How to experience the kingdom of God and His tangible presence as your “I AM,” who is...  

Profoundly Better and Beyond Self-Esteem  
(Overview of the series) 

Contents...

Pages 1-3: Gives introduction and practical process steps for experiencing the presence of God as your reason for confidence, security, and significance (more effective than “who you are” in Christ). Explains why it is right to trust God for His being God to you, by His drawing tangibly close – instead of your having to depend earthly sources.

Page 4: Explains the God given need behind our pursuit of earthly things and self-esteem. Shows how God designed us with a need that we try to fill in earthly ways, but that is actually a need requiring us to experience His presence in practical ways that makes us confident and secure. God made us needy because He is seeking worshippers. We worship and love whatever we depend on to fill our need. But anything less than His presence and our remaining unfilled need drives us into pride, insecurity, damaging behaviors, distractions, and unwanted desires.

Pages 5-6: Gives diagrams showing what we do when feeding ourselves in earthly ways. Then shows how to re-apply what we are already doing all the time, so that we can feed on God instead of earthly sources or ourselves.

Page 7: Explains that we need to trust God to wash our physical body or we may be afraid of His presence. Trusting God to wash our humanity, enables us to want God close all the time – without wanting to run away.

Pages 8-11 Gives an introduction to Heart-training as a tool for changing how we think. Gives a web link to help with trusting the acceptance of God and turning away from self-contempt and condemnation. Gives a link for more fully trusting the presence of God as our righteousness, perfection, and goodness. Then gives heart-training used for turning away from earthly sources and toward God and His kingdom, given freely to us by His goodness and grace.

Pages 12-13: Gives heart-training statements for being able to enter the throne room and stand before the Lord, by freely receiving Heaven all around you here. Learning to do this, enables you to experience God in practical ways.

Pages 14-15: Gives charts and lists you can use for directing your heart to find motivation and meaning from worship toward God, and for being to the praise of HIS glory; instead of that quiet inner-praise toward yourself.

Pages 16-20: Spiritual exercises for opening up to God, entering before Him, receiving the kingdom here, and for drinking from the fountain of His radiance. Use these exercises during heart-training and for abiding, 24 / 7.

Introduction: When I first started out, I knew I was feeding myself in earthly ways and not with God. I had no idea how to feed on God, or if it was even possible. I just knew what I was doing was wrong, and had to change.

At first, I was completely unable to believe and was terrified that God wasn’t good enough or gracious enough to give me His presence freely so that I could feed on Him, all the time. I held back from faith because of fear that if I did believe God to be MY God HERE, I would be so disappointed that I wouldn’t be able to cope (I was wrong). Then I found the verse where Jesus said, “How can you believe, when you receive glory from one another and you do not seek the glory that is from the one and only God?” (John 5:44). From this I figured that I wouldn’t be able to believe until I turned away from feeding on earthly sources. But I didn’t know how to do that so I studied the scriptures about how to change (the Bible’s word for repentance) according to the new covenant of grace.

I learned that I couldn’t allow myself to use condemnation or guilt in order to motivate change, because that would be repentance according to the old covenant – and it doesn’t work. Change according to the new covenant requires that we reassure our heart in regard to turning away from lies and about believing the truth. To do that, I listed statements and verses aimed at believing the power of the cross of Christ, and turning away from self-contempt and condemnation. Then I had to listen to my own thanks and praise for the truth until my heart heard and believed it.

I also listed and diagramed the ways different personality styles typically feed their neediness. Then I listened to my own thanks and praise for the truth until my heart heard and believed it.

The richness you experience from this kind of union with God brings a satisfaction and wholeness that is profoundly beyond self-esteem. Who we are in Christ is important, but experiencing God as your “I AM,” far surpasses even that. Whole hearted application will greatly increase your love and worship toward God. You can do these things too! Will you join me in this greatest of all adventures? I believe you just need to be shown how.
A deeper Christian life, abiding in the tangible presence of God, and experiencing the kingdom of God all happen as a result of re-occurring steps we do over and over again. Even our relationship with God can be better understood and improved if it is broken into process steps including; listening, speaking, loving, being loved. The better you identify and understand the steps in the process of living a deeper Christian life, the greater your chances are to grow in all the areas involved. More and better are always possible.

A deeper Christian life where we are abiding with Him inside us and us inside Him is important because that is the only way to glorify the Father (John 15). When we abide with God inside us and us inside Him, God is able to work in ways that produces fruit. Understand the steps in the process of abiding, and you will be able to improve the quality of your abiding – even to the place of abiding INSIDE the tangible presence of God. But without understanding the steps in the process, your abiding IN Him will be hit or miss – at best. Our thinking needs to change so that we remove the limits we place on what is possible. Much more is realistic. We just need to apply the process steps over and over. And the better we apply them, the farther we can take it.

**Process step #1:** Understand that the ways God defines idolatry, also describe how He wants to be God to us. Understand what God promises to those who turn their heart to depend on Him to be their God as He desires. Much of a deeper relationship with God involves turning away from earthly sources and toward God alone. These pages show you how to do that. As you read this next verse, think of glory as what we depend on to make us feel special.

> “Has a nation changed gods when they were not gods? But My people have changed their glory for that which does not profit. ‘Be appalled, O heavens, at this, and shudder, be very desolate,’ declares the Lord. ‘For My people have committed two evils: They have forsaken Me, the fountain of living waters, to hew for themselves cisterns, broken cisterns that can hold no water.’” (Jer. 2:11-13).

God wants us to depend on Him as our glory, without depending on “other gods.” Consider king David’s experience, “...You, O Lord, are a shield about me, my glory, and the One who lifts my head.” (Psa 3:3). God wants to be God to us, by His being HERE as what makes us special – by our “drinking” from Him what makes us special.

Another way God defines idolatry involves His wanting to be security and protection for us. God wants to be God to us by His abiding presence being a solid and strong refuge of security and protection that surrounds us completely.

> “And He will say, ‘Where are their gods, the rock in which they sought refuge...Let them rise up and help you, let them be your hiding place! See now that I, I am He, and there is no god besides Me’” (Deut. 32:37-39).

The people who turn away from earthly sources and who turn to depend on God as their refuge, “drink” from Him.

> “How precious is Your lovingkindness, O God! And the children of men take refuge in the shadow of Your wings. They drink their fill of the abundance of Your house; and You give them to drink of the river of your delights. For with You is the fountain of life; in Your light we see light” (Psa 36:7-9).

And, “he who takes refuge in Me...will possess My holy mountain” (Isa. 57:13).

The Bible also explains that God “…does not delight in the strength of the horse; He does not take pleasure in the legs of a man” (Psa. 147:10). God also defines “idolatry” as those things we depend on as our strength: “…they will be held guilty, they whose strength is their God.” (Hab 1:11). God wants to be so powerfully close to us that His presence with us is our strength. David said that “The Lord is my strength and my shield; my heart trusts in Him, and I am helped…” (Psa. 28:7). How do we experience God as our strength? The people who turn their heart to trust the presence of God as their strength become “planted by the water” of the Spirit that flows from God. They “drink” from God.

> “Thus says the Lord, ‘Cursed is the man who trusts in mankind and makes flesh his strength, and whose heart turns away from the Lord. For he will be like a bush in the desert...But will live in stony wastes in the wilderness... Blessed is the man who trusts in the Lord and whose trust is the Lord. For he will be like a tree planted by the water, that extends its roots by a stream and will not fear when the heat comes; But its leaves will be green, and it will not be anxious in a year of drought nor cease to yield fruit.’” (Jeremiah 17:5-8; also Isa 12:2,3).
More Process Steps – Use the heart-training to make God your God to the place where you are abiding inside the tangible presence of God with the kingdom of heaven here.

#2 Understand human needs as a practical reason for why you need the presence of God and His kingdom. p.4

#3 Understand how we “drink” from earthly sources to try and fill our need. Understand also that we just have to take what we are already doing to “receive” and apply that toward God so that we receive (drink) Him. p.5-6

#4 Understand and remove the obstacles that keep you from feeding on God alone. p. 8-10 and then, 11-12.

- Understand what the Bible says about how to change and how NOT to change (see links below).
- Learn, and then teach your heart to believe that applying what the Bible says about repentance with joy, will work for changing even the patterns of thinking in your heart (a link for pages to do this are included later).
  - Reduce and remove obstacles to your being motivated to abide and be close to God: Use what the Bible says about how to change in order to reduce and remove obstacles to motivation. These obstacles include, fear, disbelief, hurt, and pride from depending on earthly sources, or on yourself. Redefine the obstacle of having an “inner life goal,” of “living for the inner praise of our own human glory” to “living for the praise of God’s glory.” (Use the condensed version of the heart-training included in these pages. Also use the pages on these links about trusting salvation for the acceptance of God. And about, how NOT to change, how to change, and how to teach our heart to turn away from self-contempt and condemnation. Links are included later)

- Reduce and remove obstacles that prevent your ability to abide: Including, 1). knowing what the Bible says about abiding. And 2). understanding the spiritual skills for opening up to God, loving Him more fully, entering, and staying before Him here. (Videos that I plan to put on youtube).

