

Review:

1. Rom 14:23 for whatsoever is not of faith is sin.
2. Lord, I am not aware of any sins. Thank You that, in the Name of Jesus, You do cleanse me of all unrighteousness according to 1 John 1:9.
3. We choose to move toward the Glorious Church by living under grace: by abstaining from sin, confessing sins and dealing with the unknown sins.

A. Overview.

1. 2 Cor 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.
2. 2 Pet 1:2-3 Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord, v3 According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to **glory** and virtue:
3. Eph 2:8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: v9 Not of works, lest any man should boast.

B. Practicing Discipleship.

1. Living in Christ Jesus.
1 John 8:31 Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed;
v32 And ye shall know the truth, and the truth shall make you free.
Heb 5:14 But strong meat belongs to them that are of full age, even those who by reason of use have their senses exercised to **discern both good and evil** (i.e., the very elect).
2. Living in Alignment.
Mark 12:30 And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment.
Luke 4:18 The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised.
Hab 2:14 For the earth shall be filled with the knowledge of the glory of the Lord, as the waters cover the sea.
3. Unleashing the Glory in you.
Isa 40:4 Every valley [*every part of heart made low (broken by sin)*] shall be exalted, and every mountain and hill (*of bondage in soul*) shall be made low: and the crooked (*iniquity of mind*) shall be made straight, and the rough places (*bruised body*) plain.

Isa 40:5 And the glory of the Lord shall be revealed, and all flesh shall see it together: for the mouth of the Lord hath spoken it.

Dan 12:3 And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever.

C. Practicing Interval Living.

1. How to Do Interval Living.

a. Your choices: Be Spirit-led or be led by the Pride of Life.

Rom 8:13 For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live. Rom 8:14 For as many as are led by the Spirit of God, they are the sons of God.

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

Rom 6:14 For sin shall not have dominion over you: for ye are not under the law, but under grace

(1) 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.

(2) 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 in that interval.

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

(4) 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.

(5) At the end of an interval, confer with the Holy Spirit regarding the activities for the next interval.

2. Benefits of Interval Living.

a. Keeps you focused on God. Keeps you living by faith and under grace.

b. 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.

3. Affirmation Matrix.

Refer to the matrix on the next page.

#	Affirmation Title							
1	Communion							
2	A							
3	A + from pain							
4	A + from CTCMWVv AgAc							
5	My Heart & lungs + B							
6	My Head & brains + B							
7	Cardio - Vascular & Pulmonary Systems + B							
8	My chest & abdomen+B							
9	C + have the Mind of Christ							
10	C + Think Say Do + D							
11	C + am complete in Christ Jesus							
12	USP RR							
13	USP UIN							
14	USP UIS							

Legend

Affirmation Matrix

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A I have been healed by the stripes of Jesus

B Have been healed by the stripes of Jesus

C In the Name of Jesus, I

D only what my Heavenly Father thinks, says and does.

Cancer, tumor, cyst, mole, wart, varicose vein, abnormal growths/abn conditions