

Philippians 1 **15** Some indeed preach Christ even of envy and strife; and some also of good will:
16 The one preach Christ of contention, not sincerely, supposing to add affliction to my bonds:
17 But the other of love, knowing that I am set for the defence of the gospel.

Romans 8:1 *There is* therefore now **no condemnation** to them which are in Christ Jesus, **who walk not after the flesh**, but after the Spirit.

God is love, and so walking in love is our safety, abiding in The Spirit. To be **in** Christ we are showing grace to others and walking in love(in Christ). Grace and love is the protection against the devises of the enemy. But because it is impossible for man to walk in Gods love without God, the enemy, satan, will always try to use our inability to love, in the flesh, to drag each of us into contention. There he can torment our souls. In our minds, emotions and feelings, as he uses our failures in the flesh to entrap us. We must realize that no good thing dwells in our flesh, and in the flesh we will fail. We must realize in the flesh we can't, and God knows we can't. Therefore when we attempt to love one another without God(in the flesh), it will fail because the devil has dominion over the flesh. Grace and love rises up above negative thoughts feelings and emotions. Once God, through the Spirit of power has supplied our needs in the spirit(through asking Him, and prayer, and relationship with The Spirit) we then have dominion also over our flesh in that which God has supplied. In the spirit, we have power over the flesh and satan's dominion. Including the ability to love our husband/wife, family, brethren and neighbor. Remembering love is sacrificial, and serves others and denies self. We need God to overcome, and we have His promises to do it. So we ask God and stand strong in the Word. We confess "I believe your word God, and I know you do not lie". "I choose to show grace and love and I need your help". We humble ourselves to the Word of God, and to God.

Philippians 4:19 But my God **shall supply all your need** according to his riches in glory by Christ Jesus.

2 Corinthians 9:8 And God *is able to make all grace abound toward you*; that ye, always having **all sufficiency** in all *things*, may abound to every good work:

When God has supplied a need it comes with no bondage attached. Our emotions and feelings are set free from hurt and pain and the devil's control. We are free in Christ in the healing we have just received. If satan is able to drag us into negative thoughts and feelings and emotions(which are not from God), he is able to stop and block love toward others, because these things will **cause us to focus on self** and the hurt or pain we feel. This is what he needs, self focus, to pull us from Gods vine. **Self is separate** from God. If he can do this, he has dragged us

back into the flesh, walking after the flesh(believing his lies in our flesh), and we are not in The Spirit, and our spirit does not have dominion over our flesh(in this thing we are struggling with). There is no condemnation to those that **walk after the Spirit**. In the flesh we are unable to show grace or love because we have believed what we feel(hurt feelings, painful emotions & accusing thoughts). We then often burden other people, with our own bondages because we then blame them for how **we** feel. We are believing and feeling demonic bondage. Each of them has come from demonic influence, so we in fact are agreeing with demons. When we walk in the Spirit though, we are able to overcome in Christ. We can cast down these feelings and show grace and love.

Psalm 55:22 Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

1 Peter 5:7 casting ALL your ***anxiety*** upon him, because he careth for you.

They are feelings, and the enemy is able to effect them according to what we believe and accept. Accusing thoughts and hurt feelings are of darkness and not light. If God is exposing a place of hurt or pain or rejection in ourself, through satan, He wants to deal with it and heal it. He can't though if we hang on to hurt, pain and rejection and place blame on others for what we feel and believe. These feelings will make us feel like others don't love us. But the truth may be that they **do!** Remember satan is the accuser and he wants us walking in the flesh accusing also. Love defeats him, love exposes him. God can deal with it **if we give Him these burdens**, carry our own cross, and die to self. **If we show grace and walk in love *DESPITE*, negative feelings and emotions and also thoughts that are not of love, ***THEN* we will gain the victory** over our flesh and over satan and over our feelings and over our emotions. And so then victory in our relationships as these lies are exposed and the demons cast out. No longer distrusting one another because of what we feel. Simply trusting in that love. Not believing the devils lies. So we learn as we walk with God to stop blaming others and burdening others with our own emotional needs and vulnerabilities. We learn to receive peace from the Prince of Peace. We need these areas of our soul healed by God, others cannot do it. Only God can truly meet them. Once we overcome, God brings healing to that place of need or pain we had. Then there is peace, and others are set free of the guilt and blame and condemnation that satan would have put upon them to ***make ourself feel better***. The burden put on others to keep ourself emotionally sound is no longer needed once God heals. These things are often **rooted in past trauma, hurt or abuse or rejection and also un-forgiveness and may not be those who are near to us, fault, at all**. But the devil wants us to blame them all the same. Then contention arises. We tend as humans, to lash out and blame others from our own place of pain. Because it is easier than facing the things that have hurt us in the past. Pain and rejection that we may have held in most of our life. We need these **healed** by The Lord. Look to God and not man. Man might be able to meet these needs for a time, temporarily, but sooner or later when a bad day occurs, the feelings, hurt feelings, and painful emotions will come back to plague the relationship, with the accusing thoughts. Then there is strife.**

