Often these disembodied spirits lodge in various places in the body and cause pain and infirmity. These disembodied spirits generally won't cooperate with you. Often, they won't answer your questions, or they are vague as they try to hide.

ASSIGNED BY SATAN

I don't understand this one theologically, but I've encountered it so many times with various people that I can't deny it. The story goes something like this: a human died and was sent to Sheol. They were chosen in Sheol and given a reprieve from the torment on the condition that they go into a human and set the person up for falling into sin. The dead spirit is given an anti-Christ agenda and a demonic guard. They are on an assignment and often feel trapped. Often, they bitterly regret the choices they made in life. And they may dislike the assignment they are on. Many are doing it because being in a human body is more tolerable than being in Sheol. Having been in Sheol they'd love to go to heaven so sharing the gospel with them is important.

FEAR

Fear can be the result of a disembodied spirit who has a spirit of fear. Fear affects the part of the brain called the amygdala. Is the disembodied spirit hiding in amygdala? Often, when this is the case, the person may experience emotional jerks or twitches. I am very focused on pursuing physical clues. It's amazing how much we put up with in our bodies. Many people have weird stuff going on in their bodies and simply

ignore it. Pay attention to your body, especially when doctors can't explain it. Look for clues: emotional, physical, and spiritual.

CLUSTERS

When I discover a disembodied spirit, I ask, "Are you alone or are there others behind or with you?" The presence of a cluster seems to be the rule. For example, when I encounter a female spirit of mothering age, I ask if they are alone or are there children with them. (Their motivation to get the children to heaven often motivates them to leave).

Sometimes there is one disembodied spirit who will speak to the whole group. They can all hear me, but the one spirit is the leader. Is everyone ready to go? The leader will often answer for them. Once in a while, one or two aren't willing to go. So, allow the ones who are ready to leave, and then we work through the issues with the others.

MARKERS THAT MIGHT INDICATE AN DISEMBODIED SPIRIT IS PRESENT:

1. Obsessions—not normal but excessive interest/focus—with the military or a particular battle.
2. Security toy. When the toy is not equal to the age, culture or experience it may be a disembodied spirit.
3. Sexual obsessions. Especially before the age of 10. Can be caused by a number of things: molestation, demons, disembodied spirit, etc. The disembodied spirit that came in may have been molested in his/her previous body.
4. Addictions.
5. Is there something that doesn't make sense—a drive, need or a craving that can't be explained?

BLOCKAGES THAT MIGHT INDICATE A DISEMBODIED SPIRIT IS PRESENT:

1. Curses and demons: There are also curses and critters that come with the disembodied spirit. You can't do deliverance on a disembodied spirit. Death does not eliminate the fact that there's a curse or a demon attached to people. The disembodied spirit will bring his/her curses with them into you, and nothing you do to break the curses will work because the curse doesn't belong to you.
2. When you find a genuine Yahweh-ordained passion (worship, teaching, etc.) and you are repeatedly blocked from expressing it then that might be a disembodied spirit blocking you.
3. If you've received numerous genuine prophetic words but it doesn't manifest, it may be because a disembodied spirit is blocking it. Or it could be that the prophetic words aren't for you. The disembodied spirit had a different destiny so the prophet may unknowingly speak according to the destiny of the disembodied spirit not the person.
4. No matter how hard you don't have the fruit of the Spirit. You want to, you do the disciplines, you have accountability and put out lots of effort, but at the end of the year there's little to no progress.
5. You can't love yourself.
6. Self-harm: Cutting and burning can be the result of a disembodied spirit. Some disembodied spirits have an assignment to kill the host. Unable to do so, they mutilate, damage etc. Find out why the disembodied spirit hates the person. There can be self-hatred involved. Bulimia and anorexia may be a result of a hostile, toxic spirit that hates the person and is trying to harm or punish them. (*I saw this in the case of twins in the womb—the fetus who died hated the sister who survived*). Self-harm or a highly toxic spirit can be a marker for a disembodied spirit.

Therapy and counseling doesn't work when dealing with a disembodied spirit

REMOVING THE DISEMBODIED SPIRIT

In many cases the disembodied spirit leaves voluntarily. If the recipient is comfortable with it, find out if they know Yeshua as their Lord and Savior. If the disembodied spirit doesn't know the Lord, ask the recipient if he/she would like to share the gospel with them. Make no promise of salvation. We have no idea how that works, but it's worth a try.

If the disembodied spirit agrees to leave voluntarily, ask Yahweh to open the portal and escort them home. But if a disembodied spirit is angry and refuses to go, I explain they are fighting against the will of Yahweh. I inform them that they have no choice. They are going to leave—either voluntarily or with Yahweh's assistance.

Parting well is important, if possible. Parting with grace, joy, and peace. Sometimes that's not possible—the spirit is toxic, defiant, backed up by demons, wants nothing to do with Yahweh, eternity, etc., and no amount of reasoning is able to resolve the situation. If that spirit refuses to leave, ask Yahweh to send angels to forcibly remove him/her.

Once the spirit has left, ask the Lord to cleanse the place where it resided. Ask the Holy Spirit to fill the place. When the disembodied spirit was toxic, the recipient will experience enormous relief instantly. If the disembodied spirit wasn't toxic, then the recipient may not notice much difference.

A SECOND CHANCE?

A second chance after death, does it exist? Christianity says no way. Scripture is vague in some places certainly leaning toward there isn't a way back. Yet, I've had a number of experiences with people that seem to indicate there is hope. At no time, do I ever promise a spirit anything. We can't speak for Yahweh. I tell the spirit, "You can go to the Father and plead your case."

With those who were assigned from Sheol and who express a desire to have a second chance, I am very clear that I can't speak for Yahweh. His nature is merciful and compassionate, but He's also holy. I say something like this: "I have no idea what will happen to you when you leave. But I do know that if you embrace the posture of defiance, you will be taken back to Sheol by the angels. If you wish to appeal to the mercy of Yahweh, you can do that."

I don't know if there is any possibility of mercy in heaven when someone has failed in his/her first life. I'm conflicted by a lifetime of theology that after death there is no second chance. What happens in the courtroom in this case? I have no idea. If I'm wrong and there isn't any chance, then when they get to court, they will be shipped back to Sheol.

THE FRUIT OF FREEDOM

RECONCILIATION

Wherever there's a disembodied spirit there is always some level of alienation within the host person. Our spirit is a perfect match to our destiny and purpose, but when someone else's spirit is in you it is a misfit. The disembodied spirit has a different agenda. When the disembodied spirit is gone, it's almost always noticeable the level of reconciliation that comes:

1. **Reconciliation with yourself:** For the first time in your life, you love yourself. It was a battle before. Now you are able to celebrate who you are.

2. **Reconciliation with your gender:** If the host person is a different gender from the disembodied spirit there may be some internal conflict. It may be just a little thing and easily ignored, or it may be significant. After the spirit is gone, the person will be at peace with their gender.
3. **Reconciliation with outside relationships:** With the presence of a disembodied spirit it often brings a dynamic of difficulty with relationships. When the disembodied spirit is gone, reconciliation becomes easy and happens without much effort.

FREEDOM FROM SIN

Another area of significant change is a besetting sin, which means committing the same sin over and over again. The enemy can send a disembodied spirit that drives us to sin and then tells us how bad we are. It feels like it's your 'stuff', your weakness, but it actually originates with the disembodied spirit. When you get rid of the disembodied spirit, then you have the ability to choose to sin in that particular area or not.

PEACE

Often people express the increased peace they feel on the inside once the disembodied spirit leaves. They become aware of just how much "noise" they had grown accustomed to. Often, voices that had been with them for years are suddenly gone. Chaos and attitudes within are suddenly gone.

TROUBLESHOOTING

Sometimes, in the midst of a session, a blockage happens. The facilitator helps discern whether it's a device, demon or disembodied spirit. The following is an example of ways to determine what the blockage is:

- When a blockage occurs, the facilitator encourages the recipient to look closely at the image and ask the Lord if it's an object or living thing. If they can't hear the Lord then have them ask the image, "Are you alive or an object?" or, "Are you a living creature that has a will?" Listen. Watch. Perceive.
- If it's an object or a device (curse, inner vow witchcraft), ask the Lord how to proceed in order to dismantle and destroy it.
- If it's alive, then invite the recipient to ask the Lord if it's a demon or a disembodied spirit. If the recipient is unable to hear the Lord, you can lead him/her in a deliverance prayer. If it leaves, then it was a demon. If it doesn't, either it's a disembodied spirit or it's a demon with a legal right to stay (agreement or willful participation in sin provide a legal right for demons to not leave when told to do so).
- Another method is to invite the recipient to speak directly to the living being and ask if he/she is a human spirit or a demon. (Often, human spirits are offended that you would think he/she is a demon and will respond accordingly).
- Most of the human spirits have a valid reason for not wanting to face Yahweh. As a facilitator, it's our "job" to keep the recipient connected to Yeshua and to help resolve the issues when the recipient is unable to perceive Yahweh. If the spirit is a child, we know that child will be ushered into Yahweh's presence forever and at the appropriate time we can tell the child that.
- **FORCED REMOVAL:** On occasion you will find human spirits that refuse to speak or they use obscene language, etc. If they threaten to harm or are vile in any way, I don't wait. I ask permission from the recipient to deal with the disembodied spirit. I then pray and/or have the recipient repeat after me (if they are comfortable doing so). **PRAYER:** "Father, I ask You to open a portal between heaven and _____(recipient's name). I ask You to send angels to forcibly remove this human

spirit, all demons, and all devices. I thank You for doing so.” Wait. Watch. Listen. Ask the host what they saw, heard or perceived.

- **DEMONS ATTACHED TO THE DISEMBODIED SPIRIT:** If there are demons attached to the disembodied spirit (which is common if they were antagonistic) sometimes it’s necessary to cast them out before the human spirit is free to talk or is free to leave.
- **REPORT EVERYTHING:** I ask the recipient to report everything they see, hear, feel and perceive. (I want to be certain the spirit left and didn’t just go into hiding.) If they don’t see the spirit leave, have them ask Yeshua if the spirit left.
- **CLEAN UP:** Once the human spirit left, then ask the Lord to send angels to cleanse the place the spirit inhabited. Ask for the blood of Yeshua to wash away all defilement, etc. Ask the host to report everything. Don’t get in a hurry. Sometimes this takes time.
- **FILL WITH THE HOLY SPIRIT:** Once this is done, ask the Lord to fill the space with His presence and with the Holy Spirit.

DEVICE, DEMON, OR DISEMBODIED SPIRIT?

1. Go through the ABC’s
2. Once connected with the Lord ask for His light to shine and expose any darkness
3. When you discover darkness ask:
 - a. “Is it alive or an object?”
 - b. “It’s alive.”
 - c. “Would you like to ask the Lord if it is a demon or a disembodied spirit?”
4. If it’s a **DEMON:**
 - a. If it’s a demon, ask the Lord to reveal its “nest”—the legal right to be active and present.
 - b. If it’s a memory, ask the Lord to heal it.
 - c. If it’s a matter of sin, then invite the recipient to repent and apply the blood of Yeshua to the sin, self, situation etc.
5. If it’s an **OBJECT:**
 - a. If it’s an object, use the keys of the kingdom (bind yourself to Yahweh and loose/destroy/cast the device away like a filthy garment)
 - b. If it’s a device, ask the Lord to destroy it.
 - c. If it’s a matter of sin or an inner vow or a stronghold, you may have to do a little trouble shooting if the recipient’s connection with Yeshua isn’t clear enough.
6. If it’s a **DISEMBODIED SPIRIT:**
 - a. First, ask the Lord how to proceed. If the connection isn’t clear or the person is unable to perceive Him, you have 2 options:
 - i. Ask the recipient if they would like to know the identity of the spirit.
 - ii. Or skip step 1 and ask Yahweh to open a portal between heaven and earth and send angels to remove the disembodied spirit.
 - b. **COMMUNICATE WITH THE DEAD:** You may have to explain that it’s not a sin to communicate with the dead (See Deut. 18:10-11 The sin is to call up the dead). If it’s a sin to talk to someone who has died, then how did the apostles in the upper room talk to Yeshua? Or the men on the Emmaus road? (Lk. 24:13) Or what about the dead saints that came out of the grave and showed themselves to many on the street of Jerusalem? (Matt. 27:52-53) The

truth is when a believer dies, he's really alive; he's not dead just like Yeshua isn't dead. Lk. 20:38 "Now He is not the God of the dead but of the living, for all live to Him." (Rom. 4:17, 6:13, 8:10).

- c. If the recipient decides to talk with the disembodied spirit, make sure he/she stays in touch with the Lord.
- d. Once the recipient is ready, feel free to ask if he/she would like to share the gospel with the disembodied spirit. If not, then I ask if I can as the facilitator. If the recipient says no, then ask Yahweh to open the portal between heaven and _____(recipient). The disembodied spirit will voluntarily leave. If he/she doesn't then ask Yeshua how to proceed.
- e. Once these issues are resolved instruct the recipient to ask, "Lord, is everyone gone?"
- f. If the answer is, "Yes", then ask the Lord to send angels to clean up the defilement left behind and to restore right order and wholeness. Instruct the recipient to let you know when the work is complete.
- g. If the answer is "No", then ask the Lord to shine His light and reveal any other hidden disembodied spirits and then repeat the process, always staying in touch with Yeshua and following His lead.
- h. End by thanking Him and asking Him to seal what He has done and to be your doorkeeper.
- i. If a disembodied spirit is defiant and has to be forcibly removed, the recipient may become distressed over the fact that the spirit is going to hell. It's important to help them process their emotions.

The Sabbath

Are Christians commanded to observe the Sabbath?

The Sabbath is so much more than a command or a Jewish tradition. It is a gift from our Creator, and I personally believe it is vital for the health of soul and body.

The Sabbath came out of the very act of creation by Yahweh Himself.

Gen 2:1 *And heaven and earth and all their array were finished.*

Gen 2:2 *And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done.*

Gen 2:3 *And God blessed the seventh day, and he sanctified it, because on it he rested from all his work of creating that there was to do.*

The Sabbath was not established by the Jews or by any man—Yahweh initiated it—it was His idea! It wasn't ever about legalism. It was a gift—a gift to Yahweh from Himself and a gift from Him to us. The Sabbath is an invitation to us from Yahweh, an invitation for us to get off the hamster wheel for 24 hours and simply be. It is a time to focus on our Creator and His creation and simply enjoy Him.

The Sabbath is so much more than a law. It's a way of life. A time when it's just me and Yahweh together with no distractions for 24 hours! I believe the Sabbath is a taste of what eternity with Yahweh will be like—no work, no running here and there, no internet stealing our precious time and energy, no fear or sickness or pain! A will be a time where we simply enjoy Yahweh and His creation!

I believe the Sabbath is one of the foundations of our faith.

SIX CREATION FACTS

Gen 1:1 *In the beginning, God created the heavens and the earth—*

1. **YAHWEH CREATED EVERYTHING. EVERYTHING WAS GOOD AND HAD A PURPOSE.** That means you're not a mistake—you have a Yahweh-ordained purpose and everything you do and say matters.
2. **YAHWEH IS ABOVE AND BEYOND NATURE. NATURE WAS CREATED BY HIM.** Nature is not Yahweh. Nature can't speak to you. It may be stunning and breath-taking but it can't have a relationship with you. It can't feel your sadness, or respond to your worship. But Yahweh can and does.

Psa 8:3-5 When I look at your heavens, the work of your fingers, the moon and the stars which you set in place—what is a human being that you think of him? and a child of humankind that you care for him? And you made him a little lower than heavenly beings, and with glory and with majesty you crowned him.

3. **YAHWEH CREATED TIME.**

“In the beginning” signaled the dawn of something called time. Paul says in I Cor 2:7 that Yahweh determined the coming of Yeshua before time began.

4. **YAHWEH IS ONE—HE IS THE GREAT I AM.**

YHWH is the most sacred and personal name of God in the Hebrew bible. It means, “I AM WHO I AM”. Yahweh is uncreated. He doesn't depend on anyone or anything apart from Himself. He created the material world which makes Him superior. He is near, He is unique and He is faithful!

Deu 6:4-5 "Hear, Israel, Yahweh our God, Yahweh is unique (one). And you shall love Yahweh your God with all of your heart and with all of your soul and with all of your might."

5. YAHWEH DIDN'T JUST CREATE THE WORLD—HE DESIGNED IT.

Psa 8:3-4 When I see Your heavens, the work of Your fingers, the moon and the stars, which You have established; what is man that You remember him, And the son of man that You care for him?

Jer 32:17 'Ab Lord Yabweh! Behold, You have made the heavens and the earth by Your great power and by Your outstretched arm! Nothing is too difficult for You,

6. YAHWEH CREATED EVERYTHING OUT OF CHAOS.

Gen 1:2 Now the earth was formless and empty, and darkness was over the face of the deep. And the Spirit of God was hovering over the surface of the waters.