For more Bible background on the process steps below, read, “Come and Drink.”

http://tasteheavennow.net/downloads/b4cad.PDF For now, try to take the limits off of your thinking, and ask how far could this be taken if you included it in what it means to experience God in a deeper way? Consider what God says: “My dwelling place also will be with them; and I will be their God, and they will be My people” (Ezek. 37:27); “…God said, "I will dwell in them and walk among them; and I will be their God, and they shall be My people” (2 Cor 6:16).

#5 Learn spiritual skills for entering, by receiving Heaven all around you here. (Remember again that I would not have believed any of this when I started. Directing our heart away from earthly sources and toward God makes doing these things possible – even easy. After learning how, doing what is below takes under about 15 seconds).

- Enter the throne room by trusting that the mountain of God is coming down, and going past you – where the base of the holy mountain is pushing the demonic realm down below you, way below your physical feet. Start by applying this to one area at a time like confusion, lust, pride, bitterness, or sickness and disease.

- Believe that the heavens are opening up like the pedals of a flower around you, until you are confident about standing in heaven here – receive and wear the kingdom like a garment coming onto you.

- Love God and enjoy the benefits of His being close to you here (the human side of “drinking” from God – use the “benefit list” on page 9). Worship God believing that Jesus, the Father are before you HERE.
  - Remind yourself that Jesus, the Father, and the Holy Spirit are your friends and teammates.
  - Believe that Jesus and the Father are here, shining (pressing) the Holy Spirit into this realm and in all directions – that the radiance is enforcing that the demonic realm stays under the holy mountain of God.
  - Believe that angels are here all around. They have personality and are shining with the holiness of God.

- Apply the spiritual skills above as one thing – as receiving the kingdom, not as many things to do, just as one thing. p. 11-18 (being able to actually do this, comes after the consecration by heart-training, included).

- Learn to stay resting before the Lord, with the demonic realm under the base of the mountain – looking at the Lord and His glory, loving, and enjoying Him more and more, until you stay before Him, all the time.

#6 Understand and teach yourself to find energy, meaning, and motivation by loving the kingdom of God and giving a continual sacrifice of praise, so that you are “being to the praise of HIS glory” – and not your own. p.13-14.

Will you join in this greatest of all adventures? The process steps above describe what I am doing in order to improve my Christian life. How far will you and I be able to take it? That depends on our listening to God as He continues to lead, and in our applying these process steps over and over – getting better and better as we go along.
Understanding what God describes as idolatry, tells us **HOW God wants to be God to us.**

I. It is with great joy that I bring this message to you. God is so very good. And, God made an unbreakable promise to Abraham that is “...an everlasting covenant, to be God to you and to your descendants...” (Gen. 17:7). And to us God says that “…if you belong to Christ, then you are Abraham's descendants…” (Gal. 3:29). **So, God HAS made an unbreakable covenant to do His part in being GOD to us.**

To understand the ways God wants to be God to us, we have to consider how God defines idolatry. But we need to think about idolatry on a heart level because the Bible tells us that God looks at our heart (1Sam 16:7). And, “If we had forgotten the name of our God or extended our hands to a strange god, would not God find this out? **For He knows the secrets of the heart**” (Psa 44:20,21). **Idolatry is far more than a little statue made from wood or stone we set up. Idolatry is a heart-level problem** Without realizing, we worship the “other gods” we depend on.

God explains that “I am the Lord your God...You shall have no other gods before Me” (Exod. 20:2,3). But when we depend on “other gods,” we prevent God from being God to us as He desires. And God wants to fulfill His role as God to us so completely, that He also commands us to “…turn away from your idols...” (Ezek. 14:6). **This class is for showing you how and for helping you to actually do it.**

II. One way God defines idolatry of the heart, is that He wants to be the only God whom we depend on as our “glory.”

A. God says through the prophet Jeremiah that “...as the waistband clings to the waist of a man, so I made the whole household of Israel and...of Judah cling to Me,’ declares the Lord, ‘that they might be for Me a people, for renown, for praise and for glory; but they did not listen’” (Jer 13:11).

B. God explains how HE wants to be God to us when He says, “Has a nation changed gods when they were not gods? But My people have changed their glory for that which does not profit. ‘Be appalled, O heavens, at this, and shudder, be very desolate,’ declares the Lord. ‘For My people have committed two evils: They have forsaken Me, the fountain of living waters, to hew for themselves cisterns, broken cisterns that can hold no water.’” (Jer. 2 :11-13).

C. The Bible also says that we should, “...glory in Christ Jesus and put no confidence in the flesh” (Phil. 3:3). “Glorying in” God involves a radical kind of love and enjoyment of Him. The Bible also tells us to “Glory in His holy name; let the heart of those who seek the Lord be glad.” (1 Chron. 16:10). And, “Let the godly ones exult in glory...” (Psa 149:5). David said it best, “…You, O Lord, are a shield about me, my glory, and the One who lifts my head.” (Psa 3:3).

III. Another way God defines idolatry involves His wanting to be security and protection for us. God wants to be God to us by His presence with us being a **solid refuge** of security and protection that surrounds us completely.

“...And He will say, ‘Where are their gods, the rock in which they sought refuge...Let them rise up and help you, let them be your hiding place! See now that I, I am He, and there is no god besides Me’” (Deut. 32:37-39).

By receiving Christ for salvation God lives inside us. God being our refuge is talking about something all around and outside us. Note below also that **the people who experience God as their refuge of security are those who “drink” from God.**
“How precious is Your lovingkindness, O God! And the children of men take refuge in the shadow of Your wings. They drink their fill of the abundance of Your house; and You give them to drink of the river of your delights. For with You is the fountain of life; in Your light we see light” (Psa 36:7-9).

This class is for helping you to make the heart-level changes necessary so that you can experience God as He desires.

IV. The Bible also says that God “...does not delight in the strength of the horse; He does not take pleasure in the legs of a man” (Psa. 147:10). God defines “idolatry” as those things we depend on as our strength: “...they will be held guilty, they whose strength is their God.” (Hab 1:11).

God wants to be so powerfully close to us that His presence with us becomes our strength. Here again, the pattern is repeated. Those who experience God as their strength are people who drink from God.

A. How do we experience God as our strength? Those who trust the presence of God their strength become “planted by the water” of the Spirit that flows from God:

“Thus says the Lord, ‘Cursed is the man who trusts in mankind and makes flesh his strength, and whose heart turns away from the Lord. For he will be like a bush in the desert...But will live in stony wastes in the wilderness... Blessed is the man who trusts in the Lord and whose trust is the Lord. For he will be like a tree planted by the water, that extends its roots by a stream and will not fear when the heat comes; But its leaves will be green, and it will not be anxious in a year of drought nor cease to yield fruit.” (Jeremiah 17:5-8; see also Isa 12:2,3).

B. David said that “The Lord is my strength and my shield; my heart trusts in Him, and I am helped...” (Psa. 28:7). And, “God is our refuge and strength, a very present help in trouble” (Psa 46:1).

This class is for helping your heart come to the place of “trusting in Him” to the place of our actually being “helped” because His “very presence” has become strength and security to you. Let me remind you again of where it says, “...You, O Lord, are a shield about me, my glory, and the One who lifts my head.” (Psalm 3:3).

Consider other verses speaking to these same things...

“...on...the great day of the feast, Jesus stood and cried out, saying, ‘If anyone is thirsty, let him come to Me and drink. He who believes in Me, as the Scripture said, ‘From his innermost being will flow rivers of living water.’ But this He spoke of the Spirit...[but] the Spirit was not yet given, because Jesus was not yet glorified...” (John 7:37-39).

“Ho! Every one who thirsts, come to the waters...delight yourself in abundance.” (Isa. 55:1a and 2b).

“...They drink their fill of the abundance...For with You is the fountain of life...” (Psa. 36:8,9).

“...the fountain of living water, even the Lord.” (Jer. 17:13).

“I, the Lord, am your God...Open your mouth wide and I will fill it.” (Psa. 81:10).

“I have set the Lord continually before me; because He is at my right hand, I will not be shaken. Therefore my heart is glad and my glory rejoices; my flesh also will dwell securely.” (Psa. 16:8,9).

So why aren’t more Christians drinking from the radiance of the Holy Spirit that pours out all around God?

1. The Bible says that “...we...receive the promise of the Spirit through faith.” (Gal 3:14). But Jesus asked, “How can you believe, when you receive glory from one another and you do not seek the glory that is from the one and only God?” (John 5:44).

2. So the amount of “glory” that we are “receiving” from earthly sources is in direct proportion to how much we prevent ourselves from believing that we can receive it from God. This problem CAN be solved!

→At the start of it all, God’s intention to be God to us, shaped how and why He designed us the way He did.
Understand human need, why we do what we do, and more specifics of what has to change in order to more fully experience God as OUR God

The God who created us is all-knowing and wise. And, He is seeking loving-worshipers, so God designed us needy. Our need to feel secure, reassured, and confident makes us to worship something. We love and we praise what we depend on to feed our needs. Sometimes our worship is quiet. Sometimes loud and boastful. Most people call these needs psychological, emotional, or a need for self-esteem. The Bible describes it as a “thirst” for God (Psa 63:1-5).

The Bible explains our neediness: “...That which is known about God is evident within them; for God made it evident to them” (Rom 1:19). God designed people everywhere with a deep inner and spiritual “awareness” of what He is like. It also says that “...in the image of God He created...male and female...” (Gen 1:27). Consider a diagram of what is “known within” all of us about God – it a simple diagram attempting to describe the personality of God.

