

- In my last R&R Talk, exactly 6 months ago, I spoke to you about the simple theme of “whatever the problem is, Jesus is the answer.”
- Then I spent some time speaking to you about how to carve out prayer time each day so that you would be able to enter more deeply into friendship w/ Jesus through a conversational or dialogue prayer w/ Our Lord, so that, eventually, you would meet this Divine Friend who loves you so much that it would change your life entirely so that life “would make more sense.”
- I even gave you a brief example of how I was a very angry person for most of my life, until I met Jesus, who loves me and teaches me everything.
- My deepest desire for each of you is that you have an even better friendship w/Jesus than I do.
- So I continue somewhat along this theme today, put slightly a different way: How to get more of the Life of the Holy Spirit (or more of Jesus’ friendship).
- We’re really talking about allowing Jesus’ own Life to be lived through & in us.
- The Jesus thing is not old; it’s just never been lived right by that many people.
- Our problem is that we neither live nor see the “joy of the Gospel” on every Xn’s face, in every Xn’s words, and in every Xn’s life.
- We have the Good News: that Christ has died, Christ is risen and Christ will come again! But we often do not see to live that way.
- Therefore, I come to you today w/ a realization and a method.
  
- 1<sup>st</sup> of all, we have to realize that a real cultural shift needs to take place for Xns who wish to get more Divine Life (of the H.S., of Jesus of God).
- I’m talking about making INTENTIONAL lifestyle changes.
- The way in which we live our lives has to move from this culture of distraction to a culture that puts Jesus and prayer first.
- We need to be intentional about getting rid of our distractions in life that do not benefit us much at all, and use that time saved for the Lord.
- Let me give you an example: I gave up TV for Lent, and then, seeing how much life was better w/o soft-porn and blasphemy, which is all TV is these days, I decided to cancel it altogether.
- TV never added any good to my life – ever – and so I made an intentional decision to “cut it off,” get rid of it completely; life is much better w/o all of that negative input.
- If it’s not doing you any good in your life; then why do you put up w/it?
- We also have to realize that gaining a friendship w/Jesus is different from adding Him to our Facebook friends list, or following Him on Twitter.

- We also need to realize that friendships are forged through personal, physical interaction, not through a digital screen!
- In our culture of World Wide Web Social Communication technology, texting, snapchatting, tweeting, instagramming – you name it – we have become isolated and friendless because we no longer know what a real friend is!
- Now how can you become friends w/Jesus when you cannot text, tweet, or snapchat w/Him? You can't ... welcome to the state of today's youth/culture.
- The instantaneous gratification mottos of YOLO (You only live once) and FOMO (Fear of missing out) are not what any life-giving relationship w/anyone is about.
- So we must get back to what we're made for: to be in a loving friendship w/Jesus our whole life long (and again – we must be intentional about it; it's not just going to happen on it's own; it will take sacrifices and strident efforts).
- Our basic problem is that we are not obeying the "end" for which we've been created. Ontology: nor do we obey how we've been created in order to be happy and receive the life of Jesus into ours. We are simply not living according to our human nature, or how God created us.
  
- Now besides the conversational prayer time and dialogue w/Jesus (ARRR), I want to tell you about another method I've just recently learned about that will get you more of Jesus' own life: Forgiveness.
- This too is not "old," once again it just hasn't been done that well.
- A major block from receiving more of Jesus' own Life in us is unforgiveness; or things that we have not really taken the time to specifically forgive each person for each hurt.
- If you feel like your life could use more of Jesus, or more health, happiness, well-being and love, then look deeply at forgiving those who've hurt you – you know, those who you remember made you angry, sad, or feel degraded, then pray a real prayer of forgiveness, and a prayer that you believe!
- In the name of Jesus Christ I forgive "N." for saying/doing "N." and I declare null, void, and powerless immediately any and all effects in my life, no longer able to influence me in any way, in the Name of the Father, and of the Son, and of the Holy Spirit. Amen.
- Use this prayer, or something like it, as often as a false judgment is made against you, or one that you remember from times past, or for inner vows.
- False judgments are curses: words spoken against a person that are contrary to God's truth and purposes for that person's life (reject, loser, dork, etc. the person will see life thru this false prism and not live up to their potential).
- We're believing the wrong things, and listening to the wrong voices!

- False judgments: U're no damn good! U'll never amount to anything! U're a mistake! U're worthless. U should've been a girl! U'll never get married! U're my cross! U're worth more dead than alive! U can't do anything right! Big boys don't cry. Never trust men/women! U'll never change; u'll always be the same.
- Inner vows: I'm so stupid! I'll never forgive myself! I'll never speak to "so and so" again. No one loves me, I'd be better off dead! Women/men can't be trusted! If I want it done right, I'll have to do it myself! It must be my fault! I can never say "No!" Everyone has it in for me! People will only let you down! Do it right the first time or don't do it at all!
- We have to stop listening to the wrong spirits/voices and listen for God's truth; that's why the Scripture must become a part of our daily lives. Read your bibles, I can't say it enough!
- And pray w/expectant faith, forgiving all those who have hurt you; and pray in the name of Jesus Christ and declare null and void any and all effects of false judgments, inner vows, and relationships that have been harmful (even if from your mom/dad, teacher, coach, friends, employers, or priests).
- Our other major problem is that we do not pray w/faith – expectant prayer that truly believes that I will get what I'm asking for.
- And we do not keep on asking, keep on seeking, or keep on knocking – we give up after a while of praying for a few days or a couple weeks, and therefore, we do not receive, do not find, or have doors opened to us.
- How do we get more Jesus? How do we get more Life in Christ? How do you live better? Just live the way God intended for human beings to live: Forgive, pray, read your bibles, listen to the voices of truth (not of damnation, cursing, and lies).
- Be intentional about making your lifestyle one worth living, and not one worth surviving.
- Jesus didn't die on a cross and rise from the dead so that we can survive life; He did it so we would thrive in life.