The Hebrew phrase in Gen 1:2 for *formless and empty* would be better translated as *wild and waste, chaotic and empty, or confused and desolate*. The Spirit of Yahweh hovers over the chaos and speaks to it, saying, *and God said, "Let there be light!" And there was light.*" Gen 1:3

Yahweh's nature is revealed in what He does—He separates, He orders, He names, He blesses and He fills. He doesn't just create; He brings peace and order. He doesn't just make; He commands. We see something else about His nature—His response to chaos isn't destruction but a new creation!

Freedom isn't the absence of organization and order—it's the presence of the right structure! Yahweh's creation is designed, set apart and ordered—that's why it has survived.

In Hebrew, the word for *holy* (*qadosh*) means 'set apart'. To be holy is the opposite of chaos. It is to be distinct, separate, ordered, and beautiful. Yahweh is not anything like the formless void (chaos) from which He created everything. We were never meant to be like the formless void. The Sabbath is holy because it was set apart by Yahweh. It was never meant to be chaotic or formless. It is a day set apart for a distinct purpose, a day that is ordered and beautiful. A day for us to be with their Creator and enjoy the special relationship we have with Him. Marriage is holy for the same reason.

The Hebrew word for "sabbath" means "to stop" or to "cease". It doesn't mean to rest in a passive sense—as in do nothing. It means a full ceasing, a deliberate, intentional stopping of our routine. In ancient Hebrew, the word "sabbath" means a sovereign act of halting. It doesn't mean you do nothing. The Sabbath is a time to stop or cease what we've been doing the past 6 days, how we've been living so we can set apart one day to simply enjoy His presence and family and friends. This isn't a suggestion. It's what Yahweh did on the seventh day of creation and then He made it a command (Exodus 16 & 20). To stop for 24 hours may seem extreme or radical, especially in our non-stop society. But Yahweh doesn't view it as radical. He set the example for us.

How serious is Yahweh about keeping the Sabbath holy?

Exo 20:10 But the seventh day is a Sabbath for Yabweh your God; you will not do any work—you or your son or your daughter, your male slave or your female slave, or your animal, or your alien who is in your gates—

Exo 31:14 And you must keep the Sabbath, because it is holy for you; defilers of it will surely be put to death, because anyone who does work on it—that person will be cut off from among his people.

Exo 31:15 On six days work can be done, and on the seventh is a Sabbath of complete rest, a holy day for Yabweh; anyone doing work on the Sabbath day will surely be put to death.

*The Sabbath is a gift to us—a gift meant to keep us grounded,
to help us unplug from this world so we can be with our Creator.*

Gen 2:2 And on the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done.

Gen 2:3 Then God blessed the seventh day and sanctified it, because on it He rested from all His work which God had created in making *it*.

Why did Yahweh rest? Was He tired? Isa 40:28 tells us that Yahweh does not faint or grow weary.

The word “rested” means to “cease, desist, rest, bring to an end, halt”. This is the same meaning of the word “Sabbath”. Yahweh “sabbathed—He ceased what He’d been doing for 6 days” on the seventh day!

Yahweh rested because He was finished creating. The Sabbath was the final stroke of His Masterpiece. To rest, based on Yahweh’s first Sabbath, means to stop and enjoy, bless and set apart (holy) the time and activities.

Yahweh sanctified a moment in time—the 7th day. The Sabbath was also Yahweh’s first invitation to Adam. Adam was created on day six. That means Adam’s first full day of existence (the Sabbath) was spent with Yahweh. They rested, enjoyed each other and established the day as holy. It also means that before Adam did any work, he first rested, with Yahweh. (Adam was given the task of being caretaker over the garden by Yahweh. Gen. 2:15).

Yahweh didn’t rest by withdrawing from the world and returning to heaven, but He rested by entering into it in a new way—as the God who takes the time to stop and enjoy His creation.

HEALING AND THE SABBATH

Isa 58:6 *Is this not the fast I choose: to release the bonds of injustice, to untie the ropes of the yoke, and to let the oppressed go free, and tear every yoke to pieces?*

Isa 58:7 *Is it not to break your bread for the hungry? You must bring home the poor, the homeless. When you see the naked, you must cover him, and you must not hide yourself from your relatives.*

Isa 58:8 *Then your light shall break forth like the dawn, and your healing shall grow quickly. And your salvation shall go before you; the glory of Yahweh will be your rear guard.*

Isa 58:9 *Then you shall call, and Yahweh himself will answer. You shall cry for help, and he will say, 'Here I am!' If you remove from among you the yoke, the finger-pointing and evil speech,*

Isa 58:10 *if you offer your soul to the hungry, and you satisfy the appetite of the afflicted, then your light shall rise in the darkness, and your darkness will be like noon.*

Isa 58:11 *And Yahweh will lead you continually, and satisfy your soul in a barren land, and he will strengthen your bones, and you shall be like a well-watered garden, and like a spring of water whose water does not fail.*

Isa 58:12 *And they shall rebuild ancient ruins from you; you shall erect the foundations of many generations, and you shall be called the bricklayer of the breach, the restorer of paths to live in.*

Isa 58:13 *If you hold your foot back from the Sabbath (from doing your own business), from doing YOUR affairs on MY holy day, if you call the Sabbath a pleasure, the holy day of Yahweh honorable, if you honor him more than doing your ways, than finding your affairs and speaking a word,*

Isa 58:14 *then you shall take your pleasure in Yahweh, and I will make you ride upon the heights of the earth, and I will feed you the heritage of Jacob your ancestor, for the mouth of Yahweh has spoken."*

A TYPICAL JEWISH SABBATH

Friday evening, before sunset, family and friends gather. The table is set with their best dishes. As they take their seats, two loaves of challah bread are placed on the table reminding them of the double portion of manna that Yahweh provided for the Jews as they wandered in the wilderness (*no work could be done, so no gathering of manna on the Sabbath. Instead, Yahweh told them to collect a double portion*).

The woman of the house then says the blessing over the candles, acknowledging that the Light has come.

The head of the house then takes a cup filled with the fruit of the vine and says the ancient blessing called the kiddush, which begins with Gen 2:1-3 that describes the completion of creation and establishing the seventh day as holy. He then says two blessings—the first is over the grape juice or wine sanctifying the Sabbath as holy. The second blessing highlights the two major themes in Shabbat: creation (Yahweh rested on the seventh day) and He redeemed us from slavery. He then ends with a prayer of thanksgiving to Yahweh for “giving us the sabbath in love”. This isn’t merely a ritual—far from it! It’s a reminder, a reenactment of Yahweh’s covenant with His people.

Hands are then washed and the challah bread is blessed and eaten. The delicious meal is enjoyed and celebrated. No one gets in a hurry. They sing Psalms and tell stories. They laugh and they enjoy being together. Saturday morning the family attends synagogue. Prayers are said. The day is spent resting and enjoying Yahweh and His people.

I believe the sabbath is a taste of what we will enjoy for all eternity.

Heb 4:9-11 So there remains a Sabbath rest for the people of God. For the one who has entered His rest has himself also rested from his works, as God did from His. Therefore let us be diligent to enter that rest, lest anyone fall into the same example of disobedience.

Yeshua kept the Sabbath. He brought understanding and clarity to its meaning and purpose. He did good on the Sabbath and He healed many people on that day.

Mat 12:12 *“Then to what degree is a man worth more than a sheep? So then, it is permitted to do good on the Sabbath.”*

The Sabbath began in the garden of Eden, not in a church or synagogue. It wasn’t instituted by Jews. The sabbath isn’t just for Jews, but for all mankind.

To keep the Sabbath is to remember who Yahweh is and who we are not. At this time of history, mankind has become extremely self-focused. We spend way too much time looking at ourselves—a mirror is the worst place we can look—it’s dangerous—we’re already way too self-focused. The Sabbath is a gentle reminder of that fact. Instead, let us fix our eyes on the One who has everything we need.

There is scientific evidence that proves honoring the Sabbath is not just spiritually life-giving, but it is equally beneficial physically, emotionally and mentally.

The 7th Day Adventist community in Loma Linda, CA is one of the world’s Blue Zone communities (where people live past 100). Every week they take a full 24-hour period where they not only do no work, but they also disconnect from the world and its entertainment. They rest, worship, enjoy nature and family and friends.

Health Psychology published a report that said: “They have less inflammation, better sleep and more resilience to stress-related sickness.” The study concluded that it was the combination of spiritual rest and connections with family and friends that made the difference. Another study from Harvard tracked over 70,000 women for over 16 years: Those who kept the Sabbath had a 33% lower risk of dying over the 16 years. They linked it to their stronger social bonds, reduced stress levels and a greater sense of meaning and belonging.

SCROLLING IN THE WORLD

In 2023, the analytics firm Data.ai reported an average American adult spends over 4.9 hours a day scrolling on a mobile device. Former Google design ethicist, Tristan Harris, said, “Technology is not neutral. It is designed to exploit our weaknesses.”

Every notification, vibration, interaction was and is built to trigger dopamine, which creates reward loops that are identical to the brain patterns of substance addiction. As a result, almost all of the American population is overstimulated and undernourished, resulting in being perpetually connected to the internet but emotionally depleted.

On average, children (ages 13-18) spend 8 hours and 39 minutes per day on screen-based entertainment—not counting school use. Children (8-12) spend an average of 5 hours and 33 min. a day on electronics.

The book *Dopamine Nation* by Dr. Anna Lembke reveals that the modern world has created a dopamine-rich environment where almost everything is designed to give us quick, easy pleasure. From consuming sugar to electronic screens, addictive images to shopping, we are immersed in a culture of addictions and compulsive overconsumption.

Why is it so difficult to reduce the amount of time we use electronics and surf the web? The answer is because it’s so much more than just a habit; it’s a battle. It’s not about entertainment—it’s about compulsion. Whenever someone removes high-dopamine behaviors from his/her life, their brain experiences withdrawal. They are irritable, fatigued, bored and emotionally upset. No one likes to feel that way.

The Sabbath is a fast from dopamine. For 24 hours every week, Jews and others live as if the digital world doesn’t exist.

NO LONGER A SLAVE

In Exodus 20, the Sabbath is presented in light of creation:

Exo 20:8 *“Remember the day of the Sabbath, to consecrate it.*

Exo 20:9 *Six days you will work, and you will do all your work.*

Exo 20:10 *But the seventh day is a Sabbath for Yahweh your God; you will not do any work—you or your son or your daughter, your male slave or your female slave, or your animal, or your alien who is in your gates—*

Exo 20:11 *because in six days Yahweh made the heavens and the earth, the sea and all that is in them, and on the seventh day he rested. Therefore, Yahweh blessed the seventh day and consecrated it.”*

In the book of Exodus, the Jews observed the Sabbath because Yahweh created the world and then ‘rested’ on day seven. Forty years later, Moses repeats the command to keep the Sabbath, but this time He connects the Sabbath with their freedom from Egypt:

Deu 5:13 *Six days you shall work, and you shall do all of your work,*

Deu 5:14 *but the seventh day is a Sabbath unto Yahweh your God; you shall not do any work, or your son, or your daughter, or your slave, or your slave woman, or your ox, or your donkey, or any of your domestic animals, or your resident alien who is in your towns, so that your slave and your slave woman may rest as you rest.*

Deu 5:15 *And you shall remember that you were a slave in the land of Egypt, and Yahweh your God brought you out with a strong hand and with an outstretched arm; therefore, Yahweh your God commanded you to keep the Sabbath.*

In Deuteronomy 5, they observed the Sabbath because Yahweh set them free from slavery. After all, slaves don’t rest. Only those who are free get to rest. Moses was declaring their new identity; you are no longer

slaves. You belong to Yahweh! And because you are His you don't live like the rest of the world—working seven days a week like a slave. You stop. You remember. You rest. You enjoy Yahweh.

The Sabbath is a weekly declaration of faithfulness to Yahweh, to His ways, to His commands. It reminds us that Yahweh isn't a hard taskmaster, but a Redeemer, a Deliverer! The Sabbath reminds us that we aren't slaves—we're people of the covenant. On the Sabbath, we remember where we came from—a life of slavery. We think about where we're headed—to the promised land, where *all* things will be made new!

The Sabbath was never meant to be just about rest—it was about recognition. It reminds the master that his servants have value, and so does his animals. It reminds the businessman that money isn't what we love. It reminds us that people matter—not because of what they can produce, but because of Who made them.

The Sabbath teaches the world to stop and see—not just Yahweh but each other and remember who we are, who our neighbor is, and who made us both.

ARE CHRISTIANS COMMANDED TO KEEP THE SABBATH?

I believe the Sabbath is a look into the future redemption of Jew and Gentile. It's a dress rehearsal for the grand finale to come. It's not about legalism. It's about reverence and holiness and worship.

The Sabbath is the only one of the 10 commandments that is said to be a 'sign' of the covenant (Ex 31:16). The Sabbath is connected to covenant. As Christians, we live under the new covenant that Yeshua established with his death, burial and resurrection. Christ fulfilled the law. So, does that mean we are free from keeping the Sabbath?

In my opinion, keeping or not keeping the Sabbath isn't the most important issue. I believe what's most important is to realize keeping the Sabbath is about being a part of something that Yahweh Himself set apart and called holy. Yahweh has invited mankind to join Him for a time of intimate fellowship. Who wouldn't want to be part of that?

For believers in Yeshua, the Sabbath's not about keeping the law. It's about stopping and remembering that Yahweh is the beginning and the end and everything in between.

“Shabbat shalom” is a blessing said on the Shabbat that means, “May you enter into the fullness of Yahweh's rest.”

We are invited to enter into His rest according to Ps 46:10, “*Be still and know that I am Yahweh.*”?

Being still and knowing Yahweh is one of the most difficult spiritual disciplines to accomplish in today's very busy lifestyle.

Heb 4:9 *Consequently a Sabbath rest remains for the people of God.*

Heb 4:10 *For the one who has entered into his rest has also himself rested from his works, just as God did from his own works.*

Heb 4:11 *Therefore, let us make every effort to enter into that rest, in order that no one may fall in the same pattern of disobedience.*

There remains a Sabbath rest for the people of Yahweh! I choose to honor Saturday as my day of rest, not because I have to, but because I get to! It doesn't earn me anything—not righteousness or favor or points with Yahweh. But it does help to remind me that I'm not in charge of my life, my life belongs to Yahweh.

I believe the Sabbath matters. But I don't believe Christians are sinning if they don't keep the Sabbath. We are saved by grace, not by keeping holy days. Years ago, I asked Yahweh how Danny and I were going to do what Yahweh called us to do and not burnout. He responded, “By honoring the Sabbath and keeping it holy.”

AN INVITATION

I would like to invite you to prayerfully consider taking 24 hours every week to turn off your phone, your laptop and any other thing that causes your focus to be 'on the world'. This is an invitation to disconnect from the world and all that it offers and simply breathe, rest, focus on your relationship with Yahweh, and enjoy spending time with your family and friends.

One thing I've learned, is that you must be intentional, or it won't happen. You have to choose to celebrate the Sabbath and plan for it. Honoring the Sabbath is about making a decision to stop even when you don't want to. Step out of the things you are enslaved to for 24 hours. You may find out that you become a kinder person, parent, and friend.

Yeshua said to them, "*The Sabbath was established for people, and not people for the Sabbath.*" Mk 2:27

*The Sabbath invites us back to Eden before sin entered the world.
When all was good and right with man and Yahweh. Back to a time of
stillness and shalom and joy and perfection as we step into Yahweh.*

Advanced Facilitator Training

BEFORE GOING TO A TRAUMATIC MEMORY:

1. You must be able to connect with Yeshua, or the Father, or the Holy Spirit in an experiential way (touch, visually, hearing, taste, smell, perceiving). One of the most effective ways to connect with the Lord is through sharing a time when the Lord had encountered him/her in the past.
2. Your joy capacity must be large enough to connect with the painful memory and stay connected while you process it. The good news is that the Lord has an unlimited joy capacity.