God's absolute glory as king: the absolute holiness, goodness, and perfection of...

| God's wisdom, knowledge, rightness and perfect accuracy... | God's power, authority, what He does, and His sovereignty...
|---------------------------------------------------------|---------------------------------------------------------|
| God's kindness, love, giving-ness, and God as nurturer and helper... | God's beauty, attractiveness, the power of His words, and influence...

God's absolute glory in relationships: the absolute holiness, goodness, and perfection of...

Now compare the diagram above to the personalities of People...

<table>
<thead>
<tr>
<th>Analytical Thinker</th>
<th>Driving Doer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amiable Relator</td>
<td>Expressive Influencer</td>
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</table>

| "Kingly" and Task oriented | People and Relationship oriented |

Our personalities show “that which is known about God” deep inside all people everywhere. God also placed a “law” in our outer flesh (Rom. 7:23). The practical purpose of the “law,” is to remind us that our humanity falls short of what we know inside about God. Even after we receive Christ inside us, our humanity still “[falls] short of the glory of God” (Rom. 3:23). Think of the glory of God as what makes God special – in every aspect of who He is.

“Knowing” deep inside what God is like, and being constantly reminded that we “fall short” results in a driving need to reassure ourselves that we “measure up.” And, our thoughts are preoccupied by it: “...they show the work of the Law written in their hearts...their thoughts alternately accusing or else defending them” (Rom. 2:15).

Thoughts, motives, and behavior are driven by our need to ease our lack. And after years of repetition, patterns of thinking result in our heart about how we believe we can best ease our sense of falling short, and fill our neediness.

(Ways we work to achieve having kingly glory—perfection in our knowing and accomplishments)

| Am I right? Am I justified? Do I know enough? Do I know the answers? Have I protected myself from being wrong? Do they know as much? | Am I powerful? Am I in control? Am I the standard to achieve? Have I done enough? Am I adequate? Am I the authority? |

(Ways we work to achieve having relational glory—perfection in our interactions)

<table>
<thead>
<tr>
<th>Approval Sense from Others</th>
<th>What I Say and How I Appear</th>
</tr>
</thead>
<tbody>
<tr>
<td>Am I acceptable? Do I have their approval?</td>
<td>Am I impressive? Do I have influence?</td>
</tr>
<tr>
<td>Am I enough for them? Have I helped them?</td>
<td>Am I worthy of applause? Am I attractive?</td>
</tr>
<tr>
<td>Can I fix their problem? How do I compare?</td>
<td>Do they want me? Can I cause pleasure?</td>
</tr>
</tbody>
</table>

Salvation is a gift received by faith in the grace of God. After that, it is still about receiving by faith in His grace.
Understand how we try to feed our neediness by “receiving” glory from earthly sources.

It is important to understand what the Bible says about earthly glory and God’s glory. Think of glory as the stuff that makes something special. The word “glory” occurs in the Bible as a noun (a thing), an action verb (an activity we can do), and as an adjective (a way of describing something). Regarding earthly glory, the Bible talks about, “…the glory of kings…” (Prov 25:2), “…the glory of…pride…” (Isaiah 13:19), the glory of winning a battle (2 Kings 14:10), “…the glory of…riches…” (Ester 5:11), “…the glory of his house…” (Psalm 49:16), the glory of a woman’s hair (1 Cor 11:15), “The glory of…their strength…” (Pro 20:29), “In a multitude of people is a kings glory…” (Prov. 14:28), “…the kingdoms of the world and their glory” (Mat. 4:8), that “…you receive glory from one another…” (John 5:44), and even about those “…whose glory is in their shame…” (Phil 3:19). We feed on the glory of these kinds of earthly glory. But much more is possible!

God’s glory is far greater. When we “glorify God,” we actually give Him the glory, of our worship, praise, and the glory of our love for Him. Only God deserves our worship. And, God does not share the glory that comes to Him through our praise with anyone: “…I will not give My glory to another, nor My praise to graven images” (Isa 42:8). But there is another kind of “glory” that God gives to us freely: “…the Lord gives grace and glory…” (Psalm 84:11). The glory that God gives is the glory that is the substance of His tangible presence: “…Moses said, ‘I pray You, show me Your glory!’ And He said, ‘I Myself will make all My goodness pass before you…and it will come about, while My glory is passing…I have passed by’” (Exo 33:18-22). Much more is possible and realistic. Our thinking needs to stop putting limits on God’s presence; “…the nations will bless themselves in Him, and in Him they will glory.” (Jer. 4:2); “…glory in Christ…” (Phil 3:3); “In the Lord all the offspring of Israel will be justified and will glory” (Isa 45:25).

Please remember again, that if you are like me, you won’t be able to believe God would give you enough of His presence to fill your neediness, until after you have done some work to turn your heart away from believing you have to depend on yourself and earthly sources. Jesus explained why it is this way in John 5:44 (quoted above). Start now by thanking God that you don’t have to be afraid to depend on Him. God is your friend and He wants to be God to you by His being close! Consider how it works to feed on earthly glory and then, on God Himself.

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**Confidence and Security from Self-Esteem – How it “works”**

(Achieving a sense of having glory by our own achievements and “works” to the raise our own human glory.)

Our driving need to depend on something we “drink” from to fill up on what we lack.

- A heart that has been trained (and is still learning) to depend on ourselves and earthly sources
- If results are bad...
  - Fearful, helpless, hopeless, worthless
  - This hurts, so try something else
  - Punish, or dominate and control more
  - Try harder next time!
  - Or, “Just stop feeling needy!”
  - Get More Distracted
  - Get More Addicted

- Have I achieved glory by my own effort?
  - (Or, by “reaching out” to take glory from others)
  - If results are bad...
  - Fearful, helpless, hopeless, worthless
  - This hurts, so try something else
  - Punish, or dominate and control more
  - Try harder next time!
  - Or, “Just stop feeling needy!”
  - Get More Distracted
  - Get More Addicted

- Believing there is glory in this!

- Trying to “receive” from earthly sources
  - Faith that earthly glory is coming to me
  - Identity and Ownership, “This glory is mine.”
  - Open up and receive it (into and onto us)
  - We “enter” inside it, we “Put it on” for identity – as our “I am”
  - Love and “living” to what has become our identity – for confidence and boldness

- Giving honor to other people and loving them (and enjoying that they are being honored and loved)

- Thanks and praise for the glory and the source (A self-directed “reward” resulting in PRIDE that God resists)

- “Receiving” emotionally
  - Enjoying Emotional “Benefits” like confidence, security, being special, significant, righteous, perfect, or good
  - (Most often, “I am the reason for my being…” And we praise ourselves for it inside)

- Causing something to be exalted – Outside and Greater Than Duselves (and believing our success)

- Physical Energy, Pride, Meaning, and Significance but with NO Lasting Value

- Eventually

- “There has to be a better way!”

- Many People

- A few people

- Most People

- Few People
How to “drink” so that you receive from God and fill your neediness with Him.

Note again, that God is seeking worshipers. And speaking in practical terms, our “falling short” of His glory results in a lack of God’s glory. So, even though you may not fully understand this yet, think of our need as a powerfully driving need for the glory of God Himself, His presence, and His kingdom with us. On a very practical level, we need God close to us, and our need can be filled by learning to believe His grace for drawing near! (see Psa 63:1-5).

Glory is what we fall short of, glory is what we long for and need most. Yet, even though it is the glory of God that we need, most of us settle for earthly glory of some kind. And this is true even for most Christians. Much more is possible: “...You, O Lord, are a shield about me, my glory, and the One who lifts my head.” (Psa 3:3). The Bible says that “...we...receive the promise of the Spirit through faith.” (Gal 3:14). But Jesus asked, “How can you believe, when you receive glory from one another and you do not seek the glory that is from the one and only God?” (John 5:44).

Let me say again that Jesus is saying that the amount of “glory” that we are “receiving” from earthly sources is in direct proportion to how much we prevent ourselves from believing that we can receive the glory of God.

As you study the diagram below, try to remember that Jesus told us to “come” to Him and “drink.” Then the Bible explains that Jesus had to be glorified so we could drink from Him (John 7:37-39). And also the verse you saw before where it says that the people who take refuge in the Lord drink from Him, “...for with You is the fountain...” (Psa 36:7-9). The Old and the New Testaments are talking about the same thing. We can drink from God – we can feed our neediness, because of the radiance around God that shines with His glory – because of His goodness and grace to give us Himself, without His holding back. Now consider the diagram below.

Confidence and Security from the Presence of God – How it works!

* This diagram shows us filling our need by actually receiving from God, and living “to the end that we...would be to the praise of His glory” (Eph 1:12) – rather than living to the praise of our own human glory.

Our driving need to depend on something we “drink” from to fill up on what we lack.

A heart that is being re-trained and is still learning to depend on God

- Receiving God’s Presence and Glory by Faith in His Grace to come to us freely (resting into receiving and NOT “reaching”)

Believing Glory is in This!

“Receiving” Spiritually from God

- Faith that God’s glory is coming to me.
- Identify and Ownership: “Lord, You ARE MY God”
- Open up and receive it (into and onto us HERE)
- We “enter” inside it, We “Put it on” for Identity – as our “I am”
- Love and cling to what has become our identity – for confidence, boldness, and fearlessness.