James 3:17 But the wisdom that is from above is first pure, then peaceable, gentle, *and* easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy.

{ **These come from above, and not from below. These are Godly** }

Satan would have us put our burdens upon those who are close to us, upon ***their shoulders***. God wants to meet these needs, he does not want us looking to others to meet our needs. Once God meets a need there is peace and it lasts, because the bondage is removed in our obedience to stand strong in showing grace and walking in love. Meaning we deny ourself and turn to God for help. As we stand strong and prove our faith, through love, God moves and heals. **Things that God supplies us cannot be shaken, only things we supply by the flesh effort can be shaken.** Because they are always temporary. So we learn not to burden others with our needs, they can only meet them temporarily. **We learn to ask God,** when we feel hurt, we ask God, and when we feel offended we ask God. When we feel hurt by others **we forgive** and ask God. **It is the way to peace.** We deal with our feelings and let others deal with theirs, with God. It is the narrow way and the way to healing our past experiences. This is where faith and healing and victory is found. Standing strong, showing grace, walking in love, looking to God. If it is not of peace, recognize the enemy at work, and defeat him with grace and love. Set relationships free of dark works.

Jeremiah 29 **11** For I know the thoughts that I think toward you, saith the LORD, **thoughts of peace**, and not of evil, to give you an expected end. **12 Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you.** **13** And ye shall seek me, and find *me*, when ye shall **search for me with all your heart.** **14** And I will be found of you, saith the LORD: and **I will turn away your captivity**, and I will gather you from all the nations, and from all the places whither I have driven you, saith the LORD; and I will bring you again into the place whence I caused you to be carried away captive.

James 1:5 If any of you lack wisdom, **let him ask of God**, that giveth to all *men* liberally, and upbraideth not; and it shall be given him.

James 4:2 Ye lust, and have not: ye kill, and covet, and cannot obtain: ye fight and war; ye have not, **because ye ask not.**

When others offend or hurt us **we forgive** and ask God. We deny self, die to the flesh and seek God to supply the ability. Let go of judging and accusing and blame (works of satan and the flesh). Forgive, obey God. Let go of hurt feelings and self pity. They **reveal the enemy** within us. Seek God in these things, **seek God to heal** and fulfill the need, whatever it is. This causes us to WALK IN FAITH (doers) We need God to supply ALL OUR NEEDS, and what He supplies us cannot be shaken. This is especially true for Husbands and wives. The way to true love, joy and peace is through denying self, serving one another and obeying Gods commandments to Love Him and love each other as ourself. It can only be done in God through the power of Gods grace. Because when we fail there is no condemnation. We pick ourselves up and move on with God, we learn with each failure and we forgive each other for our failures, knowing both are weak in the flesh. Both will fail from time to time. Both need mercy and grace. Give no place to the devil. Resist hurt feelings, emotions, and thoughts. Go to God, be healed and have peace. Healing removes the torment of these feelings.

Philippians 4 4 Rejoice in the Lord always: again I will say, Rejoice. 5 Let your forbearance be known unto all men. The Lord is at hand. 6 In nothing be anxious; but **in everything by prayer and supplication with thanksgiving *let your requests be made known unto God.*** 7 **And the peace of God, which passeth all understanding, *shall guard your hearts AND YOUR THOUGHTS*** in Christ Jesus.

Ephesians 4:27 Neither give place to the devil.

Ephesians 4:7 Submit yourselves, then, **to God.** *Resist the devil*, and **he will flee** from you.

James 3:17 But the wisdom **that is from above** is first pure, then peaceable, gentle, *and* easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy.

Hebrews 12 23 To the general assembly and church of the firstborn, which are written in heaven, and to God the Judge of all, and to **the spirits** of just men **made perfect**, 24 And to Jesus the mediator of the new covenant, and to the blood of sprinkling, that speaketh better things than *that of* Abel.