JOY CAPACITY SUMMARY

- For traumatic memories to be healed, the person must be able to connect with the memory on some level and needs to be able to stay connected as he/she processes the memory.
 - ♦ When a traumatic memory surfaces, I've learned that processing the memory can be done "at a distance"—from your "safe place".
 - ♦ To prevent retraumatizing people, I ask if they would like to invite the part of them that experienced the trauma to go with them to their safe place. If they say no, I then troubleshoot to discover what is preventing them from leaving the traumatic memory.
 - ♦ I reassure him/her that we will process the memory with the Lord from the safe place.
- I've learned that once a person is able to connect with the Lord's presence, his/her joy capacity is filled with grace—that's why connecting with the Lord before processing trauma is critical.
- If the person disconnects from the memory or from the presence of the Lord, the facilitator is there to help them reconnect.
- If the person is trying to connect with the traumatic memory, but the traumatized part(s) don't have enough joy capacity to look at the pain:
 - ♦ The facilitator then focuses on the part(s) and helps connect them with the Lord.
 - ♦ Once the connection is made, don't get in a hurry. Invite him/her to ask the Lord what He wants to do or how He wants to help.
- Remember that Yeshua has infinite joy capacity so He is able to bring you safely through the trauma!
- He is always happy to be with us, and He never gets upset or anxious or rushed or disappointed.
- Remember that He always wants to help us remove any obstacles or blockages that keep us from perceiving His presence or keep us from staying connected with Him.
- A primary priority for the facilitator is to help remove the things that hinder the person's relationship with Yeshua.
- It's important and very helpful to spend time connecting with Yeshua before the person "attempts to work on painful memories". This provides a "safety net".
- Sometimes it may take a few sessions for dissociated parts to be able to connect with the Lord. That's ok. GOD ENCOUNTER SESSIONS ARE MORE ABOUT BUILDING A RELATIONSHIP WITH THE LORD THAN THEY ARE ABOUT HEALING. THE HEALING IS A BY-PRODUCT OF SPENDING TIME WITH THE HEALER.

- In my experience, everyone who has been able to perceive the Lord's presence and processed their traumatic memory with the Lord received the comfort necessary to be healed.
- Once the person is connected with the Lord, the facilitator takes a step back, so to speak, and prays while watching his/her face. If there's an indication of upset, feel free to ask the person, "What's happening?" or "What's Yeshua doing?"
- If the person is connected and his/her face is calm, then don't interrupt. Allow the Lord to do what He is doing. He doesn't need our help.
- Remember, sometimes the Lord is more focused on the relationship than He is on healing the painful memory. The number one priority is to simply be with Yahweh. The healing will come.
- **Sample prayer:** "Lord, I ask You to help me perceive Your presence. I know You are everywhere, all of the time. Give me eyes to see and ears to hear what You want to show me." Once the person is connected then invite them to pray something like this, "Lord, would You show me what You'd like to do today?" or "Lord, would you come into this painful memory of _____?" Invite them to look around the memory and find Yeshua—He's always with us!

ENDING THE SESSION

We always give the Lord the last word—"Lord, is there anything else You want to show me or tell me?"

TRAUMATIC MEMORY

- As soon as a traumatic memory surfaces, the first thing the facilitator does is to make sure the person is perceiving the Lord's presence.
- Once the person is able to perceive His presence, we ask Yeshua for His leadership throughout the session.
- If the person experiences difficulties during the session, have him/her ask the Lord for help, "Lord, what is blocking me, what should I do next, what do You want me to ask?", etc.

THE PAIN PROCESSING PATHWAY

Level 1: This "level" of your brain oversees attachment (bonding) to other people. It determines whether you are operating from secure attachment, dismissive attachment, distracted attachment or disorganized attachment. This level also initiates the feeling of joy when we see that someone is glad to be with us.

Level 2: This level moderates connection to an experience. If the experience moderately exceeds our capacity, an emotional disconnection occurs. If the experience greatly exceeds our capacity, we dissociate and become completely disconnected from our conscious awareness and memory.

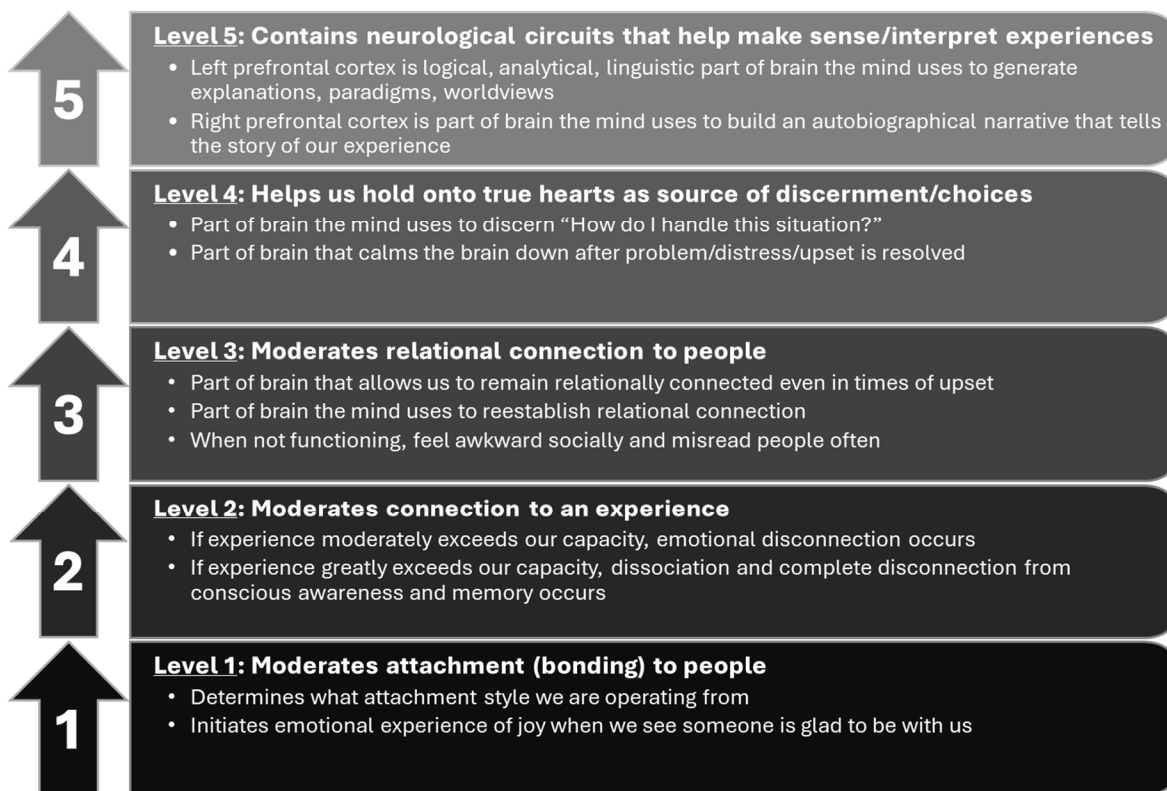
Level 3: This level moderates relational connection to other people. This is the part of our brain that allows us to remain relationally connected when we're upset. This is also part of the brain that our mind uses to re-establish a relational connection. This is the part of the brain where we are able to return to joy.

Level 4: This level helps us remain true to our hearts and helps us discern and make choices, even when we are dealing with difficult situations. This is the part of the brain that the mind uses to decide, "How do I handle this situation? How can I handle this situation in a way that I will be satisfied when it's over?" This is also the part of the brain that calms the brain down after the problem/upset has been resolved.

Level 5: This level helps make sense out of our experiences and helps interpret their meaning. The Level 5 left prefrontal cortex is the logical, analytical, linguistic part of the brain the mind uses to come up with

explanations, models, paradigms and worldviews. The Level 5 right prefrontal cortex is the part of the brain that the mind uses to build and tells the story of our experience with respect to ourselves.

PAIN PROCESSING PATHWAY



THE FLOW OF EMOTIONS THROUGH THE BRAIN

With every experience, new information first enters the emotional/social processing systems at Levels 1 and 2. As this information is processed, activity in these right-sided brain circuits generates right-sided emotions. These emotions then join the information that is passing forward to the higher levels.

As the waves of information pass forward and upward, new information from Levels 3 and 4 are added to the emotions. Once the information and emotions reach the Level 4 prefrontal cortex on the right side, the new information, plus emotions, pass across to the Level 5 left prefrontal cortex. One of the most important functions of Level 5 is to generate beliefs that interpret the meaning of the experience relative to ourselves.

These Level 5 beliefs then travel backwards and downwards to left-sided neurological circuits where left-sided, cognition-based emotions are generated. These left sided emotions then cross over to the right hemisphere, where they join the more recent waves of new information.

All experiences, both painful and pleasant, are processed through this same system and through this same pathway.

Every moment of every day, your emotional/social processing system receives a steady flow of information from both the external environment and from internal stimuli. This information arrives multiple times each second. The higher levels of brain function are not “offline” as you process new information at the lower levels.

SYNCHRONIZING WITH OTHER BRAINS

Our brains were created with complicated neurological mechanisms for synchronizing with other brains.

It is a proven fact that when you synchronize with another person emotionally, socially and behaviorally, the chemical and electrical activity in your brain synchronizes with the chemical and electrical activity in the other person's brain.

MUTUAL MIND STATE AND INTERPERSONAL ATTUNEMENT

Interpersonal attunement is a special form of brain/mind synchronization.

When I'm attuning to you, **I want to perceive and understand your internal experience.** I will focus my attention on you, especially focused on your facial expressions and other nonverbal communications that help me to perceive your internal experience.

When I'm attuning to you, **I'm also seeking to perceive and understand your internal experience** so that I can share it with you and join you in it. This is a necessary part of attunement. I'm not trying to understand your internal experience so that I can figure out the best way to manage or manipulate you, but rather so that I can share it with you and join you in it. This results in at least some degree of experiencing the same emotional state. This will at least partially activate my memories of feeling the same emotional state. This results in me feeling, to some degree, what you are feeling.

MIRROR NEURONS

There are special nerve cells called *mirror neurons* that are specially designed to help us both perceive and share the emotional experiences we see on the face of another person. I may not experience the same intensity that you are feeling, but I will experience a measure of it.

ATTUNEMENT

The main, and necessary, component of attunement is being glad to be with the person. If this is missing, attunement won't happen. True attunement is about caring for the other person, and that must always include being glad to be with him/her.

The main goal of attunement is for the other person to be aware of and feel that:

- I see, understand, and care about your internal experience
- I am sharing your internal experience
- I am glad to be with you

Therefore, when I'm attuning to you, I'm also trying to communicate that I understand your internal experience, that I'm sharing it with you, that I'm joining you in it, and that I'm glad to be with you.

MUTUAL MIND STATE

When attunement occurs, our brains and minds are functionally linked. This is called a mutual mind state. Mutual mind state isn't just about feeling the same emotion, but that we are actually sharing a functionally joined brain/mind experience.

So, what happens if we are together and I feel excited and happy, but you feel sad? We can't have a mutual mind state unless one of us attunes to the other. If I attune to you, we will have a mutual mind experience where we share your initial emotional state of sadness. If you attune to me, we will have a mutual mind

experience where we share my initial emotional state of excitement and happiness. If we both have adult maturity, it will be easy for us to go back and forth in regard to who receives the attunement.

MATURITY LEVELS

INFANT: If I'm at infant maturity, I want you to attune to me. It feels really good when you attune to me, but it never occurs to me that I should then attune to you.

CHILD: If I'm at child maturity, I want you to attune to me, it feels very good when you attune to me, and I can attune to you after you have attuned to me.

ADULT: If I'm at adult maturity, I want you to attune to me, it feels very good when you attune to me, I'm aware that it's just as important for me to attune to you as it is for you to attune to me, and I'm okay attuning to you first...as long as I also get cared for eventually.

PARENT: If I'm at parent maturity and you are my child, I will find it satisfying to attune to you even if you don't attune to me.

ELDER: If I'm at elder maturity, I will find it satisfying to attune to you even if you don't attune to me, regardless of whether or not you are one of my children.

ATTACHMENT

Emotional attachment, also known as "bonding", is one of the most important dynamics in our emotional and social experience. Bonding is the deep, enduring emotional connection between us and certain people who are important to us.

When our attachments/bonds are joy-based, we want to be with the people we're attached to, and we go to them for comfort and protection in times of distress.

HEALTHY ATTACHMENTS

We are meant to have a deep, enduring, powerful emotional attachment in our relationships with our parents, siblings, spouse, children and closest friends. If it's healthy, we will experience joy (glad to be with them) when you see these people. When you are apart from them for any length of time and you see them, you respond, "I'm so glad to see you! I've missed you!" If those people are no longer in your life, you will feel sad and upset. You don't love them for what they do for you or for what they give you.

FORMS OF ATTACHMENTS

1. **Secure attachments** are formed by repeated experiences of having your parents attune to you (see you, understand you, share your emotions, join you in your experience, be glad to be with you), and respond appropriately to you in all kinds of situations. Therefore, you feel seen, understood, felt, loved, connected and relationally safe. You feel safe to share your heart with vulnerability and transparency, with the expectation that the other person will see you, understand you, attune to you and respond appropriately. In a relationship with secure attachment, you are aware that conflict can happen, but you're confident that problems can be resolved and the relationship will remain intact. You will have a deep sense of security.

If your parents didn't consistently attune to you and respond appropriately, then you will develop one or more of the insecure attachments below:

2. **Dismissive attachment** is established by repeated experiences of having your parents ignore you, reject you, dismiss the importance of emotional connection. You will conclude: "If I can't get it, it won't hurt as much if I don't need it or don't want it." You then try to convince yourself, both consciously and unconsciously, not to need or want emotional connections. In most cases, you

develop dismissive attachment because your parents have predominantly dismissive attachment, which they model in their relationship with you. They appear to not need or want emotional connections with you. In a relationship with dismissive attachment, you do not feel felt, seen, understood, or connected. You believe that if you shared your heart with transparency, the other person would ignore or discourage your attempt to initiate emotional intimacy. In a dismissive attachment relationship, you have a deep subjective, intuitive feeling that emotional intimacy is not seen as important and that your needs for relations connection will be ignored or discouraged.

3. **Distracted attachment** is formed by repeated experiences of having your parents be unpredictable with respect to relational, emotional connection. On some occasions when you come to them with the need and desire for emotional connection, they see you, understand you, share your emotions, join you in your experience, want to be with you and respond appropriately. However, on other occasions, they are distracted and emotionally unavailable. In these situations, they might pretend to be attuning, but you can tell they aren't. In a relationship with distracted attachment, you know what you are looking for and you know that it's possible, but you don't know whether you will get the attuned emotional connection you need. You never know what you are going to get—you can't depend on the person for attuned connection. You have a deep, subjective sense of insecurity regarding whether attuned emotional connection will be available when you need it. One noticeable characteristic of distracted attachment operating is you live in a state of chronic anxiety about relationship and are preoccupied with getting more attuned relational connection. (Food analogy—if you never have enough food, you worry about your next meal before you even finish eating what you do have. But if you've always had enough to eat, you take no thought about your next meal). People with distracted attachment have a deep, subjective sense of insecurity regarding when they will get their next meal with respect to attuned relational connection. Therefore, they are chronically anxious about relationships and preoccupied with getting more attuned relational connections.
4. **Disorganized attachment** is established by repeated experiences of a primary caregiver doing things that are overwhelming, frightening and chaotic—experiences where the caregiver that you want to go to for comfort and safety is actually the source of your distress. When this happens, you simultaneously experience both an intense attachment drive to be with the person who is your primary caregiver and an intense self-protection drive to get away from this person. You feel that something terrible will happen if you leave the person and that something terrible will happen if you stay. In a relationship with disorganized attachment, you feel that you must stay with the person to be okay, and you know that person is unsafe and will hurt you. In addition to feeling fearful you will also feel profoundly confused and disorganized.

You can experience different forms of attachment as you relate to different people. For example, you can have secure attachment with your mother and dismissive attachment with your father. You can also have more than one form of attachment with the same person. You can have secure attachment with your mother when she's not triggered, but distracted attachment with your mother when she is triggered, etc.

The principle here is that your brain/mind will produce customized attachment style combinations to fit any patterns that are consistent enough to be useful.

IMPORTANT TO REMEMBER

Yeshua is ALWAYS with us. His presence provides the perfect conditions for building secure attachment. You can turn to Him at any time and know that He will be there, that He will see you, understand you, care about you, share your emotions, join you in your experience, be glad to be with you and respond appropriately.

TRIGGERS

I'm triggered when something in the present (a trigger) causes my brain/mind to open a traumatic memory file, so that the unresolved memory is activated. As a result, various aspects of the experience, such as thoughts, emotions, and physical sensations, come forward and will feel true in the present.

Whenever implicit memory content from an unresolved trauma is active in the present, I am triggered...and whenever I'm triggered, implicit memory content from unresolved trauma is active in the present.

VLE

When implicit memory comes forward, the Verbal Logical Explainer makes the situation more difficult. The VLE's job is to come up with explanations that help us organize and make sense out of our experiences and the world around us. Most of the time this is a good thing. Our VLE is constantly producing explanations that help us make sense out of life and it usually happens so quickly and smoothly that we don't even notice it. It usually starts with valid and accurate information and comes up with valid explanations.

But, if the VLE starts with distorted and/or inadequate data, it can come up with profoundly flawed confabulations. For example, if the VLE starts with thoughts and emotions from unresolved trauma that are coming forward as "invisible" implicit memory, it will "make up" explanations for how these thoughts and emotions fit with our circumstances in the present.