Thanks and praise for the glory and the source

“Thank You God that I can receive because of faith in Your grace to come to me freely, I praise You Lord”

“Receiving” Emotionally

- Intentionally Enjoying Emotional “Benefits”

Think about the closeness of God and enjoy confidence, security, feeling special, significant, righteous, perfect, or good because of it (Psa 103:2) (“Lord, Your presence in and on me is my...And I praise YOU for that. Thank You Lord!”)

Giving honor to other people and loving them (and enjoying that they are being honored and loved)

Causing God to be Exalted in the Spiritual Realm and Here (and believing our success)

Physical Energy, Meaning, and Significance with Value that Lasts For Eternity

Whether feeling hopeless and needy, distracted by earthly things, or wanting more, all of it is evidence that I NEED the presence of God!

Back to glory by “works?”

O God, You are my God...My soul thirsts for You, my flesh yearns for You, in a dry and weary land where there is no water. Thus I have seen You in the sanctuary, to see Your power and Your glory...My soul is satisfied...” (Psa. 63:1,2).

God’s Grace = the “Givingness” of God
(God is Always a Fountain, the River Never Stops)
Caution: Even after salvation, we have to let God wash our physical body, or we may be afraid to let God get close to us and we won’t want to have Him around all the time... As believers, we ARE sons and daughters of God (Rom 8:15). We ARE royalty and ARE priests in God’s kingdom. We WILL reign with Him. (Rev 5:9,10). As priests, we are told to come to the throne of God with confidence (Heb 4:16). We are to stand before the Lord, minister to Him, and be His ministers (2 Chron. 29:11). Elijah and Elisha did this.

Yet even with confidently believing all of this, for many people, it can be terrifying to be intimately close to God.

When Isaiah saw the Lord, he felt so unworthy and fearful he said, “Woe is me, for I am ruined! Because I am a man of unclean lips...” (Isa 6:5). To solve the problem God had an angelic being touch Isaiah’s lips.

When Moses saw the bush burning, the Bible says that God made the dirt holy. Then God had Moses take his shoes off. By doing that, the holy dirt could touch Moses and make him holy also (Exo 3:2-5; see also the verses below).

The fear we feel before the Lord is because of our humanity, our physical body. Even though, “...you have received a spirit of adoption as sons...” (Rom 8:15), it also says that “...we...groan within ourselves, waiting eagerly for...the redemption of our body” (Rom 8:23). And also that “If Christ is in you, though the body is dead because of sin, yet the spirit is alive because of righteousness” (Rom 8:10).

So our body – our humanity hasn’t been fully “redeemed” yet. And this problem isn’t completely fixed until we go to be with the Lord we get a new body (1Co 15:51-53).

We ARE alive to God. We ARE His sons and daughters whom He loves deeply. Yet, when we are inviting the presence of the Lord, we are inviting a holy God to come close to our human body that the Bible says is still “...dead because of sin...” (Rom 8:10). We ARE righteous on the inside because Jesus lives in us. Yet even with that, our outer body still needs cleansing.

So what is God’s solution for solving this problem? Start by keeping in mind that our relationship with God includes our humanity because "...the body is...for the Lord, and the Lord is for the body" (1 Cor. 6:13). You will have to learn it is safe and good for you to let God touch your skin. Teach your heart to believe that! :-)

Our part and God’s

God says, “...I am the Lord your God. Consecrate yourselves therefore, and be holy, for I am holy...” (Lev 11:44). And, Heart-training is a tool we can use for consecrating ourselves more and more to the Lord. This means that consecration by heart-training helps to separate us from evil and to the Lord, at ever increasing levels.

Our part is to consecrate ourselves. God’s part is the act of actually making us holy by touching us. The Bible calls this sanctification. Let it thrill your heart as you trust God to be doing that – and you’ll believe it easier.

The Old Testament priests were told, “...consecrate the altar, and the altar shall be most holy” (Exo 40:10). And when the priests did their part to consecrate the altar then God came and actually made it holy.

God says, “...the veil...the altar...My sanctuaries...I am the Lord who sanctifies them” (Lev 21:23).

In our case, we are "...sanctified by the Holy Spirit" (Rom 15:16), touching us, inside and out (see also 1 Thess. 5:23). And, we are “...sanctified by faith in Him” (Acts 26:18). So whenever you feel unworthy, or unholy, trust God to touch you with the Holy Spirit. BELIEVE that God is sanctifying you because anything He touches becomes holy. Believe it and enjoy Him doing that! Love the closeness of God. Then rejoice your way into loving His closeness even more.

“...I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your filthiness and from all your idols” (Ezek. 36:25). And God says to us, “...I am the Lord who sanctifies you” (Lev 22:32).

“...I urge you...to present your bodies...to God, which is your spiritual service of worship” (Rom 12:1). And speaking of our body it says to, “...present your members...resulting in sanctification” (Rom. 6:19).

The benefit of consecrating ourselves is that it helps us to experience God at ever increasing levels.

“...Now that you have consecrated yourselves to the Lord, come near...” (2 Ch 29:31).
What it is
The condensed Heart-training is a tool for removing obstacles between us and God. Heart-training is a tool for consecrating us to the Lord. It helps us to love Him more, and it does this by bringing our heart-level thinking into alignment with the kingdom of God and His grace – so that we are free to feed on Him all the time. So, the main goal of the Heart-training, is to change from depending on our works to depending on God’s grace. To do this, we teach our heart to respond with joy and faith that in regard to filling our human need, the presence of God. Receiving God’s presence by His grace is far more freely available and far more practical than trying to fill our need by depending on ourselves, or earthly sources. The heart-training teaches our heart what to treasure and what not to treasure. The response of our heart in doing this is that we love God more. It also becomes a lot easier to receive.

How to use it
Speak the statements out loud and focus on listening to what you are saying. Follow the directions in the blanks as you read. Remember that according to the Bible, your heart thinks. Your heart can also learn to think differently by hearing and believing the truth. Recent medical research is confirming that our thinks in ways that are similar to our brain.

As you use this tool, remember that the speed of processing thought is MUCH slower with your heart. So when you say these statements you have to go slow. You also have to pause between the statements to give your heart time to receive it as truth. Your heart CAN learn new patterns of thinking that allow you to receive God’s presence and depend on Him. But, there has to be a lot of repetition because the patterns of thinking we have now, were learned by life experiences over the course of many years. It helps your heart to hear, if you use joy in your tone of voice about what IS true about your being able to freely receive God’s presence by faith in His grace..

Where there is sin that is obvious to you, confess it as sin. Then, joyously trust God to forgive you and to be washing you, burning away all sin by the Holy Spirit upon you. Where we are using thanks and praise as stated above, and if we start condemning ourselves or evaluating sin, then we shut ourselves down from God, and the benefit of faith from thanks and praise about the truth is completely lost. So don’t condemn yourself for sin! Joyously trust God to forgive you and to be washing you with the Holy Spirit.

Heart-training is powerful for turning away from specific sins, but it doesn’t go after those things directly. Heart-training is based on a belief that specific sins are symptoms of a far deeper problem. And as you address those things you prepare for permanent change in the areas you struggle with most.

(Note: for some, these condensed heart-training pages, may not be specific enough to accomplish what you are trying to do here. Your heart may need to be more fully convinced by what the Bible says. If you find that to be true, the statements in the bigger Heart-training ebook will be more helpful – available on the website. The link for the website is at the top of this page).

Here are some links for sections in the big heart-training book:

http://tasteheavennow.net/dnloads/ht_group_1.pdf   These pages help you to believe truth about the character of God and His acceptance of us because of salvation. It helps for believing about God’s forgiveness and cleansing.
http://tasteheavennow.net/dnloads/ht_group_2.pdf   These pages help people turn away from condemnation and self-contempt. It also gives help for those who need a better understanding of how to change. Please note that if you don’t turn away from self-contempt and condemnation as tools for change, you won’t be able to grow past it.
http://tasteheavennow.net/dnloads/ht_group_4.pdf   These pages help people turn away from earthly ways and toward the presence of God for security, reassurance, and protection.
http://tasteheavennow.net/dnloads/ht_group_5.pdf  Confidence from God and Inner Healing – Letting God Reach in and Heal the Hurt in Your Heart
Very important about Heart-training:

Behavior is the result, not the cause. Behavior is the result of what our heart believes, loves, and fears. Focus on changing those things and behavior will follow those changes. So even though heart-training talks about heart-level behaviors, do NOT focus on changing those behaviors directly!

Focus your effort where it will matter most. Tell your heart what to believe, love, and what NOT to fear about where and how you can best quench your thirsty need for God.

Heart-training does that by giving your heart reasons why it is right and safer for to depend on God; reasons for YOU to trust and to love Him; reasons why you can enter by trusting Him to come here and surround you with His presence; reasons why it is safe for you to open up and to “drink” from God.

Earthly sources are damaging and inadequate to supply what you really need. Teaching your heart to be joyful about your being able to turn away from earthly sources, is necessary for helping you to let go of those things and actually turn to God on a practical and spiritual level.

Each heart-training statement you make is a separate thought you are agreeing with in your heart. Eventually your “heart-training” thoughts add up and become the new thinking pattern. The more heart-training you do, the sooner those thought patterns change to something new.

Improved behavior is just one of the many results.