25 See that ye refuse not him that speaketh. For if they escaped not who refused him that spake on earth, much more *shall not* we *escape*, **if we turn away from him that speaketh from heaven: 26** Whose voice then shook the earth: but now he hath promised, saying, Yet once more I shake not the earth only, but also heaven. 27 And this *word*, Yet once more, signifieth **the removing of those things that are shaken**, as of things that are made, that **those things which cannot be shaken *may remain.*** 28 Wherefore we receiving a kingdom which cannot be moved, **let us have grace**, whereby we may **serve God acceptably with reverence and godly fear:** 29 For our God *is* a consuming fire.

Hebrews 13 8 Jesus Christ **the same** yesterday, and to day, and for ever. 9 Be not carried about with ***divers and strange doctrines.*** For *it is* a good thing that the heart be ***established with grace;***

Matthew 20:28 even as the Son of Man came ***not to be served but to serve***, and to give his life as a ransom for many.”

God wants our faith in Him not in our self. As we show grace to those around us, He will provide us with the love we need, but first we need to look to Him to give us that love (the ability to serve one another). He will help us to deny our SELF and serve others as we obey the simple things. Show grace to others. Don't allow emotions and feelings and offense to block grace. Cease from blame and pointing the finger, **these things show a weakness in our SELF.** If we are feeling these things **it is a bondage of the flesh that satan uses to bring disunity and to divide us** through **our own expectations of others.** **Our expectations will be used** by the demonic kingdom to put pressure on our spouse or friend, places of bondage where they may be unable to fill the need, because IN TRUTH, **only GOD CAN.** Our expectation upon others will bring them into a feeling of failure and inability to supply our need, and so division and despair and separation

begins to occur. Both people then feel let down, it is a devise of satan. Have our expectation on God in all things, and free others of our own burdens. As we obey this, we will soon find relationship with God because we will need it, to overcome these things. The enemy must stop us and so will use emotions, feelings and thoughts to do so. To prevent love. Therefore we will need to ask Jesus for help to love, or perhaps more accurately, allow Jesus to **Love through us**.

1 Corinthians 16:24 My love *be* with you all **in Christ Jesus**. Amen.

Philippians 4 **4** Rejoice in the Lord always: again I will say, Rejoice. **5** Let your forbearance be known unto all men. The Lord is at hand. **6 In nothing be anxious**; but in **everything by prayer and supplication with thanksgiving *let your requests be made known*** unto God. **7 And the peace of God**, which passeth all understanding, ***shall guard your hearts and your thoughts*** in Christ Jesus.

To follow Jesus, this is what we learn to do. When we try in our own effort(in the flesh) satan has power to resist us. He has dominion over flesh and USES our emotions and feelings to bind us in our weaknesses. When we look to others to supply our needs he is able often to cause others to let us down. We are all escaping the bondage of flesh, therefore we all need grace from each other. God will meet the need. When we look to God, by faith, with a pure heart in each matter, we are denying the flesh, and abiding in our spirit. It can be a very difficult tribulation! As we abide in the spirit(in love and grace, **by faith**)(showing these toward others) we are released from the bondage of the flesh and it's hurt and pain and emotional entanglements and torments, and wicked thoughts and accusations and fault finding. We then **find healing and rest** from those **torments of soul**. Take The Lords yoke. Believe, ask(pray for Gods help), and then be a doer(***faith in His works***) in **His strength**. Being a doer of love and grace and serving others IN Jesus. **Refusing to accept** what the flesh throws up to resist, no matter how real it feels. Devils in the flesh are liars. Die to self. Live **in** Jesus. **Let go of the torments of the feelings and emotions. Be healed of them. Face them. Overcome them. Only IN God.**

Matthew 18 **32** Then his lord, after that he had called him, said unto him, O thou wicked servant, ***I forgave thee all that debt, because thou desiredst me: 33 Shouldest not thou also have had compassion on thy fellowservant,*** even as I had pity on thee? **34** And his lord was wroth, and **delivered** him to ***the tormentors***, till he should pay all that was due unto him. **35** So likewise shall my heavenly Father do also unto you, ***if ye from your hearts forgive not every one his brother their trespasses.***

Matthew 11:29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and **ye shall find rest unto your souls.**

Healing and deliverance from the tormentors of our feelings and emotions comes as we **obey the simple things.** ***Peace and restoration to relationships and marriages*** come as we obey the simple things. But we need Gods help, and that **requires faith** and **humbling ones self**. As we humble self, God is able to raise us up and strengthen our spirit. The flesh is crucified. **Showing grace in difficult situations humbles us** and it **sanctifies us,** and **allows God** to bring healing to those very **places of pain and bondage** that we have lived with in the past. **We our self**

are set free through our grace and love toward others by Jesus. **We are no longer slaves to our emotions** and they can no longer be used to bring division and strife between us.