With respect to unresolved trauma and implicit memory, the VLE will quickly and smoothly come up with an explanation for why and how your present circumstances are causing you to experience any triggered thoughts and emotions (which are actually coming from the implicit memory). The confabulated story will feel true and valid.

When unresolved trauma, implicit memory and VLE explanations come together, you will try to resolve your painful thoughts and emotions by focusing on the triggers in the present, as if they are the true source of your upset.

If the trigger happens to be another person's behavior, you will try to resolve your painful thoughts and emotions by attempting to make the other person change their terrible behavior that is causing all your problems. And it will feel absolutely true that he/she should take responsibility for causing your pain. You will not only want him/her to take responsibility for their behavior, but you will want him/her to confess, apologize, and make restitution. And you won't feel heard, understood, validated, safe or ready for reconciliation until all of that has happened.

This creates an impossible, unresolvable situation.

DENIAL AND SELF-DECEPTION

Another aspect to understanding our responses to triggers is 'good old' denial and self-deception. Most of us don't want to know just how dysfunctional we really are. We don't want to realize just how often we are triggered. We don't want to see just how many of our perceptions, thoughts and emotions are implicit memories coming from unresolved trauma, and we don't want to see just how many of our explanations are actually VLE confabulations. So, we look away from the clues that tell us something is missing.

WHY IS IT IMPORTANT TO RECOGNIZE AND ADDRESS UNRESOLVED TRAUMATIC MEMORIES?

1. Unresolved traumatic memories dramatically affect our perceptions, thoughts, emotions, abilities and choices.
2. The unresolved traumatic content often comes forward as implicit memory, so that it feels true in the present, and is not recognized as coming from unresolved memories.
3. Our VLE comes up with “explanations” that usually focus on the trigger in the present plus denial and self-deception kicks in.
4. The end result is that we usually believe the VLE confabulations, accept the implicit memory content as being true in the present and blame the triggers as if they are the source of my pain.
5. We then try to solve the problem by trying to manage, control or change the behavior of the person who triggered me.
6. As we age, the frontal lobes are especially affected and the defenses we use to manage our unresolved memories are weakened. As our coping mechanisms weaken, we become progressively more reactive and dysfunctional unless we also heal and mature as we age.

TRAUMATIC MEMORIES

Engaging with the presence of Yeshua is the perfect resource for establishing the conditions necessary for accessing and processing traumatic memories.

Yeshua is the perfect source of mutual mind capacity. He is always present. He loves us with perfect love. He is always glad to be with us, even in our sinful state. He has infinite capacity so He’s always able to remain present with us regardless of how deep our sin or pain.

If we are able to perceive the Lord’s presence and connect with Him, we will have a mutual mind connection that will enable us to find the healing, comfort and freedom needed to get healed.

GENERAL CONDITIONS NEEDED TO PROCESS TRAUMA

1. Organized attachment. If someone is in a state of disorganized attachment, they won’t be able to process any trauma. To process trauma, the person needs to be in organized attachment.
2. In order to resolve traumatic memories, the person must have enough capacity to stay connected. If they can stay connected to Yeshua, He will enable them to process the trauma. You can always invite them to step out of the memory (with any child parts that might be present) and go to their safe place to process the trauma with Yeshua.
3. The person must be able to stay present with the Lord while working on the traumatic memory.
4. Blockages must be resolved.
 - a. Guardian lies can keep the person from completing the processing tasks that will resolve the toxic content.
 - b. A person can choose to not process the trauma.
 - c. Demonic spirits often take up residence in traumatic memories. They will hinder the processing of memories.
 - d. Defenses (devices) can prevent the processing of trauma (inner vows, lies believed to be true, etc.).
 - e. Refusal to describe what you perceive during a God Encounter session. (Describe everything).
 - f. Must be able to accept, face, and acknowledge the truth about the traumatic memories instead of denying it.

With those who are able to perceive the Lord's presence and stay connected with Him and follow His guidance, all the facilitator does is pray silently while observing the person. If they aren't able to stay connected, then the facilitator helps them reconnect by suggesting they return to their safe place and describe what they see. As they re-enter the original safe place, invite them to find the Lord. Once they are connected, ask them to tell the Lord about what happened that caused them to disconnect.

SPECIFIC OBJECTIVES OF THE FACILITATOR

1. Help the person (and parts) perceive the Lord's presence—and stay connected in the midst of a traumatic memory.
2. Help the person to allow the Lord to come close. (Some people can perceive His presence but won't allow Him to come near them).
3. Help the person connect and synchronize with Yeshua. Some people can perceive His presence and allow Him to come close but won't allow a true connection or a mutual mind state (synchronization). When this is the situation, the person may say something like: "He's here, but it doesn't make any difference." When this happens, check to make sure this isn't a "false Jesus" or a demon. If not, then explore the possibility that the person is blocking Yeshua for various reasons (fear of what He will do or say, lies they believe about Him, shame, guilt, etc.). Once the person allows an emotional connection, everything will change.
4. Help the person learn more truth about the Lord's true heart. People often have believed lies about the Lord that is trauma-based distorted information, coming forward as implicit memory and being transferred onto the Lord. Other times, people don't really know Him so they believe He's "just like everybody else". That is often true when you're working with a traumatized child part of the person. That child part may have never even heard of Yeshua.
5. Help the person receive what the Lord has for her, help the person receive more of what the Lord has for her. You can do this by asking the person if they would like to ask the Lord what they need to do in order to receive more from Him.
6. Help the person let Yeshua lead the session. There are many fears, lies, vows, choices and other obstacles that can get in the way of us allowing the Lord to lead. We are to be appropriately dependent on Him, submit to His leadership and let Him lead. Everything is much easier when the person allows Him to lead.
7. Encourage the person spend time "just" being with Yeshua.
8. Encourage the person to share every detail of what they see, hear or perceive. Your brain functions better with other people. When the person shares with the facilitator it makes a huge difference in their brain function. If something surfaces that the person doesn't want to share, he/she doesn't have to share the details. But it's important to say enough for the facilitator to be able to help them.
9. Encourage the person to share their encounter with 2-3 people within 2-3 days. Why? Because sharing requires you to use both the right and left hemispheres, which enables you to feel the importance of the content you are describing, to perceive the meaning of it, and especially to perceive how the content fits into your personal story.

TROUBLESHOOTING

My experience has convinced me that the Lord is, and has been, present in every past experience. I believe the Lord *always* wants us to perceive His presence, connect with Him, synchronize with Him, receive from Him, and be with Him. Therefore, if the person isn't able to connect, then I assume there is some kind of blockage in them. My experience has also taught me that those blockages can be identified and removed, and when that is done, the person will be able to perceive the Lord's presence, connect with Him, synchronize with Him, receive from Him and be set free. Therefore, I won't give up until the blockages are discovered and dealt with. If someone isn't able to connect or perceive the Lord's presence, I invite them to ask, "Lord, what's in the way of me being able to perceive that You are with me?"

TOOLS IN YOUR TOOLBELT

1. Invite the person to honestly tell Yeshua what they are feeling and thinking.

For example: some people are angry with the Lord. This anger can block the person from being able to perceive the Lord's presence. I attune to them. Then, at some point, I ask if they would be willing to invite the Lord to be with them in a safe place. If they say yes then I ask if they'd be willing to honestly tell Yeshua what they are feeling and why. If they aren't willing to do so, I try to help them focus on the reasons why. I then invite them to share those reasons with the Lord.

2. If the person is afraid of the Lord, I help them find a way for Him to come that would feel safe.
3. Identify and resolve any distorted beliefs the person may have about the Lord.
4. As a facilitator, one of the most important things you can do is to not allow yourself to get triggered. If you get triggered, tell yourself that you will deal with it later, but now's not the time.
5. If the person is stuck and can't connect, it's very helpful to invite the person to ask the Lord to shine His light in them and see if there is anything there that needs His attention/help. If so, respond accordingly.
6. Recalling a time when the person experienced the presence of the Lord provides a great on-ramp for connecting with the Lord.
7. One of the most vital aspects to perceiving the Lord's presence is **appreciation**. Intentionally, sharing things you appreciate about the Lord (or others) leads to greater intimacy. Appreciation releases oxytocin, and oxytocin prepares your brain for bonding and positive relational connections. Deliberately focusing your attention on thoughts of appreciation will produce positive emotions towards the person you appreciate. It is extremely helpful to begin every God Encounter session with appreciation.

One of the most vital aspects to perceiving the Lord's presence is appreciation. Deliberately focusing on things you appreciate about the Lord (or others) leads to greater intimacy.

FOUNDATIONAL PRINCIPLES FOR ENCOUNTERING YAHWEH

1. Yeshua is more than enough to heal, deliver and restore all that is needed.
2. He's more than able to bring painful memories to the surface so they can be healed and comforted.
3. Yeshua is always with us—past, present and future.
4. Many things (anger, bitterness, unforgiveness, fear, guilt, shame, inner vows, lies about the character of Yahweh, demonic interference, etc.) can hinder us from being able to perceive the His presence. But it is possible to identify and resolve any and every issue with the Lord's help.
5. When the blockages have been removed, it is always possible to perceive the Lord's presence.
6. Yeshua is more than able to help the person complete the healing process, which brings profound and permanent healing.
7. Many things (bitterness, unforgiveness, unconfessed sins, demonic interference, etc.) can hinder the healing process, but it's possible to identify and address these hindrances with the Lord's help.
8. The Lord always brings comfort and healing once the blockages are removed/resolved.
9. The Lord is able to and desires to resolve every wound regardless of how deep it is.
10. One of the main objectives is to remove any blockages that hinder the person from encountering the Lord.

VERY BRIEF SUMMARY OF AN ENCOUNTER SESSION

1. Once the person is aware of the Lord's presence, then ask the Lord to bring forward whatever memory He chooses. If the person is unable to perceive His presence, then ask the person to share a time when they were able to perceive the Lord's presence.
2. Invite the person to take several minutes to share specific things they appreciate about the Lord. Ask them to do this until the person feels appreciation towards Yeshua.
3. Invite the person to ask the Lord to help them perceive His presence.
4. If the person is still unable to perceive His presence, ask the Lord for help in identifying the blockages.

For people who are able to perceive Yeshua' presence, your job as a facilitator is to simply help them stay connected. If any problems surface, ask Him for guidance and help, and then do whatever He leads you to do.

For people with a connection that is less strong and need additional help, the following can help:

1. Identify thoughts, emotions, or physical sensations that are causing discomfort or distress.
2. Have the person “stir up” the symptoms by focusing on them, and also by focusing on any triggers that might be present (this may bring a past experience to the surface).
3. Ask Yeshua to lead him/her to the true source and origin of the problem.
4. Yeshua brings to the surface the thoughts, images, memories, etc. and these lead the person to the underlying traumatic memories.
5. As soon as the person is aware of a memory, invite her to pray, “Lord, I invite You to be with me in these memories. Help me to perceive Your presence.”
6. If the person has difficulty perceiving the Lord's presence, look for blockages and help dismantle them.
7. Help the person stay connected while processing the memory with the Lord.
8. Help the person interact directly with Yeshua regarding the memory.

9. The traumatic memory loses its power as Yeshua interacts with the person and helps complete all processing tasks.
10. Encourage the person to relax and spend time with Yeshua.
11. Remind the person to share any and all things that surface in his/her mind.
12. Ask Yeshua for guidance and assistance throughout the session.
13. If the person gets stuck, encourage him/her to return to their original safe place. Depending on how upset they are, you may need to describe their safe place and help them return.
14. If you run out of time before the person can resolve the trauma, encourage the person to return to the initial positive connection (safe place) so that he/she can end the session in a good place.
15. We always end every session with a time of expressing gratitude to the Lord for what He has done.

*There are times when Yeshua just wants to spend time with us.
He wants to be with us—that is His first and foremost agenda.*

GROUP ENCOUNTER EXERCISES

1. Break up into small groups of 3-4 persons.
2. ABC's
3. Relax your body from head to toe.
4. Safe Place. Invite the Lord to join you.
5. Express appreciation to the Lord.
6. Ask the Lord to bring a memory of a time when He was very real to the person.
7. Share.
8. Choose a memory to work on. **Do not choose to work on a traumatic memory at this time.**
9. Invite Yeshua into the memory and ask Him to help you perceive His presence in it. Do what He tells you or shows you to do.
10. Ask Him to heal, deliver and comfort you and any “parts” that might be present.
11. If you get “stuck,” ask the Lord for help. “Lord, what do I need or what do I need to know about this situation?”
12. If you aren't able to connect with the Lord, ask for help—the others in the group can help you get back to your safe place.
13. When complete, thank the Lord—be specific.
14. Share your experience with your group.

Gentle Protector Leadership

Leaders influence people more by who they are than by what they do.

4 HABITS OF CHRIST-LIKE LEADERS



1: REMAIN RELATIONAL

Most leaders are problem focused. They tend to be fear-driven—afraid to fail. As a result, they value and pursue results, solutions, and performance more than relationships. Because of that, they often feel isolated, overwhelmed and driven.

Gentle Protector leaders have learned to keep relationships more important than problems. They've learned how to operate out of a different brain system. 1Jn 4:18-19 *"There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love. We love, because He first loved us."*

2: ALWAYS ACT LIKE YOUR TRUE SELF

Gentle Protector leaders are anchored in Christ who is the same yesterday, today and forever. They live out of their core identity, which enables them to act like themselves even during trouble and upset. Col. 3:3 *"For you died and your life has been hidden with Christ in God."*

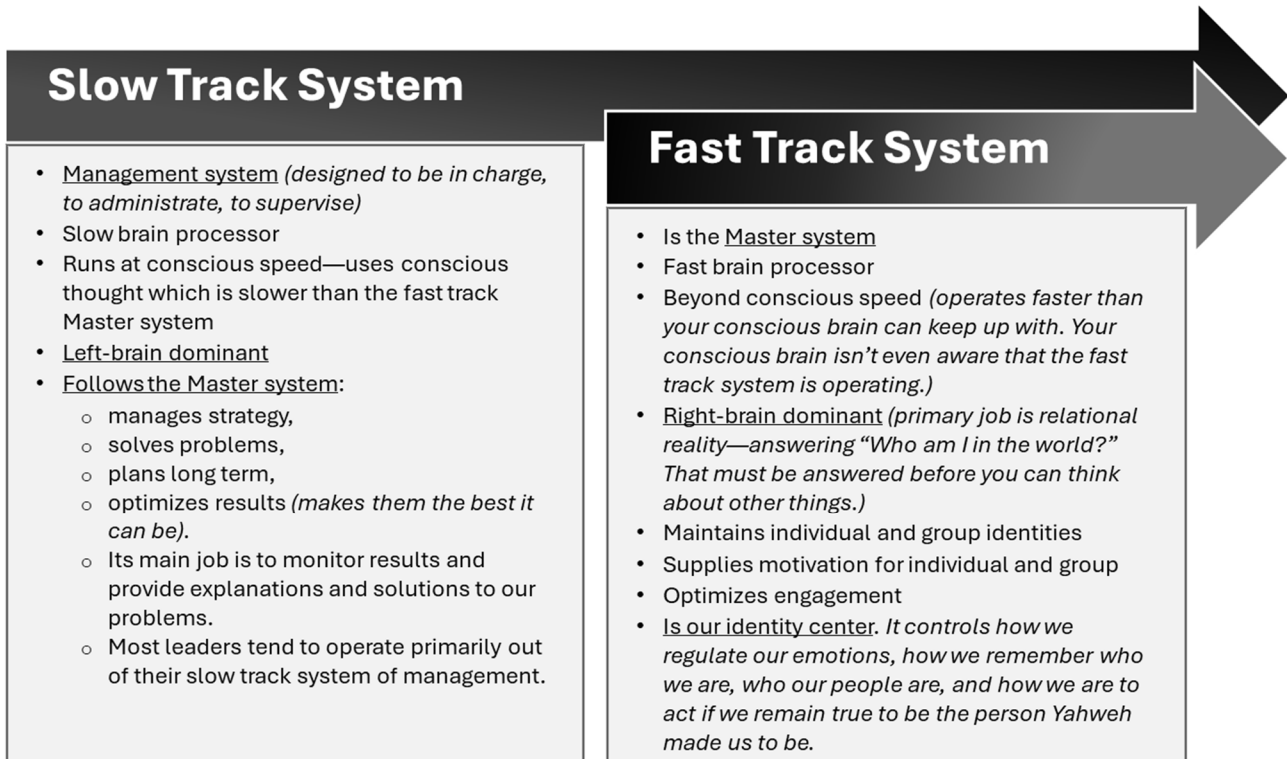
3: ABLE TO RETURN QUICKLY TO JOY

The Gentle Protector's ability to return to joy from negative emotions such as shame, anger, fear and despair is probably the single most important factor in a leader being able to motivate those on his/her team. Jhn. 17:13 *"But now I come to You; and these things I speak in the world so that they may have My joy made full in themselves."*

4: ENDURE SUFFERING AND HARDSHIP WELL

Leaders who are able to suffer well are rare. Most of us do anything to avoid suffering. Gentle Protector leaders have learned there is value in suffering well and are able to be thankful. 2 Tim 2:3 *"Suffer hardship with me, as a good soldier of Christ Jesus."*

TWO SYSTEMS IN THE BRAIN: FAST-TRACK (RIGHT BRAIN) AND SLOW-TRACK (LEFT BRAIN) SYSTEMS



Our fast-track Master system doesn't listen to the words that are spoken because they move too slowly. Words are for the slow-track management system, not the fast-track. The fast-track observes what people are doing. That's why we become aware of people and what they are doing before we start thinking about them. Awareness is a fast-track activity.