It will help if you remember that heart-training changes you from works to grace – from having to work for what you “receive” from earthly sources, to simply believing what God offers by His grace and receiving His presence as what fills you, gives you reason for confidence, what soothes you when you hurt, and what protects you and makes you secure. We are changing from “works” for earthly glory, to God’s grace for heaven itself.
“Heart, rejoice your way into believing the truth. Turn away from fear. The kingdom of heaven is so freely available to me that I don’t have to find the (benefit) that I need, from (source). I love entering before the Lord, opening to receive the radiance of His Spirit, and wearing the blanket of His presence as my (benefit).”

<table>
<thead>
<tr>
<th>Benefits List</th>
<th>(defensive security benefits)</th>
<th>(offensive confidence benefits)</th>
</tr>
</thead>
<tbody>
<tr>
<td>salvation, joy, reassurance, stress relief, escape...</td>
<td>identity, confidence, boldness, influence, joy, treasure...</td>
<td></td>
</tr>
<tr>
<td>refuge, security, protection, happiness, filling...</td>
<td>glory, beauty, attractiveness, impressiveness, happiness...</td>
<td></td>
</tr>
<tr>
<td>savior, love, approval, soothes, comforts, calms...</td>
<td>courage, power, strength, honor, dignity, importance...</td>
<td></td>
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<tr>
<td>righteousness, goodness, perfection, being enough...</td>
<td>delight, significance, audience, applause, fearlessness...</td>
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<tr>
<td>acceptance, support, help, belonging, attention...</td>
<td>worthiness, adequacy, authority, ability to influence...</td>
<td></td>
</tr>
<tr>
<td>object of faith, hope, peace, quietness, well being...</td>
<td>thrill, pleasure, excitement, newness, recognition, shine...</td>
<td></td>
</tr>
<tr>
<td>health, healing, satisfaction, finances, provision...</td>
<td>justification, validation, sense of meaning, specialness...</td>
<td></td>
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</tbody>
</table>

“I turn from loving (source below) as my (same benefit). I feed on God by believing the kingdom of heaven has come. My friends and teammates Jesus and the Father are here before me. Angels are all around. I rest inside the Holy Spirit because when the kingdom of God comes, the holy mountain of God comes with it, pushing and holding the demonic realm way down below my feet. Heart, God is my (benefit). Look at Him.

<table>
<thead>
<tr>
<th>Source List</th>
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</thead>
</table>
| “Heart, rejoice into believing. Love that God wants to be God to me HERE! Love that God’s Living presence is cleansing my physical body so that I won’t be afraid of His being close! Heart, the Lord is my God, NOT earthly things or myself. I turn away from wanting to feed myself by praising myself inside for who “I am.” Heart, LOVE God as my “I AM.” And, I praise and worship the God who is close and touching me here!”

The approval and acceptance I feel from others |
<table>
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<tbody>
<tr>
<td>the acceptance I feel from other people...</td>
</tr>
<tr>
<td>other people thinking well of me...</td>
</tr>
<tr>
<td>my human kindness or goodness...</td>
</tr>
<tr>
<td>how much I help other people...</td>
</tr>
<tr>
<td>how well I maintain their approval...</td>
</tr>
<tr>
<td>how much acceptance I give others...</td>
</tr>
<tr>
<td>how much people need me...</td>
</tr>
<tr>
<td>pleasure I cause others to feel...</td>
</tr>
<tr>
<td>the sympathy I get from other people...</td>
</tr>
<tr>
<td>how well I protect people I care about...</td>
</tr>
<tr>
<td>how well I belong with a group of people...</td>
</tr>
<tr>
<td>how well I avoid confrontation...</td>
</tr>
<tr>
<td>how good I am...</td>
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</tbody>
</table>

My money | Self-made distractions | Self-sabotage | Self-mutilation |
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<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>material possessions</td>
<td>too much sleep</td>
<td>alcohol or drugs</td>
<td>cutting or burning myself</td>
</tr>
<tr>
<td>my personality</td>
<td>too much food</td>
<td>cigarettes</td>
<td>anorexia</td>
</tr>
<tr>
<td>my job</td>
<td>too much shopping</td>
<td>anger or violence</td>
<td>bulimia</td>
</tr>
<tr>
<td>my ministry</td>
<td>too much TV or gaming</td>
<td>swearing</td>
<td>gambling</td>
</tr>
<tr>
<td>where I live</td>
<td>lust or sexual sin</td>
<td>pomography</td>
<td>being a gang member</td>
</tr>
</tbody>
</table>

sabotaging myself into depression as a way to feel secure
“Heart, turn away from finding protection, pride, or power by (from the source list – below). Believe it is right and good for you to freely receive the kingdom of heaven here and REST inside all of that HERE.

Heart, it is the presence of God and the kingdom of heaven all around me, that is my strong refuge and protection! I love Your power God, NOT my own human power to protect me! I praise You God for being MY God. And rather than pride in myself, I turn my heart to boast in You God. Thank You for being close!

Heart, turn away from finding pride by (same from the source list – below). With the Living God before me here, the enemy is under my physical feet. Heart, believe that heaven around me, and standing before the Living God is my strong reason for confidence and courage. And I exalt You for that God!”

Source List

<table>
<thead>
<tr>
<th>How well I avoid risk</th>
<th>How well I avoid losing control</th>
</tr>
</thead>
<tbody>
<tr>
<td>how right I am</td>
<td>how well I stay in control</td>
</tr>
<tr>
<td>how well I avoid all possibility of being wrong</td>
<td>pride from setting standards that measure others</td>
</tr>
<tr>
<td>how well I hide by staying hopelessness</td>
<td>how well I hold on to what I think is mine</td>
</tr>
<tr>
<td>how well I avoid talking about it</td>
<td>pride from setting rules that measure and control others</td>
</tr>
<tr>
<td>how well I hold back</td>
<td>how well I motivate people by condemnation or threats</td>
</tr>
<tr>
<td>how well I hold to disbelief as reason to avoid God</td>
<td>how well I dominate others and make them afraid</td>
</tr>
<tr>
<td>how well I avoid admitting I was wrong</td>
<td>how well I control someone by guilt or intimidation</td>
</tr>
<tr>
<td>fixing it by analyzing more</td>
<td>how mean, grouchy, or unkind I can be</td>
</tr>
<tr>
<td>not deciding because of even slight risk</td>
<td>how much I hate or hurt someone</td>
</tr>
<tr>
<td>not being social</td>
<td>misusing human power and authority</td>
</tr>
<tr>
<td>ignoring relational problems and not talking about it</td>
<td>how well I fix it by demands to just try harder</td>
</tr>
<tr>
<td>pride in being right</td>
<td>justifying self and condemning more</td>
</tr>
<tr>
<td>protecting myself by avoiding faith and hope</td>
<td>how controlling and selfish I can be</td>
</tr>
<tr>
<td>how cynical I can be</td>
<td>how hard we are toward God or other people</td>
</tr>
<tr>
<td>how well I avoid even possible risk</td>
<td>demanding they measure up or be condemned</td>
</tr>
<tr>
<td>how well I hide by avoiding faith</td>
<td>how strongly I rebel, or how bad I can be</td>
</tr>
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</table>

How well I keep others from disapproving of me

<table>
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<tr>
<th>How well I avoid less impressive</th>
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<tbody>
<tr>
<td>how well I put others down and lift myself up</td>
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<tr>
<td>how well I blame others</td>
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<tr>
<td>how well I show myself to be more impressive</td>
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<tr>
<td>how much revenge I get</td>
</tr>
<tr>
<td>how well I make it all a joke</td>
</tr>
<tr>
<td>how well I avoid time alone</td>
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<tr>
<td>how well I show that it isn’t my fault</td>
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<tr>
<td>how much I hurt them for putting me down</td>
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<tr>
<td>using sarcasm exalt myself and put others down</td>
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<tr>
<td>using lies or slander to exalt myself</td>
</tr>
<tr>
<td>attacking others and punish them verbally</td>
</tr>
<tr>
<td>punishing God and others by withdrawing from them</td>
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<tr>
<td>how well I control their time so they do what I want</td>
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<tr>
<td>trying to impress others by exaggerating or swearing</td>
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<td>how critical I can be of others</td>
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<tr>
<td>how well I show bitter and angry at other people</td>
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<tr>
<td>the envy I feel because of others being promoted</td>
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<tr>
<td>how well I stay superficial and avoid self-examination</td>
</tr>
<tr>
<td>how well I manipulate relationships for revenge</td>
</tr>
<tr>
<td>how well I control their time until they meet my needs</td>
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</table>

“Heart, love that God is my friend and He wants to be God to me HERE! So, trust God to be cleansing you with the Holy Spirit, now. Thank You God for washing me with the Holy Spirit and burning away my filth!

Heart, God’s LIVING presence is far better than earthly sources! So, it is right for me to believe God’s grace for freely drawing near to me and bringing heaven with Him all around me here! God does NOT hold back!

I am turning to find the motivation and energy I need, by believing my praise and my dependence on God’s presence greatly exalts Him as God. Heart, rejoice your way into believing.