Romans 6:6 We know that our old self was crucified with Him so that the body of sin might be rendered powerless, that we should **no longer be slaves** to sin.

1 Peter 5:6 **Humble yourselves therefore under the mighty hand of God**, that he may exalt you in due time:

It is the narrow way to life. As we stop expecting others to be able to make us feel better, which easily leads to disappointment and upset, we begin serving others through love, which, if pure, expects nothing in return. It is by grace and free of manipulation. Then we cannot be disappointed by the response. Expecting others to fill our desires and needs, rather than God, leads to disappointment. The Holy Spirit is teaching us to serve others as Jesus did for us. Expecting nothing back means we are free of any bondage to needing a good response to make our self feel good. We do it to please God, not man. It is a sacrifice of self, love is a sacrifice of self. We do things out of **the love of Jesus**. We become a testimony of **Jesus IN US**. We are then not hurt if our good deeds are not appreciated. God appreciates it though, and He rewards us and knows our heart. Live to God, seek honor from God.

John 5:44 How can ye believe, which receive honour one of another, and seek not the honour that *cometh* from God only?

Ephesians 5:2 And **walk in love**, as Christ also hath loved us, and hath given himself for us an **offering and a sacrifice to God** for a sweetsmelling savour.

2 Corinthians 2:15 For **we are unto God a sweet savour of Christ**, in them that are saved, and in them that perish:

Luke 16:35 But love ye your enemies, and do good, and lend, **hoping for nothing again; and your reward shall be great**, and ye shall be the children of the Highest: for **he is kind unto the unthankful** and *to* the evil.

Matthew 5:46 For *if ye love them which love you*, **what reward have ye?** do not even the publicans the same?

Jesus in us, wants to be kind even to the unthankful in the hope that it will bring them to repentance. Jesus died to save. Whether a spouse or family or friend or stranger. When we ask and pray to God we are admitting to God we know without Him, we can do nothing, and so we overcome pride and self this way. We overcome the enemy. So when the devil tries to bring condemnation, we must realize this is the time to seek God with all our heart. Humble self, the narrow way. Fear God! Without God we can do NOTHING!

John 15:5 I am the vine, ye *are* the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for **without me ye can do nothing.**

Matthew 7 13 Enter ye in by the narrow gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many are they that enter in thereby. **14** For **narrow is the gate**, and straitened the way, that leadeth unto life, and **few are they** that find it.

Proverbs 22:11 He that loveth **pureness of heart**, *for the* **grace** of his lips the king *shall be* his friend.

Let go of pride and rebellion(satan's kingdom in us) and turn to God in prayer and faith. There is a place where we begin to overcome the rebellion and pride, as we stand against all judging and accusation and un-forgiveness, and we are able to ask God with a pure heart for victory through Him. But we are tested against our emotions and feelings in this as well. But we are no longer ignorant of satan's devious, so we can now **with Gods help** overcome. We **turn to God in faith** and we **do not allow satan to drive us** to burden others, to appease these feelings. satan will always find faults. Dark feelings can be a sign of a deeper bondage that God wants us to be set free of. We recognize dark works, and resist, and turn to God to heal and bring peace. Jesus is the prince of Peace. We must make the choice to serve and to love and to show grace. But then when we realize we cannot do it--(the flesh and satan and our feelings and emotions and carnal minds resist, **our very nature resists**). We then turn to Faith and **ask God**. **It is a spiritual battle, not carnal**. **Not against people but the influence of evil spirits upon and within and without us.** **Rise up in the spirit and ask God.** Abide in God and rest in His promises, taking dominion over the flesh. We endure until we have the victory over these things, **IT IS A BATTLE!** **To overcome emotions/feelings and accusing thoughts is a serious serious battle! Humbling!** Our expectation is upon God, and not people. Endure until the flesh is put down and crucified! God supplies. God heals our tormented minds, feelings and emotions. God brings peace and restores relationships. Give these things to God. Ask, pray, seek, it is by faith!

Philippians 4:19 But my God shall supply all your need according to his riches in glory by Christ Jesus.