MASTER PROCESSES that are present upon waking:

Master Processes		
<ul style="list-style-type: none"> • Our Identity • Motivation • Emotional Control 	<ul style="list-style-type: none"> • Ability to Focus • Relationships • Care for Others 	<ul style="list-style-type: none"> • Conscience • Values
<p><i>This is called our identity or our relational competence or emotional competence</i></p>		

Gentle Protector leaders not only make sure these relational skills are operating well in themselves but also make sure the people they lead are developing these fast-track skills. These skills are the core to the group's identity!

Your slow-track is wired to automatically follow the fast-track! This means that, if a leader gets the fast-track relational skills right for him/herself and his/her team, the slow-track management thinking will automatically follow its lead. So, we get leadership plus management!! Focus on building leadership and it will always improve management!

HABITS

Both the fast and slow-track can form habits. To be a good leader you need a diverse set of healthy habits which includes fast (leadership) and slow (management) systems.

Habits live in the white matter in your brain. The white matter runs up to 200 times faster than gray matter. The slow-track actually operates fast, updating itself with a new state 5 times every second, though not as fast as the fast-track. Identity processes we call the fast-track updates itself 6 times every second.

To keep from getting “stuck”, the brain forms habits that are “pre-determined” responses to known situations. Habits take a month or more to grow because the brain wraps the “habit” nerves with white insulation and that takes time. Once the matter is insulated, that habit cluster will run up to 200 times faster than gray matter! This means that when things are tough, the one with the most “good habits” wins.

Habits start operating before our conscious thought engages.

Those who build fast-track skills into habits operate with greater love, joy, peace, patience, and self-control. A well-trained fast-track system allows us to return to joy quickly.

When someone is difficult to lead, leaders often try to manage them instead of lead them. This means they’ve resorted to slow-track management. Gentle Protector leaders view difficulties as an opportunity to focus on relational skills before management. When both systems are running well (leadership & management) they work well together.

THE MASTER FAST-TRACK PROCESSOR

FAST-TRACK PREFRONTAL CORTEX FUNCTIONS:

• Identity (what I do, and my people do, under these conditions)	• Personal preferences (what values reflect who I am)
• Creativity	• Judging if an activity was satisfying (did this get me where I wanted to go?)
• Goal-directed behavior	• Moral and social behavior
• Correcting our incorrect interpretations of others	• Comparing how I am doing over time
• Calms myself and others during times of stress	• Trust (knowing when to trust a face)
• Figuring out the least damaging solution	• Predicting a negative outcome
• Moment-by-moment updating of a situation	• How stressed I become (including the level of stress hormones in the body)
• Curiosity	• Feeling appreciation

These skills are all crucial to being a Gentle Protector leader.

Any time your incoming reality fails to reach the prefrontal cortex, the skills in the above bullet points shut down. And leadership stops. Without the executive control of the prefrontal cortex, we turn to rules, problem solving and avoiding pain! Your brain will forget all about your relationships, your true identity and the skills listed above. You can test if your fast-track is running by checking to see if you feel curious and do you feel appreciation. Focusing on the true identity of being a Gentle Protector is the best way to activate the highest level of your brain.

TRANSFORMATION

Most organizations believe we need to tell people how we want them to perform, get them to agree to adopt that behavior, then hold them accountable to their commitment. This method has proven to be a failure. One of the reasons is because it is based on fear. When you meet with your accountability group or leaders, you're only happy to be with them if you've performed well. If you've failed, you are afraid.

Choice runs on the slow-track of our brain. But identity runs on the fast-track which has executive control. This means that *who* we are will determine *what* we will do. Identity operates faster and more powerfully than choices. In addition to this, our brain thinks of who we are not only as an individual but as having a group identity as well. They aren't the same, but they can't be separated. (Birds of a feather flock together).

“As a man thinks in his heart, so is he.” Proverbs 23:7

THE 4 HABITS OF EXCELLENT LEADERS ARE BUILT AROUND IDENTITY AND BELONGING

1. Remain relational (belonging)
2. Act like yourself (identity)
3. Return to joy (being glad to be together)
4. Endure hardships well (allowing hard times to bring us closer)

The real keys to transformation are Belonging and Identity!

Accountability groups only work when there are gentle protector leaders. They will teach, model and form strong relationships, a sense of belonging develops, and a positive identity is created which produces transformation.

IDENTITY + BELONGING = TRANSFORMATION

True life-changing transformation happens when a person's identity changes and that person lives out of their new identity. 2 Co 5:17 *Therefore if anyone is in Christ, he is a new creation; the old things passed away; behold, new things have come.*

A Gentle Protector leader deposits and creates a sense of identity into their group and helps them understand, “This is who we are, therefore, this is how we live, behave, and act!” 2 Pe 1:5-8 *Now for this very reason also, applying all diligence, in your faith supply moral excellence, and in your moral excellence, knowledge, and in your knowledge, self-control, and in your self-control, perseverance, and in your perseverance, godliness, and in your godliness, brotherly kindness, and in your brotherly kindness, love. For if these things are yours and are increasing, they render you neither useless nor unfruitful in the full knowledge of our Lord Jesus Christ.*

It's important that we understand that our fast-track executive function creates motivation based on the mental interaction of our identity plus the identity of the group around us. It's also important to remember your brain always has both an individual and group identity in its picture.

An immature brain (similar to children 12 and under) always serves his/her individual identity. As my brain matures, (ages 13 and up) the goal of serving my group identity can grow. As a matter of fact, our group identity can be so strong that adults will die to preserve their identity (gangs, suicide bombers, etc.). Terrorists use the fuel of fear, which is very motivating. Throughout history, many Christians have chosen to be a martyr because of their individual and group identities—this is who I am and this is what my people do!

Gentle Protector use joy as their fuel. Joy is less dynamic than fear, but it is more powerful. When someone operates and is motivated by fear, we see Predators (Hitler, Stalin, ISIS, bullies, gangs). But when joy is the

motivator, we see Gentle Protectors (Yeshua, Mother Teresa, Billy Graham, and leaders who are Gentle Protectors).

The brain is a joy-seeking machine and seeks joy above every other human experience!

When I make choices based on my identity as a child of Yahweh and based on the smiles of “my people”, I do so because I want to be the person Yahweh created me to be. I make those choices because of who I am and because of the joy it brings to my people/group.

Remember, that your conscious mind operates, like a dog on a leash, to follow the identity and reality of your fast-track brain! Your conscious mind (slow-track) cannot determine whether or not your fast-track brain is functioning. So, your slow-track just keeps on managing your life. And, when your fast-track shuts down because it lacks maturity skills, your conscious mind (slow-track management system) simply continues its slow pace to manage your life the best it can—**unless** it’s been trained to notice the signs that the executive, fast-track system is no longer operating.

BUILDING A TEAM IDENTITY

Instead of building accountability groups, consider forming identity groups. The purpose of **Accountability groups** is to gather and hold each other accountable to their commitments.

But **Identity groups** focus on helping people remember who they are, how their “kind” is meant to live (how to act according to how Yahweh created them to live, which Yeshua modeled for us perfectly). Rom 8:12-14 *So then, brothers, we are under obligation, not to the flesh, to live according to the flesh—for if you are living according to the flesh, you must die, but if by the Spirit you are putting to death the practices of the body, you will live. For as many as are being led by the Spirit of God, these are sons of God.*

It’s important for Gentle Protectors to have a place where we feel safe so we can express our weaknesses and be real. In doing so, we need to know that we will be “covered and protected” by those in our group. We need to know they will be there for us as we heal, grow and overcome. We need people who will remind us of who we are and encourage us to live according to how Christ lived. Identity groups are not a place to judge one another. It’s a place to validate emotions and move toward holiness. The truth our identities have all been distorted by sin, this world and our flesh.

These principles only work because we continually surrender our individual and group identities to Christ, who is the standard. His life is our model. He is the One we pattern our lives after. Our slow-track brain can analyze information about Yeshua and be moved by it, but by itself, our brain cannot change our identity. Simply knowing the truth about Yeshua’s godliness, doesn’t make us godly. Isaiah knew that Yahweh was holy, but it wasn’t until he encountered Yahweh that his identity changed.

The good news is Yahweh still talks to us. He hasn’t stopped interacting with us! And He created our brains to be able to encounter Him!

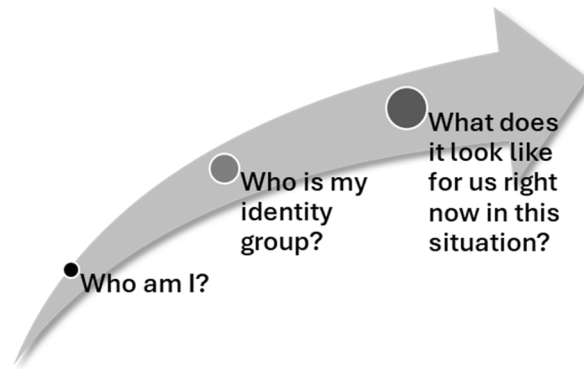
The fast-track is not oriented towards words, and Yahweh doesn’t interact with that part of our brains with words. What He does is so much deeper than words—He leads, guides, prompts, and moves us. He interacts with the nonverbal part of our fast-track brain that is higher than our conscious mind and we “perceive” Him.

Our slow-track brain then looks at how we sense Yahweh is leading us and then puts what we are experiencing into words. This isn’t a direct quote, but a translation, so to speak, of what Yahweh is communicating to our fast-track brain. Interaction with Yahweh is crucial to helping us overcome the flaws in our identity.

BRAIN SCIENCE

The fast-track master system is located on the right side of your brain. It runs your immune system, focuses your attention, sets priorities for each moment, and decides when we should change our opinions.

The most significant role of your fast-track master system is building your identity based on 3 questions:



Those 3 priorities are the core of what your fast-track master system is wired to consider.

Trauma and PTSD (post-traumatic stress disorder) disrupt the brain's ability to answer the questions, "Who am I right now and what is it like me and my people to do in these situations?"

When our fast-track system is disrupted, all our attention then turns to the problem and how to make it stop.

But the fast-track brain, instead of focusing on problems, maintains our identity, goals, and objectives. It focuses on team and purpose while keeping the main thing, the main thing based on what is most important. When we are our true selves, we will operate in maximum creativity and will have the energy needed to solve the problems that our slow-track brain is working on solving.

When leaders maintain a clear group identity, it allows those they lead to be creative, focused and relationships will stay more important than the problems/tasks! As long as you stay relational, your executive prefrontal cortex will continue to grow individual and group identity. When your fast-track brain is offline and problems become your focus, your executive system learns almost nothing from the experience.

Your fast-track executive system learns and becomes more highly developed when it is ON and relational.

THE ABILITY TO LEAD IS LEARNED

When you run out of joy and you begin to operate in fear as your motivation, your brain reaches a critical point between your brain functioning well or starting to fail.

Brain science confirms that **relational joy is the natural means for growing a strong, resilient mind.** And brain science confirms the importance Yahweh placed on joy:

Jhn 15:11 "These things I have spoken to you so that My joy may be in you, and that your joy may be made full."

Psa 16:11 "You will make known to me the path of life; In Your presence is fullness of joy; In Your right hand there are pleasures forever."

Neh 8:10b "...the joy of the LORD is your strength."

THE FAST-TRACK PROCESSING PATHWAY

To help describe the fast-track processing pathway, imagine a four-story building with an elevator. What happens when the elevator gets stuck between floors, or perhaps it gets to the 4th floor but the door won't open? People and goods can't be delivered. When this happens in your brain, important information and leadership and identity do not arrive on time or gets diverted elsewhere.

The right side of our brain dominates our core identity. It is mostly nonverbal and operates faster than the left side. Your right sided master system impacts your emotions and relationships faster than you have time to think about consciously.

The right side of your brain was designed to seek, build and thrive on joyful relationships.

THE 4 SEQUENTIAL LEVELS OF BRAIN FUNCTION

Level One: The Attachment Center (your thalamus and nucleus accumbens). This is the deepest part of your brain and it's all about relationships. This part of your brain lights up when you feel like being with someone. Its deepest pain is the loss of a loving relationship. Every human's deepest need and most desperate longing is for joyful relationships (someone is glad to be with me). The most common problem found in this level of your brain are addictions.

An example of level one in operation: you see a puppy for sale. When your level one brain function determines that something is personally meaningful to you (in this case, a puppy), that information is loaded in the elevator and it goes to the next floor—the Assessment Center.

Level Two: The Assessment Center (amygdala). This is where your fight/flight/freeze response comes from. When the elevator containing the information that there is a puppy for sale and puppies are meaningful to you, that information is inspected to see if it feels good, bad or scary. That inspection takes place by searching your brain's library of memories to see if there are any good, bad or scary events regarding puppies in your history. Your Assessment center doesn't reason or change its mind; it simply searches the library. The memories in your library are stored forever.

In cases of PTSD involving puppies, the elevator can get stuck here and send out an "all hands-on deck" emergency response, which shuts down all thinking. Leaders with PTSD who get stuck at Level Two (flight/flight/freeze) will have a difficult time experiencing joy or creating joy. Once fear becomes the dominant motivator, nearly everything in life appears as a problem to be solved.

Level Three: The Attunement Center (cingulate cortex). If the elevator leaves Level Two with the assessment that puppies are cute, safe and good, that information is sent to Level Three. When the elevator door opens, the Attunement Center inspects the contents and asks the question, "Can anyone relate to this?"

For example: This part of the brain looks at the puppy and asks, "Can anyone relate to how cute and safe and good this puppy is?" It isn't asking itself but is looking for another person's brain response to the puppy issue. This part of your brain attunes to those around us and compares our response to another brain's response (one person at a time). Science calls this a "mutual mind state", which is how we connect our mind with other minds. The third-floor processing system "reads" another person's assessment and attunes with their thoughts and feelings. When we have fully developed this skill, we are able to feel shalom.

The Attunement Center is so important because this is how we are able to synchronize with Yahweh and perceive His thoughts/will/pleasure, which results in shalom. This is how we are able to experience Col. 3:15, "Let the peace of Christ rule in your hearts."

The Attunement Center makes it possible for us to connect with Yahweh and others so we can perceive what is going on relationally. If and when Level Three is functioning correctly, we will never feel isolated. When Level Three wasn't formed, matured or trained, the result is people feel socially awkward and they will misread people on a very regular basis. They "see" and "hear" things that simply weren't said or expressed. Learning to synchronize with people and attune to their feelings is an important relational skill. Without this skill, you will feel isolated even in a crowded room, even when someone is trying to attune to you.

Once the Attunement Center has determined how others feel about this puppy situation, the elevator moves to Level Four for the executive decisions about how I act (or what I do) under these conditions.

Level Four: The Identity Center (prefrontal cortex) is where "my people's" core values help guide my life. This level also takes care of situations and maintains that I am my joyful, relational self. Once my identity-based response is clear, the fast-track processing is complete, and the well processed information is passed down to my conscious, slow-track management for action.

The fast-track elevator took us to the Fourth Level of the right hemisphere of the brain. This whole process took about 1/6 of a second and now we know that we love puppies, they are safe and our people love puppies too.

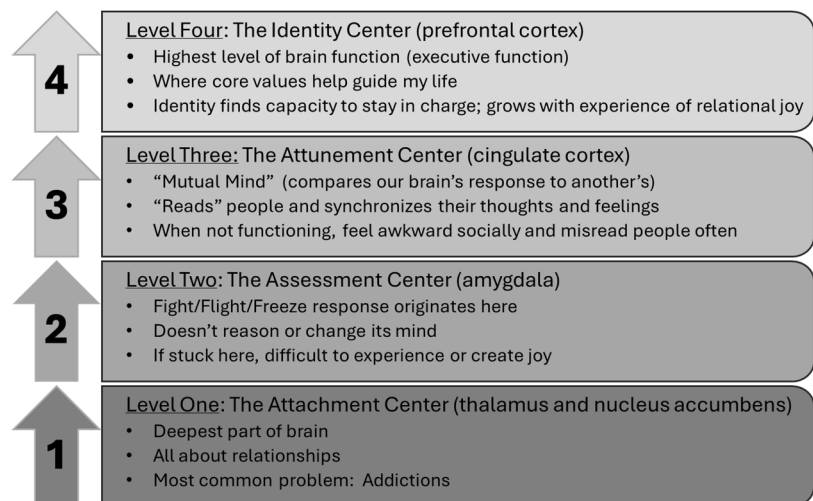
The Executive Function system sends the order to the slow-track management brain to purchase the puppy. The slow-track management process will take much longer because this system doesn't even know that you've seen a puppy. It will take about 40 milliseconds for your conscious brain to become aware that there's a puppy for sale.