Rest into receiving and wearing God’s presence, here. I praise You God that You are a better God than the idols of this world! I cling to God and His Kingdom with me here because that has become my identity.”
Heart-training for entering and standing before the Lord by receiving the Kingdom of Heaven, HERE

... (Your name), listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

...Heart, don’t have to work at it until I deserve the Holy Spirit somehow. God is not selfish like people. He doesn’t hold back Even when I ask for forgiveness, God gives me more of His Spirit as He washes me clean. Heart, let yourself believe the truth. God is my friend and teammate! I can ALWAYS receive more of the Holy Spirit...

...Heart, don’t wait until you think you deserve to enter and stand before God. Put the right clothes on by trusting that Christ is in you AND by believing that God is washing your body as you trust that you are entering to come before Him. Then feast on the presence of God here and now. Believe it heart; “...we have confidence to enter the holy place by the blood of Jesus...let us draw near...in full assurance of faith, having our hearts sprinkled clean...and our bodies washed with pure water” (Heb. 10:19, 22). Heart, my God is a fountain of the Holy Spirit. And because of His goodness and grace, God draws near when I draw near to Him (James 4:8). Heart, enjoy believing that God is my friend and teammate! Believe that “...we...receive the promise of the Spirit through faith.” (Gal 3:14); “...it is by faith, in order that it may be in accordance with grace, so that the promise will be guaranteed to all...” (Rom. 4:16).

...Heart, think of God as my friend and teammate! Turn away from fear about whether God is able or willing to quench my spiritual thirst. The truth is that God has promised to be God to me HERE! Anything else is idolatry. God has made an “...everlasting covenant, to be God to you and to your descendants...” (Gen. 17:7; and also Gal. 3:29). So, believe that God IS always ready to draw near because He never stops being a fountain that graciously gushes His glorious presence. BELIEVE you have drawn near to the fountain of God, and He WILL draw near to you...

...Heart, believe and love that because Christ IS my savior, I have the acceptance of God. And, Jesus “...Christ... died...so that He might bring us to God...” (1Pet 3:18); “...through Him we... have... access...to the Father”(Eph. 2:18). “...we have boldness and confident access through faith in Him” (Eph. 3:12). It also says to “Draw near to God and He will draw near to [me]...” (James 4:8). So, “...have confidence to enter the holy place...” (Heb. 10:19); Heart, “...seek first His kingdom and His righteousness...” (Matt. 6:33). Believe that “...we receive a kingdom which cannot be shaken...” (Heb. 12:28). So, it is right to believe that God is here, that heaven is all around me, and that the demonic realm is under my physical feet. Hear it again, “...we have boldness and confident access through faith in Him” (Eph. 3:12). The finished work of Christ paid for it all...

God’s word is true. I should be confident that “he who takes refuge in Me...will possess My holy mountain” (Isa. 57:13). By taking refuge IN Him, by my trusting the presence of God as my refuge, God says that I possess His Kingdom here. So, I draw near to God by receiving His Kingdom all around me here. Heart, believe that the Kingdom of heaven is HERE because I have made the presence of the Lord my strong refuge. By faith I, “…set the Lord continually before me; because He is at my right hand, I will not be shaken.” (Psa. 16:8).

Heart, rejoice your way into BELIEVING the truth. God does come to me and He brings heaven all around me HERE. God says that "My dwelling place...will be with them; and I will be their God, and they will be My people" (Ezek. 37:27); And, “I will also walk among you and be your God, and you shall be My people” (Lev. 26:12); “…Behold ...God...He will dwell among them, and they shall be His people, and God Himself will be among them” (Rev. 21:3); Heart, God keeps saying the same thing and God is your friend; “…God said, "I will dwell in them and walk among them; and I will be their God, and they shall be My people” (2 Cor 6:16). (pause to believe it!)

God “…has made us to be a kingdom, priests to His God and Father...” (Rev. 1:6). So I am a priest and I am commanded, and able, to stand before the Lord here because the Bible says, “...do not be negligent now, for the Lord has chosen you to stand before Him, to minister to Him, and to be His ministers...” (2 Chron. 29:11). So heart, be confident about standing HERE before the Lord because “…the Lord said to Moses, ‘...Behold, I will stand before you there on the rock at Horeb...’” (Exo. 17:5,6). And also because, “Elijah said, ‘As the Lord of hosts lives, before whom I stand...’” (1 Kings 18:15). And “Elisha said, ‘As the Lord of hosts lives, before whom I stand, were it not that I regard the presence of Jehoshaphat the king of Judah, I would not look at you nor see you.’” (2 Kings 3:14).
... (Your name), listen to what you are saying. Let yourself believe, love, and be thankful for the truth! By getting my heart to believe, I am removing obstacles of fear and disbelief about God’s presence.

...I don't need to find reasons to think highly of myself before I can come to God. Drawing near to God isn’t about faith in me. It is “...access through faith in Him” (Eph. 3:12). So heart, believe the goodness and the grace of God for your being able to receive His presence freely and in abundance! I am trusting Christ as my savior AND I am trusting Him to wash my body as I draw near (Heb. 10:19, 22). So when I come to God, He does not reject me and He won’t throw me out (John 6:37). Heart, humble yourself into faith because God Himself is my righteousness. The Holy Spirit in me and the Living God with me is my goodness. So think of God as your friend, because He IS...

...Heart, I don’t have to settle for things the way they always have been. Be confident that God wants to fill my thirsty desires with His presence. Anything else is idolatry so of course God wants to be God to me here. I can draw near and stay before the Lord because “...the nearness of God is my good; I have made the Lord God my refuge...” (Psa. 73:28). And heart, the God of the armies of heaven is my friend and my teammate... (enjoy believing it!)

...repentance means to change my heart-level thinking so it stays in agreement with truth about the kingdom of God. By doing that, I have a strong guarantee that I CAN experience God’s presence freely. God wants to be God to me by His presence with me as my refuge, my strength, and my glory. Anything else is idolatry. So, by repentance with joy, I trade my having to earn earthly glory for the presence of God given freely to me by His grace. I trade my having to praise myself in order to feed my neediness. And I turn my praise toward my God who is close to me here. By trading my human glory for His, it frees me to rest into believing I am near to the fountain of God. And since God is my friend and teammate, I am able to open up and receive God as my glory, just like I would normally receive glory from earthly things: “...repent and return, so that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord” (Acts 3:19).

...sin doesn’t have power when I am surrounded by the throne room and I don’t let my inner being reach toward earthly things. Instead of sin, I find the reassurance and soothing I need from the closeness of the Holy Spirit touching me all around. Heart, instead of the world touching you, turn and love, enjoy the closeness of the kingdom of heaven and the angels that are around you here, right now. Lord I love that I can feed on You in a way that relates to what I am feeding myself with on a human level; human beauty for the closeness and touch of Your greater beauty, human power for the closeness and the greatness of Your power. Human kindness and acceptance for the substance of Your kindness, acceptance, and approval touching me here...

Heart, “...we have confidence to enter the holy place by the blood of Jesus...draw near...in full assurance of faith, having our hearts sprinkled clean and our bodies washed with pure water.” (Heb. 10:19, 22). So right now, I am being confident about entering by the blood of Jesus. I am trusting that I am entering before the Lord and as I come, I am trusting that He is washing my heart and my body with His presence (Heb. 10:19, 22). I am trusting God to draw near to me because “...he who comes to God must believe...that He is a rewarder of those who seek Him.” (Heb. 11:6). Heart, the Holy Spirit is present because of the power of the radiance that thunders onto me from the fountain of God. And God is my glory because He shines in all directions.

...I set my heart to find refuge with my whole body inside the kingdom of heaven, trusting that it has come all around me HERE. IT IS WRITTEN, “he who takes refuge in Me...will possess My holy mountain.” (Isa. 57:13). And yes, there are examples in the Bible of people going into heaven during visions, but I thank you Lord that for everyday, practical abiding, I don’t have to ascend into heaven in order to bring you down here! “...the righteousness based on faith speaks as follows: "Do not say in your heart, 'Who will ascend into heaven?' (that is, to bring Christ down)” (Rom. 10:6).

...So, I am confident about coming before the Father HERE because, “...through Him we...have our access in one Spirit to the Father” (Eph. 2:18); And, “Jesus said...no one comes to the Father but through Me” (John 14:6); therefore, I will let myself “...have confidence to enter the holy place...” (Heb. 10:19). (pause to love the truth!)
Preparation for “Oh God! I Love being to the praise of Your glory!”

Caution: When you are successful at directing your heart away from earthly sources and from self-directed praise, you won’t experience nearly as much human energy, meaning, or motivation from earthly sources. So you will need to get that energy, meaning, and motivation because of your relationship with God. These pages show how.

Speaking on a purely practical human level: Energy producing praise is most often toward ourselves because we did something good or right, we finished some task well, or because we think we look attractive – things like that. Then, meaning comes to life when our praise is turned toward something bigger and outside ourselves. In the case of finding meaning in life, energy-producing praise is also involved because we believe we are being successful at exalting that “bigger thing” to a place of being even more important – giving it even more glory. Still speaking on a human level, motivation to face life is strong when we have confident hope of being able to do, or be something that will result in praise and worship that will be successful at honoring and exalting either ourselves, or something bigger and outside ourselves.

Your job now is to come to a place of confidence that your praise and worship is having a powerful impact in the heavenly realms, and you have to enjoy doing that because this is where physical energy, meaning, and motivation will come from for you. The more the better. The Bible calls this “being to the praise of His glory” – rather than the normal way of everything we do being to the praise of our own human glory.

