

Overview: If you are in the Glorious Church, it means that you remain under grace at all times, so that you commit no sin and your iniquities do not impact you. We approximate this state by Living Daily Under Grace which requires that you try to abstain from sinning and, if you fail, then you confess your known **sin**. We already know that we deal with the unknown sins by doing many USPs.

A. Hindrances to Grace.

1. Why do we say many USPs?

When we confess a known sin or deal with an unknown sin, God cleanses us from **all** unrighteousness. So then, why do we have to say many USPs one right after another? What is the value of such repetitions?

There is a category called Ongoing Sins. These are sins which spring back up immediately after cleansing until their roots have been removed by breaking curses and/or getting rid of the DDEs behind them.

2. Pride of Life.

Being Under Grace is a state (or condition) of living into which you may choose to enter, remain or leave.

1 John 2:16 all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

1 Pet 5:5 for God resists the proud, and gives grace to the humble.

3. Unforgiveness.

Matt 18:34 And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him.

Matt 18:35 So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not everyone his brother their trespasses.

B. Interval Living.

1. Ask the Holy Spirit what to do for an interval of time. While doing it, any interruption requires you to check with the Holy Spirit. Benefits: you are being led by the Holy Spirit; you are walking in faith; you are under grace.

2. Interval Living - A Practical Plan for being led by the Holy Spirit.

a. The purpose of this suggested plan is to help you have a lifestyle wherein everything that you are doing is under the direction of the Holy Spirit (HS). You want to live a life so that everything is WWJD.

b. Divide your day into intervals (periods) of time. The intervals may all be of the same length (e.g., 6 periods of 4 hours) or the time for each interval may be determined by the activities to be done in that interval.

c. At the beginning of each interval, ask the Holy Spirit what you should be doing during this time period.

d. During an interval, if the need or opportunity arises to do something that is not on the Holy Spirit defined list, then it will stick out and prompt you to ask the Holy Spirit if He wants you to do that.

- e. At the end of an interval, confer with the Holy Spirit regarding the activities for the next interval.
3. Benefits of Interval Living.
- a. Rom 8:14 It helps you to mature from wherever you are through strong meat into the fulness of your salvation (Rev 21:7).
 - b. Gal 5:16 [This] I say then, walk in the Spirit, and ye shall not fulfil the lust of the flesh. Note: It reminds you to check with the Holy Spirit.
 - c. 1 John 1:9 Confessing known sins and dealing with the unknown sins before speaking to the Holy Spirit removes the hindrances and blockages of sins in your life, loosing God's Hands to help you.
 - d. Heb 11:6 It keeps you walking in faith, which pleases God.
 - e. Mark 11:23 Your faith allows God to partner with you.
 - f. Eph 2:8 Your faith looses God's grace into your life.

C. Becoming the Glorious Church.

1. Be Washed by the Water of the Word.
 Eph 5:25 Christ gave himself for it (*church*);
 5:26 That he might sanctify and cleanse it with the washing of water by the word, v27 That he might present it to himself a glorious church, not having spot (*sins*), or wrinkle (*iniquities*), or any such thing; but that it should be holy and without blemish (*demonic influences*).
 You are washed with the Water of the Word as you choose to live in Christ Jesus. This means living with Jesus as Lord, so that you do what the Word says and you don't do what the Word says not to do. Your goal is to be led by the Spirit of God and/or by the Word of God in every decision.
2. Live a life where you are washed by the Word.
- a. Be washed by the confession of sins.
 Every time you confess based on 1 John 1:9, you are cleansed (*washed*) from all unrighteousness.
 - b. Be washed by living in intervals of faith.
 Your time spent during interval living is a time lived entirely in faith. It keeps you under grace. While under grace, you are not sinning.
3. Become that Holy Temple of a Holy God.
 1 Cor 3:17 for the temple of God is holy, which temple ye are.
 Lev 11:45 For I am the Lord be holy for I am holy.
 ! Thes 5:23 I pray God your whole spirit and soul and body be preserved **blameless** unto the coming of our Lord Jesus Christ
 Rom 8:29 Be Conformed to the image of His Son.
 As we continue to do the USPs and practice interval living, more and more we consciously check with the Holy Spirit and become more aware of the sins which so easily beset us. Little by little, we move toward that place of being His Holy Temple, of being conformed to the image of His Son.