The fourth level Identity Center is the highest level of your brain function.

Every time people are glad to be together and process troubles and hardships together, their personal and group joy-strength grows and their emotional capacity becomes greater!!!! That means our problems are actually good for us! Rom 8:28 *And we know that for those who love God all things work together for good, for those who are called according to His purpose.*

SUMMARY

These four levels require training in order for them to work together and enable your brain to be a relational brain that runs on joy. When all is well, we function with low stress and high joy. When the elevator gets stuck, your brain starts to malfunction, and we start living out of fear and problems become giants that overpower our joy capacity and we feel overwhelmed.



THE FOUR LEVELS GROW AND DEVELOP ONE FLOOR AT A TIME

When we are born, the third and fourth floors aren't built. Most of the major growth of the right brain is finished by 18 months of age. Our brains must be trained as it grows. If we are to have a mature 4th floor where executive function occurs, we must have a strong 3rd floor. Most of our troubles are a result of

defects on the 3rd floor where we learn to attune relationally. The 3rd floor brain system was built during the first 6 months of life.

The Right, Orbital Prefrontal Cortex: Protecting what we value is the function of the right, Orbital Prefrontal Cortex, which is the last part of the brain to develop. Its purpose is to grow a joyful identity for us and our people. This is the part of our brain where Gentle Protector Leadership is grown and trained. It is the role of a mature identity.

Gentle Protector responses are all learned and are quite advanced. Predatory responses are “wired” into our brains at birth and they are simplistic and fast.

Both gentle protector and predatory responses are determined by how you respond to weakness. How do you respond when someone upsets you? How do you speak to people who hurt, offend, ignore or overlook you? Your response to upset is what determines if you’re responding as a mature, gentle protector or a vindictive predator.

When we get upset, generally, what most often happens is the fast-track brain responds like a predator, while the slow-track is trying to control the reactions and act like a Christian or a respectable human being.

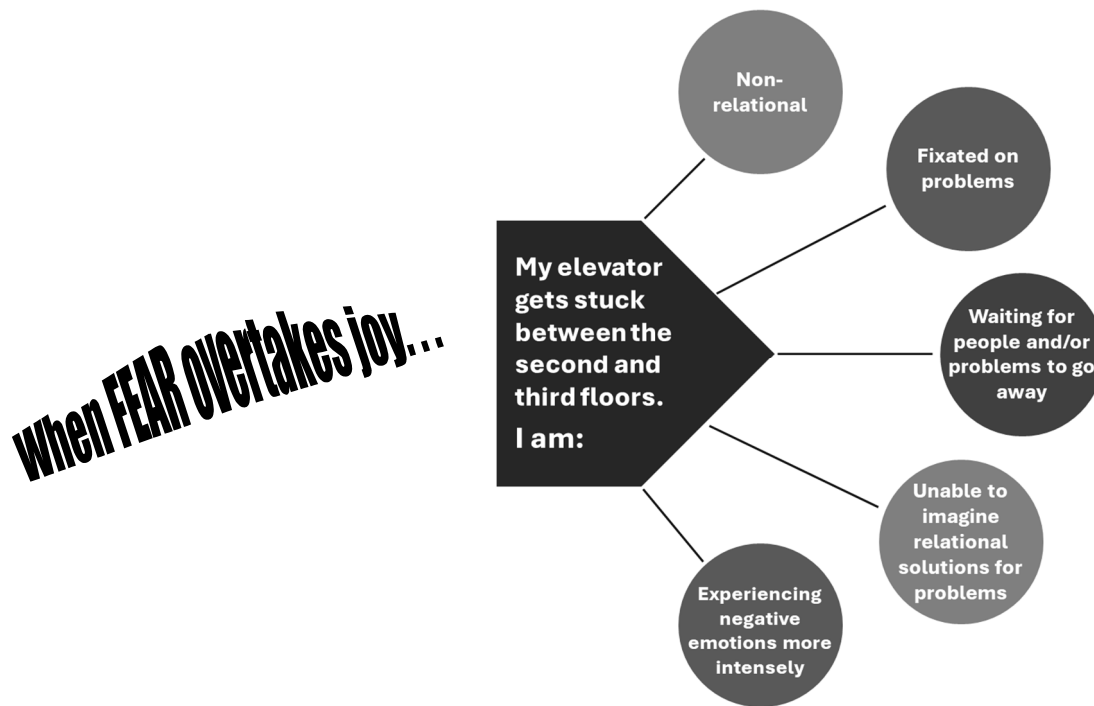
The good news is you can actually train your brain to respond as a gentle protector!

Because predatory responses are wired into our brain, they will never go away. The solution is not to suppress predatory thoughts but to find a better response to weakness—in ourselves and in others. That is done by developing a strong sense of how I and my kind of people respond to the weaknesses of others.

WHEN FEAR TAKES OVER

Every time the fast-track runs out of relational joy the elevator gets stuck at the third floor. When no one agrees with us or wants to join us, we become afraid. Your brain only knows two ways to generate motivational fuel—a joy bond or a fear bond.

When I have a joy bond with someone, I look forward to being with him/her. I feel joy just thinking about being with them. However, when the second-floor assessment center gets the message that the person I’m bonded to is bad or scary then fear takes over instead of joy. I will wear a mask that makes me look the way I need to look in order to get what I want out of the relationship. Here’s what that looks like:



The solution is NOT for leaders to do whatever makes them happy...quite the opposite. When fear is the dominant motivation for any group, the group will become toxic. When any leader is motivated by fear, he/she will burn-out and spread dysfunction to his/her group.

The important point is how we solve problems! Will we solve them relationally, creatively, as a group? Or, will we solve them in isolation, avoiding shame and any perception of failure, while hiding behind a mask that makes us look good?

ISOLATION AND THE FAST-TRACK

A fast-track system produces isolation to the degree it was trained in isolation. A person may feel isolated in a crowded room. The way to know if isolation is present in a group is by the joy levels (glad to be together) in the group.

The higher the joy level when a group gathers for a task, the lower the isolation level will be felt in the group.

As a leader, when we recognize low joy levels in our people, if our reaction is to connect and attune to the group then joy levels will rise. If we get stuck in frustration or irritation, we will most likely find ways/suggestions to manage the wasted time and joy levels will take a nosedive.

WAYS TO TEST YOUR FAST-TRACK SYSTEM'S FUNCTION

The executive function (4th floor) fast-track system can shut down because of fatigue, stress, depression or just from feeling overwhelmed. Drugs will shut it down. Our brains will quickly “slam the door shut” anytime it sees someone who upsets us or when we hear about a problem we don’t want to look at.

We won’t realize our fast-track system has shut down unless we “test” it. Some of the best tests are:

- Curiosity—Ask yourself, “Am I really interested in what others are thinking/saying, or am I busy rehearsing my responses or options?”

- Is our relationship bigger than the problem?—am I thinking about how this event will strengthen our relationship, or is my focus on how to solve the problem (or make it stop)?
- I don't feel alone—am I able to remember the people who would be at my side even when they are not available and I feel encouraged?
- Appreciation—am I able to enjoy “smelling the roses” and feel appreciation?
- Shalom—am I able to perceive the underlying shalom (calm, all is going to be alright)? Am I confident that I will know (or figure out) how to handle this situation well?

The better trained and stronger our executive brain has become, the better able we are to keep the executive functions working well during times of upset, stress, and problems.

WARNING SIGNS OF SLOW-TRACK RUNNING

When the slow-track is running, several patterns become obvious:

- Increasing isolation—for example, think, “I'd rather do it myself,” or “Everyone left me alone to do the work, etc.”
- Increasing attention is given to mental warnings of negative outcomes—for example: “If you don't do this, then such and such will happen (poor review at work, or my spouse will get angry, or I'll be rejected).”
- Becoming predatory—this happens when weaknesses are criticized, power actions are used in an unfair or selfish way, and when people look out for “number one”.

SO, WHAT DO WE DO?

Healing opens the door for building a better system with good relational fast-track habits, but it doesn't suddenly provide the critical, necessary habits that were never learned.

The first step is to determine whether we need healing or training for our fast-track mind. Without healing, the fast-track brain often can't be trained. Without training, the brain often can't recover from times of upset.

The right hemisphere of our brain is the nonverbal side and it is where our deepest feelings are stored and where our attachments are formed. ALL attachments (whether abusive or life-giving) are formed in the fast-track system.

A well-trained fast-track system operates in a protective, life-giving way to the attachments that it forms.

A poorly trained fast-track master system tends to be predatory, defensive, fear-bound and selfish. This explains why so many people are often overcome with unpleasant emotions, operate in isolation, react without thinking, and take advantage of others.

Gentle Protector leaders not only have to overcome these issues in themselves, but they are happy to help their people overcome these as well—even before leading is possible.

YOUR BRAIN ON FEAR

The untrained fast-track operates in isolation—which is directly related to fear. Your brain fears any situation that will “leave you on your own.” Your brain avoids anything that leads you to feelings of abandonment, rejection, lack of help, or overwhelming emotions. Instead of knowing you have people who will help you, instead of remembering who you really are and how you are to respond, you are left to solve the problems on your own in isolation and fear.

The most difficult time to lead is when each person feels that they are on their own and feels isolated. Everyone just wants the problem to go away or stop—that is fear. Remember, the fear mode causes the

fast-track system to shut down so it doesn't send a notice to your slow-track conscious brain. Isolation has already taken over the slow-track conscious brain. That means your slow-track brain is left without any guidance and with no warning. If the slow-track notices anything at all, your VLE will tell yourself a story, "I like to do things by myself. I can take care of this without help—I prefer it that way, etc." That is isolation and it's non-relational.

THE MANAGEMENT ASSISTANT RUNS THE LEFT-BRAIN SLOW-TRACK

A healthy fast-track executive system doesn't do most of the brain's work. As long as we are being our true, joyful and relational selves, the executive system simply watches and learns. Remember that the master executive system tracks our identity by operating faster than conscious thought. That's why we never have to stop and ask ourselves, "Who am I?"

Most of the brain's work is done in the brain's management assistant's office located in the left prefrontal cortex. It burns much of the brain's energy. Our conscious left hemisphere management system makes us constantly aware of what we're thinking and what work is being done in the left prefrontal cortex management office. Our management assistant works with tools such as concepts, plans, agreements, contracts, rules, problem identification, problem solving, and choices. As long as these plans are true to our identities, the fast-track executive in the right side simply watches.

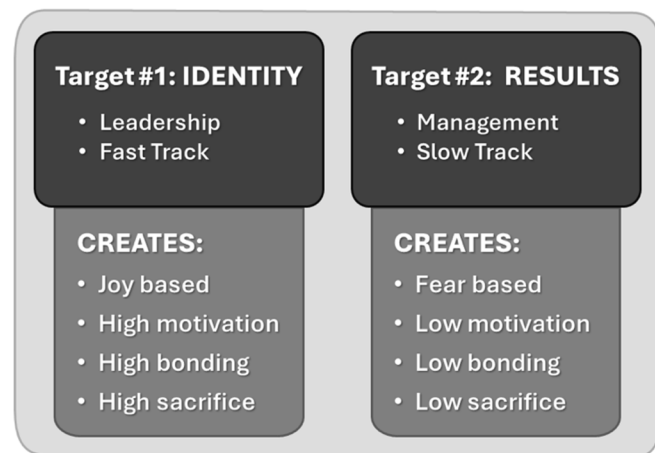
While conscious speed activities do solve problems, it does not guarantee that the most important problems are solved, or that problems are solved in the least harmful way, or that our group remains together and on track. Problems will seem more important than my relationships in the slow-track system. We won't be aware of the fact that we may be part of the problem. Our management system will continue trying to get results and seeing anyone who disagrees as part of the problem.

When operating alone the slow-track manager blames, shames, explains, defends, or solves the problem using whatever makes sense at the moment. When others don't agree, the leader's relational circuits will shut down.

TARGETS

In leadership, there are 2 primary targets:

- Target #1 is building group identity. It answers the question, "Who are we?" and "How is it like us to act?"
- Target #2 is getting results. It's by far the most popular and may seem non-negotiable.



A STRONG GROUP IDENTITY IS OUR PRIMARY GOAL

Motivated by joy, your group understands that excellence is just part of being who they are and what they do. When we make results our goal, we create a fear-based motivation for our performance, which creates a toxic environment.

A group's identity is formed by the answers to these two questions: "Who are my people?" and "How is it like us to act?" A healthy group identity is characterized by joy. And that means people will like belonging to the group; they will look forward to being together. They understand that no matter what may happen,

the group will work it out together. Individuals won't be left alone in their distress. In fact, groups with a healthy identity shine brightest in times of trouble.

MUTUAL MIND STATES

The fast-track elevator stops at the 3rd floor for a process that only happens here. Without this critical process we immediately stop acting like someone others want to be with. This process is called a **Mutual Mind State**. Everything that is important for identity, group identity, motivation, discipline, activating ones potential and tracking our vision develops in a mutual mind state. When two brains establish a mutual mind state, he/she senses the other person “gets me”, “understands”, “is genuine” and “knows me”.

Mutual mind states use mirror neurons to function. These neurons are activated when they “see” something that resembles their activity in someone else's mind. To some degree, these mirror neurons even work with some animals (your dog, horse, cat). Your dog may notice that you are sad. Or you may notice that your cat is hungry—that is a mutual mind state.

When we are developing a group identity we are working to activate mirror neurons in others who think like we do. A leader will strengthen that connection by responding in a way that communicates that he/she is glad to be with you. Mutual mind states are usually developed face-to-face by someone's gestures, facial expressions, voice tones, synchronized energy levels, and mirrored feelings.

Mutual mind states run faster than conscious thought. Without mutual mind states, people don't share the same reactions, motivation and direction. Leaders must be really good at developing and maintaining mutual mind states if they are to coordinate, lead and motivate groups to work together.

A mutual mind state is learned and is an acquired skill—one that is increasingly difficult to maintain the stronger our emotions are. If we have not learned how to stay in a mutual mind state when upset happens or when life gets exciting, we will lose the use of our relational circuits and our fast-track elevator will get stuck before reaching the Executive Director on the 4th floor. That's one reason why it's important to know how to quiet ourselves when we are upset.

THREE DISCIPLINES THAT HELP BUILD HEALTHY HABITS

- Imitation
- Identity groups
- Intimacy with Yahweh

1. IMITATION – Exercises and Relational Skills

Fast-track skills have to be imitated. The right side of our brains doesn't learn with words but with imitation and practice. The identity center of the brain has an enormous amount of mirror neurons. Mirror neurons reflect what they see and they only learn through imitation.

To learn fast-track skills we must admit our weaknesses and pay attention to people who have the skills we need. When we do this, our brain learns to imitate what we see. We must identify which relational skills we lack. That requires humility. Then find people in your community who have the skills you need. Spend time with them. Watch them. Interact with them. It's crucial because your brain has to “mirror” them in order to learn them.

2. IDENTITY GROUPS – 19 Relational Brain Skills Crucial for the Formation of Our Identities

1. Able to share joy (I'm glad to be with you).
2. Able to calm/comfort myself after upsetting emotions

3. Able to form bonds with another person—sharing a mutual state of mind that brings us closer and lets us move independently as well. We are both satisfied.
4. Able to create appreciation in yourself and others
5. Forms family bonds, which are bonds of 3 or more
6. Able to identify heart values from suffering
7. Can tell synchronized stories. When our brain is well trained, our capacity is high and we are not triggered by the past, our whole brain works together.
8. Identify your maturity levels—we need to know our ideal maturity level so we know if our development is impaired. Knowing our general baseline maturity level tells us what the next developmental tasks will be. Knowing our immediate maturity level from moment to moment lets us know if we have just been triggered. Watching when our maturity level is slipping also tells us when our emotional capacity has been drained in us.
9. Able to take a breather, timing when to disengage—knowing when to stop. Able to recognize warning signals—both visual and auditory cues in yourself and in others. We rely on mindsight to put ourselves in others’ shoes to accurately gauge how they are feeling and determine what they need and when to stop and rest. Those who read nonverbal cues and let others rest are rewarded with trust and love. Without this skill, we overwhelm others and feel overwhelmed ourselves. People will feel guarded around us. Not stopping always lowers joy levels.
10. Able to tell nonverbal stories using your body language, and facial expressions.
11. Able to return to joy from “Big 6” feelings. (Fear, anger, sadness, disgust, shame, hopeless despair).
12. I act like myself even when I feel any of the big 6 emotions.
13. Sees what Yahweh sees (heart-sight). Heart-sight perceives life the way Yahweh sees it, free from distractions. “Lord, what do You see here?” Hope and direction come from seeing situations, others and ourselves the way they were meant to be instead of only seeing what went wrong. Without this skill, our focus remains on the hurt and pain people caused by their actions or inactions. We can get stuck on offenses, hurts, unforgiveness, bitterness, frustrations and wounds when heart-sight drops out. We will then experience anxiety, fear, unrest and much turmoil and conflicts aren’t resolved.
14. Able to stop their self-centered flesh.
15. Able to notice other people’s facial cues, particularly fear. This skill helps us know when we are pushing others too hard. For example: knowing when to stop tickling so it stays fun.
16. Recognize high and low energy responses—i.e., recognizing those who tend to respond with high energy (adrenalin-based emotions) and those who would rather withdraw. This helps us match minds with others and brings a more helpful variety to our own response tendencies.
17. Able to identify attachment styles. How well we synchronize our attachments early in life leaves the most enduring pattern in our personality. These patterns change the way we experience reality. At one end, we may give almost no importance to our feelings or relationships and at the other we may feel hurt almost constantly and think of nothing but our feelings and people. We may also become afraid of the very people we need.
18. Able to intervene where the brain is stuck—what floor is the elevator stuck on?
19. Can return to joy quickly from complex emotions and are able to handle combinations of the big 6 emotions. Once we can return to joy and act like ourselves with the 6 big negative feelings taken one at a time, we can begin to learn how to return to joy and act like ourselves when the 6 are combined in various combinations. Shame and anger combine to form humiliation. Fear and hopelessness (with almost any other feeling as well) forms dread. These combination feelings can be very draining and difficult to quiet.

The main reason joy is essential for propagating brain skills is that these skills won't spread without a bonded relationship, and joy provides that bond.

3. INTIMACY WITH YAHWEH

Suggestions for Greater Intimacy:

- Express your love and appreciation to Him
- Have daily God encounter sessions
- Reading/meditating on scripture
- Conversational prayer
- Have no agenda but to simply be with Him
- Enjoy nature together
- Journaling your thoughts and listening for His response
- Sharing with other like-minded friends your experience

Transformation takes time...so, give yourself the time that it takes!

ATTACHMENT STYLES

When the first two years of life are joyful, that child develops secure attachments. These “joy bonds” provide a very stable and powerful way of relating to his/her world. In addition to secure attachment, there are 3 other attachment styles that are all fearful patterns of seeing the world and motivating ourselves.

Because attachment patterns are the most consistent of all the measurable traits across our lifespan, people expect their people (friends, family) will be motivated in the same way they are.

The 4 attachment styles are:

1. Secure attachment.
2. Dismissive attachment is a fearful style that avoids others and stays independent. You don't believe you need emotional connections.
3. Distracted is a style that clings and always wants “in” because they don't trust that people will be there for them in time of need.
4. Disorganized is chaos/disruption and we never know what will upset them.

ATTACHMENT STYLES and Patterns Based On Attachment Style	
1. SECURE <ul style="list-style-type: none">• Joy bonds• Stable way of relating PATTERNS: <ul style="list-style-type: none">• Works together with joy	2. DISMISSIVE <ul style="list-style-type: none">• Fearful style that avoids others and stays independent PATTERNS: <ul style="list-style-type: none">• Doesn't need or want emotional connections (views as not important)
3. DISTRACTED <ul style="list-style-type: none">• Clings and always wants “in” because they don't trust people will be there for them in time of need PATTERNS: <ul style="list-style-type: none">• Takes care of themselves because can't depend on others• Fear of others rarely admitted	4. DISORGANIZED <ul style="list-style-type: none">• Chaos/disruption• Never know what will upset them PATTERNS: <ul style="list-style-type: none">• Works hard to stay on good side of everyone (fear of loss/rejection)• Avoids confrontation, chaos, upset• One day they are fine; next day not

Leaders must discover and strengthen the attachment style their people use. This is one of the most important roles of a Christ-centered leader.

All of the attachment styles run faster than conscious thought and are shaped and controlled through mutual-mind skills. The brain will default to fear unless it's been trained to choose joy.

Remember, the brain is wired from birth to prefer joy when it's available. Your attachment styles and identity can change with training. One of the most effective ways is to speak to, validate and comfort yourself. This will quiet your brain in times of distress.

REMAINING RELATIONAL

Emotionally immature leaders have almost no capacity to remain relational when faced with big problems. They most likely isolate, blame others, get angry and more. But emotionally mature leaders find relational ways to solve problems while keeping the relationships more important than the problems.

SIGNS THAT YOUR BRAIN IS STUCK

1. You don't want to be with _____ (maybe anyone)
2. You just want the problem or person go away
3. Your thoughts are stuck on what is upsetting you
4. You become aggressive in the way you talk to, judge or fix people
5. You avoid eye contact
6. You feel like it's their fault that they got hurt by something you said or did

If your relational circuits are offline, your executive brain will be offline, too. In order to be relational, act like your true self, and return to joy your relational circuits must be online. Someone you trust attuning to you will accomplish that (Yahweh is the best attuning that exists).

FOUR STRATEGIES FOR RELATIONAL GROWTH

1. Curiosity. One of the best ways to remain relational is to start your sentence with, "I'm curious" or "I was wondering...". It's a clear sign that you are in relational mode. When your circuits are off, you only see problems, not others.
2. Appreciation. Two powerful forces in any relationship are appreciation and resentment. Sincere appreciation wakes up the relational circuits in us and in the person receiving it. One of the fastest ways to shut someone's circuits down is with resentment and contempt. Emotionally mature leaders will always be grateful people.
3. Kindness. Kindness can be defined as "shared joy". It means to do things to create joy for someone else. Shared joy is the most powerful relational experience that exists. When we lack enough relational joy, we will always turn to other cravings to try and fill this need.
4. Relational Sandwich. You start by expressing the importance of your relationship with this person, then you present the problem, then you end with the hope that the relationship will be even stronger once this problem is solved. This is about making the relationship more important than the problem.

HESED

Hesed is one of the most common words in the OT to describe Yahweh. It means "sticky love". It's the kind of love that can be described like the remains of a melted marshmallow on a stick—there's no getting it off! *Hesed* sticks with you through everything!

The NT uses the word *agape* for *hesed*. This is the kind of love we are commanded to demonstrate to our enemies and our friends. It's a sacrificial, self-less, sticky love. Yahweh's love cannot go away, no matter what we do or don't do. His love always makes relationships bigger and more important than the problems. Yahweh wants us to keep our relationship with Him more important than any problems we might face. In

times of trouble, it's critical that I can maintain a sense of His presence. Yahweh is building a group identity (His church) for His people so we will demonstrate *hesed*, sticky love, in times of favor and times of suffering. He's teaching us how to suffer well.

YOUR TRUE IDENTITY

Mirror neurons can't look at themselves; they look at the people around them and activate the neurons based on what they see. We could call them "be like" neurons. Mirror neuron's motto is: I will "be like" what I see around me.

If I live with people who regularly express disgust, my mirror neurons will reflect that and I will eventually come to see myself as someone who causes people to feel disgust. If I live with someone who loves me and delights in who I am, I learn to see myself as someone who brings joy to others.

The problem is when we base our identity on what someone in this world says, then we become like the world instead of becoming the person Yahweh intended us to be.

Our true identity is like a seed. The entire DNA is in that seed so that plant can become a stalk of corn. But if that plant is to grow into its true self, it needs to be tended and maintained. If that is done, the plant will grow and bear much fruit. But if the plant doesn't get enough water or sunlight or the temperatures are too cold, or if someone steps on the plant, it won't reach its full potential and could possibly die.

The fact that we have "be like" neurons in our brain can help us understand what it means to act like ourselves. Everything we need to 'be like' Christ is already within us. He has given us Himself! He lives within us! Mature leaders see Yeshua in others and are good at calling that out in others. 2 Peter 1:3 *Seeing that His divine power has granted to us everything pertaining to life and godliness, through the full knowledge of Him who called us by His own glory and excellence.*

MY IDENTITY

The truth is your identity always comes from belonging to a group. Your core identity comes out of your answer to the question, "Who are my people?" As Christians, we belong to the family of Yahweh, we are His children, we are called saints. Those are my people. This helps us remember how we are to respond during times of upset. Acting like myself means that I will be kind to others, that I will notice what needs they have, that I will choose to love them even if they reject me. Php 2:2-4 *"Make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose. Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others."*

PROTECTORS, POSSUMS, PREDATORS

THE BIBLE DESCRIBES 3 TYPES OF SHEPHERD LEADERS:

1. Good shepherds who protect the flock and lay down their lives for the sheep.
2. Hirelings who run away at the first sign of trouble—they don't care about the sheep and are only in it for the money.
3. Bad shepherds who devour the flock and use the sheep for their own self-indulgence and pleasure.

Sheep don't have to worry when the good shepherd is with them. He will take care of them and lead them to quiet waters and green pastures. He will defend and protect them.

THERE ARE 3 TYPES OF PEOPLE IN THE WORLD:

1. **Predators** (wolves and bad shepherds) devour the sheep. Predatory leaders have narcissist behaviors. They don't know how to handle shame, so they put it on others. They justify themselves at the expense of others, and they pounce on weakness in order to grow their own power and indulge their own pleasure. They deny their own faults while pointing out and keeping a record of the faults of others. Predators punish weakness. The core of predatory leadership is its lack of tenderness toward weakness. Without training, we are all natural predators—we were born with that seed in us as a result of the fall.
2. **Possums** (like sheep) are vulnerable in the midst of predators. Possums only have one response to predators and troubles—they play dead. Unless there's a gentle protector present, a possum won't ever risk removing his/her mask and being seen. If there are gentle protectors who stand up to predators, the possum will eventually begin to be seen and exploring and contributing without fear. Sometimes possum become leaders. They are often very nice who work hard at making sure everyone is happy. The problem is that they often disappear in times of crisis. They tend to be easily overwhelmed emotionally and feel alone so they hide.
3. **Protectors** (shepherds) are those who have a well-trained set of fast-track habits. They lead with strong, joyful (*I'm glad to be with you*) identities. They welcome others to join their people and are gentle with those who are weak. They never exploit others but instead help those who are vulnerable grow in joy. Neither do they enable dysfunctional behavior or predatory behaviors. Instead, they protect others from both. As a result, the group grows in joy and they all develop protector skills automatically. The group will naturally resist behaviors that threaten the joy-bonds they have with each other.

If we don't admit weakness, we can't grow!

GENTLE PROTECTORS

Joy levels increase around people who respond to weakness with gentleness and kindness. It's important that weak people feel safe to admit mistakes and seek help. If we don't receive kindness and validation from someone who is happy to be with us, we will experience shame. And, when we are afraid, we will be shamed for our weakness, mistakes, etc., so we will hide our problems.

Gentle Protector leaders are emotionally mature leaders who understand how to keep relationships more important than problems. They don't wear masks. They remain true to who they are in Christ even in times of upset. They are able to return to joy after feeling upsetting emotions. They help others do the same. They have a large joy capacity which enables them to deal with tough situations without getting overwhelmed. Protector leaders often don't realize they are unique. In their mind it's just who they are. They don't have to think about what they are doing. They just do it because it's who they are.

TRIGGERS AND MASKS

There are many reasons we struggle to act like our true self, but there are two that stand out:

1. Triggers
2. Masks

When someone pushes our buttons and we go from being a Dr. Jekyll to Mr. Hyde, we are most likely triggered. We wear masks to make ourselves look stronger. Some of us have worn a mask for so long that we can't distinguish between the mask and our true self.

To understand how triggers work, imagine that you have a powder keg that contains implicit and explicit memories inside of you. That's where you stuff all the pain and problems you haven't dealt with and resolved. As long as no one touches that barrel, you can go about your day like a normal human being. But when someone does something that triggers us, the powder keg erupts and whatever you've packed inside comes out and we suddenly become someone that no one wants to be with (the opposite of joy).

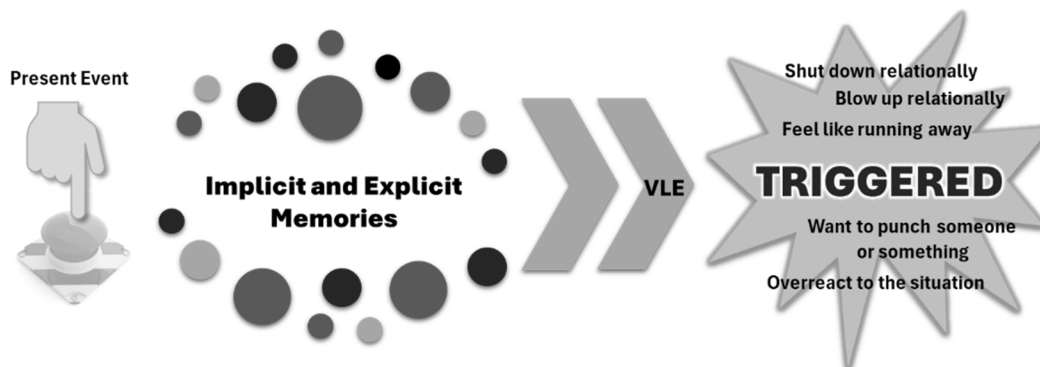
Most of us deal with those things that trigger us by avoiding or pretending they don't exist. Some people work hard to keep others at a distance so there is less chance of exploding. We may create a routine where we feel safe and won't allow others to change or disrupt it.

The first step in resolving problems is to recognize and admit that you have one. Begin to notice when you get triggered and what sets it off.

You are triggered when:

- You shut down relationally
- You blow up relationally
- You feel like running away
- You want to punch someone or something
- You overreact to the situation

Most of the time, when we're triggered, we aren't just reacting to the present event. The powder keg stuffed with past hurts and emotions (implicit and explicit memories) come spewing out and mixes with your present-day emotions. As a result, your Verbal Logical Explainer (VLE) tells you a story as to why you're upset based on the present-day situation. That story doesn't include the fact that past subconscious pain from implicit memories have joined your present day emotions. So, you strike out verbally, emotionally, or physically believing that the present event is what is causing your upset.



VERBAL LOGICAL EXPLAINER (VLE)

The job of the VLE is to come up with explanations that help us organize and make sense out of our experiences and the world around us. Our VLE's are constantly coming up with explanations that help us make sense out of our lives, and they usually work so quickly and smoothly that we don't even notice them. But, if our VLE's start with distorted and/or inadequate information, they can come up with profoundly flawed explanations (confabulations or stories)

The point is that your VLE will quickly and smoothly come up with an explanation for why and how your current circumstances are causing you to experience your triggered thoughts and emotions. The confabulated, flawed VLE explanations feel valid and accurate. It takes a lot of practice to perceive the difference between valid explanations and flawed, fabricated explanations.

When unresolved trauma, implicit memory and VLE explanations come together, you will try to resolve your triggered pain by focusing on the triggers in the present, as if they are the source of your upset. And if the trigger happens to be caused by another person's behavior, you will try to resolve your painful thoughts and emotions by trying to make that person change their terrible behavior!

Another important part of this whole implicit memory and VLE confabulation picture is that when someone does something that triggers an unresolved traumatic memory in me, it will feel intensely true that the one who triggered me should take responsibility for causing my pain. And, sadly, I won't just want

her to take responsibility for the pain caused by her behavior, but I will want her to confess, apologize and make restitution to me as though she caused all of my pain.

If she doesn't do this, I will not feel heard, understood, validated, safe or ready for reconciliation until she makes it right. Because I believe the person who triggered me in the present is 100% guilty, I won't look for any underlying memories that might be adding to my pain.

WHAT DO I DO IF I GET TRIGGERED?

1. **ASK YAHWEH:** When you become aware that you're triggered, ask Yahweh if there was a memory that got triggered. Most of the time, when you are overcome with negative emotions that make you act like someone you're not, it's because there's a memory or memories that have come forward.
2. **ASK YAHWEH TO SHOW YOU THE TRUTH ABOUT THOSE MEMORIES:** Ask for His help so you can process those painful traumas.
3. **LOOK AROUND THE MEMORY FOR YAHWEH OR YESHUA OR THE HOLY SPIRIT:** He has always been present with you. He is everywhere, all of the time.
4. **AFTER YOU'VE RECEIVED HIS HEALING, SHARE WITH YOUR PEOPLE WHAT HE DID FOR YOU:** Isolation kills growth. It's important that you share with others what the Lord did concerning the powder keg. It helps cement the truth in your brain on both the right and left side, which makes it a relational memory and not just facts.
5. **SEEK MORE HELP IF NECESSARY:** We all need help from time to time. Do whatever it takes to encounter the Lord and find the help you need.

All of us need people in our lives who know us so well that they can see when we aren't ourselves. People who love us enough to ask questions, come alongside and remind us who we are and Whose we are.

*Our identity is never to be found in what we do,
but in being the person Yahweh made me to be!*

MORE ON THE FAST-TRACK AND SLOW-TRACK AND BULLET TRAIN OF HABITS

The fast-track's primary function is our relational identity. The executive fast-track looks for joy and amplifies relationships and identity—who we are, what matters to us, and what motivates us even when life is difficult. The slow-track (conscious thought) amplifies problems as it processes our experiences. The slow-track always focuses on problem in the same way that the fast-track always focuses on relational identity (personal and group). When the fast-track executive system in the right brain is impaired, the slow-track (verbal, problem solving) left brain assistant goes into uncontrolled amplification of the problem.

Both fast and slow-track brain systems are very flexible (therefore slow) gray matter. The brain has a "bullet train" that is up to 200 times faster, which is white matter. Unlike the gray matter that can change its response several times a second, white matter takes about a month to develop and is reserved for functions we repeat often but always do the same way.

That means anything we adopt for building fast-track skills needs to be done repetitively over a long period of time (more than a month and often from then on) in order for white matter to build. When this happens, our brain will respond rapidly to all sorts of situations with the good patterns/habits that have been trained into them. Without training, our negative responses will always precede any positive response.

RETURN TO JOY

In Col 3:15, Paul writes, “Let the peace of Christ rule in your hearts.” The Greek word translated ‘rule’ is best described as ‘referee’. “Let the peace of Christ referee in your hearts.” What would that look like? What happens when a referee blows his whistle? Everything stops until the referee sorts it out. In the same way, if I’m not feeling peace in a group, it’s time to stop until everyone returns to joy.

The most important indicator of a group’s emotional health is its ability to return to joy (glad to be together) from upsetting emotions. The more often this happens, the stronger both the leader and the group become. How do we accomplish this relational skill? The first step is to simply accept the fact that we have emotions. Once we accept them, we are then able to calm ourselves quickly.

ANGER: To return to joy from anger is not to get rid of anger, but to remain relational and act like myself even when I get angry. If I have this skill, I will still value you equally as much when I’m angry as when I’m happy with you and I will be able to remain my true self during times of anger. Most of the time, when we are angry, we just want the problem to go away and the relationship takes a backseat.

Mature leaders are able to quiet themselves and keep the relationship more important than the problem. Instead of taking out my anger on the person and using my anger against them, I acknowledge my anger, continue to value the person, and address the problem while keeping our relationship as the most important thing (relational sandwich).

Jas 1:19 *This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger;*

Jas 1:20 *for the anger of man does not achieve the righteousness of God.*

Pro 15:1 *A gentle answer turns away wrath, But a harsh word stirs up anger.*

When you feel angry, simply take a breath, stop and listen. Ask Yahweh for His help. By connecting with Yahweh, it gives your relational circuits a chance to reconnect. Once you’re ready to connect with your friend, it’s a good idea to start the conversation with something like, “Let me see if I understand. Are you saying that there’s a problem and it’s my fault?” This should help diffuse the accusations.

FEAR: Sometimes the fear is having to face a person who scares you. Sometimes it’s the fear of dealing with people while facing the threat of things falling apart. At other times it’s facing a situation that triggers the fear of failure. Stay relational with Yahweh and with someone you trust. Normally, when people are triggered by fear, they stop being concerned for others and think only about themselves and their predicament.

THE VCR

The skills of **V**alidation, **C**omfort, and **R**epattern (VCR) are critical if we are to return to joy from unpleasant emotions.

This is a ‘repeat after me’ form of learning that repatterns the way our brain ‘speaks’ to itself. When we speak aloud, our brain repatterns itself. Speaking validation and words of comfort to ourselves helps us return to joy from upsetting emotions and causes the brain to repattern itself. They can be used in conversations but are essential in our self-talk.

VALIDATION: To validate an emotion doesn’t mean that you agree with it. It means you are able to name the emotion, recognize where it originated, and understand the level of intensity.

An example of using VCR in a relationship: I can see that you’re upset about _____(validation). Why don’t we see if we can straighten this out? (comfort). Validation makes people feel understood and greatly

helps their fast-track elevator to move through the 3rd floor (where emotions reside). If you skip the validation and go straight to the correction, you may win the discussion, but you will lose in the relationship. It's important that we use this skill with ourselves, too. Validate yourself by talking to yourself. "Yes, I'm feeling angry but I'm able to forgive and love _____ and myself (comfort)."

COMFORT: After validating someone, I then offer comfort. The main way to offer comfort to ourselves and others is by providing a different perspective or alternative. Comfort lets everyone know that the problem might appear large, but Yahweh is bigger and so is our group identity—we can do this!

REPATTERN: Repatterning takes place when validating and comforting becomes the new pattern that guides our responses to painful or upsetting emotions. If we don't learn to quiet ourselves through validation and comfort, our upset emotions will tend to grow as we focus on the problem. When we begin the new process of VCR, we establish a habit, which will enable me to return to joy quickly!

A Gentle Protector leader meets people where they are emotionally, finds ways to help them change their perspective or fix their problems, and calls out what is best in them. Leaders who can't do this for themselves won't be able to do it for the people they are leading. Instead of dealing with the group's emotions, they will either avoid them or try to make them stop and that creates a toxic environment, and problems only grow bigger than relationships. And the group will start walking on eggshells.

Returning to joy is most likely the most important habit you can develop as a leader.

SUFFERING

We all get to suffer in this life. Those who learn to deal with hardship well will grow in maturity. Yeshua modeled how to suffer well by His life. Here are a few of those examples:

- He endured being slapped, spit on, beaten with fists and whips without being triggered
- He remembered His mother and arranged for John to take care of her
- He forgave those who were crucifying Him
- He was relational with the thief beside Him and was the Redeemer, which was being true to Himself
- He remained relational with His Father through it all—even when He couldn't perceive His presence.

Yeshua wasn't the only one to respond well to suffering. Look at the apostle Paul and Stephen, the first martyr. Look at all of the apostles. Read Heb 11 which describes those who suffered well.

2Ti 1:8 Therefore do not be ashamed of either the witness about our Lord or me His prisoner, but join with *me* in suffering for the gospel according to the power of God,

Jas 5:13 Is anyone among you suffering? *Then* he must pray. Is anyone cheerful? He is to sing praises.

1Pe 2:19-20 For this *finds* favor, if for the sake of conscience toward God a person bears up under sorrows when suffering unrighteously. For what credit is there if, when you sin and are harshly treated, you endure? But if when you do good and suffer *for it*, you endure, this *finds* favor with God.

1Pe 5:9 But resist him, firm in the faith, knowing that the same experiences of suffering are being accomplished among your brethren who are in the world.

Joy is not a method for escaping or avoiding pain. Joy is what enables us to suffer well. Joy reminds us that we are never alone in our pain. Joy reminds us that those who share our suffering will show us how to remember who we are when things get difficult.

CAPACITY: HOW MUCH STRESS CAN YOU HANDLE?

Emotional capacity is best defined as how much stress you can handle before you blow up or melt down. When your emotional capacity is overwhelmed, trauma occurs and your ability to endure suffering gets sidetracked. Trauma stunts the development of joy capacity.

I'm a gardener...sometimes a plant gets stressed. Any number of things can cause it—stop watering it or allow it to get cold or put it in a dark room.

In the same way, when we withhold the good things a child needs, it stresses them, which is called trauma. Their emotional growth gets stunted when they don't receive unconditional love, etc. You don't have to be physically abused to have some pretty big holes in your maturity development. And the truth is not one of us had perfect parents or families.

When all goes well, an infant grows to become a child, to an adult, to parents and finally elders. When that healthy process of maturing is disrupted by abuse, neglect or tragedy the results can be devastating to the brain's development.

FIVE LEVELS OF EMOTIONAL MATURITY

INFANT-LEVEL MATURITY: Infants don't know how to take care of themselves. But they are really good at letting you know they are upset. They fuss and cry in all sorts of ways day and night. It's up to the parent to figure out what's wrong and meet their needs. This is normal behavior for babies but not for adults. They cry and we go through the checklist: are they hungry, tired, teething or need a diaper change? Babies can't tell you what's wrong, all they know is to fuss about it.

It's the same way with adults who are stuck at the infant-level maturity. You can be 70 years old and still act like an infant. These are people who simply make their displeasure known and are really good at expressing how upset they are. People around the infant leader have to learn to read him/her and anticipate their wishes because they aren't going to tell you what they need or how to fix any problems. And they certainly aren't going to make treating you well a priority over whatever negative emotion they are feeling about their problem.

CHILD-LEVEL MATURITY: During childhood is when we are supposed to learn how to take care of ourselves. They expand their skills and explore the world around them. In doing so, they learn their place in the world (their identity), who their people are (belonging and identity), and how to act like themselves in a way that gets their needs met. A child is supposed to learn how to take care of one person—themselves. They don't have the ability to take care of themselves and another person at the same time.

An adult with a child-level maturity is good at saying, "I need someone to make me supper, to get me coffee, to make sure I get my needs met." And they are not terribly good at remaining relational when they are problem solving. They aren't good at meeting the needs of others in their group. Some child leaders do just the opposite. Whoever has the need gets the care at the expense of self, family and everyone else involved.

ADULT-LEVEL MATURITY: Adults know how to keep relationships bigger than problems, act like themselves in a group, and take care of the needs of two people at the same time. Because they've practiced building joy skills for a long time, the adult is emotionally stable and relationally sophisticated enough to stay relation in the face of upset. You will rarely, if ever, see an adult-maturity level person turn to an addictive behavior to cope when they are stressed.

PARENT-LEVEL MATURITY: Once parents have practiced the joy skills of remaining relational, acting like themselves, and returning to joy from upsetting emotions for several years, they will likely feel ready for a bigger challenge—parenting. They are to teach and model the joy fast-track skills to the next generation.

ELDER-LEVEL MATURITY: When parents have finished raising their own children, they are ready to take on the needs of the community. They notice when people in their group are lacking the joy skills. These aren't necessarily elders in the church but people who have matured and are able to pour into the next generation.

If you are going to build white matter in your brain that operates 200 times faster than our gray matter, it's important to make sure we build white matter around the habits of emotional maturity and not emotional immaturity.

BUILDING WHITE MATTER IN YOUR BRAIN (a few suggestions):

1. Practice appreciation for 15 minutes every day (you're forming a habit)
2. Take 5 minutes 3 times a day to simply think about that makes you happy (the more time you spend in appreciation, the more your joy capacity will grow)
3. Get your thoughts in sync with Yahweh's thoughts. Our ability to experience peace depends on our ability to be single-minded. When my thoughts are going right and Yahweh's thoughts are going left, I am going to be double minded, which means I will be unstable in all my ways.
4. Identify what drains your joy such as: sickness, lack of sleep, lack of exercise, poor diet, relational issues, unresolved problems, recent loss. Recognizing that something has drained our joy means that we need to do something to refuel our joy tank. Ask yourself what is life-giving to you.
5. Avoid joy substitutes (addictions). Things such as food, substances, entertainment, internet, phone, people, adrenaline, pornography, shopping and so much more.

BEEPS



Gentle protector leaders build joyful relationships and practice and teach ways to return to joy in the midst of hardships. They know how to keep relationships bigger than the problem. The key to enduring hardship is relational joy. Both the Bible and neuroscience confirm this. (James 1:2-4)

ASSESSING YOUR EMOTIONAL MATURITY

Why is assessing your emotional maturity important?

1. Assessments help you choose mature people (gentle protectors) for leadership positions. When you put gifted, intelligent, well-educated, and emotionally immature people into leadership positions, you set your group up for difficulties.
2. Assessments help to create a foundation for authenticity. We all have areas of weakness. When everyone is honest about their areas of need, transparency becomes normal and an environment for healing and maturing can be established. This also communicates to the group that it's okay to be weak and in need, which removes any shame from being honest.
3. Assessments help us to know which skills are missing and which needs the most work. This helps us form a strategy for personal growth and development.

4. Assessments help us show tenderness toward weakness. Leaders who focus on problems tend to use assessments to “punish” people for their weakness. Relationally focused leaders use assessments to learn how to help people grow.
5. Assessments help us to be more effective in discipleship. Knowing where people are weak helps us to know where they need our protection and encouragement.

It’s important to point out that we don’t assess maturity in order to judge people or control them. We do it so we can be as helpful as possible.

EMOTIONAL MATURITY ASSESSMENT QUESTIONS:

These four core qualities of **emotional maturity** can be used as a guide to assess your own maturity and also the maturity of the people you partner with.

- Do you avoid conflict?
- Do you avoid people who upset you?
- Do you use negative emotions (shame, anger, fear, disgust) to control people or outcomes? If so, you value problems more than remaining relational.
- When conflict arises do you make people choose sides or do you reach out to those who oppose you? Making people choose sides is a problem-solving action, not a relationship-building strategy.

ACTING LIKE YOURSELF ASSESSMENT QUESTIONS:

We **act like ourselves** when we live out of the best version of who we are. If you’ve never developed a strong sense of your true heart, you may act like a possum or a predator instead of the gentle protector that Yahweh has called you to be.

- Do people walk on eggshells around you?
- Do they feel safe disagreeing with you, or do they keep their opinions to themselves?
- Do they share their honest opinions regularly or do they wait to see which direction you want the discussion to go before they commit to a position?
- Do people avoid sharing their problems with you?
- Can they expect a tender response to their weaknesses, or do they fear any signs of weakness will be used against them?
- Do you reveal your weaknesses and ask others for help?
- Do you fear people discovering what you are truly thinking or feeling about the problems you are facing?
- Do you often present yourself as stronger than you really feel?

RETURNING TO JOY ASSESSMENT QUESTIONS:

We **return to joy** by maintaining our capacity to be relational and act like ourselves during upset emotions instead of shutting down important parts of our personality.

- Do you know how to quiet yourself when your emotions get upset?
- Do you quiet well with others or do you isolate yourself during upsetting emotions?
- Do you reestablish relational connection quickly after upset emotions, or do strong negative emotions control your relationships for entire days, weeks or even months?
- Do you help others return to authentic relationship quickly from their unpleasant emotions?
- Do you see moments of upset as opportunities to strengthen relationships?
- Do you stay annoyed with people who trigger your emotions?
- Do you ignore people relationally when their emotions are not in syn with yours?
- Do you help your group maintain an identity that is resilient in the face of difficulty?

ENDURING HARDSHIP WELL ASSESSMENT QUESTIONS:

The key to **enduring hardship** is capacity. I may have a skill, but how developed is it? Am I able to handle a certain amount of pressure and still act like yourself?

- How much stress does it take for you to avoid relationships?
- How much pressure can you handle before you snap and turn into another person?
- How much can you handle before you disappear and turn to your cravings for comfort?

REVIEW

- Maturity grows in a group.
- Leadership is learned.
- Most leaders focus on getting results.
- Leadership is not the same as management.
- Leadership is about creating full engagement by our whole team with the important goals that need our attention.
- We looked at how engagement grows out of our identity as individuals and as a group.
- Identity is a powerful motivation that can be hijacked by fear to create really dangerous people. Identity can also be fueled by joy and can transform the world.

*To be a Gentle Protector leader, we must allow the Gentle Protector
to live His life through and with us!*

GOOD LEADERS ARE SERVANT LEADERS!

Matt. 20:25-28 “But Yeshua called them to Himself and said, ‘*You know that the rulers of the Gentiles lord it over them, and those who are great exercise authority over them. Yet it shall not be so among you; but whoever desires to become great among you, let him be your servant. And whoever desires to be first among you, let him be your slave—just as the Son of Man did not come to be served but to serve, and to give His life a ransom for many.*’

1. Servant leaders lay down their lives for others.
2. Servant leaders are in leadership to make it possible for the desires, needs and aspirations of others to be fulfilled; not to fulfill their own desires, needs and aspirations.
3. Servant leaders create an environment where others can flourish and reach their potential.
4. Servant leaders don’t hold on to authority but can let it go with ease.
5. Servant leaders rejoice when others excel.
6. Servant leaders say, “Stand on my shoulders and go beyond where I’ve led you.”
7. Servant leaders are not interested in status or the trappings of authority.
8. Servant leaders see a bigger picture than just their own involvement and can stand back and let others take over for that picture to be achieved.
9. Servant leaders are constantly learning; they look for and take advice from others.
10. Servant leaders know who they are in God; they have a sound assessment of their abilities.
11. Servant leaders make themselves accountable and vulnerable.
12. Servant leaders know how to attune to others and to hear others’ hearts.
13. Servant leaders have learned how to grow through their own failures. They know the truth of the statement, “Success is moving from one failure to the next without losing enthusiasm.”
14. Servant leaders are genuinely humble people.