“to the end that we...would be to the praise of His glory” (Eph 1:12); “...glory in Christ Jesus and put no confidence in the flesh” (Phil. 3:3); “…the nations will bless themselves in Him, and in Him they will glory.” (Jer. 4:2); “In the Lord all the offspring of Israel will be justified and will glory” (Isa 45:25); (To be justified is to have salvation. To “glory” in God is to celebrate because of His closeness).

Important: Apply the statements below while trusting that you are in the throne room (with your whole body HERE) standing before the Father and Jesus with angels all around you HERE.

The Bible says that everything should be “to the end that we...would be to the praise of His glory” (Eph 1:12). So, I turn my heart to confidently believe and enjoy that my worship and praise is honoring to God.

Heart, I am admitting my neediness and it is my childlike dependence on the presence of God and His kingdom that exalts and honors Him in heavenly realms. By turning my heart to depend on God, He becomes my God—and that exalts and honors Him before vast numbers of saints in heaven and a huge audience of angelic and demonic rulers and authorities. I love that so many are watching my worship and my childlike dependence on God, even when nobody here sees. (pause to hear, believe, and love it as the truth!)

“...rulers and the authorities in the heavenly places” (Eph. 3:10); “...spiritual forces of wickedness in the heavenly places” (Eph. 6:12); And, in a context of being in the throne room it says, “...we have...witnesses surrounding us...” (Heb. 12:1, examples of those in the heavenly audience are listed in Heb. 11). (pause to love it as the truth!)

“Thank You Lord that my childlike dependence on You as my God, my worship, and my praise honors You as God in the heavenly realms, even when nobody here sees. Heart, my worship and praise has great value for eternity!”

Since I am constantly drinking from something and since praise is always the result, I can give a sacrifice of praise toward God that is continual: “Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name” (Heb. 13:15). So, I set my heart to continually sacrifice the internal praise that normally goes toward myself. And I choose to turn that praise and keep it going toward God.

It is by my drawing near and by thanks and praise for receiving the kingdom that I am able to offer a kingdom kind of service to God that is so great it creates a sense of awe: “…since we receive a kingdom which cannot be shaken, let us show gratitude, by which we may offer to God an acceptable service with reverence and awe” (Heb. 12:28).

It is not enough to worship God as a simple response to His love and who He is. Take it farther. Decide to let your worship be a declaration that God is a better God than the little gods of this world. Let your worship be bold, energetic, and strong. Worship with determination to honor and exalt Him because God has become YOUR best and only God – and not other things.
"Oh God! I Love being to the praise of Your glory!"

...(Your name)... listen to what you are saying; believe, love, and be thankful for the truth!

...(Your name)... knowing that human energy and motivation normally come from internal praise toward ourselves, I am making it my intention to find motivation and energy humanly speaking, by exalting the Lord. So heart, love that I can "be to the praise of His glory..." (Eph. 1:12). And, delight that my childlike faith actually makes God feel pleased (Heb 12:1,6). Love and enjoy the eternal value and significance of exalting God along with a vast heavenly audience surrounding me. "My soul will make it's boast in the Lord (Psa 34:2). The closeness of God and His kingdom are far better as (one or two things from the "benefits list" below). My childlike dependence and faith in His being HERE, honors the only God who is worthy of all praise. I set my heart to love finding meaning and energy humanly speaking from exalting God, because living to the praise of God’s glory has value for eternity." (Variation:) "Heart, the visible and manifested kingdom of heaven here around me, is my ("benefit")_. (Pause long enough to let yourself believe, feel courage, and be energized by the truth you are saying and listening to!)

Benefits List (defensive security benefits)

- salvation, joy, reassurance, stress relief, escape...
- refuge, security, protection, happiness, filling...
- savior, love, approval, soothes, comforts, calms...
- righteousness, goodness, perfection, being enough...
- acceptance, support, help, belonging, attention...
- object of faith, hope, peace, quietness, well being...
- health, healing, satisfaction, finances, provision...

Benefits List (offensive confidence benefits)

- identity, confidence, boldness, influence, joy, treasure...
- glory, beauty, attractiveness, impressiveness, happiness...
- courage, power, strength, honor, dignity, importance...
- delight, significance, audience, applause, fearlessness...
- worthiness, adequacy, authority, ability to influence...
- thrill, pleasure, excitement, newness, recognition, shine...
- justification, validation, sense of meaning, specialness...

...instead of self-directed praise, I boldly praise God because YOU are far better as God, than myself or the little "gods" of this world! And, my praise toward You has great value for eternity. Thank You Lord that my childlike dependence on your being here, causes you to feel pleasure. I exalt You Lord because Your presence and Your Kingdom around me here has become my reason for boldness and courage as I worship You! Heart, my God is (being) (from the diagram below)_. (Pause to feel human energy and motivation from believing you ARE exalting the Lord. He is a Living Person, and He is as close to you as the clothes you are wearing!)

(Diagram)

God is wanting to more fully rule as King with purity, holiness, goodness, and perfection...

God is wanting to Institute
More of His Wisdom and Knowledge

God is wanting to Express Himself,
His Glory, and Greatness More

God is wanting to Accomplish
More by His Power and Authority

God is wanting to Institute
More of His Kindness and Love

(GOD IS...the Savior; Loving; Compassionate; Good; Kind; the Listener; Patient; the Forgiver; The Giver of Blessing, Life and Health; the Healer; One who soothes; Caring; Humble; the Shepherd; the Helper; Gracious; One who shares; Merciful; Self-giving; the Comforter, the nurturer, Accepting; Aware of me; Concerned, my Personal friend; Aware of my hopes and dreams; Aware of others; Approving; the Conversationalist; the Minister; the Lover...)

God is wanting to be in us, walk among us, relate to us, and be our God more fully...
Spiritual Exercises – explains what to be doing spiritually while you are doing your heart-training.

The heart-training is important, but we are also told to be “doers” of the word and not just hearers (James 1:22). The heart-training prepares you for entering the throne room, standing before the Lord, and drinking from the radiance around Him. The spiritual exercises below are for helping you to actually do those things. Heart-training is vital because teaching your heart to believe and love God instead of earthly things will make all of these exercises much easier. Eventually, your times of heart-training should be also times of applying the things you learn in these exercises. Doing so will help you to be able to enter before the Lord, open up to Him, and receive His presence with much greater ease than ever before. The more you practice these things, the easier all of it will become (the scriptural support for applying these things is in the "Come and Drink!" book – and almost all of that is on the website for free). Practice, will enable you to stand before the Lord and abide in His tangible presence 24-7.

One old song says, "Joyful, joyful we adore Him, God of glory, Lord of love, hearts unfold like flowers before Him..." Unfolding like a flower before Him -- is an important part of being able to freely receive the presence of the Lord -- but I need to explain how it works because just telling you doesn't give you enough information.

Do you know what it feels like to open up inside when someone gives you a compliment or when you do something right? If not, pray and ask the Lord to help you be more aware of when you are opening up inside to “receive” from earthly things. When you become more aware of opening up to earthly sources, you will be better prepared to open up before the Lord and drink from Him. Let me give you these exercises in steps so you can practice and get good at applying these things toward the Lord.

Learning to apply these spiritual exercises in everyday life, is also important for being able to stop reoccurring sin. First let me say that the heart-training helps you to cut off needing to get the emotional benefit you are receiving from the sin. These emotional benefits include the ways we soothe ourselves, or feel power because of sin. The heart-training also helps you to increase your delight and love toward God, instead of earthly sources or sin. And doing those things are vital, but there is also the need to actually “put on” the presence of God in order to be hidden from the attacks of the enemy. The Bible says, “...put on the armor of light...put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts.” (Rom. 13:12 and 14).

When a person has an addiction to food, lust, drugs, alcohol or even something else, there something that feels like a reaching out from inside in order to take hold of the thing we are addicted to. Learning to apply these exercises in everyday life will help keep that “reaching” part of you busy and holding onto God and resting inside His kingdom all around you. By this, you become far less likely to “reach out” toward the sin, and much less likely to fall to temptation.

In addition, these exercises will help you to put on the armor of God’s presence, so that spiritual warfare becomes an unusually simple and very real process of receiving the “mountain of God,” and resting more fully with His kingdom all around you.

The benefits of applying these exercises are vast and unmeasurable. It will take time for you to become proficient at these things, but the time you spend is a low price for the benefits you find in return. I am confident that you will find applying these things of such great benefit, that any time you need physical healing, protection from the enemy, need to do spiritual warfare, or simply need blessing from God, these things are what you will be doing spiritually in order to experience what you desire.

The Bible says it this way, “...draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need” (Heb. 4:16). And, “the Lord make His face shine on you, and be gracious to you” (Num. 6:25). And also, “...as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to the Lord our God, until He is gracious to us” (Psa. 123:2). So, “...have confidence to enter the holy place by the blood of Jesus...draw near with a sincere heart in full assurance of faith, having our hearts sprinkled clean and our bodies washed with pure water.” (Heb. 10:19, 22).
**Preparation step:** Begin by reading Exo. 29 and Ezek 47 for being washed at the doorway (remember also that God has made you a kingdom priest according to Rev. 1:6). Then read Hebrews 1:3 and 10:19-22 to see where our heart and our body are both washed clean by the radiance that shines from God. See also Romans 6:13 and 19 together with Romans 12:1 where it says to present the "members" of our body before the Lord – and that when we do this the result is that we are “sanctified” (washed holy by the Lord).