Jeremiah 29:11 For **I know the thoughts that I think** toward you, saith the LORD, *thoughts of peace*, and not of evil, to give you an expected end.

{**not thoughts** of evil--- judging or accusation or assumption or suspicion and blame}

Ephesians 6:12 For **our wrestling is not against flesh and blood**, but against the principalities, against the powers, against the world-rulers of this darkness, against the spiritual hosts of wickedness **in the heavenly places.**

{we need to be in the spirit- **love and grace**- to be in heavenly places to **defeat them** in the Spirit}

Isaiah 9:6 For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, **The Prince of Peace.**

Mark 14 12 Now the brother shall betray the brother to death, and the father the son; and children shall rise up against *their* parents, and shall cause them to be put to death. **13** And ye shall be hated of all *men* for my name's sake: **but he that shall endure** unto the end, **the same shall be saved.**

Let go of self, the narrow way, **it must be by faith!** Power over serpents and scorpions comes through Jesus. Satan will constantly put up resistance whenever we begin to walk in love and show grace to others. Expect the spiritual battle! Love and grace will bring the battle! Endure to the end of each battle. Sanctification is a walk, from glory to glory as God heals and restores what has been stolen from us and what has controlled us.

Luke 10:19 Behold, **I give unto you power** to tread on serpents and scorpions, and **over all the power of the enemy:** and nothing shall by any means hurt you.

Not our works but Gods. When we turn to God, God then **sees our faith** and genuine heart and answers our prayer. Righteousness is found in God, do not fall for the trap of trying to please God in the flesh. Faith accesses Gods kingdom. We have access into Gods kingdom when we exercise faith. We have the power of God when we use faith. We conquer in Jesus Christ, **BY FAITH.**

Righteousness is only IN JESUS. BY FAITH.

Romans 4:9 *Cometh* this blessedness then upon the circumcision *only*, or upon the uncircumcision also? for we say that **faith was reckoned to Abraham for righteousness.**

2 Corinthians 1:24 Not for that we have dominion over your faith, but are helpers of your joy: **for by faith ye stand.**

Isaiah 46:12 “Listen to me, you stubborn of heart, you who are **far from righteousness:**

far from righteousness = **{far from faith} {doing in the flesh instead of by faith}**

Isaiah 64 **6** But we are all as an unclean *thing*, and ***all our righteousnesses are as filthy rags***; and we all do fade as a leaf; and our iniquities, like the wind, have taken us away.

7 And *there is* none that ***calleth upon thy name***, that ***stirreth up himself to take hold of thee***: for thou hast hid thy face from us, and hast consumed us, because of our iniquities.

Romans 4 **7** *Saying*, Blessed *are* they whose **iniquities are forgiven**, and whose sins are covered.

8 **Blessed is the man to whom the Lord will not impute sin.**

In Jesus Christ, through grace, by faith, we are set free from sin. In Jesus, God does not impute sin to us. We can call on God because we have grace, even in our weaknesses. There is no condemnation in Christ. The more we are failing and made weak, as we struggle to overcome, the more Gods grace and power is able to work. As we struggle to love and show grace, sin and satan's kingdom is exposed, forced up and cast out. The more sin abounds, Gods grace abounds all the more. So we can overcome all. By faith. Faith helps establish relationship with God.

2 Corinthians 12:9 And he said unto me, **My grace is sufficient** for thee: for **my strength is made perfect in weakness**. Most gladly therefore will I rather **glory in my infirmities**, that the **power of Christ** may rest upon me.

Romans 5:20 Moreover the law entered, that the offence might abound. But where sin abounded, ***grace did much more abound***:

Romans 8:1 **There is therefore now no condemnation** to them that are **in Christ Jesus**.

God is not after our self effort, it is by grace(a gift). He is looking at our heart. Are we willing to serve others and let go of self through Jesus? It is not our strength that God wants. Deny self. Did Jesus die for naught? It is by faith in what Jesus did for us. If we feel we cannot obey and do what God wants, satan will try to bring us under condemnation. We actually cannot obey until we turn to God. There is now no condemnation to those in(abiding in) Christ Jesus. So we obey and ask God to help and to do it in us, and through us. His works. If we don't turn to God it is our works and we are in flesh and under satan and condemnation of the law. Until we turn back to God. So grace saves us each time. This is why Jesus came. To pay for the totality of our redemption for us. Everything we need is found in Jesus. To try to love in our own strength is filthy rags and a stench in Gods nostrils. When we do it in Jesus by faith, He brings healing to places of sin and iniquity in us. Places of pain, hurt, bitterness, un-forgiveness and rejection etc. God sanctifies us as we obey the simple things. Grace and love. Denying self and serving others. Loving God and our neighbor. ***Seeking God. Relationship.***

Proverbs 30:12 There is a kind **who is pure in his own eyes**, **Yet is not washed** from his filthiness.

Ephesians 5 **26** That he might sanctify and cleanse it with the washing of water by the word, **27** That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.

Isaiah 65:5 Which say, Stand by thyself, come not near to me; for I am holier than thou. These *are* a smoke in my nose, a fire that burneth all the day.

All history of the bible in the old testament showed us Israel attempting to obey God under the law. They couldn't. The Pharisees had no love, they had vain religion and pretense. Walking in love and grace, denying self and serving others will not allow pretense to take hold. If we think we can do it ourself, without faith and Gods hand, then we think we are holy enough in our self to please God. Our works are as filthy rags to God.

Isaiah 64:6 But we are all as an unclean *thing*, and **all our righteousnesses are as filthy rags**; and we all do fade as a leaf; and our iniquities, like the wind, have taken us away.

When we realize we can't, we know God can, so we always can do all things in and through Jesus. We overcome by faith, not the flesh. Faith requires us to look to God and not self. Condemnation can come upon us when we are looking to self, and knowing our weaknesses, that we can't. There is ***no righteousness in our self(flesh)***. Or ability to please God. Righteousness comes by faith in Jesus. We are dead to the flesh, believing>faith, and the Spirit gives us life. Grace frees us from condemnation. We have grace to move past mistakes and weaknesses.

John 6:63 It is the spirit that giveth life; the flesh profiteth nothing: the words that I have spoken unto you are spirit, and are life.

We are born again and a new creation. We are spirit, the flesh is crucified with Christ. Deny the flesh. Whatever it is we are struggling with, we can do it by faith in God, and **denying any faith in self**. We CAN have victory always, by faith. It is Gods will, we overcome the flesh and carnal mind and emotions and win back our soul(mind, will and emotions). We choose not to let the enemy control these any longer. We are not ignorant of how he works.

1 John 5:14 And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us:

Ephesians 1:9 **Having made known unto us** the mystery of ***HIS WILL***, according to his good pleasure which he hath purposed in himself:

Philippians 4:13 **I can do all things** through Christ which strengtheneth me.

Romans 8:2 For the law of the Spirit of life in Christ Jesus hath **made me free** from the law of sin and death.

It is in Jesus, always. So as we get to the end of trying to obey God in the flesh, as we find we cannot overcome, we find we come to a place where we need to lay down our pride and rebellion and look to Jesus. When we are weak then we are made strong. He paid for everything we need. Including guilt and shame and condemnation, which are lies of the enemy in our flesh. We choose to no longer believe these things. They are lies, we have grace. We have died to the flesh and its lusts. Live to our spirit and not the flesh. That is by faith. Don't dwell in the flesh in these things any longer. It is by faith. Let go of the flesh and believe Gods promises. Overcome! God meets our needs, including emotional needs. Loneliness, despair, anger, hurt feelings, feeling rejected, feeling unloved, feeling abandoned, misjudged, mis-understood, depression, anxiety, fear, many many types of fear, feeling worthless, unwanted, ignored and many others. All works of darkness which we learn to refuse, resist, not believe, and overcome through God. **Forgiveness is extremely, extremely important** in this. **To allow grace to operate.**

Philippians 4:19 But my **God shall supply all your need** according to his riches in glory by Christ Jesus.

1 Peter 3 17 For it is better, **if the will of God should so will, that ye suffer for well-doing than for evil-doing.** **18** Because Christ also suffered for sins once, the righteous for the unrighteous, that he might bring us to God; being put to death in the flesh, but made alive in the spirit;

We wear our selves out in the flesh, and then realize we can't, but if we humble ourselves and ask God and look to Jesus finished work and the cross, we can. In Jesus we can. Look at the cross. Jesus can love through us, He is in us. This process continues to cause each of us to deny our flesh(where the enemy resides and resists us) and turn to God through faith. Obedience to **choose to love, and obedience to pray and seek God to do it, through our faith.**

James 4:2 : ye fight and war, yet ye have not, **because ye ask not.**

The process of turning to God for all things humbles the flesh and destroys pride and rebellion which is necessary to abide in God. ***Denying self is a driving force of love, as is serving others.*** It denies the flesh and satan, and it brings glory to God. It brings glory to the Father, through *Jesus*(by our faith) and not of self. **Self does what self wants:: and not what God wants.**
We can do our will or choose to do Gods will.

Romans 12:2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove **what is that good, and acceptable, and perfect, will of God.**

Ephesians 5:17 Wherefore be ye not foolish, but **understand what the will of the Lord is.**

Hebrews 11:6 And **without faith it is impossible to please Him**, for he who **comes to God** must believe that He is and that He is a **rewarder of those who seek Him**.

Hebrews 7:19 For the law made nothing perfect, but the bringing in of a better hope *did*; by the which we **draw nigh unto God**.

The flesh is under law and satan's dominion. The flesh will fail every time. Other people will fail us too. Let our expectation be upon God and not people. God hates idols. **To escape the flesh we exercise our faith.** IN GOD! When we find we cannot obey, as hard as we try, we learn to turn to God. Faith! Prayer! Humble the flesh! **Flesh and the enemy in the flesh resist love!** The narrow way to true freedom is Love. We ask God. We pray. We humble ourself. Our flesh hates it, evil hates it. It is the narrow way! Don't allow evil-live! In God. **It is by Faith!** Rising in the spirit in prayer humbles and weakens the flesh, and strengthens our born again spirit. If we come under condemnation (by believing lies in the mind or feelings) or are -- **wilfully--disobedient** it will make prayer extremely difficult. We may also feel further from The Lord and so prayer and faith become difficult.

Hebrews 10 26 For if we sin wilfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins,

We overcome, and we must ask God in faith, to be able to overcome. Step out and obey, but ask God in faith. It is impossible to please God apart from faith, **it must be by faith**, in Jesus, and the power will come through Jesus, and the Spirit of God. Our flesh is **shut up unto disobedience** because it is not the way. So don't judge and blame others. If we are judging and blaming others we are **walking after the flesh** and not after the Spirit. When we can't obey in the flesh, The Spirit wants us to turn to faith. Faith is the way. Faith in Jesus, faith in Gods promises.

Romans 11:32 For **God hath shut up all unto disobedience**, that he might have mercy upon all.

Psalm 25:9 *The meek will he guide* in judgment: and **the meek will he teach** his way.

John 7:17 If any man **willeth to do his will, he shall know of the teaching, whether it is of God**, or whether I speak from myself.

Thinking about ourself and how we feel as the enemy afflicts our mind and bodies with emotional pain and hurt feelings and lies and accusations, will bring and allow torment to our soul, mind and body. All torments! The tormentors! Hurt feelings and looking at self will bring bondage. Relying on another person instead of God to meet our needs or wants will bring bondage. God wants to satisfy all our needs, and therefore, if we need another person to do this then that person has become an idol. Allow God to fill our needs and so then other people are free to love without expectation upon them. Love can blossom under grace. It brings peace and true

love to relationships. Expectation can so easily bring disappointment and so pain. If another person expects of us, then the devil will do everything he can to cause us to fail them.

Galatians 3:23 But before faith came, we were kept under the law, shut up unto the faith which should afterwards be revealed.

Romans 11:32 For **God hath shut up all unto disobedience**, that he might have mercy upon all.

satan will use our weaknesses and bondages to cause us to let others down. Expectation upon others will bring endless trouble as satan can use flesh to disappoint, whether in truth or in deception. Showing grace to each other, sets each of us free from each other, it brings true peace. We give our needs to God, and ask Him to fill them for us. He can then use our faith to deliver us from evil spirits and that bondage from our life, and then heal and restore. Rejection or hurt feelings or emotions are a bondage, that **we are under ourself**. From past traumas or experience or from a **root of bitterness or un-forgiveness**. Some from years before. Only God can heal these. People may be able to make us feel better temporarily, but deliverance and healing in God restores. God removes the root of the problem so it can no longer be used to torment our minds and emotions and destroy our relationships. We overcome by His sacrifice, His blood that was spilt to set us free. By faith through Jesus.

Hebrews 12:15 Looking diligently lest any man **fail of the grace of God**; lest any root of bitterness springing up trouble you, and **thereby many be defiled**;

Revelation 12:11 And they **overcame him by** the blood of the Lamb, and by the word of their testimony; and they **loved not their lives** unto the death.

John 16:33 I have told you these things so that in Me you may have peace. In the world **you will have tribulation**. But take courage; **I have overcome the world!**"

Ephesians 3:16 That he would grant you, according to the riches of his glory, **to be strengthened with might by his Spirit** in the **inner man**;

Philippians 4:13 I can do all things **through Christ** which strengtheneth me.

John 8:36 **If the Son** therefore shall make you free, **ye shall be free indeed**.

Romans 8:31 What shall we then say to these things? *If God be for us, who can be against us?*

Once God has filled a need, in Him, we are free of it's bondage and any ability of the enemy to use it against us, or others lack of supplying its need for us. We do not then need another person to fill it, nor do we need to expect them to. Because we don't feel that need anymore, God has filled it. There is now peace and freedom. We then have peace and unity. God meets our needs first. Relationships are then free of expectation and disappointment and are able to prosper in the Spirit, being of one mind. The mind of Christ. Serving one another, and serving God, and doing the will of God

James 3:17 But the wisdom that is from above is first pure, then peaceable, gentle, *and* easy to be intreated, **full of mercy and good fruits, without partiality, and without hypocrisy.**

Deuteronomy 4:24 For the LORD thy God *is* a consuming fire, ***even* a jealous God.**

God is a Jealous God. If we look to people to fill our needs, they will fail us. God wants to meet all our needs so that we are no longer in bondage to them. Everything must be found IN GOD FIRST. The enemy behind hurt and pain and anger or disappointment is then brought into the light and we through God can then execute judgement upon them as we let their bondage go, and give it and our pain to God, so we can be healed within.

Psalm 149:9 To execute upon them the judgment written: ***this honour have all his saints.***
Praise ye the LORD.

Ezekiel 28:26 And they shall dwell safely therein, and shall build houses, and plant vineyards; yea, they shall dwell with confidence, **when I have executed judgments upon all those that despise them round about them;** and they shall know that I *am* the LORD their God.

Showing grace will block hurt feelings and emotions and thoughts as we overcome them through Faith. Hurt feelings and emotions and negative thoughts are the tormentors tormenting. The enemy uses these to cause us to blame and accuse others for the torment. The torment many times is actually coming from our own **bondages of the past, now triggered again and used to blame a current occurrence.** This is why grace and love is so important. We ourselves are the one getting set free. The torments should not be allowed to stop us being able to love. If we realize they are from the enemy. Many times they are a sign of bitterness or unforgiveness or things that have not been dealt with from the past. Places of pain or rejection we have kept deep inside. That we do not even know is there, but God does, and satan does. It is easier to blame others than to face these things with grace and love. It is easier to blame others than to endure the trial till we see victory. It can be hard and painful to go to God and give them to Him. Hard, but fruitful.

Galatians 5:1 Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the **yoke of bondage.**

1 Corinthians 6:13 Watch ye, stand fast in the faith, **quit you like men, be strong.**

Showing grace and love **despite what we feel** will keep the enemy from deceiving our flesh. Faith and looking to God will bring liberty. Asking God, praying. The truth is in Jesus and **the simplicity of the gospel is to let self go and show grace to others** and love **through** Jesus. It has to be done **through faith**. Doing this exposes and brings up sin and iniquity hidden within us and brings healing to emotions and feelings. Faith is asking God, looking to Jesus, obeying The Spirit, believing He will do it. Jesus came to serve, that is what God is like, and we are made in His image and are coming into His image. Jesus showed us the Father. Love is a choice we make, **but we need God** to work this in us. So we ask. Escape the bondage of the flesh by **asking and praying**.

Prayer is important!

There is no condemnation, Gods grace gives us power to repent and continue in God, amongst every sin, failure, weakness and inability, to have victory in all things Godly.

James 4:2 Ye lust, and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet ye have not, **because ye ask not.**

Mark 10:45 For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.”

John 8:19 Then said they unto him, Where is thy Father? Jesus answered, Ye neither know me, nor my Father: if ye had known me, ye should have known my Father also.

Genesis 1:27 So God created man **in his own image, in the image of God** created he him; male and female created he them.

John 1:14 And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) **full of grace and truth.**

2 Corinthians 3:18 But we all, with open face beholding as in a glass the glory of the Lord, are **changed into the same image** from glory to glory, *even* as **by the Spirit** of the Lord.

Psalm 100:4

Enter into his **gates** with **thanksgiving**,

and into his **courts** with **praise**:

be thankful unto him, *and* **bless his name.**