**Step 1:** Trust that you are at the doorway before the throne room and your feet are being washed by the Holy Spirit flowing out from the doorway into the throne room. Focus on believing that is God touching you and He is washing your physical feet and making your whole body holy and completely clean (you are already holy on the inside because of salvation, this holiness for your physical body -- so you won't be afraid when the heavens open up before you in the latter stages of when you are doing heart-training together with these exercises).

**Step 2:** At this stage, your goal should be to learn to feels like to open yourself up before the Lord. Do this by going to a narrow doorway, like a bathroom or a closet door -- then press the back of your hands against the door frame. Think about what it feels like inside to do that, then drop your hands to your sides and do the same thing with your insides, but without using your hands against the door frame. Then if you already know how to enter before the Lord do that and then practice being open and staying open before Him and the radiance of the Holy Spirit around Him. But if you don't know how to "enter" the throne room yet, don’t worry about that yet, at this stage, just keep trusting that you are at the doorway to the throne room and that the water coming under the threshold of the door is washing your physical feet as you apply these things.

Let me say again, that the more heart-training you have done, the easier it will be for you to do these things and also to enter before Him. Note also that in the early days of trying to be more open to the Lord I would often "forgot" how to do it and what it felt like inside to be open. So I would just go to a doorframe and press the back of my hands against the frame again -- and I would remember what it felt like to open up inside again. Allow me to repeat here also, that if doing any of this, or believing it is difficult for you, then your best help will come from more heart-training where you turn away from opening up" to earthly things, and teach your heart that it is safe and good for you to enter before the Lord and to open up to the radiance of the Holy Spirit around Him.

**Step 3:** If you don't already know how to enter the throne room this is where you practice so you can learn to do it easily. Stand up while trusting that you are at the doorway into the throne room. Trust that the doorway is a curtain that has an opening right in front of you here. Note that there are angels guarding the doorway, making sure you are clothed with righteousness before you enter.

So whenever you feel the slightest bit of intimidation or fear about entering, impress on your heart to be believing that the Holy Spirit is washing you by touching you inside and out.

Remind your heart to strongly believe that as God washes your heart, and your physical body, God Himself is becoming your righteousness, your perfection, the God who HAS made you holy, inside and out.

Then, using the "opening up" muscles inside you, move them inside through the opening in the veil – do this, just like you would rock your physical shoulders to go through a physical curtain hanging in front of you – like pushing one side of the curtain behind you, and then the other side of the curtain. I rock my physical shoulders when I enter, but my main focus is to be entering with that opening up muscle. As you do this, take a physical step forward while believing that you are going through the curtain and are entering into the throne room.
Remember again that when we draw near to God, He draws near to us. So as you take a step forward, trust that the angels at the doorway are also moving entry curtain right at the same moment when you move, so that now as you take that step forward, they have also taken steps forward and the doorway is now a long way behind you – you are in. Believe that you are in the throne room standing on the sea of the Holy Spirit before the Lord (Rev 4:6). Believe and enjoy that the "sea" is for the priests to wash in (2 Chron 4:6). There are angels all around. The power of God for healing is all around your physical body. The kingdom of heaven is all around you as armor.

After all the hear-training to turn away from earthly sources and get your heart to believe that you really do have access and that God isn’t holding back – after all that, there are two things that seem most important for entering to be easy. One is that you have to believe that you really are entering spiritually, and physically. The other is that if you are rocking your physical shoulders as an aid for entry, your focus must be on entering by moving those “opening up” muscles inside. It may help for you to think of them as rocking the shoulders of your soul or spirit inside.

Whenever you aren't sure if you are before the Lord, enter while believing that you really are before Him here, let your heart be confident that angels are all around, and that the radiance from the fountain of God is blasting onto and all around you here.

Note here that I can’t always feel myself be able to do this – and I am well practiced with these things. Reality is that any of us get spiritually dull from time to time, myself included. So in those cases I go back to the heart-training you have in these short-version pages. Specifically, I go back to the pages with diagrams and use the list of “benefits” to thank the Lord for His coming freely to me and for my not having to drink from, or surround myself with the things of this world. And with as much of a child-like attitude as I can muster, I rejoice my way into believing the truth about His goodness for drawing near and His desire to be God to me here instead of my having to feed on things from this world, or feed on myself somehow. The heart-training helps me to humble myself from earthly sources and into a place of being able to more freely believe God for His willingness to lavish Himself on me and come with His kingdom. Heart-training like this, brings spiritual sensitivity back to me to be able to drink from Him. I think the heart-training works this way because it is a simple and practical way to “fast” spiritually from earthly sources, to turn to God and feast on Him. Fasting increases spiritual sensitivity, and in this case it is a spiritual fast from worldly things.

Step 4: Learn to enter when laying down right before you go to sleep -- so can sleep in the throne room for protection from the demonic at night. Start by sitting down with a big blanket wrapped all around you – up over your head, covering your feet and everything. Trust that the Holy Spirit is occupying the same space as the blanket. Focus on believing that for a few minutes, then remove the physical blanket while trusting that the Holy Spirit is still a blanket all around you. Then take a few moments to love His being protection all around you.

Next, lay down on your back and rock your physical shoulders an knees a little while your main focus is on moving your "opening up” muscles (shoulders) inside. As you do this, believe that your “opening up” muscles are reaching through the curtain to the surface of the sea that you are believing is only an inch or two above where you are laying down. As you rock your inside “shoulders” trust that you are pulling the surface of the sea down under you on one side, and then the other. The Kingdom of heaven is coming down past you and enveloping you all around. Believe that Jesus and the Father are standing at the head of your bed, just past your pillow. Let your heart believe that angels are in the room. Ask yourself, “Am I in?” Then check your heart to see if you are believing you have entered. If you are confidently believing you have entered then rest believing you really have entered. Heaven itself has become your strong refuge.

Now, turn to your sleeping position and go to sleep loving God and His presence as armor that gives you protection.
Note that the more childlike you are in your love and enjoyment of the presence of God as protection to you, the more protected you will be. If the demonic attack does break through your armor, enter again and thank the Lord that He is your STRONG refuge – that His presence is powerfully holy and that evil can’t stay where His presence is. Believing His closeness to you is strong like that, will increase the level of protection you experience at night while you sleep.

Note also that when you are well practiced at doing this, entering before going to sleep or during the night, won’t take more than about 10 seconds.

**Step 5:** Practice “drinking” from the radiance around God and learn to release what you are receiving. To do this, enter and open up as in the previous steps. Now, sit down in a chair and trust that you are looking at the Lord. Try not to visualize, just trust that Jesus paid the price for you to have access to come before Him. Let your heart confidently believe that He is before you here. Once you have done these things and are still remaining open inside, let your faith soar about the intensity of the radiance that is the Holy Spirit flowing out from Him.

Now begin to release what you are receiving. Start by opening up the inside of your hands so you can give out what you are receiving from the fountain of God. Practicing this step takes time and like all of these things, the more you practice it the better you will become.

After you start having some success with releasing through your hands, learn to release out through your forearms. After that, some people find it easier to release through their belly. Others find it easier to release through their face or upper chest area.

**Step 6:** Learn to enter where the Kingdom of heaven and the mountain of God comes down from above. Enter the throne room by trusting that the holy mountain of God, comes down and going past you pushing the demonic realm way down below the base of the mountain. Trust that you are standing before the Lord on the mountain of God with heaven and angels all around you here.

To do this, remember again the old song saying that “hearts unfold like flowers before Him.” Think of your whole being as inside the flower and the petals of the flower are the “opening up” muscles I have been talking about in the previous exercises.

In the previous exercises you opened up inside to the radiance of God in front of you. This time you are opening up to receive heaven coming down from above. So, as you rest into opening up, learn to feel the “opening up muscles” inside as petals of the "flower" that extend out from you and open out flat all around you.

Trust that the “opening up” muscles (petals) are rocking to enter just like before only this time, as you are believing that you are grabbing the surface of the sea and that it is coming down below you, bringing the holy mountain of God with it.

Learn to believe with confidence that the holy mountain of God is coming down and going past you -- pushing the demonic realm (and any of the demonic you name) down under the base of the mountain. Rest before the Lord with the mountain of God below you, by laying the petals of the flower out flat around you.

Resting with the “petals” of your “opening up” muscle laying out flat all around you, keeps the demonic realm down under the holy the mountain of God below you. As you do this, believe with confidence that Jesus and the Father are here before you and that angels are all around. Trust that your eyes are looking at Jesus in His exalted state, and while staying open before the fountain of God, let yourself drink and receive from Him.
Learn to rest before the Lord this way, and any time you feel any sense of demonic struggle, enter and rest before the Lord while trusting that the **holy** mountain of God is holding the demonic way down below the base of the mountain. Above the mountain and all around you here, is God’s healing power, His miracle working power, power for you to make wealth. Let your heart believe it. Rejoice your way into being thankful and believing it.

**Important:**
Be sure to check out the page on the website and in the Come and Drink book about how God uses the “mountain of God” to crush Satan and his demonic kingdom under our physical feet. Here is the link for that: